

Challenges

If a person in the “food secure” group draws a *challenge slip*, he/she moves into the “food insecure” group and trades snacks with a participant who is moving into the food secure group. If someone in the “food insecure” group draws a *challenge slip*, he/she remains in the food insecure group and keeps the same snack.

Supports

If a participant in the “food insecure” group draws a *support slip*, he/she moves into the food secure group and trades snacks with someone in the “food secure” group. If someone in the “food secure” group draws a *support slip*, he/she remains in the “food secure” group and keeps the same snack.

Example: If a “food secure” person has selected a piece of paper with “Your Partner lost their job and the price of heating oil has increased dramatically just this week. It is a record cold winter” he/she would move into the “food insecure” group, trading their snack with a “food insecure” person. If a “food insecure” person selected a piece of paper that read “You have a huge garden and raise chickens on your rural property” he/she would move into the “food secure” group, again trading their snack with a “food secure” person.

Snacks to use with Icebreaker :

Examples of “Food Secure” Snacks:

- Homemade muffin
- Fresh Fruit
- Yogurt
- Hard cheese and crackers
- Milk

Examples of “Food Insecure” Snacks:

- Reduced to clear fruit
- Chips or cheesies
- Cans of pop
- Fruit roll-up

As an alternative to using the Nutrition Quiz to divide participants into “food secure” and “food insecure” groups, you can place stickers on half of the name tags that are going to be worn for the day. If a participant has a name tag with a sticker on it, he or she is in the “food insecure” group. If a participant has a name tag without a sticker on it, he or she is in the “food secure” group. Once people are divided into “food secure” or “food insecure” groups proceed with the activity as described above.