



# 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:

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

**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](mailto:info@thefoodgroupmn.org)**