

## Activity 1.2

### What does food security mean to me?

*Now that you have worked through the “food security means” checklist, look at the items that you’ve checked.* These aspects of food are important to you or are a challenge to you or someone you know. Use the points that you have checked to describe — in words or pictures— what food insecurity and food security mean to you.

What does food **insecurity** mean to me?

What does food **security** mean to me?

Voices



*“...people can’t afford to grow [food], people can’t afford to buy [food].”*

*“So for some of us who end up in a situation where we don’t have enough to eat, we already know shame. Shame is so comfortable. It just fits like a jacket. So, you go somewhere and someone gives you a bit more, you take it. It fits. It feels normal.”*



*Talk about food security to anyone who’ll listen! Talking about food security is a good way to get others in your community thinking about these issues, too. And thinking about food security is the first step in doing something about it.*