

Take a seat

at the table

a community effort to fight hunger

what do i talk about?

While your guests may be your close friends and family, or an extended group that you are just getting to know, engage in conversation about fighting hunger in our community. Here are some sample conversation starters and discussion questions. Utilize the Hunger Facts and Food Bank numbers at a Glance documents found on the printable collateral page. Some questions are fun/light and others can be more serious. Judge your crowd and use the ones you feel appropriate or create your

conversation starters:

1. Why did you **Take A Seat** today?
2. What foods do you think are most helpful to someone who is food insecure?
3. What is the difference between hunger and food insecurity?

discussions:

1. Invite guests to read the Hunger Facts and Food Bank Numbers at a Glance aloud and discuss what numbers stick out most for the group.
2. How many people experience hunger or face food insecurity in Oklahoma each year?
3. When you hear that one in four children in Oklahoma are at risk of going to bed hungry how does that make you feel?
4. Why do you believe hunger (still) exists in Oklahoma, United States, and the World?
5. When have you experienced hunger? Perhaps consider the term “hunger” beyond the idea of access to food.
6. Does this conversation make you want to take action? If no, why not? If yes, what do you plan to do moving forward?