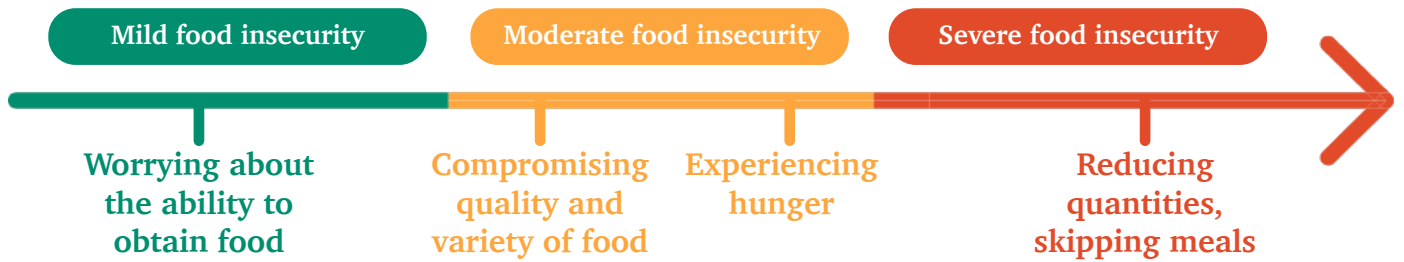
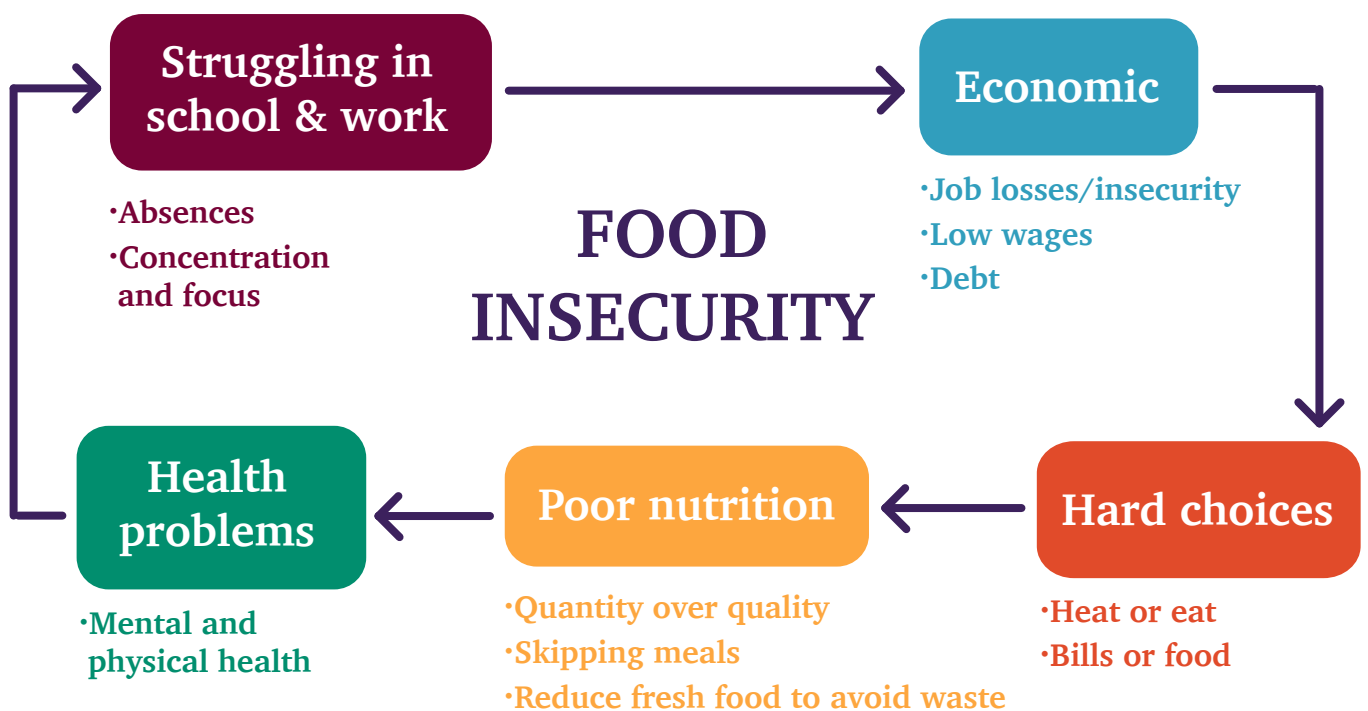


# What is food insecurity?



FAO. Food insecurity experience scale

## Reasons for food insecurity — food poverty trap



## Having conversations about food

### 1 EMPATHISE AND ENGAGE

The Dignity Principles<sup>1</sup>: 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/>

Treating people with dignity is achieved through being in solidarity with people rather than treating them as powerless or in need of someone to empower them.

## 2 LISTEN, REFLECT BACK, START WITH OPEN QUESTIONS

### Conversation starters

Here are some examples to help get started:

How have you been this week?

How did you hear about us?

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/>

## 3 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?

## 4 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?

## 5 SIGNPOSTING

**CITIZENS ADVICE**  
Find local contact details at [www.caox.org.uk](http://www.caox.org.uk)  
For initial advice visit: [www.citizensadvice.org](http://www.citizensadvice.org)

**citizens  
advice**

**OXFORDSHIRE FOOD  
SERVICES MAP**  
[www.goodfoodoxford.org/foodmap](http://www.goodfoodoxford.org/foodmap)



**LIVE WELL  
OXFORDSHIRE**  
[www.livewell.oxfordshire.gov.uk](http://www.livewell.oxfordshire.gov.uk)

**AGE UK  
OXFORDSHIRE**  
0345 450 1276  
[www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)



**OXFORDSHIRE  
ALL IN**  
[www.oxfordshireallin.org](http://www.oxfordshireallin.org)



**OXFORDSHIRE MIND**  
01865 247788  
[www.oxfordshiremind.org.uk](http://www.oxfordshiremind.org.uk)

