Food Security and the Hungry Season
(2-hours)

Objective: To give the participants an overview of the current food security situation, barriers to change, solutions to current problems, and coping strategies for dealing with difficult situations.

I. Historical Perspective (20 min)
   a. Green Revolution
   b. Changes in agriculture
   c. Current problems

II. Cycle of Dependency (10 min)

III. Cycle of Better Living (10 min)

IV. Barriers to change (20 min)
   a. Stigma on local foods
   b. Loss of indigenous knowledge
   c. Mixed messages from leaders, NGOs, donors, etc.
      1. Maize aid vs. Food aid
      2. Subsidies and starter packs
      3. Hybrids and GMOs

V. Solutions (40 min)
   a. Importance of using local resources
   b. Food Display
   c. Low input/high yielding/year-round agriculture
   d. Seasonal Food Activity

VI. Dealing with Food Insecurity (10 min)
   a. Learn local resources
   b. Be a role model
   c. Be willing to teach
   d. Have local resources available
   e. Turn frustrating situations into positive ones

VII. Conclusion and Q&A (10 min)