**LIFE – Food Insecurity**

A peer-led exploration of the efficacy and quality of food provision, choice, dignity, and movement from food provision reliance to self-supporting. A greater understanding of the nature of food insecurity in our community and potential pathways away from food insecurity is desirable.

1. **Choice**

To what extent do individuals have choice?

Choice in location, choice in types of provision, choice in amount, diversity and quality of food that is available.

**Questions**

Do you know where to get food? (OR) How did you come to know about food provisions?

Why do you come to this provision?

Do you use other provisions?

What is it that you like about the provision?

What doesn’t work?

How is the variety and quality of the food?

What would make it better?

1. **Dignity**

How do you feel?

To explore how people who may or may not access provisions feel, what might enhancing dignity look like in community food provision (see Dignity Principles in Practice below).

**Questions**

How do you feel about food access?

Do you feel supported when attending food provision/s?

What would make things better?

What difference would that make for you?

1. **From Reliance to Self-Supporting**

How do people move from food insecurity to food security and what does that look like/mean for individuals?

To explore how individuals might see and what would support their movement (or not) from food insecurity to food security. To explore long-term food provision reliance.

**Questions**

Why do you come to this provision?

How often do you access food provisions?

How long have you been using food provisions?

Do you want to move away from food provisions?

What would that look?

Do you use food provisions for signposting?

What support might be needed?

The questions will be broadly framed around what works well and doesn’t, what changes would you like to see, what differences would they make and how do you feel? We want to conduct conversations and not surveys, the questions above are not prescriptive, the conversations will be open-ended and guided by the participants, in a space that works for them.

Conversations will be conducted with individuals accessing provisions, individuals facilitating provisions and individuals that do both. Additionally, it would be interesting to speak to or work with individuals that do not access food provisions and ask why? We aim to talk to 25 individuals representing those accessing and/or facilitating food provisions. We may adapt as the project evolves but this represents a core aim.

**Food Provision Locations**

We have identified food provisions that we would like to connect with as follows; I am Resuable, Carecent, The Gateway, Millfield Lane and Living Word. Selection is based on existing connections and the different models they present. They represent a potential starting point, and we will adapt as the project evolves.

**How will we involve lived experience?**

The core team is comprised of lived experience. We hope to enable individuals currently accessing and/or facilitating food provisions to have conversations (or any other appropriate methodologies) that they think are important and we will support them through this process. Individuals that participate will be fairly remunerated.

**Participatory research – some further methods that we could use**

**Mapping** – where are the food provision, what type of food provision are they, what do you think about them, how do you feel about them?

**Timelines** – the use of food provisions over time.

**Forcefield analysis** – looking at the positives and negatives of a situation over time and the ways in which different factors may interact.

**Insert here** – Other methods that individuals or groups may want to undertake.

**Dignity Principles in Practice (Nourish Scotland, Poverty Truth Commission)**

✚ **A sense of control**  
Having power to make choices about what, where, when, how and with whom you eat.

**✚  Able to take part in community life**  
Feeling able and welcome to take part in different aspects of community life, regardless of your financial situation.

✚  **Nourished and supported**  
Being able to enjoy food and access support that meets your needs.

✚  **Involved in decision-making**  
Feeling able to share your views and ideas and to have those views taken seriously in decision-making.

✚  **Valued and able to contribute**  
Feeling able to share your views and ideas and to have those views taken seriously in decision-making.