



# Human Rights based Approaches to Achieving Food Justice

Aakanksha Sinha, MSW,  
Ph.D.

Department of Social Work  
College of Arts & Sciences



A LITTLE TO YOU CAN MEAN A LOT. TO MAKE A CONTRIBUTION, VISIT [wfp.org](http://wfp.org)

# What do I care about?



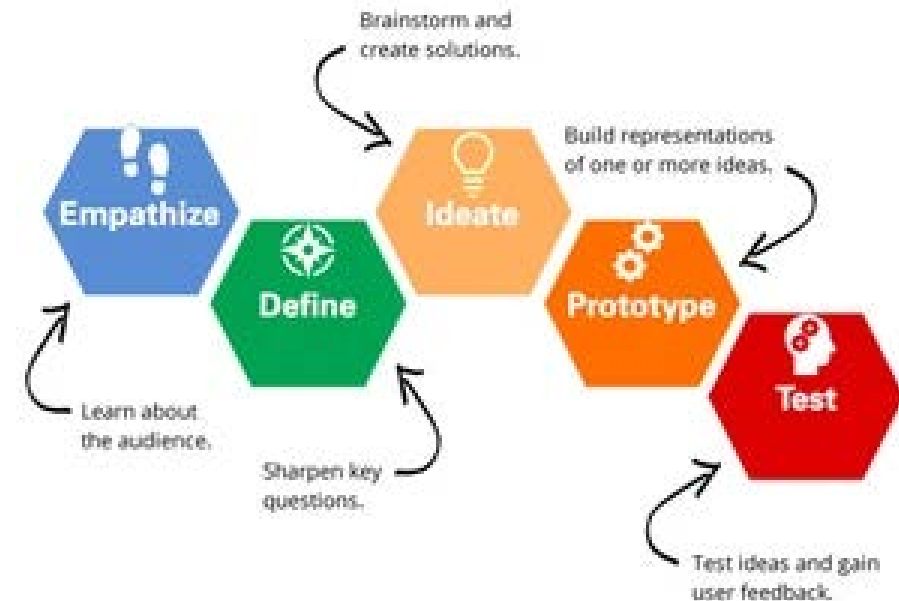
# What Framework do I use?

The **Human Rights-based** approach in research values inclusivity, accountability and transparency amongst all those that are involved in the research process. An important aspect of this framework is to challenge power, and to value the knowledge of those experiencing the phenomenon that is being examined.



# What Methodology do I use?

**Human Centered Design** is a problem-solving technique that recognizes the larger context in which the services are provided, and collaborates with the community to understand and assess the link between the service and their wellbeing.



# What am I Currently Working on?

- Is the Ramen Diet actually a Choice? Food Insecurity amongst College Students.
- Thriving or Surviving: How we Measure Food Insecurity.
- What is the expiration date? Changing how philanthropists engage with food banks in the Seattle area.