What is food insecurity?

Mild food insecurity
- Worrying about the ability to obtain food

Moderate food insecurity
- Compromising quality and variety of food
- Experiencing hunger

Severe food insecurity
- Reducing quantities, skipping meals

Reasons for food insecurity — food poverty trap

- Struggling in school & work
  - Absences
  - Concentration and focus

- Health problems
  - Mental and physical health

- Economic
  - Job losses/insecurity
  - Low wages
  - Debt

- Food insecurity
  - Quantity over quality
  - Skipping meals
  - Reduce fresh food to avoid waste

- Hard choices
  - Heat or eat
  - Bills or food

Having conversations about food

1 EMPATHISE AND ENGAGE

The Dignity Principles:
Consider how your service can support these principles...
- A sense of control
- Able to take part in community
- Nourished and supported
- Involved in decision-making
- Valued and able to contribute

MORE RESOURCES:
https://www.nourishscotland.org/dignity-in-practice-resources/

1 Dignity Project, Nourish Scotland 2018
LISTEN, REFLECT BACK, START WITH OPEN QUESTIONS

Conversation starters
Here are some examples to help get started:

- How did you hear about us?
- How have you been this week?
- It's such a tricky time at the moment. How have you been managing with food recently?
- As winter approaches we're asking all our members/customers/users how we can help them to ensure they can get access to the food they need. Is it OK if we chat about this for a couple of minutes?

MORE RESOURCES
45 questions to help start conversations about food insecurity from Leap Frog
http://leapfrog.tools/tool/talking-food-card-deck/

MORE OPEN QUESTIONS

- What's been difficult for you with food recently?
- What do you feel would help?
- What other issues make it difficult for you to access the food that you and your family need?

ASSISTING

- You've got some great ideas on cooking healthy family meals but it seems that you're struggling to access fresh ingredients… would you like me to make some suggestions?
- It sounds like you doing a great job juggling lots of things but you're really stretched for time… would it be helpful to talk this through and explore if there are any other people or places that could help you?
- It seems like losing your regular employment has had a really big impact on your family both financially and emotionally. Would you like me to give you some suggestions on where you can access support?

SIGNPOSTING

CITIZENS ADVICE
Find local contact details at www.caox.org.uk
For initial advice visit: www.citizensadvice.org

OXFORDSHIRE FOOD SERVICES MAP
www.goodfoodoxford.org/foodmap

AGE UK
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0345 450 1276
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