

Adur & Worthing Food Partnership



Adur & Worthing
FOOD PARTNERSHIP

Questions to ask about a person's difficulties accessing food

Are you working with people who might struggle to access adequate food? Think about incorporating these questions into your support.

Questions:

During the last 12 months, was there a time when, because of lack of money or other resources:

1. You were worried you would not have enough food to eat?
2. You were unable to eat healthy and nutritious food?
3. You ate only a few kinds of foods?
4. You had to skip a meal?
5. You ate less than you thought you should?
6. Your household ran out of food?
7. You were hungry but did not eat?
8. You went without eating for a whole day?

If you are concerned that someone isn't getting enough food to eat you can refer them on to one of the organisations listed on awfood.org.uk/support

Some organisations are also happy to be contacted directly by people who need support

If you're interested in contributing to research on food insecurity in Adur & Worthing please contact us at food@bhcommunityworks.org.uk

These questions are taken from the Food Insecurity Experience Scale (FIES). FIES is experience-based measures of household or individual food security. The FIES-SM questions refer to the experiences of the individual respondent or of the respondent's household as a whole. The questions focus on self-reported food-related behaviors and experiences associated with increasing difficulties in accessing food due to resource constraints.