

## Scenario Slips: Challenges

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Your partner has lost his/her job and the price of heating oil has increased dramatically just this week. It is a record cold winter.

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You've been diagnosed with cancer. You cannot work and medical bills soar.

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A large grocery store moves in 20 km away and the local market closes down. You have no car.

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The US closes the border to Canada in the fall, making certain foods unavailable. The price of produce in your area soars. Local farms have diminished. Selection is extremely limited all winter.

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You are a single mother of three. Your department at work is restructuring. You lose your \$50,000/year job.

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The local daycare loses funding. No subsidized daycare spots are available.

## Scenario Slips: Challenges

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Rent increases by 30 %, Power bills increase by 10%.

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Your apartment building burns. There is no affordable housing in your area.

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You're self-employed. The local factory – where you normally do about 80% of your business – closes. Things are very tight.

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You are a single mother of two teens. You've developed some mental health problems due to extreme stress. Your doctor orders you to give up one of your three part-time jobs.

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Your partner is addicted to alcohol and not working right now. Things are becoming unbearable to manage. Something's got to give.

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Your local Family Resource Centre closes down. The local Food Bank has scaled back its hours. Help with a new baby that had been available in the past is gone. All of your family lives many miles away.

## Scenario Slips: Supports

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**You are participating in a great research project to learn more about food security and how to work together in communities to identify and address policies that affect everyone's health including food security.**

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**You've established a good relationship with the local Family Resource Centre and are part of the Community Kitchen there.**

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**You have a huge garden and raise chickens on your rural property.**

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**You have many neighbours, relatives and friends in your community. You always support each other when times are rough.**

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**You have a plot at the local Community Garden and work with a nearby farm market to offer locally grown foods from the garden to the community.**

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**You've enrolled in low cost, nutritious cooking programs at a local resource center and have joined a community food-buying group.**

## Scenario Slips: Supports

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**You are able to offer childcare for neighbours in exchange for a trip to the grocery store every week.**

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**You are working with a local community action group to address transportation gaps in your community.**

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**You've recently inherited your grandfather's farm property – you have land to work with.**

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**You've worked with your local school board to get a school breakfast program for your local community. You volunteer there and share ideas with other staff and volunteers.**

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**You are lobbying the housing authority and local politicians in your local community for improved policies around safe, affordable housing—for example, a rent cap.**

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**You have adopted personal food policies that will help to sustain local agriculture and food retailers. You offer less support for big business.**