



## **Accessibility**

**Food outlets are within walking distance for residents.**

**A person in a wheelchair can move around in a grocery store.**

**People can afford to purchase the food they want to eat.**

## **Availability**

**Enough supply of food for a neighbourhood, region, city, or country.**

## **Adequacy**

**Food is available that is high in nutrients.**

**The production of our food does not harm the environment.**

**Our food system supports local and small-scale farmers.**

## **Acceptability**

**Food reflects the cultural needs and preferences of a community.**

**People do not feel embarrassed or ashamed using food assistance resources.**

## **Agency**

**People are informed about where their food comes from.**

**People have a say in our food system and can make changes through advocacy.**

**People are treated as citizens instead of consumers.**

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**Food Access Kaleidoscope**

Race

Age

Location

(i.e.: rural/urban,  
community demographics,  
proximity to food outlets)

Income level

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Transportation

Gender

Job

(i.e.: employment type –  
seasonal, precarious,  
benefits, etc.)

Weather conditions

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Family size

Culture

Housing

(i.e.: condo/apartment vs.  
house; ownership vs.  
renting)

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**Immigration status**

**Ability/Disability**  
(including chronic health  
issues)

**Mental health**

**Social capital**  
(i.e.: supports, resources,  
networks)



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**Government policies**

**Dietary needs**

(i.e.: medical, religious, cultural, therapeutic, etc.)

**Food skills**

(i.e.: knowledge, experience, ability to prepare a meal)

**Kitchen resources**

(i.e.: tools and equipment available to cook with)

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Language