

Section 1—What are we talking about?

Learning objectives:

- To get people thinking about how food security affects all aspects of their lives.
- To develop a common understanding of the issue as a basis for taking action.

The information in this section is meant to help participants develop a better understanding of what food security/insecurity is. The activities in this section engage participants in dialogue about food security. The checklist provided in Activity 1.1 will help the participants think about what food security means to them and how it affects the community they live in.

Section 8 of this Workbook includes a handout “Food Security versus Food Insecurity”, which may be helpful to participants.

Activity 1.1 – Food security means...

Objective: To get people thinking about how food security affects all aspects of their lives.

This is a good activity to assess exposure of participants to the issue of food security. It also helps draw out the understanding that food security is relevant to everyone.

Process: Ask participants to do the activity individually. Once they have completed the questionnaire ask the participants to share their feelings and thoughts about some of the statements with the larger group.

Prompts to facilitate discussion:

- Was there anything that surprised you?
- Could you or someone you know connect with the statements?
- Was there anything you had not thought of before?
- How does this make you feel?

NOTE: In the provincial pilot of the workbook, many of the participants suggested that sending this activity out before the workshop might be a good way to get people thinking about food security and spark their interest in the workshop.

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?



“...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.