

Nutrition Month 2024



Community Conversations & Action

on Food Insecurity

Resource Discussion
& Letter Writing
Toolkit

*for workplaces, community
groups, or circles of family
and friends*

Food is known for its power to bring people together. This toolkit outlines one way to use food to stir up discussion and action around the issue of food insecurity in the Thunder Bay District.

While this resource is written for groups, individuals can use it too. The intention is to raise awareness of food insecurity in our community, reflect on our role in challenging it, and voice the need for action to our elected officials.

Flip this page over for step-by-step instructions on how to facilitate this activity with your own circle of peers.

Suggested resources:

- Thunder Bay District Health Unit: [Hungry for Change](#) and [The Cost of Healthy Eating in Thunder Bay District](#) (2023 reports)
- Ontario Dietitians in Public Health: [No Money For Food Is...Cent\\$less](#) (campaign)
- PROOF: [How to Tackle Food Insecurity in Canada](#) (video, 14 mins)
- Letter templates: <https://www.odph.ca/what-can-you-do> and <https://basicincomecoalition.ca/en/actions/>
- Postcard to download: tbdhu.com/nutritionmonth

Before the event:

1. Send a message to the people you want to include.
 - a. It's not necessary to read anything ahead of time.
 - b. We recommend incorporating a shared meal – catering if the event is public, and a potluck if the event is private (or a rice bowl where everyone contributes 1-2 ingredients).
2. Settle on a date, time, and place (we suggest 1-2 hours over a mealtime).
 - a. Ask about allergies and other dietary needs. Accommodate these as much as possible and clearly communicate with the whole group.
3. Print enough copies of the resources you're going to use.
4. Send a reminder! People may wish to bring their laptops so they can type and email their letters rather than write by hand and send via air mail.

Suggested discussion questions:

- What stands out to you in these resources? What surprises you?
- Does food insecurity come up as an issue in your work? What about other areas of your life? If so, how?
- What are some misconceptions around food insecurity? How can you push back on them?
- How do you feel we could collectively have an impact on this issue?
- What or whose perspectives and approaches are missing from these resources?

After the event:

1. Collect any handwritten letters, ensure they are stamped and addressed, and mail them.
2. Consider sending a follow-up message of thanks to those who attended with additional actions people can take.

Questions about this resource? Call 807-625-8813
Email michaela.bohunicky@tbdhu.com
Visit tbdhu.com/nutritionmonth