

# FOOD INSECURITY

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## OBJECTIVE

Food insecurity is closer to home than we think. 1 out of 6 Americans don't know where their next meal is coming from. Many low-income families and individuals are struggling not only because they can't afford food, but more importantly, because they can't afford healthy food.

Healthy food is expensive, highly perishable, and generally low-calorie while unhealthy food is cheap, tends to last longer, calorie-packed, and extremely innutritious. Food stamps, local food banks and soup kitchens are available but who really wants to be forever dependent on the government and community? Low-income Americans are living the health, social, and economic implications of the food system.

In **FOOD INSECURITY**, you play as a low income individual. Your task is to purchase food every day to meet your calorie intake requirement. The player with the most healthy points at the end of the game is the winner.

## GAME COMPONENTS

LIFE REPORT CARDS

CALORIE CARDS

INCOME CARDS

FOOD CARDS

YOU ARE HUNGRY. CARDS

MALNUTRITION CARDS

"FOOD STAMP" STAMP + STAMP PAD

## PREPARATION

**FOOD INSECURITY** is a 2-6 player game. There are 7 rounds in the game and each round represents 1 day. There are no turns, players play at the same time during each round. Each player needs 1 life report card, a calorie intake requirement, and a weekly income.

Shuffle the 6 CALORIE cards and, with the cards face down, randomly select 1 card. The card you select tells you the number of calories you need to eat per day (i.e. the number of calories you should try to buy during each round).

To determine each player's set income, shuffle the 6 INCOME cards and, with the cards face down, randomly select 1 card. The card you select tells you the total amount of money you have for the entire game. Write your calorie intake requirement and set income on the life report card.

Organize the food cards into piles by food type and have the information side visible. Keep the I AM HUNGRY. cards and MALNUTRITION cards face down in separate piles.

## PLAY

During each round, you must decide what food to buy for the day to meet your calorie intake requirement. You have a choice of high nutrition food and low nutrition food. The number of calories, cost and healthy point value (HP) of

the food is marked on the different FOOD cards. After you select your FOOD cards, total the number of healthy points, calories, and money spent for each round. Also update your balance at the end of each round. Return the food cards to the piles and begin the next round.

+ For each round you don't meet your calorie intake requirement, take a I AM HUNGRY card. Read the card to yourself and return the card. For food bank and soup kitchen cards, return them when they are used.

+ At the end of a round, the player with the lowest number of healthy points acquired during that round, takes a MALNUTRITION card. If there is a tie, all players involved each take a card. Update your life report card based on the card and return it to the pile. If you get the same card more than once, return the card to the pile without updating your life report card.

+ If your balance goes below \$50, you have the choice of using food stamps to buy your meals. Each food stamp is worth \$5. For each food stamp you use, stamp your life report card with the "Food Stamp" stamp. You may use only 1 food stamp per round.

The game ends after 7 rounds (7 days, or 1 week). The player with the highest number of healthy points is the winner. Take a good look at everyone's life report cards.