



**What is community food security?**

**What is food security? What is food insecurity? Review the following two definitions and discuss the difference between these definitions. It is important that students do not discuss their own personal situation because some families may rely on local food banks, or are sensitive about food issues.**

**Note how the two definitions are different, the first one making reference to where food comes from, and the second dealing with food access on a more personal or household level. To have community food security, it is important to understand that link.**

**1) "Community Food Security is a situation in which all community residences obtain a safe, culturally acceptable, and nutritionally adequate diet through a sustainable food system that maximizes self-reliance and social justice."**

**Hamm MW and Bellows AC  
J.Nutr Education Behav, 2003:35:37-43**

**2) Food insecurity is a state where there is "the inability to acquire or consume an adequate diet of quality or of sufficient quantity in socially acceptable ways, or the uncertainty that one would be able to do so."**

**Dr. Lynn McIntyre, Dalhousie University**

**Discussion Activity:** Work in groups of four to eight students in the Group Discussion activity on page 1-3. Report back to the class on your findings.

**Debate the findings:** Ask the students if a healthy diet should be a human right. One side of the argument should look at the health costs and the other side of the argument should consider the cost of a healthy diet. How much more would that cost be if our diets were locally-sourced? Would there be any benefits to having our diets from local farmers?

**Wrap-up the debate :**

Some concluding remarks might include:

- 1 A healthy diet is essential for proper childhood development.
2. The price of food is increasing..
3. Food is a basic human right.
4. An unhealthy diet can lead to diseases such as diabetes, heart disease, and obesity.
5. \_\_\_\_\_
6. \_\_\_\_\_

Research papers are available on the All About Local Food! A Workshop Series CD



## Group Discussion on Food Insecurity

### Instructions for Students

1. Work in groups, no more than eight in a group.
2. Select a recorder and another person to report back to the whole class.
3. Answer all of the questions, or think of how you can get those answers.

Date: \_\_\_\_\_ Class \_\_\_\_\_

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2) Food insecurity is a state where there is "the inability to acquire or consume an adequate diet of quality or of sufficient quantity in socially acceptable ways, or the uncertainty that one would be able to do so."<sup>1</sup>

Dr. Lynn McIntyre, Dalhousie University

1. Have you heard of the term food security before?
2. How do the definitions above differ from each other?
3. Describe what the term food insecurity means to you.
4. Why are some people more likely to be food insecure than others?
5. Can you think of any ways to help people who may not have enough food to eat?
6. How many food banks are there in the City of Greater Sudbury?.
7. Can you think of any diseases that are directly related to diet?
8. Does "food security" have anything to do with having local food available?
9. What food resources would it take to properly feed City of Greater Sudbury?