

Food insecurity

Making a Food Access Need Clear

Adults | 10 to 15 minutes

Food access can be affected by cost, transport, storage, cooking facilities, work schedules, disability, and household demands. Difficulty obtaining enough suitable food is not a personal failure. Focus on the barrier and a realistic request rather than judging food choices.

Describe practical needs without recording weight, calories, or a detailed diet. Choose one barrier that support could help address.

Identify the access problem

Distinguish obtaining food from storing, preparing, or safely using it. Consider allergies, health requirements, cultural needs, and the equipment actually available without prescribing a diet.

Ask about available help

Prepare a question for a local food service, social worker, benefits adviser, or trusted support. Ask about access, hours, transport, and suitability rather than assuming a service can meet every need.

1. What makes reliable food access difficult right now?**2. What storage, preparation, health, or cultural requirement should be understood?****3. What practical support would address the main barrier?****4. Who can I ask, and what information do I need about their service?****Clinical use and adaptation**

Prioritize material assistance and appropriate medical attention for concerning symptoms. Do not prescribe dietary restriction, imply food insecurity reflects poor planning, or guarantee benefits. Distinguish access barriers from feeding or eating disorders while allowing both to coexist.