

*Let's ignite a culture of food dignity  
to end hunger in the United States*

Speaker | Author | Food Justice Advocate

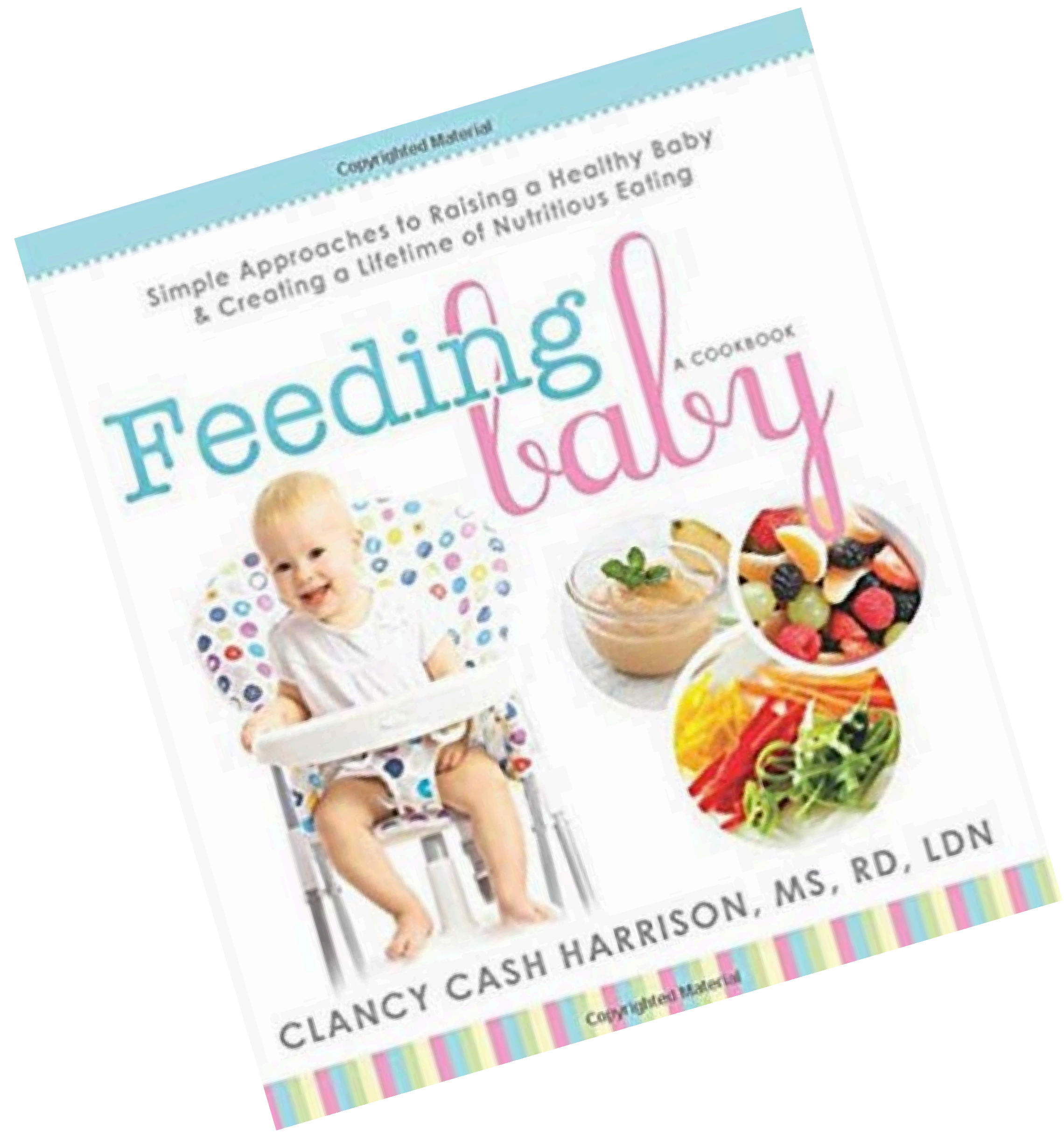


# *IGNITE* a Culture of Food Dignity

Twitter: @ClancyCHarrison  
FB: Clancy Harrison

## #FoodDignity

Clancy  
HARRISON



# Recovering Food Elitist



# Al Beech West Side Food Pantry

President  
&  
Nutrition  
Coordinator

My professional  
mission turned  
*right-side up*  
during  
Community  
Voices Project



# Food as a Human Right

“Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care”

-Article 25, UN Universal Declaration of Human Rights, 1948.

“The right to adequate food is realized when every man, woman and child, alone or in community with others, has the physical and economic access at all times to adequate food or means for its procurement, without discrimination of any kind.”

-International Covenant on Economic, Social and Cultural Rights (ICESCR)

# Equality



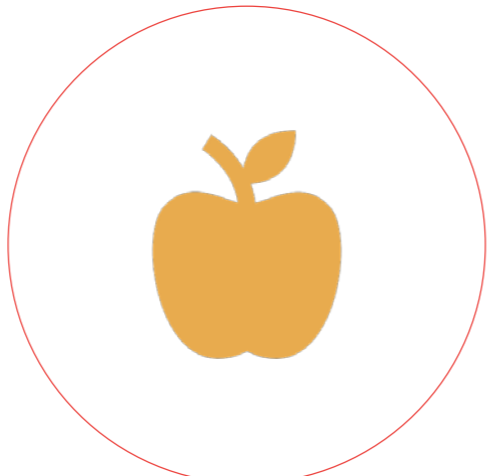
# Equity



# Food Inequity Problems



FOOD  
INSECURITY



INEQUITABLE  
FOOD ACCESS



INEXPENSIVE  
CALORIES



UNHEALTHY FOOD  
MARKETING



POOR HEALTH  
AND RELATED  
OUTCOMES



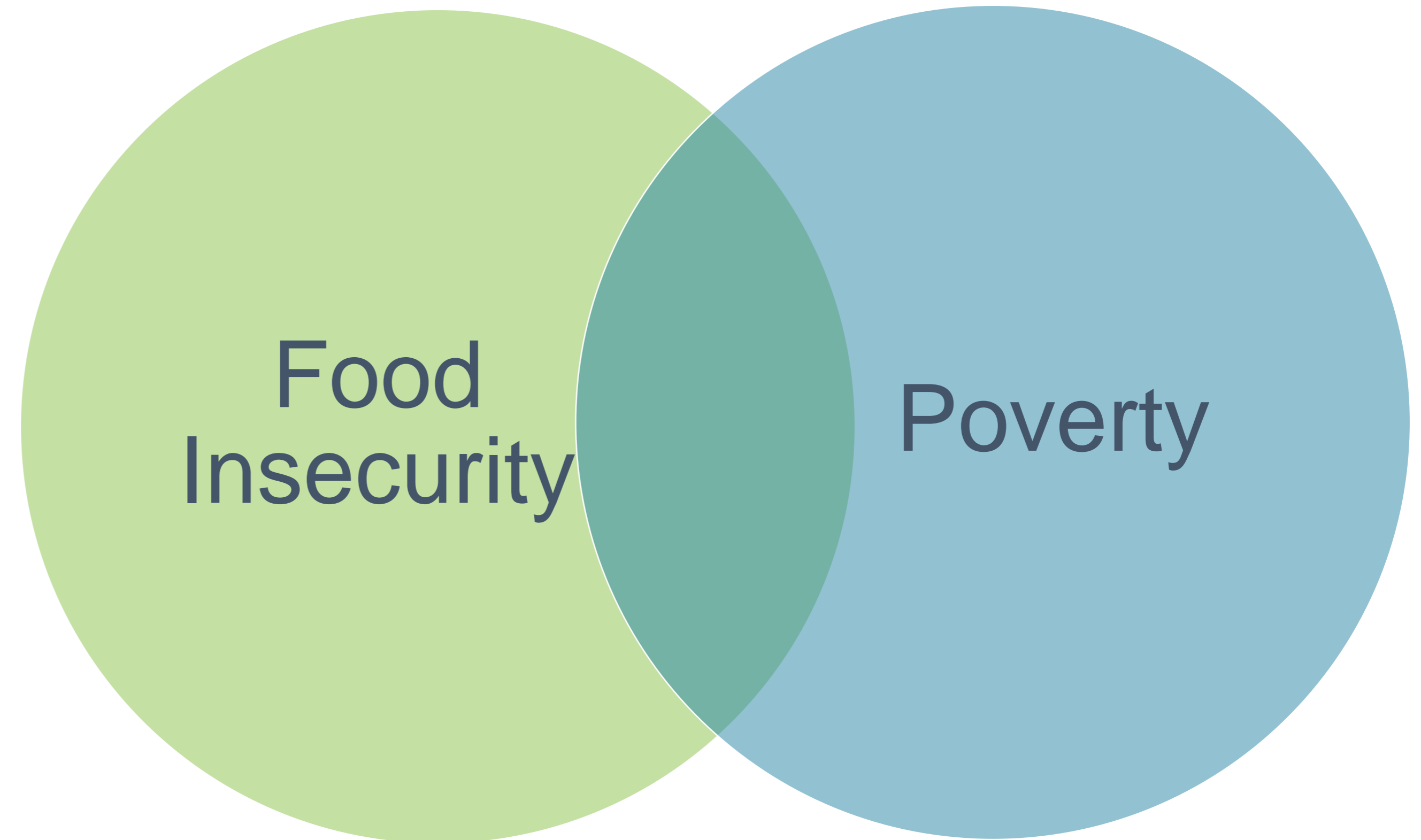
# The lens of food insecurity in US

- ***Food insecurity (FI)*** “Limited or uncertain availability of nutritionally adequate and safe foods.....”
- ***Hunger*** “The uneasy or painful sensation caused by a lack of food”
- ***Food Secure*** “Access by all people, at all times to sufficient food for an active and healthy life.”

## Related, but not Equal

58% of people struggling with FI have incomes 100% above the federal poverty level.

61% of people living in poor households are food-secure.



# Realistic View of Poverty

**34.5%**

**Situational**

**2.7%**

**Chronic**

# Situational Poverty

- Loss of job
- Working hours cut back
- Medical expenses
- Affordable childcare
- Affordable housing
- Natural disasters (Katrina, Harvey, Irma, Maria, Florence)
- Death of family member
- College student
- Difficult choices!

**The face of hunger is constantly changing in U.S.**



**Hunger in the United States is an invisible epidemic.**

**The real face of hunger in the US often presents with a normal BMI.**

Understanding the Connections: Food Insecurity and Obesity. October 2015

# Food Assistance Participation

59% of food-insecure households participated in at least one of the three major federal food assistance programs.

- SNAP (food stamps)
- School Feeding Programs
- WIC (Women Infant & Children)

# WHY?

- Stigma
- Treatment by staff
- Office/work hours
- Lack of knowledge
- Transportation

Access and Access Barriers to Getting Food Stamps: A Review of the Literature. February 2008.

Food insecurity, social capital and perceived personal disparity in predominantly rural region of Texas: an individual-level analysis. 2011



## Meet Anna

- 34 year old single mother of 2
- Driving a Lexus
- Wearing designer clothing
- Manicured nails
- She asks for food and diapers
- Older child is on an iPhone



# Educators Role in the Fight Against Hunger

## Research



Survey clients  
Collect list of local  
resource  
community  
resources

## Advocate



Promote  
Collaborate  
Eliminate barriers  
Communicate  
Action alerts

## Educate



Client  
Family  
Friends  
Co-workers  
Students

## Practice



Screen for FI  
Food Access  
Behavior Change  
(based on Mental  
Models)  
MI

# FOOD. Dignity

Challenging Stigma, Changing Culture

Food dignity is a cultural collaborative that supports and honors everyone's right to nourishing food at all times.

# A culture of #FoodDignity starts with all of US.



**You are in a powerful position to influence the people you work with every day!**

# Levels of Collaboration =



## Collective Efficacy

Collective efficacy is the capacity to make the changes necessary to better health and healthcare.

# Individual Collaboration



You don't have to look outside your organization to fight hunger.

**Find the crack  
and  
become the glue!**

# Start where your participants are.....



Poverty	Middle Class	Wealth
Food: Did you eat?	Food: Did you like it?	Food: Presentation?
Time: decisions based on survival	Time: future is Important	Time: decisions made on tradition
Education: not a reality	Education: to climb the ladder	Education: necessary for connections



# Tips to address hidden rules

- Accept that decisions will be made against other ways of thinking than your own
- Know the need for survival trumps everything
- Survival is a reactive skill- not a planning skill
- Make a realistic plan for their situation

**Money gets you past survival, but it does not change your thinking.**

How can you help your client's feel safe (confident) around food?





**Do we determine the solution to a problem based on our own assumptions and perceptions?**



Understanding the WHY behind a client's food choice provides the direction for effective nutrition education & collaboration.

# Crucial Conversations



A crucial conversation moves us from power over others to power with others.

Connecting with clients through inspirational stories bridges the gap on how the situation is viewed.

# Crucial Conversations

- Screen all participants at all visits
- Inspirational stories connects people and makes facts memorable



## To help your patients/clients lessen food insecurity, take these three steps:

1. Read each statement\* and ask your client if the statement is often true, sometimes true, rarely true, or never true.

  - Within the past 12 months, we worried whether our food would run out before we got money to buy more.     Often True     Sometimes True     Rarely True     Never True
  - Within the past 12 months, the food we bought just didn't last and we didn't have money to get more.     Often True     Sometimes True     Rarely True     Never True
2. If your client responds "often true" or "sometimes true" to either statement, they likely have food insecurity. Help them get more food by filling out the list of resources (see next page) and giving it to them.

You can also fill out the list, make copies, and leave them in waiting rooms and other areas for community members to pick up.
3. Advocate for nourishing foods in your community. Take steps to increase the availability of nutritious, affordable food.

\* Hager ER, Quigg AM, Black MM, Coleman SM, Heeren T, Rose-Jacobs R, et al. Development and validity of a 2-item screen to identify families at risk for food insecurity. *Pediatrics*. 2010 Jul 1; 126(1):26-32.

Program Name	Contact Name	Contact Number	Other Important Information (Location, Who Can Qualify, Hours, etc.)
SNAP - Supplemental Nutrition Assistance (Food Stamps)			
Food Distribution (Commodities)			
Women, Infants, and Children (WIC)			
School Lunch and Breakfast Program			
Summer Food Service Program for Children			
Senior Center			
Meals on Wheels			
Tribal Food Program			
Farmers Markets			
Community Gardens			
Food Bank / Food Pantry			
"Mobile Grocery Store" Truck			
Church / Place of Worship			

\*Check with the program to see if you qualify to get food.



Produced by the IHS Division of Diabetes Treatment and Prevention, 2015. To print this, go to [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov) and search **Food Insecurity Tool** in the upper right corner of the web page.



## 3 Types of Stories

- Your own success stories
- Success stories of clients (identifying information unnecessary)
- Stories of frustration or shame



# Institutional/Community Collaboration

Know the *WHY!*

Know potential collaborator's mission

What is important to a potential partner and how can you connect your outcomes to their mission?



What keeps them up at night?

What are their biggest pain points?

What frustrates them?

**How can you help?**

## Collaboration = WIN-WIN

The United Nations calls “collaboration critical... if we are to create a more inclusive, just, and sustainable world.”



Organizations must find creative ways to tackle issues that lie beyond the scope a single organizations.





Acknowledge the gap  
between aspirations  
and reality.

Aim to narrow the gap  
in order to make  
progress.

# Effective collaboration

- Be a connector of resources
- Support existing resources
- Don't start something new, strengthen another program by adding your expertise





# Inspire a collective purpose

Collaboration depends on the trust others have in you or in the processes you propose for making progress.

# Build Trust

- Consistency
- Understand the WHY behind mission/values/personal choices
- Learn to see the problem from other points of view
- Dive into the trenches



# Effective collaboration

- Be a connector of resources
- Support existing resources
- Don't start something new, strengthen another program by adding your expertise



# Challenge!

How can you ignite collaborations to promote & improve access to nourishing food?

(Feeding America Food Banks)



# Feeding America Network

- National program
- Non-profit status to apply as agency member
- Easy application
- Rescued 3.3 billion lbs of food last year
- Biggest challenge- getting the food to the people who need it the most



# Find Your Local Food Bank

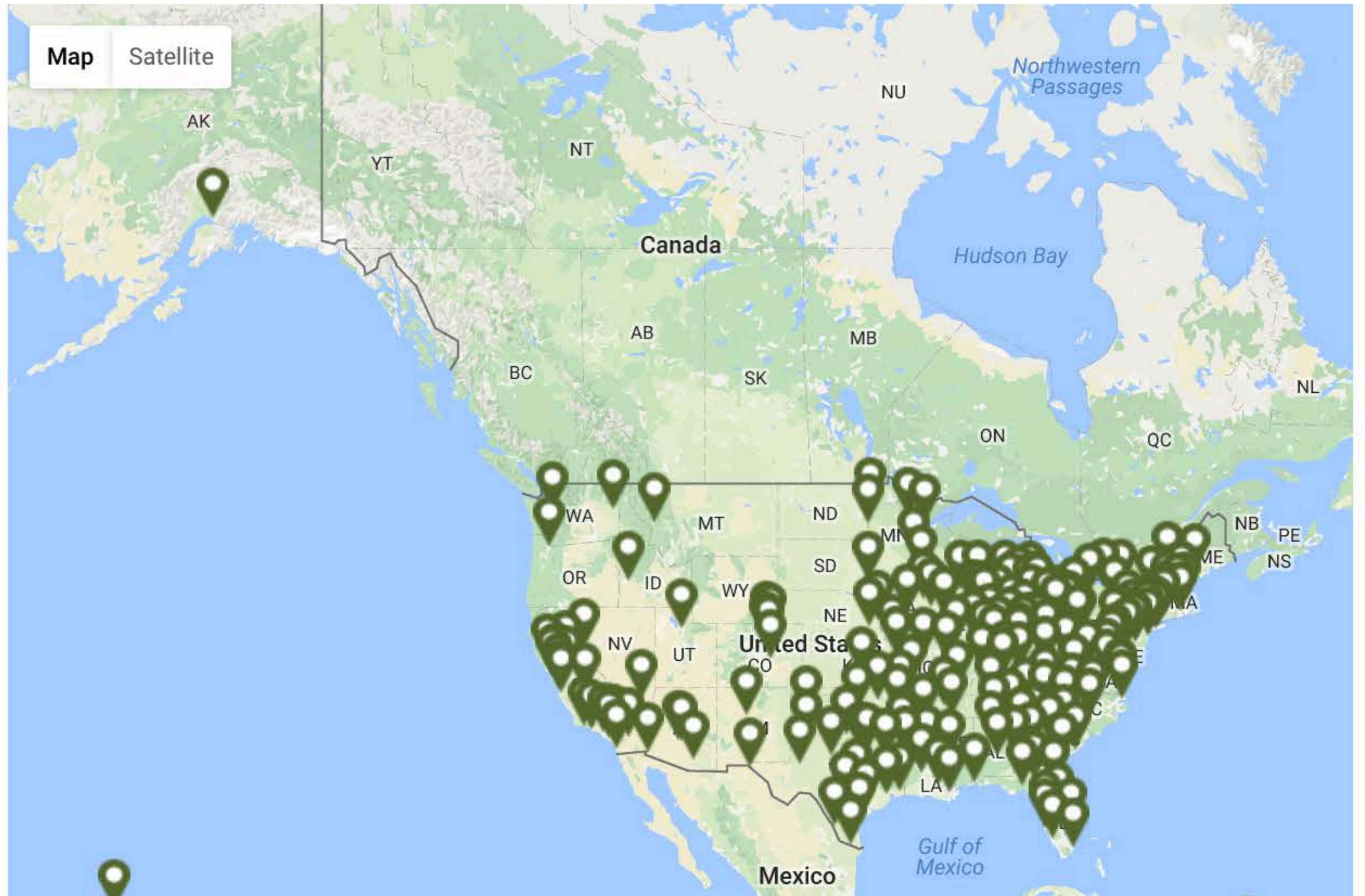
<http://www.feedingamerica.org/find-your-local-foodbank/>

Search by  
Zip Code or State

or  
 **GO**

[View Feeding America's full Member Food Bank Network >](#)

200 Feeding America Food Banks that serve the United States



# What you can do now?

- Listen & understand about the *WHY* behind stories
- Don't assume you understand someone's *WHY*
- Share your story (if you have one)

# What you can do now?

- Brainstorm/identify 3 people/organizations you want to *influence*.
  - Write them down and pick ONE!
- What is their biggest problem?
- What story can you use to relate to them?





# My wish.....

for all of us to connect  
without assumptions  
and always seek to  
understand the  
*WHY!*

Download {free}



# Text Dignity to 44222

#FoodDignity & #NWANBF18

Twitter: @ClancyCHarrison

FB: Clancy Harrison

**“Each one of us can make a difference. Together we make change.”**

**-Barbara Mikulski**

[www.ClancyHarrison.com](http://www.ClancyHarrison.com)

