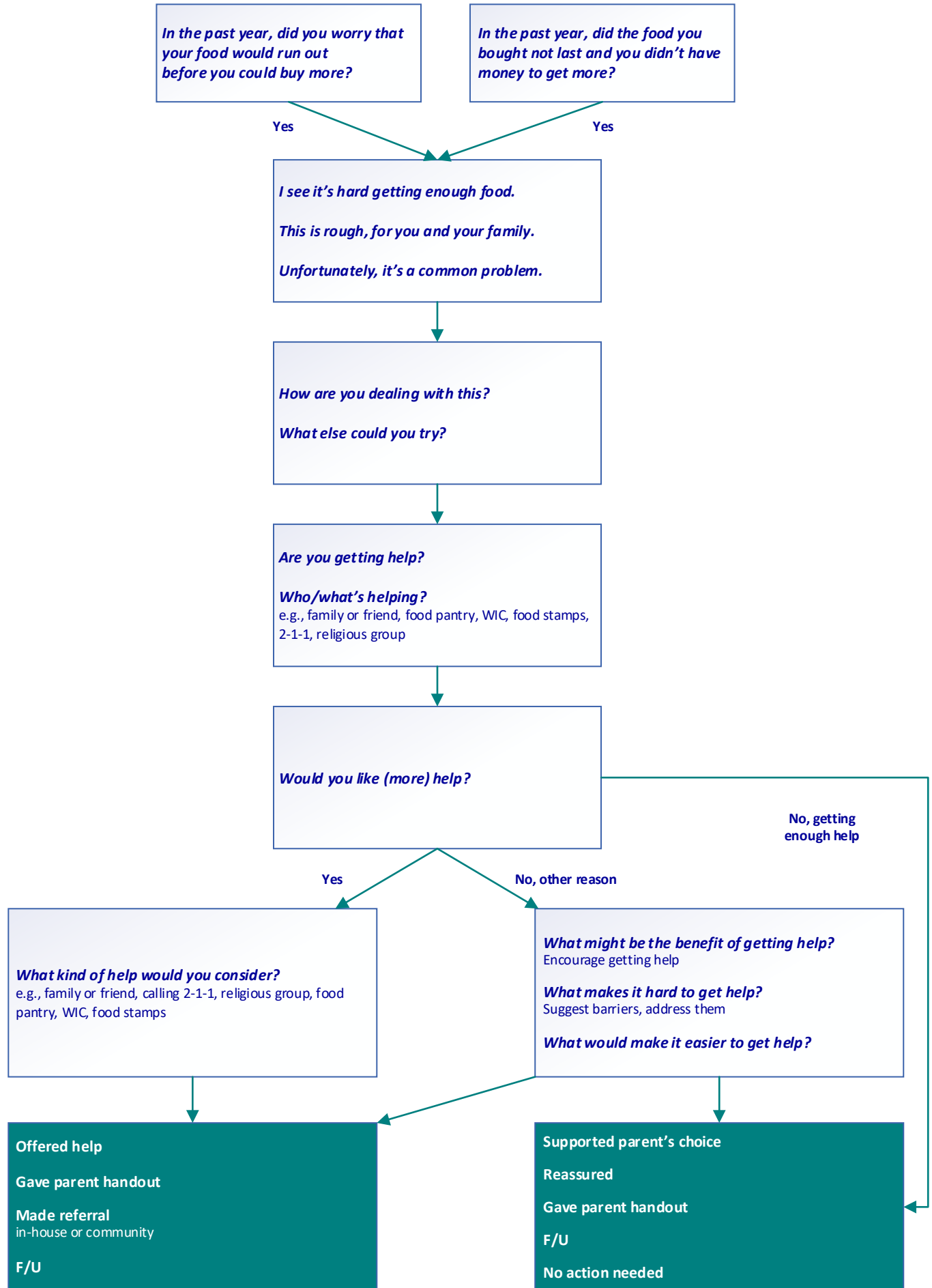


Guidelines for Approaching Possible Food Insecurity





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. Would you like to talk to him/her?
- Here's a handout with info on good websites and nearby places that help

Barrier: **I'd feel embarrassed**

Response:

- I hear you. Lots of people feel embarrassed about getting help with food assistance
- Many families need help, and many 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 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. Would you like to talk to him/her?
- Here's a handout with info on good websites and nearby places that 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 excellent who can help. Would you like to talk to him/her?
- Here's a handout with info on good websites and nearby places that help

Barrier: **I don't have the time**

Response:

- I hear you that it feels like there's not enough time. You're busy!
- But, this is so important – for you, your family, your child
- Would you like me to suggest a program that should help?
- It won't take a lot of time to sign up

Barrier: **I don't have transportation**

Response:

- I see transportation is a problem
- Unfortunately, this is so common
- Would you like me to see if there's something close to home or on a bus route?

Barrier: **It'll get better with time**

Response:

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

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

Response:

- I hear you that this may not be affecting your kids
- I see how much you care about your kids
- Do you think they're getting the food they need to be healthy?