



Food Security versus Food Insecurity

Food Security —

Occurs when everyone can afford to purchase and able to access nutritious and safe food that they enjoy eating

Is when everyone can access food in a way that does not compromise human dignity

Means food is grown and accessed in ways that are environmentally sound and socially just

Means you can feel confident about the food you are eating and that you will have enough

Is about sharing and celebrating your food

Food Insecurity —

Is when you can't access to foods that you enjoy and need for you and your family to be healthy

Is not having sufficient and safe food for future generations

Is feeling stressed about whether you have enough food or about where your next meal will come from

Is worrying about the safety of your food and about what is in it