

Activity 1.1

Food security means ...

Check off the issues that affect your life, or the lives of people in your community.

... Being able to get the food I need

- Being able to get to a place where I can buy or grow food
- Not having to worry about whether I have enough to eat
- Being able to prepare and cook food
- Being able to get food in a way that doesn't embarrass me or make me feel ashamed
- Not being judged for where I get my food, or for the foods that I chose to eat



"I felt [the people at the food bank] were looking down on me... I felt inadequate and I felt ashamed and I felt all those things."

... Being able to eat safe and healthy foods

- Being able to afford healthy food
- Having access to safe food that I know is good for me
- Being able to give my children the food that I know they need to grow and be healthy
- Knowing where my food came from and what is in it
- Having access to information so that I can understand how pesticides, preservatives, additives and genetically modified foods can affect my health



"But, I do suffer nutritionally and I can see it sometimes in my eyes and my face gets sucked in cause I don't have enough fruit and stuff. Because you want to give it to your kids."

... Being able to get foods I like and want to eat

- Being able to afford the foods that I want to eat
 - Enjoying my food
 - Sharing my food with my family & friends
 - Celebrating my culture or community with food
 - Enjoying the foods of my culture
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... Protecting the water, land and people who grow and produce food

- Being able to grow my own food
- Ensuring that food can be produced for my children's children
- Ensuring that growing, producing, processing, storing, and selling food doesn't hurt our environment or our communities
- Having space, land, water and soil for farms and gardens
- Ensuring that people can earn a living wage by growing, producing, processing, handling, selling, or serving food
- Ensuring that our water is clean enough for us to drink and for fish to survive in

Voices



“Healthy food is more expensive. Food that is good for you is too expensive. There’s a big difference between filling my kid’s belly and feeding them nutritiously. Buy food to fill them, not healthy foods. Food to fill.”

Voices



“They’re working, but they’re poor... They work for the [Supermarket] making minimum wage, they only get 26 hours a week.”