



## Process for Reflection on *Food InSecurity in Manitoba* Video Series

This process was developed for the launch of the videos in April 2020 and is offered as a guide for reflection.

The videos are available at [https://foodmattersmanitoba.ca/video\\_resources/](https://foodmattersmanitoba.ca/video_resources/)

Some of the questions invite people to reflect on experiences which might raise up emotion for them. Please take the time to assure the reflection participants that they should take care of themselves and only need consider or share what is comfortable. Be sure to provide for the needs of people who might need support.

### ***Food Insecurity in Manitoba Part 1: Experiences***

After viewing the video:

- Are there stories/comments in the video that stand out for you?
- Why do they stand out?
- Are there people in your community or your family who are food insecure? Perhaps this is, or has been, your experience. What is that experience like, or what do you think that experience might be like?

### ***Food Insecurity in Manitoba Part 2: Causes***

After viewing the video:

- Are there stories/comments in the video that stand out for you.
- Why do they stand out?
- What barriers exist in your community to people accessing enough healthy, affordable and culturally appropriate food?
- What misconceptions have you encountered regarding people who are food insecure? What do you see as the sources and consequences of those misconceptions?

*Continued ...*

### ***Food Insecurity in Manitoba Part 3: Solutions***

After viewing the video:

- What do you think are the most important things that need to happen to address food insecurity, locally, regionally, nationally?
- How can you get involved in those efforts?
- How can you envision using these videos in your work or educational activities or with others in your community?
- Who do you need to share this resource with?

We would welcome your insights. If you have ideas, feedback or questions be in touch.

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