**Food insecurity – A Day in the Life**

This is to capture a day in the life of an individual who may rely on food provisions in York to get their basic food needs met. It should capture the individual's movements throughout the day; where they go, what they get and why.

Venue: Date:

**Breakfast**

What did you have for breakfast today?

…………………………………………………………………………………………………………

…………………………………………………………………………………………………………

Where did you get the food from?

………………………………………………………………………………………………………..

…………………………………………………………………………………………………………

Why do you go there/are there other places you could go?

……………………………………………………………………………………………………………………………………………………………………………………………………………………

What do you like about that place/what could be done better at that place?

…………………………………………………………………………………………………………………………………………………………….……………………………………………………..…………………………………………………………………………………………………………

………………………………………………………………………………………………………..

**Lunch**

What did you have/will you have for lunch today?

…………………………………………………………………………………………………………

…………………………………………………………………………………………………………

Where did you/will you get the food from?

……………………………………………………………………………………………………………………………………………………………………………………………………………………

Why do you go there/are there other places you could go?

…………………………………………………………………………………………………………

…………………………………………………………………………………………………………

What do you like about that place/what could be done better at that place?

…………………………………………………………………………………………………………

…………………………………………………………………………………………………………

……………………………………………………………………………………………………………………………………………………………………………………………………………………

**Dinner**

What did you have/will you have for dinner today?

…………………………………………………………………………………………………………

…………………………………………………………………………………………………………

Where did you/will you get the food from?

…………………………………………………………………………………………………………

…………………………………………………………………………………………………………

Why do you go there/are there other places you could go?

…………………………………………………………………………………………………………

…………………………………………………………………………………………………………

What do you like about that place/what could be done better at that place?

…………………………………………………………………………………………………………

…………………………………………………………………………………………………………

……………………………………………………………………………………………………………………………………………………………………………………………………………………

**Other questions**

Do you always get the food that you need for the day?

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

What would make things better for you at the food provisions?

…………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

What would help you get to a place that you no longer have to use food provisions (if you would like that)?

…………………………………………………………………………………………………………

…………………………………………………………………………………………………………………………………………………………….……………………………………………………..…………………………………………………………………………………………………………

How does relying on food provisions for your food make you feel?

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

…………………………………………………………………………………………………………