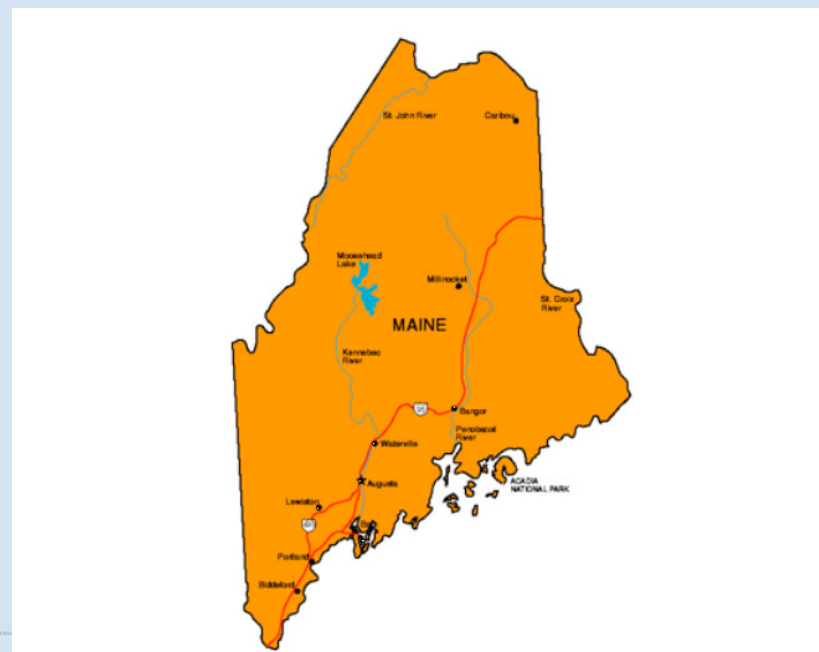
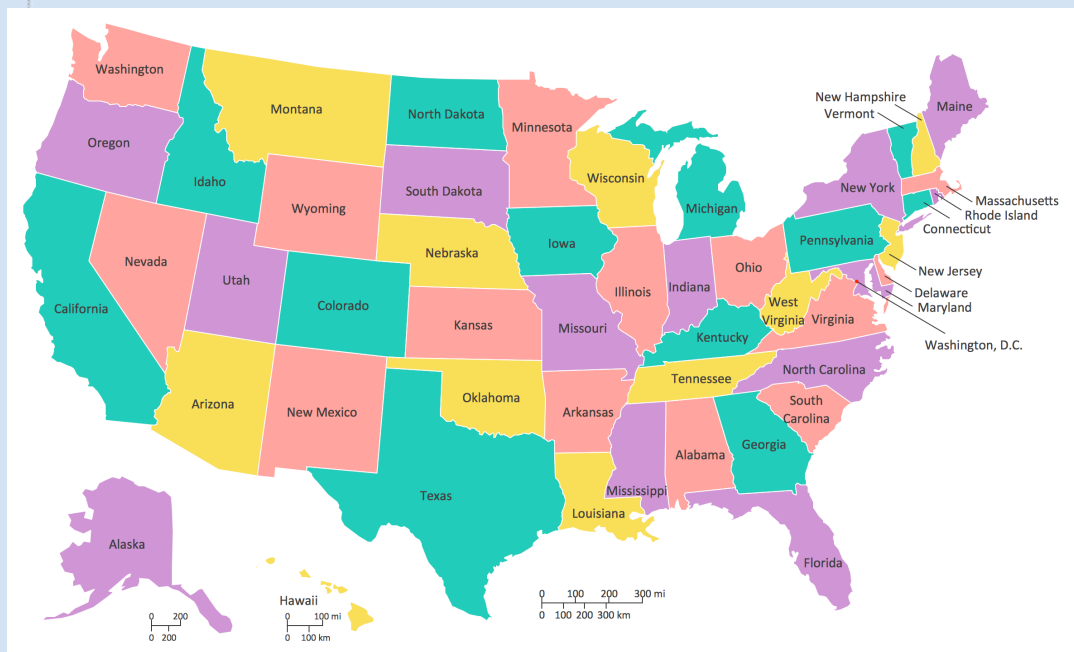


WARM - UP:

WHAT CAUSES
HUNGER?

We know that food often has to travel far distances to people and we know 40% of food is wasted. There are also many, many people in the US and Maine that do not have enough food to eat.



We call this Food Insecurity.

In **The United States**, 1 in 7 people



struggles with hunger

Why might healthy,
affordable food be
difficult to find or buy
in some
areas?



PARTNER A: One reason healthy,
affordable food might be hard to buy is
_____. For example,
_____.

PARTNER B: I *agree/disagree* with your
idea that _____
because _____. I was
also thinking _____.

In which types of places do you think there are more people that cannot find or buy enough food to eat:

URBAN
(cities)

SUBURBAN
(towns near cities)

RURAL
(country)



PARTNER B: I think people living in urban/suburban/rural areas are more likely to have a hard time buying food because _____.

PARTNER A: I agree/disagree with your idea that _____ because _____ . I was also thinking _____.

FOOD DESERTS & FOOD INSECURITY



In the US, 1 in 7 households does not have enough food to eat.



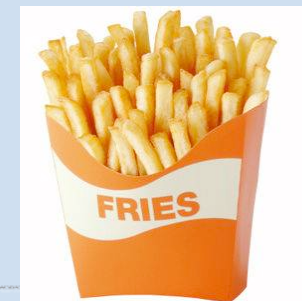
When we talk about hunger,
remember that we are talking
about our own community,
including
many
people
at our
school.



Food-security means people have regular access to enough safe, nutritious food for an active, healthy life, without needing emergency food programs, scavenging, or stealing.



Food-insecurity means that people do not always know where their next meal is coming from. People may have to skip meals or buy food that is cheaper but far less nutritious.



A food desert is an area where it is hard for people to find fresh fruits and vegetables or other healthy food to buy because the stores close to them do not sell these items.



Food Deserts are:

- urban areas where a grocery store is more than one mile away.
- rural areas where a grocery store is more than 10 miles away.



VOCAB REVIEW:

- urban, suburban, rural
- food security, food insecurity
- food deserts

VIDEO:

Coping with Life in a Food Desert

[https://www.youtube.com/watch?
v=e3u4bUcHXhU](https://www.youtube.com/watch?v=e3u4bUcHXhU)

RECAP

What is a
food desert?

Locker

Project

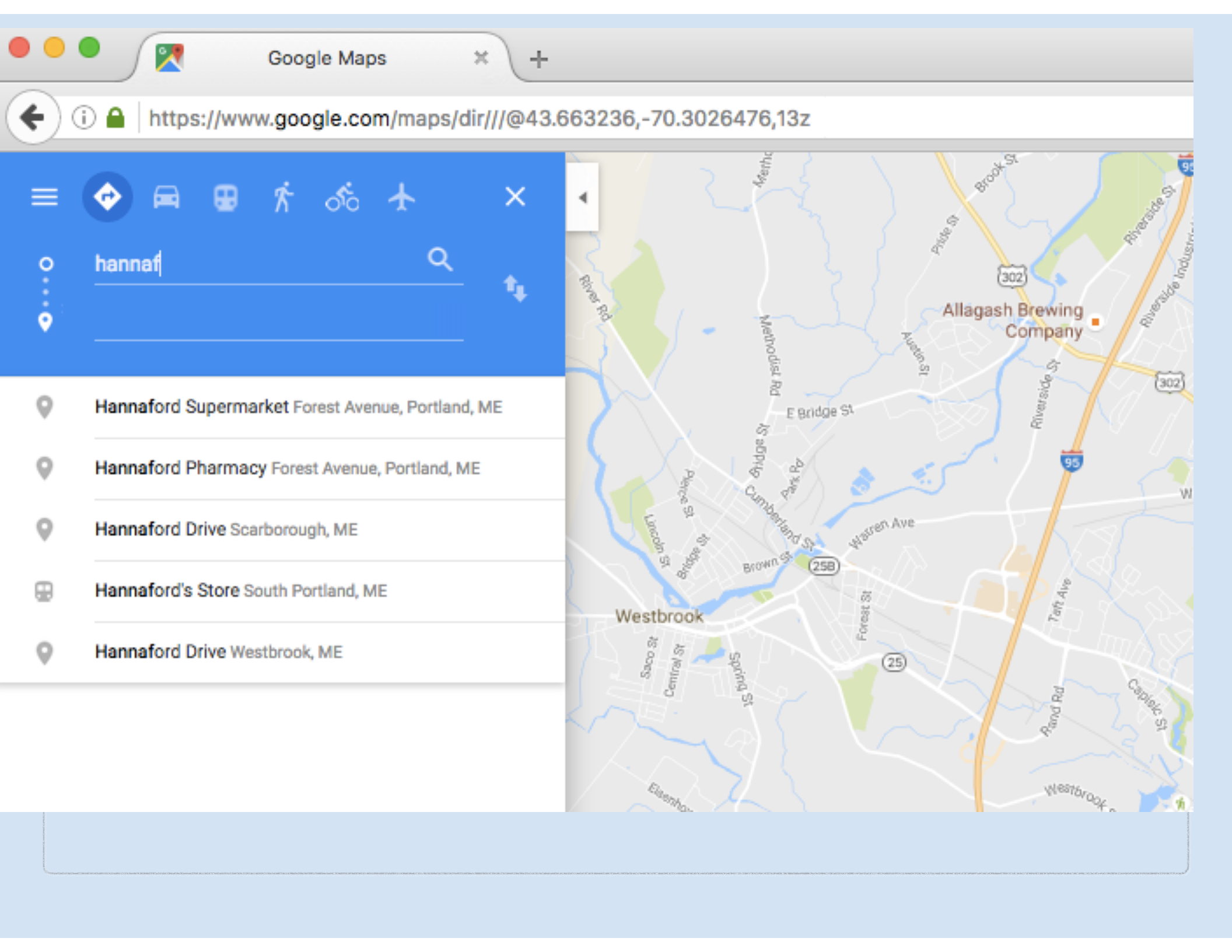
Activity:

What's in Store?

The chart below lists three different retail categories where you can purchase food and a series of questions/ characteristics about each. Complete the chart. Then answer the questions that follow.

My community is (check one): rural urban suburban

	GROCERY STORE/ SUPERMARKET	CONVENIENCE STORE	FAST FOOD RESTAURANT
Example closest to my home			
Approximate distance from home			
Are there healthy options such as fresh fruit, vegetables, low-fat milk products, whole wheat products, and lean meats?			
Rank from 1 to 10 (1 = expensive and 10 = economical)			
How many of these are in a one-mile radius of your home?			



hannaf

- Hannaford Supermarket Forest Avenue, Portland, ME
- Hannaford Pharmacy Forest Avenue, Portland, ME
- Hannaford Drive Scarborough, ME
- Hannaford's Store South Portland, ME
- Hannaford Drive Westbrook, ME

