

CONVERSATION GUIDE

Food Insecurity

on the table
Your voice matters.



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Food insecurity is defined as not having reliable access to a sufficient quantity of affordable and nutritious food. There is no one solution as food insecurity is a complex issue. This interactive food desert map (<https://gis.dhec.sc.gov/fooddesert/>) is a helpful tool to find out where the need may be near you.

BEFORE YOU BEGIN:

Set some guidelines.

Ask every participant to commit to creating a brave space for this conversation to take place. Four things to remember:

- Be respectful – in our language and conversation, we should be respectful to others even if we do not agree.
- Listen and learn from one another.
- Try to keep an open mind.
- The conversation itself matters – we don't have to solve challenges right now, today.

GETTING STARTED:

Make introductions. Ask each participant around the table to share their name, their neighborhood and what brought them to the table.

HAVING THE CONVERSATION:

Pose questions to spark discussion. Invite your participants to consider the following and share their responses, experiences and ideas.

1. What brought you to the table?
2. What is your definition of food insecurity?
3. What would you like to see happen in your community and/or the Midlands to support Midlands residents in having reliable access to a. sufficient quantities of food, b. nutritious food, c. affordable food?
4. What opportunities and/or resources exist in the Midlands to increase food security in our communities? What resources do you believe are needed for Midlands residents to have reliable access to affordable and nutritious food?
5. Who not at this table is critical to making positive changes within our community? How can we connect with them to create change?
6. What will you commit to do in the next 3-6 months to be more civically engaged in your community or in the Midlands?

AFTER YOUR CONVERSATION:

Wrapping up your event.

Thank your participants for sharing their thoughts and experiences, and for being part of this important conversation. When we listen and learn from one another, powerful things can happen.

Remind them to:

- Complete the brief survey at OnTheTableCola.org being conducted by Central Carolina Community Foundation for a community report that will be shared with local leaders and stakeholders.
- Contribute to the conversation online by posting photos, ideas and experiences on social media using #OnTheTableCola.
- Consider applying for a Beyond the Table mini-grant. Central Carolina Community Foundation is awarding grants up to \$2,000 each for ideas that emerged from conversations.
- Visit www.OnTheTableCola.org to learn more.