

RESOURCE GUIDE: FOOD JUSTICE THROUGH A DISABILITY JUSTICE LENS



UNDERSTANDING THE ISSUE

Food insecurity is not just a matter of hunger — it's a result of policy decisions, systemic ableism, and racial inequity. Black and brown disabled communities are among the most impacted by cuts to programs like the Supplemental Nutrition Assistance Program (SNAP).

This guide expands on our November blog to offer reflection, education, and actionable tools for those seeking to understand and respond to this crisis.

ACTION STEPS FOR COLLECTIVE CARE

Policy & Advocacy

- **Contact your legislators** about protecting and expanding SNAP benefits, especially for disabled and low-income families.
- Learn more about the program: [SNAP Overview – USDA](#)
- Find your representative: [House.gov – Find Your Member](#)

Policy & Advocacy

- **Support the Expanded Access to Nutrition Act** and other state-level initiatives that simplify application processes and improve accessibility.
- **Advocate for accessible community programs**, including mobile food distribution sites, home delivery for those who can't travel, and universal design in public food spaces.

COMMUNITY ENGAGEMENT

- **Join or support local mutual aid networks** that redistribute food and resources directly to those who need them.
 - [Explore: Mutual Aid Hub](#)
- **Partner with local disability and racial justice organizations** to create inclusive food programs rooted in community leadership.
 - Learn about Disability Justice: [Sins Invalid: 10 Principles of Disability Justice](#).



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COMMUNITY ENGAGEMENT

- Volunteer with accessibility in mind — for example, helping with transportation, grocery delivery, or organizing inclusive food drives.

PERSONAL & ORGANIZATIONAL PRACTICES

- Audit your organization's **meeting spaces, programs, and outreach** for physical and sensory accessibility.
 - Use: ADA National Network Accessibility Checklist
- Center **disabled voices** in conversations about food systems and sustainability.
- Support **Black and Brown disabled-led businesses**, farms, and co-ops.
 - Explore: Black Farmer Fund | Soul Fire Farm | Disability Victory Fund

LEARN MORE: KEY READINGS AND RESOURCES

Piepzna-Samarasinha, Leah Lakshmi. *Care Work: Dreaming Disability Justice*. Arsenal Pulp Press, 2018.

Henly, Megan, Debra L. Brucker, and Alisha Coleman-Jensen. “Food Insecurity among Those with Disability.” Public Health Nutrition, 2025. Read [here](#).

U.S. Food Sovereignty Alliance. [Food Sovereignty Now!](#)

National Council on Independent Living. Feeding Ourselves: *Food Access in Black and Brown Disabled Communities (2023)*. Access the resource [here](#).

Vesoulis, Abby. “Tens of Millions of People Lost Their Food Stamps—For Now.” Mother Jones, 2025. Read article [here](#).



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REFLECTION PROMPTS

Use these prompts individually, in classrooms, or in community discussions to explore food justice through a Disability Justice framework.

1. How does food insecurity show up in your community, and who is most impacted?
2. What would food justice look like through a Disability Justice framework?
3. How can you support local efforts—like food co-ops or mutual aid funds—that prioritize accessibility and equity?
4. What systemic barriers (policy, physical, economic) prevent food access in your area?
5. How does ableism intersect with racism and classism in shaping who goes hungry?

CALL TO ACTION

Food is a right, not a privilege.

Building food justice through a Disability Justice lens means fighting for policies that feed, sustain, and honor every person — especially those too often left out of national conversations.

Collective liberation requires collective care.

Let's start by ensuring that no one in our community has to choose between survival and dignity.

