



General Discussion Questions



1. What do you think food insecurity means?

Food insecurity is a lack of access to a sufficient amount of nutritious food because of current (not always permanent) hardships.

2. Why are some causes of hunger and food insecurity in the United States?

Poverty, unemployment/under-employment, financial hardships, food desert (living in an area that is difficult to buy affordable, good-quality nutritious food).

Hardships can fluctuate on a weekly basis and isn't always consistent.

Visit FeedingAmerica.org to learn more.

3. How would you know if someone is experiencing hunger? What are the signs?

Tired, Lack of Concentration, Withdrawn, Angry, Quiet.

4. Better your understanding of food insecurity

Although food insecurity is closely related to poverty, not all people living below the poverty line experience food insecurity and people living above the poverty line can experience food insecurity.

Examples: You can move in and out of this, it can range from short to long-term based on your situation.

1.) A college student could graduate with debt and struggle finding a job, becoming food insecure.

2.) A person could have a job that provides them with financial stability, but suddenly is faced with medical bills that impact their food security.

3.) A person could live above the poverty line, then have to move to a new house, this can affect their food security.

5. Do you think an unhealthy diet is cheaper than a healthy diet?

Unhealthy choices are seen as cheaper, more convenient and easily obtained. Such as grabbing a soda to go, or a bag of chips. However, healthy options improve your health long-term, making the extra cost worthwhile.

Convenient and cheap snacks suggestions: carrots, bananas, yogurt, mixed nuts

Convenient snacks that are more costly: pre-packaged lettuce kit (dressing, toppings, lettuce), pre-cut fruit/veggie tray, yogurt parfait (fruit & oats).

Cheaper healthy snacks, more time-consuming: Head of lettuce & dressing, oatmeal & fresh fruit, whole fruit/veggie (not pre-cut).

6. What are some good books that can help educate you on Food Insecurity?

Lower Level Books:

Maddi's Fridge by Lois Brandt

One Potato, Two Potato by Cynthia DeFelice

Uncle Willie and the Soup Kitchen by DyAnne DiSalvo-Ryan

Upper Level Books:

Food Insecurity on Campus: Action and Intervention by Katharine Broton & Clare Cady

Reinventing Food Banks and Pantries: New Tools to End Hunger by Katie S. Martin

More Than Just Food: Food Justice and Community Change by Garrett Broad

7. What can you do to learn more about Food Insecurity?

Younger Level:

Think about how you feel when your hungry

Think about how you can help at school (offering a friend that is hungry extra food or donate to your schools canned food drive)

Ask your parents how you can help make a difference in your community

Older Level:

Practice empathy (the ability to understand situations different from their own)

Educate yourself (Suggested books, Research nearby Foodbanks/Pantries and how they help the community)

Learn about local food drives and how you can help

8. How can someone become food insecure?

-Loss of a job or reduced hours worked

-Illness, medical expenses

-Unexpected bills (home repair or car repair)

-Moving (could be a location that is difficult to buy affordable/quality food)

visit: sharefoodbringhope.org