**“A Place at The Table” movie**

What are two examples of food insecurity identified in this movie? What were some of the ways in which the individuals involved coped with their predicament? Were they successful? Why or why not?

* There was this one mother of two named Barbie and she had troubles providing healthy and full meals to her kids. She always told herself that when she has kids, she will feed them healthy food, however that did not go as planned. She would feed her kids canned food, because it is cheaper but at the same time is unhealthy. As well as, she didn’t have a lot of money because she didn’t have a job, because she needed to provide care to her kids, since she is a single Mum. She fixed that problem, by getting a full-time job about a year later. Although, that was unsuccessful because her income and salary became higher, so she no longer qualified for food stamps, even though her family was still in need of them. Barbie struggled with feeding her kids without food stamps and had no idea what she could feed her kids. She also, didn’t have full time care for her children.
* Another example of food insecurity was Rosie and her family of 6 who lived in Colorado. This family lived in a rundown old house and was unable to provide food every day, due to this Rosie was constantly unable to focus in school because she was so hungry, all she could think about was food and how hungry she was. She struggled in school and would miss many days at a time. This family helped cope with this situation by stretching out their food supply as much as possible and only using the minimal amounts needed. As well as, they would get provided with a few bags of food each month, which helped out, yes it wasn’t the healthiest food, but it was better than nothing.

What specific demographics in our country might be more at risk of experiencing food insecurity? Why are they more at risk? Is there anything historical that might have caused this increased risk?

* People who would be more at risk of experiencing food insecurity would probably be young parents or young adults who came from low income families. This is because they have no support from their family, such as their family may not be able to pay for them to get a good education. This then makes it more difficult for them to find a job and therefore they’re not able to financially support themselves.
* People that live in the middle of nowhere, such as the country would probably have a higher risk of food insecurity because they may not have a way to get to a grocery store, and they may spend their money on transportation, which then might leave them with not enough money for healthier options at the grocery store.

What is your personal reaction to this movie? Did you have any pre-existing ideas about food insecurity? Were you surprised by some of the information that was presented? Why or why not?

* I knew that there was hunger throughout the world, which is very sad. But I was surprised when it was families, who had homes, who’s kids went to school, they had routines, who were the ones who were suffering from hunger. I usually associate hunger with homeless people. I was also surprised to see that there was quite a bit of hunger present in the USA who is Canadas next door neighbors, I always thought that the developing countries were the ones who suffered from hunger not the developed countries.

If you were in a position to directly or indirectly influence the issue at hand (such as a politician or policy maker) what would you do to help? What policies do you think could aid those that are hungry? **OR** What is a way that you could make a difference today? How would you go about making that difference and change?

* If I were to help out with food insecurity or make changes then I would first make some posters about the food insecurity issue and say that people should start donating to food banks and help out at soup kitchens. As well as, talk to people about the issue and encourage them to help out the unfortunate people in anyway that they could. Then I would try and increase the amount of money that is given to families through food stamps by $5 because this way they have a little bit more money to get healthier options. OR maybe make the food stamps just for meats, fruits and vegetables, so that they could eat healthier and get these items at a discounted price.