



STARVE THE STIGMA

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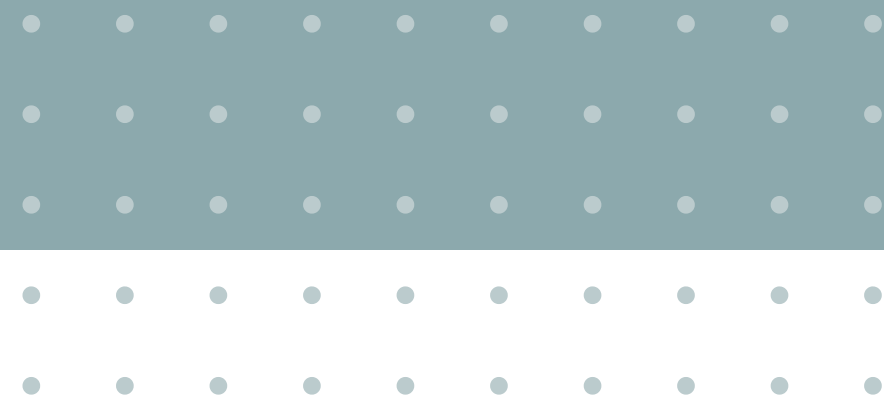


Starve the Stigma: Removing Bias in Food Assistance

**Welcome to 'Starve the Stigma,'
an empowering journey where we break down the barriers
and misconceptions surrounding food assistance. This
session aims to educate and inspire Pantry Partners to
reflect on personal biases, understand the reasons why
people might seek or avoid assistance, and provide better
support to those in need. Together, we will hear personal
experiences, self reflect, and equip you with practical tools
to make a meaningful difference in your community.**

01.

COMMON BIASES AFFECTING HUNGER SOLUTIONS



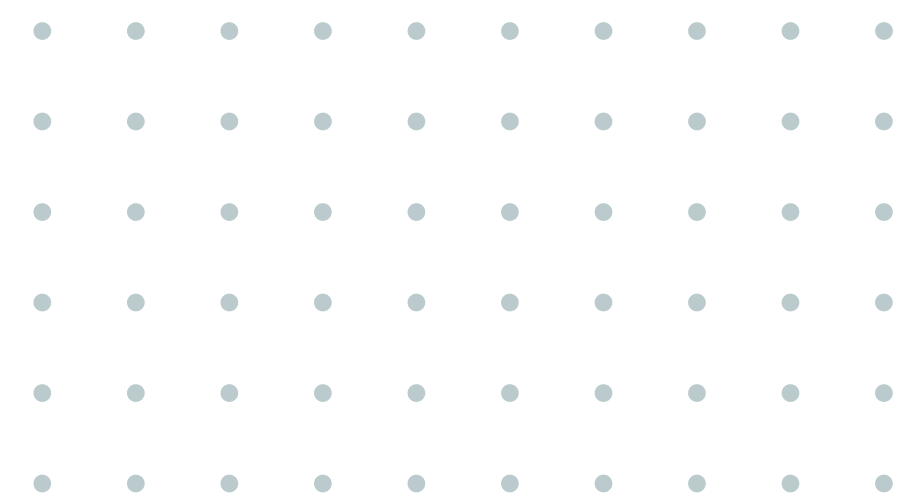


IMPACT BIAS

Impact bias involves overestimating the effect that future events will have on our emotional state. In tackling hunger, this could mean overestimating the impact of certain initiatives, leading to disappointment and reduced motivation when results do not match expectations.

CONFIRMATION BIAS

Confirmation Bias This bias leads us to favor information that confirms our pre-existing beliefs while ignoring evidence that contradicts them. In the context of hunger solutions, confirmation bias can result in upholding ineffective or outdated practices simply because they align with what we already beli



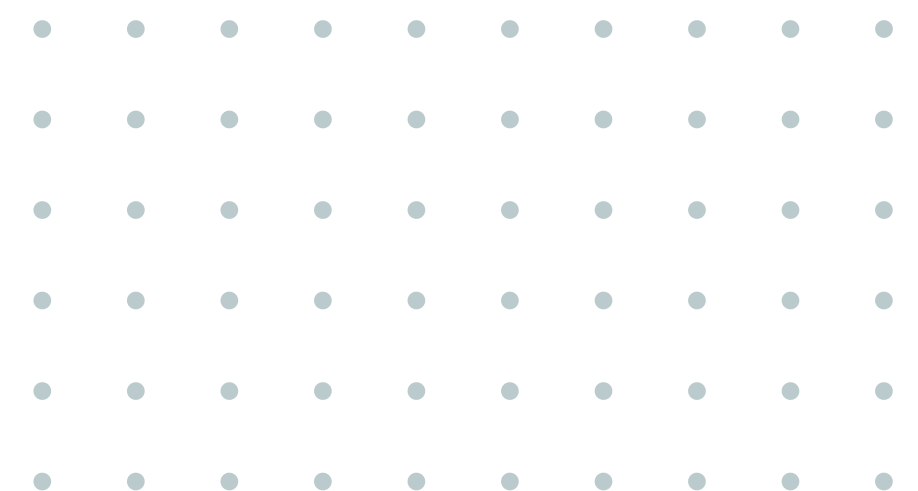


STEREOTYPING

Stereotyping involves making oversimplified and generalized assumptions about certain groups of people. When fighting hunger, this bias can lead to misguided efforts that do not address the unique needs and circumstances of diverse populations.

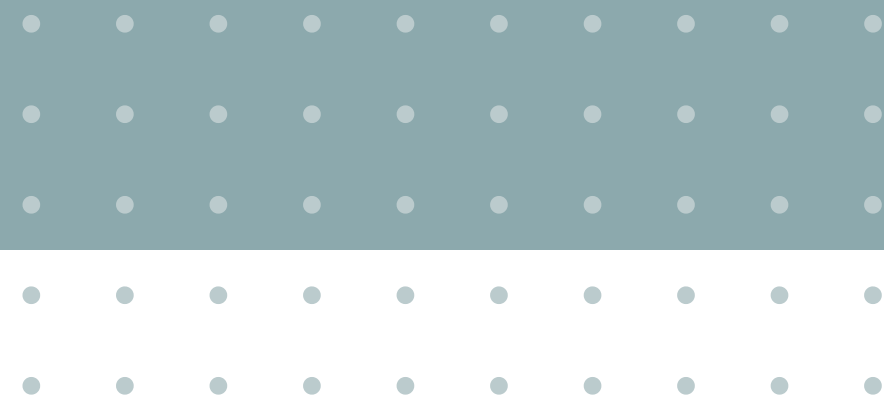
IN-GROUP BIAS

In-group bias is the tendency to favor those who belong to the same group as ourselves. This can hinder collaborative efforts in combating hunger, as it may result in exclusion or neglect of communities that do not share our background or affiliations.



02.

CONSEQUENCES OF BIAS IN COMBATING HUNGER



WHY PEOPLE SEEK OR AVOID ASSISTANCE

SEEK

- financial instability
- unexpected expenses
- job loss
- low wages

AVOID

- stigma
- fear of judgment
- lack of awareness about available resources
- difficulties navigating the assistance system.

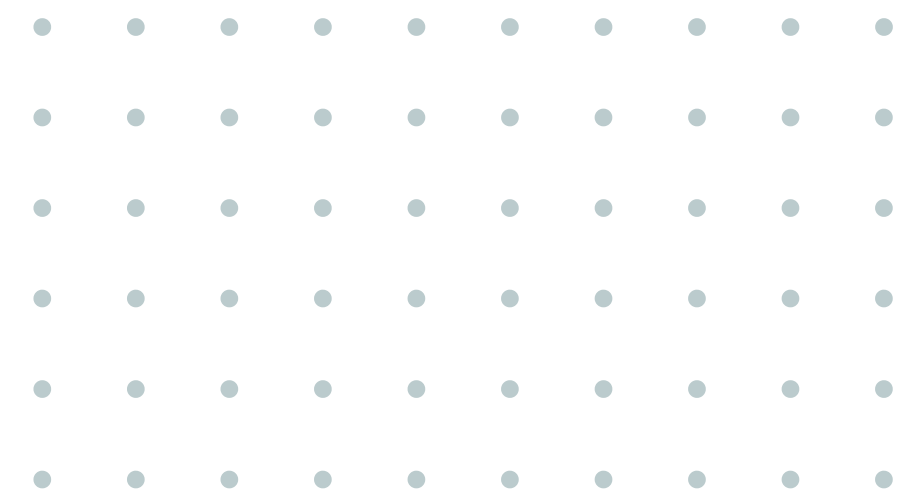


MISINFORMATION

Misinformation can create misunderstandings about eligibility, program rules, or the nature of assistance available, leading to reluctance in seeking help.

PRIDE

Pride can prevent individuals from seeking help because they may feel ashamed or believe they should be self-reliant, despite their needs.



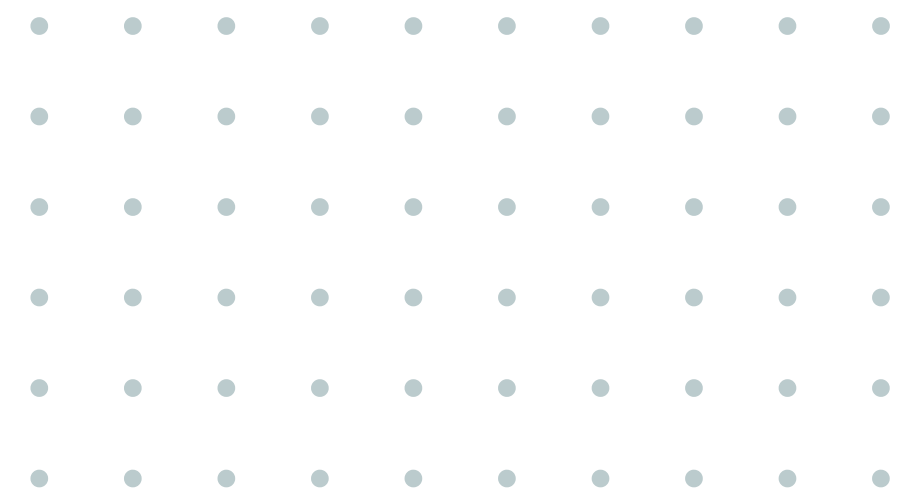


PAST EXPERIENCE

Negative past experiences with food assistance programs, or hearing such from others, can discourage individuals from seeking help again.

FEAR

Common fears include judgment from others, feelings of embarrassment, and the belief that they might not qualify or that others need it more.



WHAT ROLE DOES COMMUNITY PERCEPTION PLAY?

Community perception can heavily influence an individual's decision to seek assistance.

Negative stereotypes can deter people from accessing needed resources.

03.

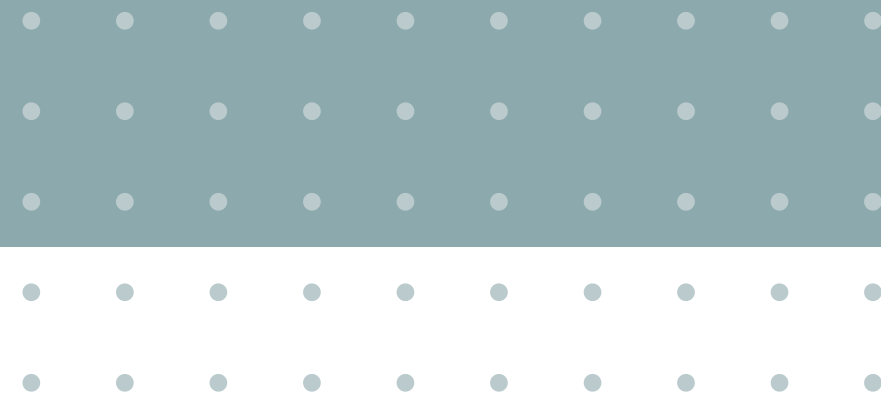
HEARING FROM PERSONAL EXPERIENCE

Nicole Watson



04.

WAYS TO BETTER HELP THOSE IN NEED



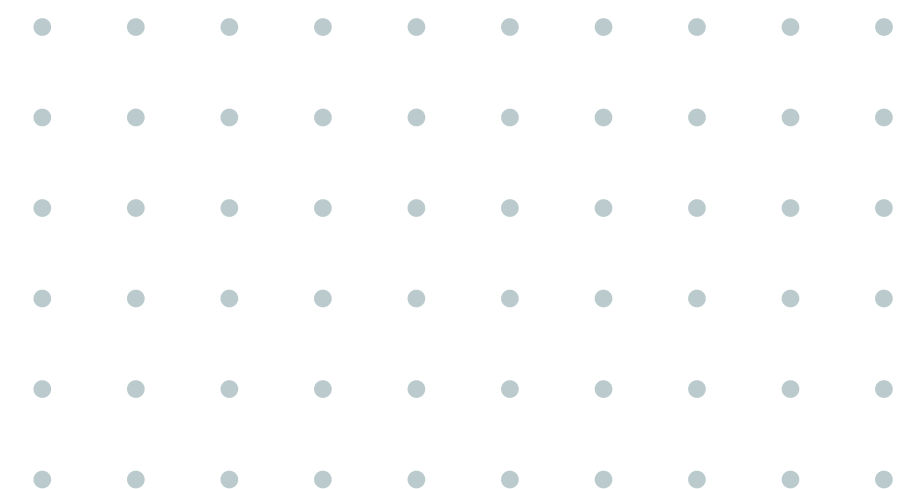


ENVIRONMENT

Ensure that your pantry is a safe and inclusive space where everyone feels valued and respected. A welcoming environment can help reduce the stigma and encourage more people to seek assistance.

CONFIDENTIALITY

Protect the privacy of individuals seeking food assistance by maintaining strict confidentiality. This can help reduce the fear of judgment or embarrassment.





STRONG RELATIONSHIPS

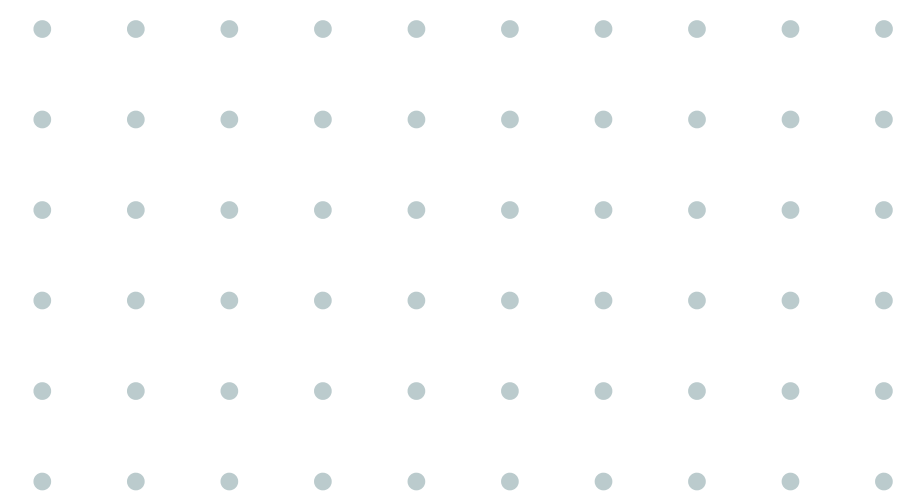
Develop trust and rapport with those you assist. Building strong, supportive relationships can help overcome the stigma and make people feel more comfortable seeking help.

EMPOWER

Provide options and allow individuals to choose the food items they need. This empowers them with dignity and respects their preferences and cultural needs.

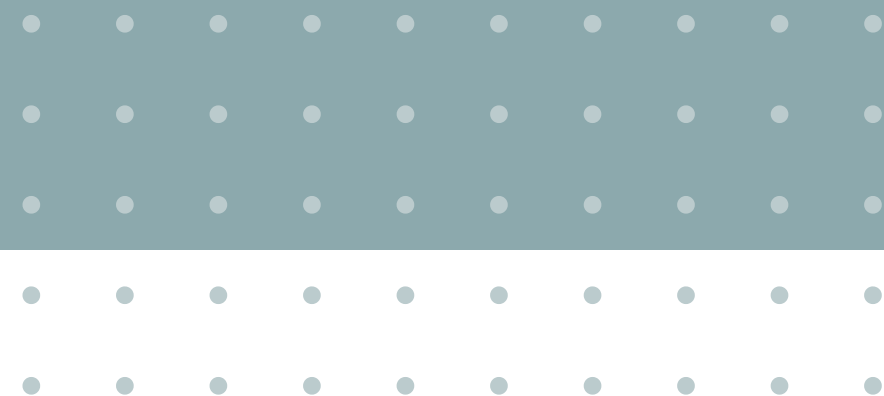
EDUCATE

Offer educational resources about nutrition, budgeting, and other relevant topics. Empowering individuals with knowledge can help them make informed decisions.



05.

STRATEGIES TO OVERCOME BIASES





SELF AWARENESS

The first step is self-awareness. Recognize and acknowledge your own biases through reflection and feedback.

Empathy allows you to understand and relate to others' experiences, helping to diminish stereotypes and prejudices.



EMPATHY



CHALLENGE

Why is it important to seek out information that contradicts your beliefs?

This practice helps balance your understanding and reduces confirmation bias, leading to more informed decisions.

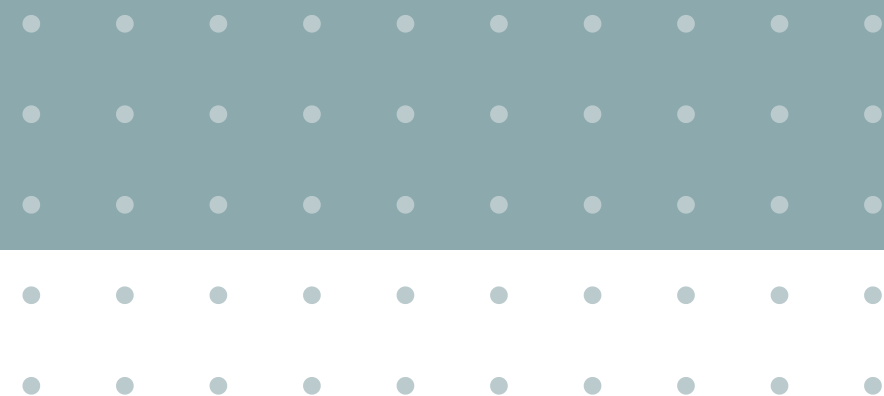
Education and training on unconscious biases can increase awareness and provide tools to address and mitigate them.



EDUCATION

06.

BUILDING AN INCLUSIVE APPROACH



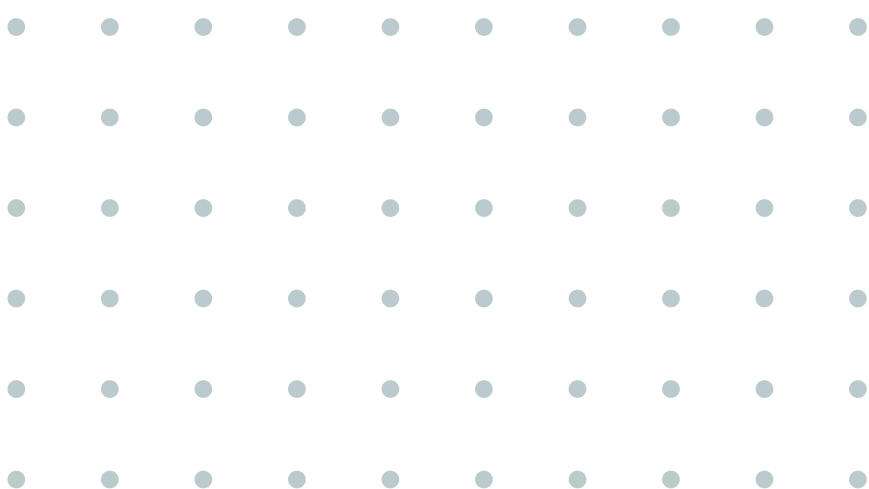
Assess Community Needs

Start by conducting surveys and focus groups to understand the unique needs and challenges faced by different communities. This ensures that all voices are heard and considered in your approach.

Collaborate with Diverse Partners
Partner with organizations and stakeholders from various backgrounds. Collaboration with diverse groups brings a wealth of perspectives and resources to the table, fostering more comprehensive solutions

Implement Culturally Relevant Solutions

Develop and implement solutions that are sensitive to cultural practices and values. This increases the effectiveness of interventions and ensures respectful, ethical engagement with communities.



Provide Inclusive Training

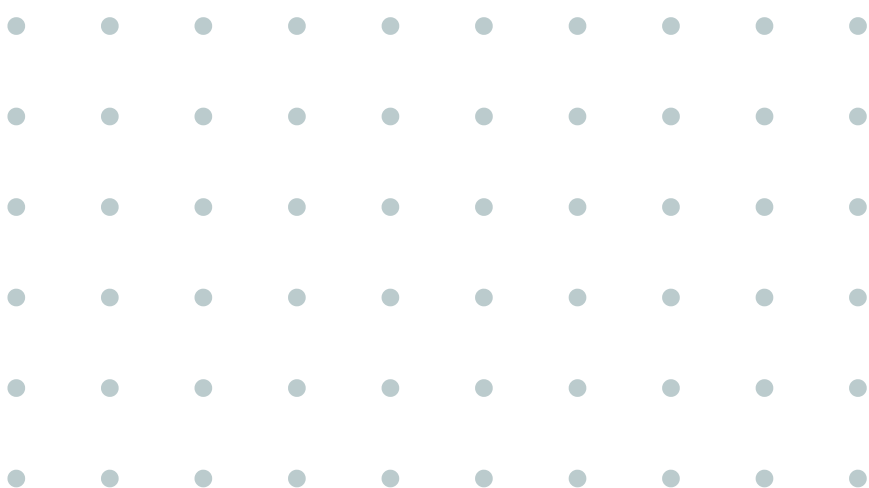
Offer training that emphasizes inclusion and cultural competence for all team members. This prepares your team to interact effectively and empathetically with diverse populations.

Monitor and Evaluate Impact

Establish metrics to regularly monitor and evaluate the impact of your interventions. Use this data to make necessary adjustments, ensuring that your approach remains inclusive and effective.

Promote Voices of the Affected

Ensure that those most affected by food insecurity are given platforms to share their experiences and ideas. This empowers communities and leads to more relevant and impactful solutions.





Reflection and commitment play essential roles in the journey to overcome personal biases and effectively tackle hunger.

- Reflection entails regularly evaluating your beliefs, choices, and actions to pinpoint areas for growth. This introspective process helps reveal unconscious biases that could impede your efforts.
- Conversely, commitment demands a continuous and dedicated effort to implement what you've learned while consistently striving for more equitable and just solutions.

By merging reflection with unwavering commitment, you can create significant and enduring impacts in the battle against hunger.