

Section 2—Why care about food insecurity?

Learning objective:

- To increase participants' understanding of the factors that can influence food security.

Section 2 is designed to increase participants' understanding of the multitude of factors that can influence food security, and its effects on all aspects of our lives. This is a good section to focus on if your group is unable to see the relevance of the issue in a broader context. It can help to build common ground among participants in a group where people's backgrounds are diverse.

Section 8 of this Workbook contains handouts with useful information relevant to this section. The handouts are titled "Food Security & Children, Families & Communities", "Food Security & the Economy", "Food Security & the Environment" and "Food Security & Health".

Understanding how complex and interrelated the determinants of health are can help your group begin to address the root causes of food insecurity. On page 12, "Amber's Story" links experience of food insecurity to the determinants of health.

Activity 2.1 – What does food insecurity affect?

Objective: To help participants think about how food insecurity affects their family, the environment, their community, their health, and themselves.

Process: This activity could build on the responses from Activity 1.1 (page 4) and draw out themes related to economy, environment, community, health, individual, and family. Guide participants through this activity using the Carousel style technique, described below.

Carousel Style Technique

Carousel style is a way to get your participants moving around the room. This style works well when you have a few themes or discussion points you would like your participants to brainstorm around. Simply post the points of discussion on large pieces of paper around the room. Divide your participants into smaller groups (the same number as discussion points). Guide the participants through all the points by instructing them on when to move to the next topic. You can have one person stay at each carousel station during the whole activity. This person can act as the recorder for that point and recap what previous groups have said.