

Food Security Activities

37. Are You Food Secure?

Contributed by Peace Corps/Togo

Objective: To learn some of the food security issues in your community

 **Ages:** Middle, older

 **Materials:** Paper, writing implements

 **Time:** One hour to several days, depending on the number of households interviewed

Procedure:

Middle and older kids can carry out this simple survey to learn some of the food security issues confronting their communities. It was developed by Peace Corps/Togo; revise according to your country's situation.

Note: Be sure that it is culturally appropriate for kids to conduct community surveys. In some places, such activity is viewed with deep suspicion, for a variety of reasons. Check with your program manager or host country counterpart to be sure. If you are unsure, consider conducting the survey yourself with people whose trust you have gained and then sharing the results with your youth group.

Survey

Number of people eating in the family every day. (Of the families you know, how many would you say have at least one person who does not eat at least one meal in a day?)

Adults: Children:

1. After the harvest, do (you, local people) typically store food? If yes, what and how?
2. If the food stored each year is not enough for a family, how might they still find food?
3. (You, a typical family) might eat the following things how many times a week? Fish, meat, vegetables.
4. Do (you, local people) talk about problems/difficulties with agriculture? What are the problems? What is the cause?
5. Do (you, most families) have a family garden at home? What do (you, they) typically grow?
6. Do you know about Moringa? Do people grow it here? If so, how do (you, people) use Moringa?

Discussion Question:

How can you use this information to create a food security project in your community? (By identifying the reasons why people are food insecure, your kids can better decide the kind of projects to implement to address these problems.)