

Activity 1.2 — What does food security mean to me?

Objective: To aid the group in collectively developing a common understanding of the issue as a basis to improve it.

This activity can be done individually or in groups. It may be beneficial for participants to reflect on the two questions alone before moving into small group discussions.

Process: Have large pieces of paper available to participants who may wish to draw their responses. Divide the participants into groups and ask each group to brainstorm or draw pictures related to “What does food insecurity mean to me?” and “What does food security mean to me?” Ask the groups to report back to the larger group on their descriptive words or pictures, explaining their choice of words or images.

The words people use to describe food insecurity are usually very negative. Participants may use words like shameful, embarrassed, no control, or helpless. Words that may be used to describe food security are more positive – fairness, justice, control, or choice. A lot of discussion may be generated from this activity.