



Food Security Exercise

Personal Food Security Reflection

Understanding an individual's food security is complex. It is based on national and individual data - it is not something we can expect to do in the classroom. However, based on the description of the four dimensions of food security given in the video, you can start to reflect on how you interact with food access, unavailability, utilisation and stability.

To Do:

Take a photograph of your most recent food shop.

As you look at the photo reflect on the four dimensions:

1. How did you access this food?

- How did you get to the shop?
- How did the food get there?
- Is there food you wanted to buy but didn't?
- Are there vulnerabilities in that process?

2. What does availability mean to you?

- Was there a food item you couldn't buy because it wasn't in stock, it wasn't in season, it was too expensive?

3. How will you utilise that food

- What meals will you cook?
- Do you read the food storage and 'use by' information?
- Do you make meal plans?

4. How stable is your food shopping experience?

- Do you always have access?
- Is what you buy always available?
- Can you always choose safe healthy food?

Finally - reflect on how you might feel if any of these issues changed significantly so that you might not be able to access enough safe, healthy food.

Reflective writing can expose learners to vulnerability, and so sharing this should be done in a safe and supportive environment where there is no judgement, and no risk to those sharing reflective work.