



## HUNGER ACTION MONTH 2011

### Paper Plate Discussion Guide

- 1) "How the recession has affected you?"
  
- 2) "How is the food you receive important to you and your family?"
  
- 3) "Why do you come to the food pantry?"
  
- 4) "What would you like your elected officials to know about hunger?"
  
- 5) "What would happen if the help (food, SNAP benefits, etc.) you receive was cut?"

### Sample Plates

*Use these as potential inspiration for your own messages:*

Please do not cut commodities. I rely on them to feed myself/my family.

I am a TFAP recipient. These programs have help keep me from going hungry while I get back on my feet. Please do not cut them.

I recently was laid off during the recession. The food pantry/soup kitchen takes some of the stress off of my family. We are able to pay medical bills and stay in our house because of the assistance we have received.