Matthew Wong A place at the table response April 4, 2018

1. One example of food insecurity is low paying jobs. Yeah you have a job, but that doesn’t mean you can make enough to support you and get the nutrition that you need. Another example is the lack of programs to help food insecurity. Food banks **CAN** run out of food for one, and sometimes you can’t get into some programs, because you make **TOO** much money. Over by one dollar? Sorry, we can’t help you.

There are many ways to cope with food insecurity. One of those ways is to get two jobs. Some families get two jobs so they can barely make it through the day. Its not like the mother and dad both get one job, its not like that at all. It’s where one parent has to get two jobs, one at the morning, the other at night. Sometimes even the kid tries to get a job, though its very unlikely that will happen in North America. Another way to cope is to rely on the food programs. Some people rely on the food banks, which lets them to actually have food. In USA, they have a food stamp program that gives out food to people. Both ways that were mention were not always successful. Even by getting two jobs, some families can’t support themselves. Food stamps is there yes, but its not always reliable.

1. In 2014, Canada decided they did a survey though out the provinces to see which province is the most “food insecure.” When they began, Nunavut and Northwest Territories immediately rose. In 2014, Nunavut was 46.8% food insecure, while North-Territories was 24.1%. Through out Canada in 2012, 25% (415 400 Canadians) of those who are insecure about food, are couples with children. The highest is people living alone, unattached, which is a whopping 43% (715 900 Canadians). These people are more at risk mostly because they don’t have a good paying job. Some families who did have a good paying job, can’t buy the foods they need because of food prices are rising. - --

Some historical events, the Great depression for Canada, and while the numbers did drop after the depression, it has slowly came back. Food prices are increasing because of tariffs on foods, or ingredients to make the foods.

1. My reaction, I was surprised that America had a huge problem for food insecurity. I knew it was bad, but watching the movie made me realize how bad it really was. Though, I am not surprised its worse than I thought. Usually everything bad, is usually worse when you get all the information. My ideas about food insecurity didn’t change after watching the movie. I was also not surprised by the information I got from the movie.
2. Directly, I would have definitely in my power to change the polices for food insecurity. Because it directly affects me and I experience the pain right away. I would join a group that brings food insecurity problem to light. I would talk about my experiences, hoping the higher ups (politicians) will help and create programs for food insecurity.

If it was indirectly, I don’t know if I can help. If I was a politician, I wouldn’t know the pain and how huge the problem is. I would probably be focusing on how costly the programs would be. There’s different mind sets depending if you been in that position, or hearing other peoples situation. If I (present me) suddenly became a politician, I would make polices and programs to help with cooking, no matter how costly.