Food insecurity, particularly in urban areas, is more than just an issue of diet or food. It's a far more complex issue that is predicated on structural issues like poverty, disinvestment in impoverished communities, and limited access to fresh food. In many cities, entire communities lack nearby grocery stores or healthy (and more importantly), affordable food. This paper explores how urban vertical farming systems (UVFS) could address gaps in food access. Through a literature review and analysis of existing research, case studies, and foundational theories, the thesis evaluates both the benefits and drawbacks of UVFS. It examines how vertical farming might offer sustainable, localized food production while also considering its economic feasibility, environmental impacts, and energy demands. While findings show that vertical farming has major upsides, including reduced water usage, year round production, and ability to positively impact health outcomes, it still faces challenges, such as high startup costs and uneven policy support. By reviewing and synthesizing the available research, the paper presents a balanced overview of UVFS and comprehensively considers its potential role in building healthier, more equitable urban food systems.