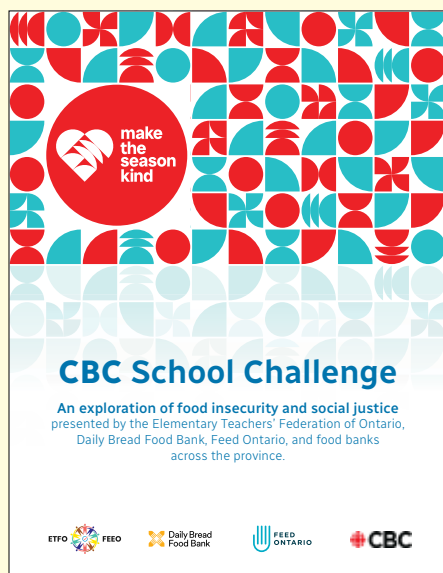


# WHAT IS FOOD INSECURITY?

## WHAT ARE THE INTERRELATED ISSUES?

***“Overcoming poverty is not a gesture of charity. It is the protection of a fundamental human right, the right to dignity and a decent life.”***

— NELSON MANDELA, FORMER PRESIDENT OF SOUTH AFRICA



### ABOUT THIS RESOURCE:

*This resource was created to facilitate critical conversations about food security at a time of year where many schools are collecting food to donate to food banks across the province.*

*While donations are important, it is equally important to address the systemic issues that contribute to food insecurity.*

*The lessons in this guide are valuable anytime of the year.*

*Find the full resource at [members.etfo.ca](http://members.etfo.ca).*

Household food insecurity exists when there is a compromise in the quality of food consumed (moderate food insecurity) or there is reduced food intake and disrupted eating patterns (severe food insecurity).

### ACTION

Explore how the Wheel of Privilege and Power shows the ways in which issues of oppression are interconnected. This visual is meant to guide the ways that you interpret the following questions separated by age group and division.

### CONVERSATION

**How can the interacting factors on the wheel of power and privilege impact the families and individuals who access food banks on a regular basis?**

**How does this visual help display connections between food insecurity and other issues?**

### ACTION

Watch Food Share's video *What is Food Insecurity?* ([youtube.com/watch?v=2YgxG6tyaXs](https://youtube.com/watch?v=2YgxG6tyaXs))

### CONVERSATION

What is food justice?

Explore your community. **What organizations exist in your area that are working**

**on food imbalances? Are there community gardens in your area? What's the process to create a community garden?**

### ACTION

Watch *What is Food Insecurity?* from Daily Bread Food Bank. ([youtube.com/watch?v=3mL0OsOTbRI](https://youtube.com/watch?v=3mL0OsOTbRI))

### CONVERSATION

Watch *Food Security for All* and/or read *Food Insecurity in Canada*.

**How is Unite for Change changing the way that we deal with food insecurity? How can we ensure that those in government are forced to realize that we need changes in our society?**

### CHALLENGE QUESTION

**Individually or in small groups: Research information on a food bank or food charity in your area. Share how its usage has changed in the last few years and suggest solutions for what it might take to reduce its usage.**

# WHEEL OF PRIVILEGE AND POWER

(the closer you are to the centre, the more privilege you have)

