

TAKING A CREATIVE APPROACH TO FOOD INSECURITY

5 THINGS TO KNOW

1 FOOD INSECURITY IS MULTIFACETED:
Addressing food insecurity requires a deep understanding of its interconnected factors, including access, affordability, stigma, and cultural suitability (Tarasuk & Mitchell, 2020).

2 IMPORTANCE OF CREATIVE SOLUTIONS:
Community-led initiatives like gardens, mobile markets, and food hubs not only address hunger but foster engagement, education, and resilience (Guitart et al., 2012).

3 EMPOWERING INDIVIDUALS AND COMMUNITIES:
Solutions that involve people with lived experience (PWLE) in the design and decision-making process create sustainable outcomes and reduce dependency on emergency measures (Riches, 2002).

4 HEALTH IMPACTS OF FOOD INSECURITY:
Food insecurity is linked to chronic physical and mental health issues, emphasizing the need for comprehensive, nutritious, and accessible food systems (Seligman et al., 2010).

5 TRANSFORMING FOOD SYSTEMS:
Moving from a charity-based model to community empowerment, food sovereignty, and urban agriculture supports long-term self-sufficiency and dignity (Grey & Patel, 2015).



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5 THINGS TO DO

- 1 ESTABLISH COMMUNITY GARDENS AND URBAN AGRICULTURE PROGRAMS:**
Collaborate with local governments and organizations to create accessible growing spaces, such as gardens in vacant lots, rooftop farms, or public spaces.
- 2 ADVOCATE FOR INCLUSIVE FOOD POLICIES:**
Work with policymakers to support food sovereignty, reduce food waste, and improve access to fresh produce through subsidies, zoning changes, and incentives for urban agriculture.
- 3 LAUNCH EDUCATION AND SKILL-BUILDING PROGRAMS:**
Implement community-based cooking classes, gardening workshops, and nutrition education to empower individuals to take control of their food security.
- 4 PROMOTE DIGNIFIED FOOD ACCESS SYSTEMS:**
Replace stigmatizing practices like food bank coupons with anonymous, equitable systems such as gift cards or food shares that prioritize dignity.
- 5 FOSTER PARTNERSHIPS FOR SUSTAINABLE IMPACT:**
Build collaborations with local farmers, schools, and businesses to integrate food solutions across sectors, including school gardens, affordable meal programs, and food hubs.