



Discussion Guide for Volunteers

When Food Justice is viewed as a group, viewers might find it helpful to interact with one another. This guide provides some questions to engage and lead discussion among participants. Allow about 20-30 minutes for discussion after the viewing. Try to ensure that everyone interested in participating is able to do so. Be accepting of different viewpoints and options. Try to keep the group discussion on task. If necessary form small groups and designate one leader of each small group to report to the large group.

Opening and Overview:

- Introduce yourself and explain your role as leader of the discussion.
- Ask all present to introduce themselves and share a bit about why they are there.
- Share group expectations for this discussion.

Discussion questions related to homelessness:

1. In your mind, picture someone experiencing homelessness. How does your image compare with the people you saw in this video?
2. What did you think of the interviews with people experiencing homelessness? Were you surprised by anything they had to say?
3. Was anything in the show in conflict with your past experiences or beliefs about those who experience homelessness and their need for healthier foods/meals?

Discussion questions related to nutrition and chronic disease:

4. Do you or someone you know manage a chronic disease? In what ways do you (or someone you know) manage their chronic disease with the foods they eat?
 - a. How would management of that disease change if you (or the person you know) relied on others to prepare and serve the meals?
5. Do you feel you know your guests and their chronic disease status (i.e. diabetes, high blood pressure) very well and does this knowledge influence what you serve during meal times?
6. What are some of the challenges you see guests going through as they try to manage their chronic diseases?

Discussion questions related to volunteering:

7. What are some of your favorite parts of serving meals to the guests?
8. Taking into consideration what you just learned about nutrition and chronic diseases, what are some small changes you could make in the way you prepare/serve meals to ensure the best health outcomes for guests?

Closing and Call to Action:

- Encourage the group to take next steps using the **“Take Action!”** handout
- Thank participants for participation and encourage all to make a difference