

Section 3—What can we do about food insecurity?

Learning Objectives:

- To develop an understanding of different types of strategies for addressing food insecurity.
- To develop an understanding that “system change”, based on healthy public policy, will most effectively address the root causes of food insecurity.

Various strategies used to address food security are discussed in Section 3. These are short-term relief, individual and community capacity building and system change. Real-life examples are provided for each of the strategies. This section emphasizes that system change, based on healthy public policy directions, will be the most effective in addressing root causes of food insecurity.

Activity 3.1 – Pros and cons of strategies

Objective: To examine the advantages and disadvantages of each strategy in terms of the participants’ issues, resources and abilities.

Process: This activity can be done in two different ways. The whole group can think of an example of each of the strategies. For example, food banks are often thought of as a short-term strategy. Once the example is chosen for each of the three types of strategies then a discussion of the pros and cons of each strategy can be undertaken. Alternately, the whole group can be broken up into three smaller groups. Each group is assigned a common example of each of the strategies. An example of a short-term strategy can be a soup kitchen or a food bank, an individual or community capacity building strategy can be a community garden and a system change strategy can be a change to minimum wage or income support programs. Then each group brainstorms the pros and cons of the examples they are given and shares the highlights of their discussion with the larger group.