

Theresa Angier

Student ID Number: 2417258

Module code and name:

ECIE4010 Contemporary Challenges

Making a Difference

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children's commissioner for Wales stated in 2022 that Around 30% of children in Wales are living in poverty. And that 26% of children in working households live in poverty. 45% of children aged 7-11 said they are worried about not having enough food to eat, and a significant number of children and adults worried about other costs related to basic needs. [childcomwales] (2022). Children who experience Food insecurity may have a harder time focusing on school, impacting their learning and overall well-being. As World Vision UK puts it, *"Hunger robs a child of a good education – and limits their prospects for the future"* [WorldVision.org.uk] (2025).



food sustainability is about producing and consuming food in a way that meets present needs without compromising the ability for future generations. In this case, schools can play a key role by educating students and families on how to grow food, cook nutritious meals, and reduce waste. So how do we do this? Well, it's not going to happen overnight we need to be in it for the long haul. As already stated in previous slides the goal would be to become more self-sufficient providing children and the parents the knowledge and understanding on how easy it is to grow your own vegetables from seeds. The Incredible Seed Library in Carmarthen provides free seeds to support community food growing [Incredible Seed Library] (2023).



Our plan is to take this a step further by introducing a community kitchen where both students and parents can learn to cook quick, healthy, and low-cost meals. Children will grow seasonal vegetables on school grounds, participate in cooking classes focused on nutritious affordable meals, and take home a weekly vegetable box along with a recipe card. By engaging students and their families in both food production and preparation, we aim to foster a more self-sufficient community.

Over time, the program will expand to include workshops on sustainable practices.



Addressing food poverty and sustainability is vital not only for improving the immediate well-being of children but also for ensuring they can reach their full potential later in life. According to Maslow's Hierarchy of Needs, food is a basic necessity that must be met before children can focus on higher- level goals, (Bates,2023, p. 66). By addressing food insecurity in schools helps ensure that children are able to succeed academically and in life. We are not saying that our solution is going to change the world, but it could make a difference for our community and in time the wider community.

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Picture on slide 1 Available at: <https://www.lythouse.com/blog/achieving-environmental-sustainability-methods-importance> (Accessed on 25th March 2025).

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Picture on slide 2 <https://www.lythouse.com/blog/achieving-environmental-sustainability-methods-importance> (Accessed on 25th March 2025).

https://www.greenpeace.org.uk/challenges/sustainability/#:~:text=Sustainability%20is%20a%20way%20of,will%20focus%20on%20envir_on mental%20sustainability. (Accessed on the 25/03/2025).

Picture slide 3 Available at: <https://www.foodsorcery.co.uk/big-little-cooks/> (Accessed on the 01/04/2025).

Picture of seeds slide 3: <https://budgetseeds.co.uk/product/vegetable-seed-pouch-with-30-packets-of-fresh-new-seeds> (Accessed on 1st March 2025).

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Link to Personal PowerPoint: [Presentation on food Sustainability .pptx](#)

Link to group PowerPoint: [food sustainability.pptx](#)