In the past 12 months, did the food you bought just not last and you didn’t have money to get more?

In the past 12 months, did you worry that your food would run out before you could buy more?

Yes

Reflect back on what parent disclosed
Empathize
Unfortunately, running out of food is a common

What do you do when you’re short on food?
Eg, get food from friends or family, food stamps, WIC, go to a free food store, food bank or food pantry, a soup kitchen

Do you want help or more help?

Yes

No, getting enough help

Support parent’s choice
Offer future help if needed

No, other reason

What’s makes it hard to get help?
Suggest possible barriers
Address what parent endorses
What would make it easier to get help?
What do you think may be the benefits of getting help?
Encourage getting help

What kind of help would you consider?

Support parent’s choice
Offer or facilitate help
SEEK Parent Handout
F/U up at next visit

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In the past 12 months, did the food you bought just not last and you didn’t have money to get more?
Food Insecurity: Addressing Possible Barriers

Barrier: I don’t know where to get help

Response:
- Yes, it’s often hard to know where to go
- Would you like me to recommend good programs
- We have someone who can help, or, here’s info on this handout of good websites and places that can help

Barrier: It’ll get better with time

Response:
- I understand you feel “time will fix things”
- What do you think could help improve things sooner?
- Would you like me to suggest a program that should help?

Barrier: I don’t think it’s affecting my child(ren)

Response:
- I hear you that this may not be affecting your kids
- But, do you think they’re getting the food they need to be healthy?
- I see how much you care about your kids

Barrier: I don’t have the time

Response:
- I hear you that if feels like there’s not enough time
- But, this is so important – for you, your family, your kids
- Would you like me to suggest a program that should help?
- It won’t take a lot of time to sign up

Barrier: No transportation

Response:
- I see that transportation is a problem
- Would you like me to see if there’s something close to home or a bus route
Barrier: I’d feel embarrassed

Response:
- I hear you. Lots of people feel embarrassed about getting help with food
- Lots of families need help, and lots of families are getting help. You’re not alone! This is not your fault
- Would you like me to help you get help?

Barrier: I don’t believe people should get help from the government

Response:
- I understand you don’t think people should get help from the government
- But, many people need help at different times, like after a hurricane or losing a job. And, no-one in the US should be hungry
- And, this is so important – for you and your kids to be healthy and grow well
- Also, there are places offering help with food that having nothing to do with the government
- Would you be interested in finding one of those programs?

Barrier: The application is too much hassle

Response:
- Yes, I’ve heard about this. But, we’ve been able to help people deal with it
- Would you like me to help with this?
- We have someone who can help, or, here’s information on this handout of good websites and places to find help

Barrier: I tried getting help and it did not work

Response:
- I understand you not wanting to try again. It’s hard when you go through the hassle for nothing
- But, this is so important for you, and your kids
- Would you like me to help find a good program?
- We have someone who can help, or, here’s information on this handout of good websites and places that can help