



# SCARCITY

## INTRODUCTION

Food insecurity and food deserts are a reality for many of those residing in the United States. While we cannot prevent all suffering, there is something we can do about the 1 in 6 people in this nation who go hungry every day and are unable to attend food in acceptable ways.

This one-day immersion involves experiencing transportation inequality, food insecurity, institutional poverty, and justice-centered reflection. This experience ends by challenging the participants to re-think how the community around them and others shapes their choices and quality of life.



# ONE-DAY MISSION

## GOAL

- Examine the root causes of inequality in relation to food insecurity, transformation, and poverty.

## LEADER'S GUIDE

**YMCo One-Day Mission** trips are mission outlines meant to be conducted in a variety of locations. The mission is focused on one goal and has two-to-three smaller objectives written into the experience. Leaders are invited to be creative with these one-day mission trips and adapt their immersion experience to their community and their participants. That being said, think of this as a guide and not the destination.

- **Gathering Notes:** Prior to the gathering, determine and explore the neighborhood for your immersion. Create a [\\*Google Maps](#) trip outline using the public transportation feature. Designate adult group leaders for the experience and prepare emergency transportation as a precaution. Do not let the participants know too much about what they are about to experience; allow them to grow with the experience but set behavior expectations like any other outing.
- **Experience Notes:** Depending on your location, one of the objectives in the experience may take more precedent than the other; that is okay. If you would like to make this a more robust experience, go to the resource section and have your participants read-through or watch a video either before or during the break session. It may be helpful to break the participants into smaller groups during the outing or to spread this experience over several weeks with different groups depending on your group size.
- **Break:** Leaders are encouraged to cook what was gathered but it is not a must. One other option might be to find a local restaurant in the immersion community and support their work. Break time can also be combined with reflection time depending on the allotted period for the mission experience.
- **Reflection:** Reflection time could be done as a whole group or broken down into small groups with the intention of coming back together. Set time expectations, establish group rules for how to determine speaking turns, what feedback sounds like, and how to keep up with responses/solutions.
- **Departure:** One suggestion is to use this time to challenge the group to do the work they have discussed. Use this time to end in prayer or thoughtful reflection. Feel free to continue the topic in the coming weeks.

## VOCABULARY

- **Food insecurity:** the risk or fear of not having consistent access to food that meets people's dietary needs and food preferences; not being sure one will have enough food or the right food to feel full, grow, and be healthy
- **Food Security:** is a measure of the availability of food and individuals' ability to access it.
- **Food Desert:** an area that has limited access to affordable and nutritious food.
- **Scarcity:** the lack of a resource, such as money, food, education, housing, or opportunity cost: the next best alternative that must be given up when a choice is made about using scarce resources.
- **Stewardship:** the careful and responsible management of something entrusted to one's care.



# ONE-DAY MISSION

## IMMERSION

### Gathering:

- The participants gather at a central or home location where they will return for either lunch or dinner. (\*[Research Atlas](#))
- The participants are asked to make a grocery list for either dinner or lunch, they are given a budget of \$15 per 10 participants. (Invite them to use their local big chain's online market to create their grocery list. The \$15 budget is based on the [Supplemental Nutrition Assistance Program \(SNAP\)](#) benefits, averaging only about \$1.40 per person per meal.)
- If/when possible, the participants will use public transportation to travel to their grocery destination and to return to their home location.

### Experience(s):

- The use of **public transportation** is a reality for living in an impoverished area. Transportation of this kind is usually time-consuming, not convenient, compact, expensive, and difficult to track.
- **Food deserts** often exist in underdeveloped areas and further disparity by offering limited food items at subpar quality. While other grocery stores may reside within a 15 to 30-minute drive away, which adequate transportation, those options too are limited.
- **Redlining** was the legal process of keeping communities segregated, The practice limited access to capital for African Americans and other minorities and incentivizing economic development in all-white neighborhoods. The impact of redlining can be seen even today in neighborhood home values, the variety of businesses, and the availability/care of public destinations.

### Break:

- Once the participants have completed their shopping and made their way back to their home location, it is time to cook.
- During the break portion, three things should be occurring, a meal should be made from what was gathered, the participants should partake in the meal, and there should be some decompression time.
- After the break (30 minutes to 1 hour), continue to the reflection session.

### Reflection:

- There are four tasks for reflection: read and reflect over the session bible verse, allow a time to examine emotions, create a space for discussion, and to provide a space for creative solutions.
- Leaders are to use the reflection questions on the following page to analyze the participants' feelings and but are encouraged to begin by simply asking, "How the experience made everyone feel? What was noticed? How does everyone feel now?".

### Departure:

- Once the participants have completed their reflection time, it is time to depart.
- Invite the participants to share what they hope to take away from the experience.
- Close by having a participant re-read the bible verse.



# ONE-DAY MISSION

## BIBLE READING

I will make a covenant of peace for them, and I will banish the wild animals from the land. Then they will safely live in the desert and sleep in the forest. I will give them and those around my hill a blessing by sending the rain in its season. They will be rains of blessing. The trees in the field will bear fruit, and the earth will yield its harvest. They will be safe on their fertile land, and they will know that I am the Lord when I break the bars of their yoke and deliver them from those who enslaved them. The nations will no longer prey on them, and wild animals will no longer devour them. They will live in safety, with no one to trouble them. I will establish for them a place famous for what it grows. No longer will they experience famine in the land, nor will they bear the disgrace of the nations. They will know that I, the Lord their God, am with them, and they, the house of Israel, are my people. This is what the Lord God says. You are my flock, the flock of my pasture. You are human, and I am your God. This is what the Lord God says.

Ezekiel 34:25-31 - Copyright © 2011 by Common English Bible

## REFLECTION QUESTIONS

**Assess the common challenges those in underdeveloped neighborhoods might face in a simple task like purchasing groceries.**

1. How would you know if someone was at risk of experiencing hunger? Are there conditions that could serve as warning signs?
2. Why might there be such a limited amount of supermarket chains in the area we explored?
3. Why does access to food affect other aspects of a community? What are some visible and invisible consequences?

**Discuss possible solutions to address inequality.**

1. Access to food should be a basic human right, what are possible Christian responses to ensuring that everyone has access?
2. How might public institutions like schools, public parks, and others help solve food insecurity?
3. What can you do?

## RESOURCES

- [\\*LESSON 1: INTRODUCTION TO FOOD SECURITY](#)
- [\\*GLOBAL HEALTH: HUNGER AND FOOD AROUND THE GLOBE \(3-5\) - Food Insecurity](#)
- [\\*The food deserts of Memphis: inside America's hunger capital | Divided Cities](#)
- [\\*Closing The Gap On Food Insecurity: Hunger Worsens In Illinois \(Part 1\)](#)
- [\\*Chart Book: SNAP Helps Struggling Families Put Food on the Table](#)
- [\\*FOOD ACCESS RESEARCH ATLAS](#)
- [\\*Cultivating Food Justice: Race, Class, and Sustainability](#)

\*Indicates an active link