



## Discussion Guide for Food Shelf & Meal Program Staff

When Food Justice is viewed as a group, viewers might find it helpful to interact with one another. This guide provides some questions to engage and lead discussion among participants. Allow about 20-30 minutes for discussion after the viewing. Try to ensure that everyone interested in participating is able to do so. Be accepting of different viewpoints and options. Try to keep the group discussion on task. If necessary form small groups and designate one leader of each small group to report to the large group.

### Opening and Overview:

- Introduce yourself and explain your role as leader of the discussion.
- Ask all present to introduce themselves and share a bit about why they are there.
- Share group expectations for this discussion.

### Discussion questions related to homelessness:

1. What did you think of the interviews with people experiencing homelessness? Were you surprised by anything they had to say?
2. Was anything in the show in conflict with your past experiences or beliefs about those who experience homelessness and their need for healthier foods/meals?

### Discussion questions related to nutrition and chronic disease:

3. Do you or someone you know manage a chronic disease? In what ways do you (or someone you know) manage their chronic disease with the foods they eat?
  - a. How would management of that disease change if you (or the person you know) relied on others to prepare and serve the meals?
4. Do you feel you know your guests and their chronic disease status (i.e. diabetes, high blood pressure) very well and does this knowledge influence what you serve during meal times?
5. What are some of the challenges you see guests going through as they try to manage their chronic diseases?
6. What new insights did you learn from the cycle of food insecurity in the video? What can we do to break this cycle?

### Discussion questions related to your work:

7. What are some of your favorite parts of the work you do to help those experiencing homelessness?
8. Taking into consideration what you just learned about nutrition and chronic diseases, what are some small, feasible changes you or your organization could make to better serve your guests?
9. What could you do to hold yourselves accountable to make these changes?

### Closing and Call to Action:

- Encourage the group to take next steps using the **“Take Action!”** handout
- Thank participants for participation and encourage all to make a difference.