



Discussion Guide

Key Concepts, Terms, Organizations

Food desert: Limited access to supermarkets, supercenters, grocery stores, or other sources of healthy and affordable food (USDA, 2021).

Food rescue: The practice of collecting high-quality food that would otherwise go to waste and distributing it to people facing hunger (Feeding America, 2021).

Food system: A system that embraces all the elements (environment, people, inputs, processes, infrastructure, institutions, markets and trade) and activities that relate to the production, processing, distribution and marketing, preparation and consumption of food and the outputs of these activities, including socio-economic and environmental outcomes (United Nations, 2015).

Food waste: Uneaten food and inedible parts that end up being landfilled, incinerated, disposed of down the sewer, dumped, or spread onto land. It's a subset of "surplus food" – food that goes unsold or unused by a business or that goes uneaten at home – including food and inedible parts (e.g -peels, pits, bones) that are donated, fed to animals, repurposed to produce other products, composted, or anaerobically digested (ReFed, 2021).

Iowa Farm Bureau: A statewide, grassroots farm organization dedicated to creating a vibrant future for agriculture, farm families, and their communities.

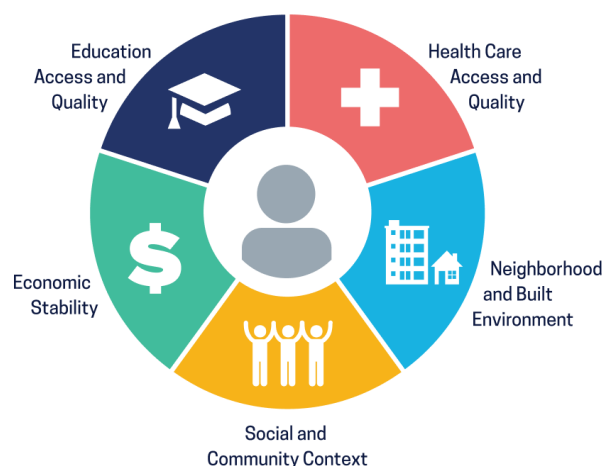
Nutrition-sensitive agriculture: A food-based approach to agricultural development that puts nutritionally rich foods, dietary diversity, and food fortification at the heart of overcoming malnutrition and micronutrient deficiencies (UN FAO, 2014).

USDA: United States Department of Agriculture. Provides leadership on food, agriculture, natural resources, rural development, nutrition, and related issues based on public policy, the best available science, and effective management.

Racial equity: Race is no longer a predictor of outcomes, leading to more just outcomes in policies, practices, attitudes, and cultural messages (Center for the Study of Social Policy, 2019).

Social determinants of health (SDOH): Conditions in the places where people live, learn, work, and play that affect a wide range of health risks and outcomes. The 5 domains of SDOH are listed in the graphic to the right (U.S. Dept of Health & Human Services, 2021).

Social Determinants of Health

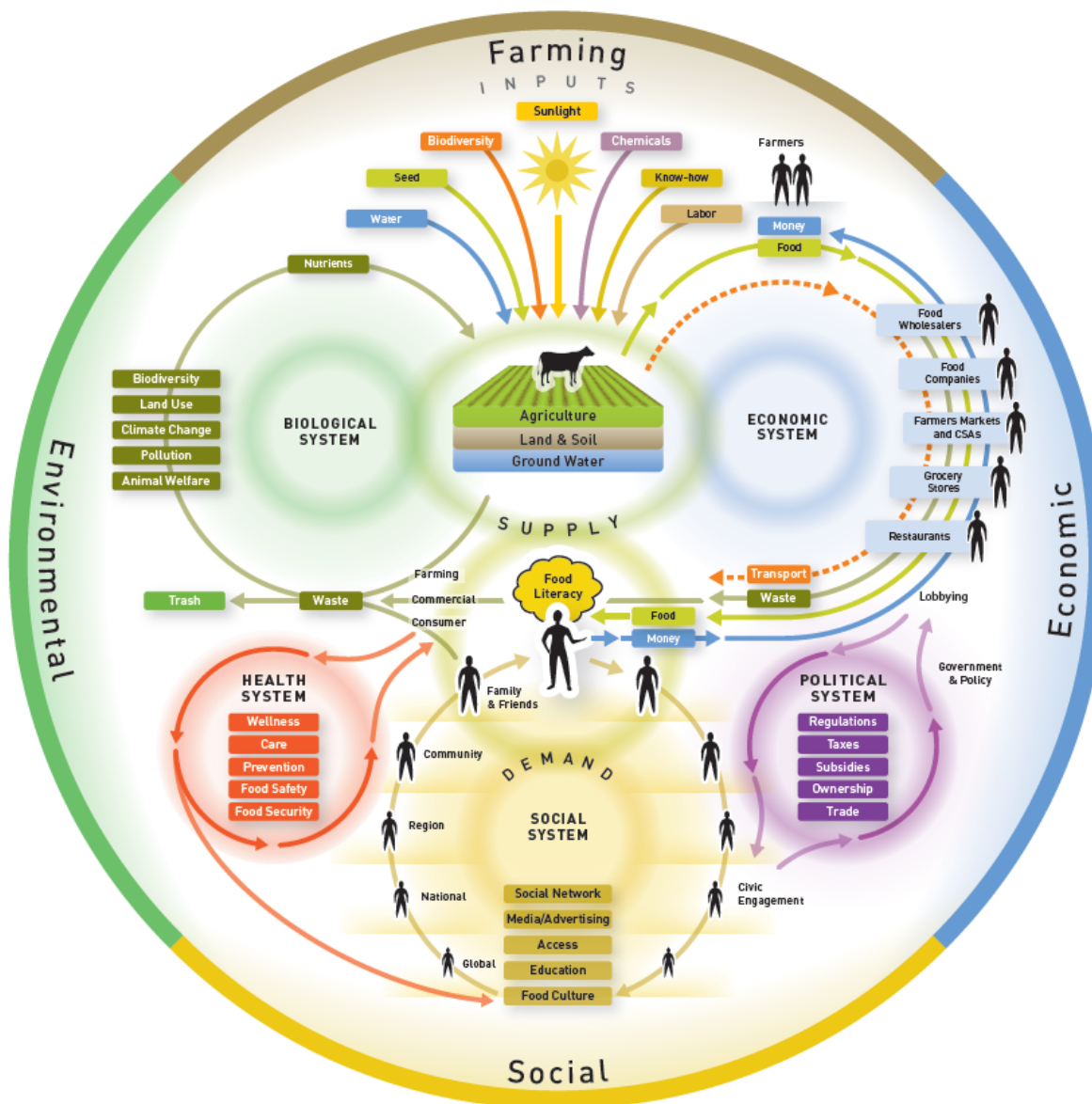


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Pre-Activities:

1. Pick one organization of interest on the [2021 Iowa Hunger Summit Agenda](#) and learn more about how they are addressing food security challenges in your own community. Look up who they serve, where they serve, and how you and/or your class can get involved.
2. Take some time to review the visual representation of our food system below. There are many different economic, social, and environmental factors that influence our every-day decisions around food. When one part of our food system isn't working properly it sets off a chain reaction.



- Nourish Food + Community (2014)

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After reviewing the Food System Map, discuss the following questions with your class or small group:

- What issues represented on the map are most important to you? Why?
- What is missing from the map that might be important? Why?
- Who do you think has the most power to influence the food we eat? Why?
- Who are some of the people affected by the food choices you make? Who benefits the most from your food choices?
- How can communities exercise more control over the food they eat?
- If you were invited to design a healthier, more sustainable food system, where would you focus your attention? Why?
- After studying the Food System Map, what new insights do you have? How will these insights affect your personal actions?

During the Summit:

1. Write down key takeaways from each presenter. Think about:
 - Where their organization fits into the Food System Map (shared above).
 - What challenges do they face and what's needed to overcome them?
 - What successes have they achieved and how did they get there?
 - Is it possible to replicate their successes in other parts of the state?
2. What topics or sessions resonated with you most throughout the event? Why?
3. What topics or sessions were missing? What more is needed to achieve a hunger-free Iowa?

After the Summit:

1. Have thoughts, ideas, or reflections that should be shared with speakers from today's Summit? Email them to iowayouth@worldfoodprize.org or post on social media using #IAHungerSummit21.
2. Not sure where to go from here? Research a global challenge and take action at the World Food Prize Iowa Youth Institute on Monday, April 25th, 2022 at Iowa State University! Find more information at www.worldfoodprize.org/iowayouth.

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