

Name \_\_\_\_\_

## Hunger's Grip: Understanding the Causes and Consequences of Food Insecurity

### Open-Ended Response Answer Key

1. Poverty is often cited as a primary cause of food insecurity because low income or inadequate financial resources can limit a person's ability to purchase enough nutritious food. Addressing poverty can alleviate food insecurity by providing individuals and families with the means to afford food. This can be achieved through policies that increase job opportunities, raise the minimum wage, or provide targeted financial assistance to those in need.
2. A lack of access to nutritious food can lead to food insecurity in situations where individuals live in food deserts—areas with limited access to grocery stores or fresh produce. Individuals in such situations can seek help by advocating for the establishment of new grocery stores, participating in community garden programs, or utilizing food assistance programs like SNAP to improve their food access.
3. Education and advocacy play a crucial role in combatting food insecurity by raising awareness about the issue and advocating for policies that address its root causes. Raising awareness helps mobilize support for initiatives aimed at reducing food insecurity, while policies such as increasing the minimum wage, expanding access to affordable housing, and strengthening food assistance programs can address the underlying factors contributing to food insecurity.
4. Community-based efforts like community gardens and meal programs are essential in alleviating food insecurity because they provide direct access to nutritious food and foster a sense of community support. These initiatives contribute by ensuring that individuals and families in need have access to fresh produce and meals while also promoting community engagement and solidarity in addressing the issue at the local level.

