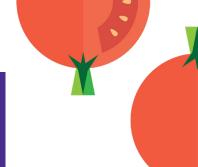


REFLECTION QUESTIONS



Take some time to think back on what you experienced, and use these prompts and questions to help you share your learnings.

- ▶ Was it difficult for you to create meals and stick to your plans?
- How did your meals and diet differ from what you usually consume?
- Were your meals nutritionally balanced?
- Most people like variety in their food consumption was it difficult for you to limit snacks and eat a smaller range of food types?
- As you experienced the challenge, what feelings emerged about yourself, about others, about your food experience?
- So often, our community or friend gatherings revolve around food what affect did the Challenge have on your social interactions?
- This Challenge is able to simulate parts of the food insecurity experience. What realizations did you have about how this lived experience might extend to other parts of life?
- Spending just \$5.16 per day on food is difficult, but you might have some built in advantages that others in your community don't have. Think about each one that applies to you:

Kitchen tools/equipment	Easy access to grocery stores	Refrigerator / Freezer
Cooking skills	Meal planning skills	Stocked pantry
Access to information (internet/devices)	Calorie needs (do you require more/ less than average?)	Knowledge that your situation is temporary

DON'T FORGET to share your reflections on social media and use the hashtag **#StepUpForSNAP** and tag **@thefoodgroupmn** in your posts and stories.

TAP HERE, and click on Social Post Examples for tips on how to share on social.

You can also send your stories to us at info@thefoodgroupmn.org



