

Imported Foods Essay By: Brandon Melton 7c 11/5/11 For Hawaii's Future

In Hawaii we have a severe problem with our food supply. We are almost completely reliant on the cargo ships that import much of the produce purchased in our local stores. Every year shipping wastes money on the packaging of the imported food & the oil that powers the cargo ships transporting the food here. Ninety percent of our food is imported from countries around the world. For instance, nearly all the bananas found in our stores are grown & imported from Ecuador. Although we could easily be producing our own bananas right here in our tropical climate.

Growing our own food saves time & money allowing for easy access to fresh produce. Imported food from other countries spreads bacteria through plants because of contact releasing viruses through our produce. Our dependency on food importation has led to another serious problem, the spread of invasive pests through our imported produce such as fruit flies, coqui frogs, & miconia trees which could potentially damage Hawaii's ecosystem. In an emergency, Hawaii would only have a 7 day food supply in our stores.

With all of these various problems being interconnected the solutions for each of them are interconnected as well. The best way to reduce our carbon footprint is to stop importing most of our foods, hence we will be saving oil, therefore not creating air pollution and reducing the amount of packaging used to wrap imported foods. And lastly Hawaii has the capability to produce everything we consume food wise!

Fresh food is better for our health far more than imported foods. For instance, fresh produce such as fruits & vegetables strengthen your immune system, prevent heart disease & diabetes. All imported foods, especially produce, have been sprayed with chemicals that prevent bacteria from decaying the produce. This may help the product to have a longer shelf life, but those chemicals also kill the the essential nutrients in the produce. Fresh produce on the other hand, requires no chemical spraying as it goes directly from the land to the market maintaining it's nutritional value.

This particular subject is related to Clarence T.C. Ching in a very specific way. He applied the principles of persistence, determination, and hard work to his life goals. Although Mr. Ching achieved amazing things alone he achieved far greater things through cooperation with other people united for one cause. Clarence T.C Ching always did his best to apply the best solution to the problem. He would have encouraged self sufficiency because he would recognize this as a solution to Hawaii's future. Self-sufficiency frees us of dependency from the mainland to supply us with food. We can sustain ourselves through producing our own food opening a vast collection of other wondrous possibilities for food sustainability in Hawaii. The people of Hawaii, united together with our local farmers and ranchers, can achieve self-sustainability by following the examples of Clarence T. C. Ching.