



OREGON
FOOD BANK

Thank you for hosting your own Food for Action Dinner!

Food brings us together, and we're grateful you are gathering your people to talk about addressing hunger in our communities. Below are questions you, as the host, can use to guide discussion for your group. We encourage authenticity, without pressure to share uncomfortable experiences. Right now 1 in 8 Oregonians experience hunger, so the odds that someone at your dinner has been hungry or knows someone who has, is high. Thank you for leading with care.

Suggestion: Start with a land acknowledgement ([use this link to search your address: native-land.ca](https://www.native-land.ca) to learn about the Native tribes that originally occupied and stewarded the land).

Before we begin I want to ground our conversation today in an important land acknowledgment.

[This house, address, building] rests on the traditional village sites of the [insert tribal names].

We thank the descendants of these tribes for being the original stewards and protectors of these lands since time immemorial.

We acknowledge that more than 50 tribes have lived in what is now Oregon. There are currently nine federally-recognized Tribes in Oregon with more than 24,000 members total, and many more individuals across the state who are members of the hundreds of other tribes across the U.S.

We also acknowledge the systemic policies of genocide, relocation and assimilation that still impact many Indigenous and Native American families today.

We are honored by the collective work of many Native Nations, leaders and families who are demonstrating resilience, resistance, revitalization, healing and creativity.

We are honored to be guests upon these lands. Thank you.

Appetizer questions

- How are you? No really, how are you?
- Have you volunteered or visited a food pantry or food bank before?
 - What was that experience like?
- What is your favorite food? Why?
- Do you have a particular recipe that is special / quintessential to your family or culture?
 - How important is this to our identities and our humanity?

Main course

- Would you consider food a human right? We need food to live. Does this make it part of the human experience that is an unquestionable right?
 - If yes, why?
 - If no, why not?
- What does food justice mean to you?
 - Definition used by Oregon Food Bank:
Food justice
 1. Seeks to dismantle the underlying structures that create food apartheid (which is limited food access and disparities in nourishment also known as food deserts)
 2. Decolonizes food systems by encompassing the preservation of traditional food systems (i.e. Indigenous practices), land stewardship and the recognition of cultural practices. And
 3. Calls for sustainable, locally sourced and ethically produced food that benefits both people and the planet.
 - Does this resonate with you?
- People who are immigrants are disproportionately represented in the food production (like farmworkers) and food service industries while simultaneously experiencing very high rates of hunger. What beliefs, policies and practices cause this?
 - Wages and job safety/security?
 - Broken immigration system?
 - Anti-immigrant sentiment?
- Are you familiar with the **Food for All Oregonians campaign**?
 - Right now, there are over 60,000 Oregonians who, despite paying taxes and contributing to government resources, are not eligible for SNAP (formerly food stamps) because of where they were born. Food for All Oregonians is a proposed bill to expand SNAP benefits to all Oregon residents regardless of immigration, acknowledging that food is a human right.
 - Oregon Food bank sees Food for All Oregonians as a huge step for hunger alleviation – can we sign personal pledge cards to add our support?
[FoodForAllOR.org/Pledge](https://www.foodforallor.org/pledge)

Dessert

- What should we do now?
 - There are so many ways to continue supporting and working to end hunger!
 - **Next actions list**

