



What Conversations are Needed to Make Sure Everybody Eats?

Everybody needs to eat (almost) everyday – and that’s not likely to change. Historically, some groups of people and communities have struggled to find affordable and accessible food – it’s a problem we’ve come to call food insecurity. Policies and programs like the US Department of Agriculture’s Supplemental Nutrition Assistance Program (SNAP) have helped bridge the gaps when individuals and families have difficulty finding food (USDA, 2022) But are there more creative ways to think about food insecurity? How can communication – through community dialogues and both local and national policies – help us make sure that everybody eats (Schraedley et al, 2020). Here, we tackle the issues and search for solutions that address both poverty and access through engaged participation from diverse voices and communities.

Round One: Connecting (~5 minutes)

Share your name, where you call home, and how often do you cook – if you do?

Round Two: Everyday Eating (~10 minutes)

Choose ONE of the questions below to answer in 1-2 minutes.

What kinds of things (e.g., time, money, cooking vs. carryout, advertising) influence your everyday food choices the most?

How much “work” do you do (e.g., shopping, prepping, cooking) to eat the way you’d like?

In what ways are you able to make the food choices you’d like to make? In what ways are you not?



Round Three: Equity, Access, and Poverty in Our Food Systems (~15 minutes)

Choose ONE of the questions below to answer in 1-2 minutes.

When everyone has spoken once, respond to others or address another question of your choice.

How might programs – like SNAP/EBT and SNAP doubling programs – ensure that everybody eats?

Can you share about a time when you didn’t know where your next meal would come from?

Why can it be difficult for communities to talk about poverty, especially when it comes to food?

Round Four: Reflections (~10 minutes)

Choose ONE of the questions below to answer in 2 minutes.

What might our world look like if we had a food system that ensured everybody eats?

What can you do locally to further conversations about poverty and food access?

What new information did you take away from today’s conversation?

References

USDA (2022). Supplemental nutrition assistance program. <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

Schraedley, M.K., Bean, H., Dempsey, S.E., Dutta, M.J., Hunt, K.P., Ivancic, S.R., LeGreco, M., Okamoto, K. and Sellnow, T., (2020). Food (in) security communication: a Journal of Applied Communication Research forum addressing current challenges and future possibilities. *Journal of Applied Communication Research*, 48, 166-185.

