FOOD INSECUIRTY CURRICULUM

Food insecurity is defined as the lack of consistent access to adequate food for an active, healthy lifestyle. Because it has an enormous impact on child health, pediatricians must be adept at addressing this issue.  This curriculum will give you the opportunity to learn all about food insecurity both on a national level and here in D.C.. It will give you information about how to ask families about food insecurity and how you can help your patients and families!

The curriculum consists of 3 parts.

**Part 1: Self-directed learning module**

This is a narrated powerpoint that should take you about 45 minutes to complete. You can access it [here](https://drive.google.com/file/d/0B-pwafsao-Y9MGlFd2htY3kwZHM/view?usp=sharing) . Make sure you download the powerpoint and watch it in presentation mode to get the full narration. (It is a large file, so give it a few minutes to download.)

**Part 2: SNAP Challenge**

Your SNAP Challenge will be to shop for a week’s worth of groceries on a SNAP budget while trying to maintain an active and healthy lifestyle. The average D.C. Food Stamp allotment is $1.40 per meal, so about $30/week for one person. If you currently share groceries with another individual, you can double that to $60/week to more directly compare your experience to your current situation.

If possible, shop at one these grocery stores – Giant or Safeway on Alabama Avenue in Southeast D.C.

Place all your items in the cart, tallying cost along the way on paper or your phone. Weigh produce as needed for prices. Use the Giant app if you have it!

Then take a photo of your cart with your week’s allotment.

*\*You may choose to purchase the cart’s goods and live this way for a week, but this is not a requirement. If time allows, please re-stock the items in your cart. If you are time-constrained, you can leave your un-purchased cart in the store after taking the photo but try to re-stock the perishable items.*

**Part 3: Reflection**

After leaving the grocery store, take some time to reflect on your experience. Please write about a half-page reflection and submit it to Cara Lichtenstein. You can email or print it to hand in. You will not be graded on this exercise.

Some Food for Thought to get you started….

* How easy is it to ensure a balanced, nutritious diet for the week on a SNAP budget?
* How did you prioritize the quality/health of the foods that you selected?
* Will you have enough for the week with what was in your cart?
* What did you prioritize?
* If you were able to get to the recommended stores, did this grocery store differ from your neighborhood store in any way?
* How would it feel to know this isn’t just a one-week deal? What if you had to do this again week after week?

For any questions about this curriculum, please contact Kirsten Orloff ([keorloff@cnmc.org](mailto:keorloff@cnmc.org)), Cara Lichtenstein ([clichten@cnmc.org](mailto:clichten@cnmc.org)), or Kofi Essel ([kessel@cnmc.org](mailto:kessel@cnmc.org))