

## **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)**