

INDIANA STORIES AND SOLUTIONS

FOOD, *INSECURE*



film screening &
discussion guide

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introduction

Food, Insecure: A Documentary That Hits Home

Indiana faces a crisis. Nearly a million Hoosiers, many of them working families with children, struggle to put healthy food on the table. **Food, Insecure** is a powerful 30-minute documentary that sheds light on this all-too-real issue and its solutions.

Through intimate interviews and compelling footage, the film tells the stories of Hoosiers who are facing the daily challenges of hunger. We also hear from experts around the state about the impact of food insecurity on the health of individuals and communities.

This documentary is a follow-up to the regional Emmy-nominated film **The Working Hungry**, which explored the hidden struggles of working families across Indiana. **Food, Insecure** builds on new data to understand the root causes of hunger and the need for systemic solutions.

Food, Insecure is more than just a film. It's a call to action. Join us to better understand hunger and food insecurity, discover real solutions, and work together to create a more equitable and food-secure Indiana.



be part of the solution

This film was created to spark conversation and deeper understanding about the issues of hunger. To further explore themes and resonance for audiences watching the film, and to motivate toward action, the team is encouraging statewide showings followed by discussion.

There is flexibility in your Community Showing and Discussion. Regardless of the location and audience makeup, we hope this is an opportunity to have rich and meaningful conversations about Hunger in our state and the thousands of families and children struggling each day. And even more importantly, that you feel there is energy for finding solutions and the urgency to make those happen. We are excited that you are helping share this critical message with your audience.



plan for your film screening

weeks and day BEFORE the showing

1. Choose the date, time, and location.
2. Reserve space as needed to accommodate the time of the film screening (30 minutes) and discussion (30 minutes or more)
3. Choose a facilitator and speakers (see “Discussion Facilitation and Questions” section for more info on how to set up a panel and prepare for a discussion)
4. Promote your event and work to engage and accommodate a diverse audience
5. Finalize technical details at your screening location.

These details primarily include:

- Internet connection (if streaming)
- Projection equipment and screen
- Microphones for speakers

your film screening

DAY of your event!

1. Set aside time to arrange your space well in advance of the event start time
2. **IMPORTANT:** Make sure to test the video and sound before your event!
3. Set out any handouts, additional information, or even nametags on a welcome table
4. Pick someone on your team to track attendance and take photos
5. Send out a reminder to the attendees and your network through a newsletter, on social media, or by email
6. Confirm arrival time and draft questions/ talking points with your speaker(s)
7. **Get excited!** This is such important work you are helping to support with the viewing and discussion.

your film screening

AFTER the film screening

1. Share [more resources](#) with audience members
2. Send a thank you note to panelists, speaker(s), and venue if you were a guest somewhere
3. If you collected contact information from your audience members, send an email that thanks them for coming and include action items links
4. Send attendance # and other tidbits to our team at workinghungry@gmail.com

promoting your event!

Who To invite?

The more people who see the film, the more energy and connections we have to work toward sustainable solutions.

Who in your community, on your board of directors, in your friend circle needs to see this film?

Invite them all!



MATERIALS

On the next pages are social media posts and language you can tailor to your event.

Invite your community partners, board of directors, staff, neighbors, volunteers, and funders!

Personal invitations to key people work the best.

SHARE WIDELY

Also included on the next pages is language for an email or newsletter.

Be sure to include a [link to the TRAILER](#) in all communications and promotion materials!

The Working Hungry web page has more information and downloadable promotional materials as well.

<https://workinghungry.org>

social media

text message invitation language

You're Invited!

Join us for a screening of Food, Insecure: A Documentary That Hits Home, followed by a discussion on hunger in Indiana and solutions.

[Insert event details]

Food, Insecure is more than just a film. It's a call to action.

Join us to better understand hunger and food insecurity, discover real solutions, and work together to create a more equitable and food-secure Indiana.

[insert details]

Did you know?

950,000+ people in Indiana struggle every day with hunger, and most of these families are working families.

Learn why, hear from several families facing this reality, and discuss what work we can do to truly find sustainable solutions.

Your presence at the showing and experience is greatly needed. Please join!

email or newsletter invitation language

Subject: You're Invited: Screening & Discussion of Food, Insecure: A Documentary That Hits Home

Dear **[Recipient Name]**,

We are excited to invite you to a special screening of **Food, Insecure: A Documentary That Hits Home**, followed by a community discussion on hunger and food insecurity in Indiana.

Indiana faces a critical issue. Nearly a million Hoosiers, including many working families, struggle to put healthy food on the table. This powerful 30-minute documentary sheds light on this growing problem through intimate interviews and compelling footage. The film not only tells the stories of Hoosiers living with the daily challenges of hunger, but also features experts discussing the impact of food insecurity on the health and well-being of individuals and communities across our state.

Food, Insecure is a follow-up to the regional Emmy-nominated The Working Hungry and builds on new data to explore the root causes of hunger, while offering potential solutions to help address this crisis. This documentary is more than just a film – it's a call to action.

We hope you'll join us for this important event to learn more about hunger in Indiana and how we can work together to create a more equitable and food-secure future.

Event Details: **[Date, Time, Location]**

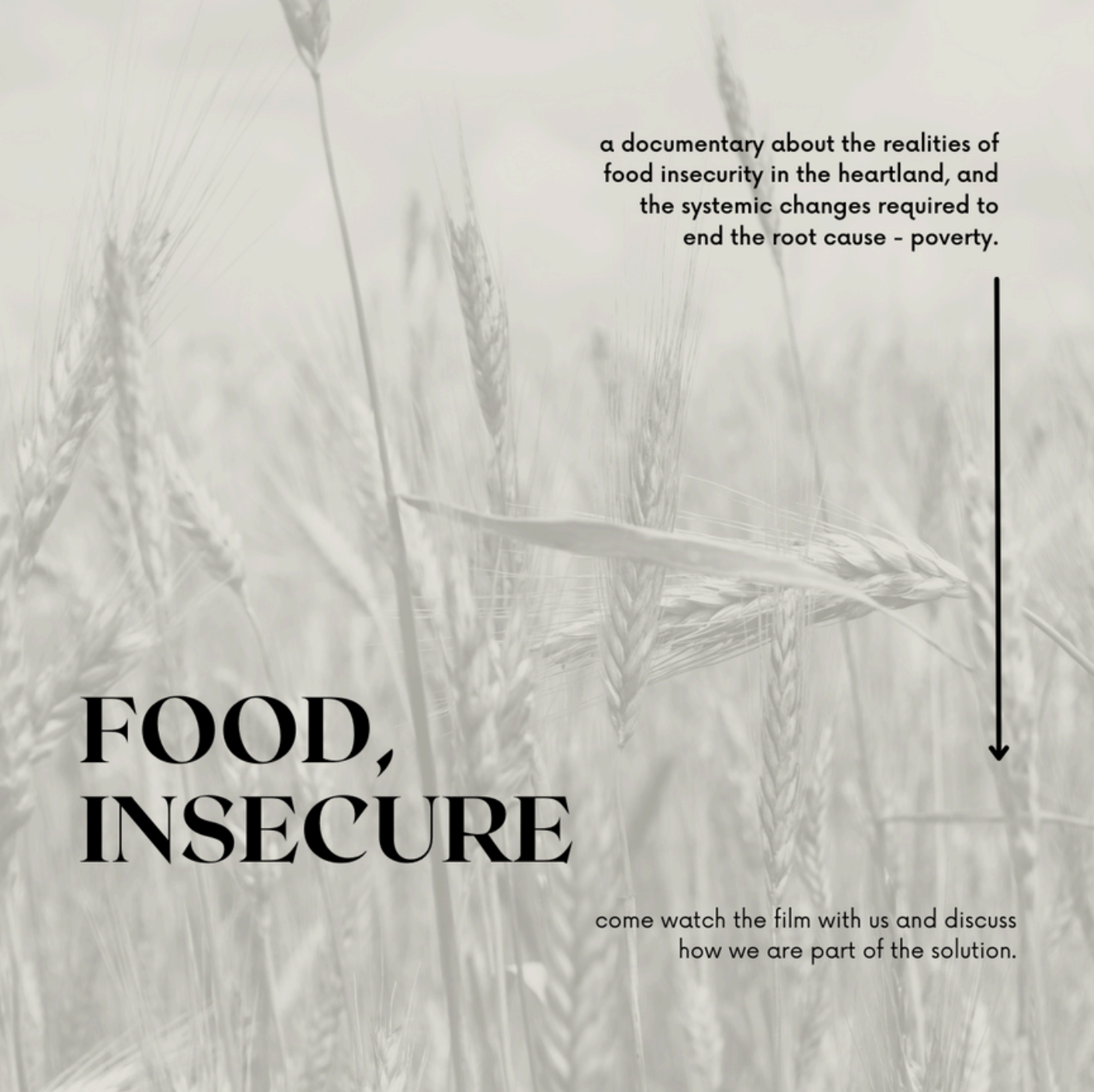
Thank you for being part of this critical conversation.

We look forward to seeing you there!

Best regards,

[Your Name, Title, Organization]

ex. social media post



a documentary about the realities of
food insecurity in the heartland, and
the systemic changes required to
end the root cause - poverty.

FOOD, INSECURE

come watch the film with us and discuss
how we are part of the solution.

Folder with files

ex. social media post

41% of Indiana jobs

do NOT pay a living wage!

this is unacceptable and a leading cause of childhood and family hunger.

come watch the newest documentary **FOOD, INSECURE** by the team that brought you "The Working Hungry."



FOOD, INSECURE

Folder with files

ex. social media post



Let's work together.

watch the film & discuss

Your neighbors and colleagues are hungry.
Poverty is the root cause.
Systemic solutions are a must.

WORKINGHUNGRY.ORG

Folder with files

ex. social media post

**25 percent
of families**

rarely or NEVER eat a healthy meal due to expense

Food insecurity is linked to poorer health outcomes, lower worker productivity, and reduced academic performance.

FOOD, INSECURE

Folder with files

Introducing the show, a template for talking points

Good [morning/afternoon/evening], everyone,
Thank you all for being here today. My name is [Your Name], and I'm honored to introduce this powerful documentary, Food, Insecure: A Documentary That Hits Home.

Indiana is facing a hunger crisis. Nearly a million Hoosiers, many of them working families with children, struggle to put healthy food on the table every day. This documentary sheds light on this often hidden issue, sharing the real-life stories of families and individuals who are experiencing food insecurity right here in our communities.

Food, Insecure is a follow-up to the regional Emmy-nominated film The Working Hungry, and it builds on that foundation by diving deeper into the root causes of hunger and exploring real solutions. Through intimate interviews and expert commentary, this film brings us face-to-face with the challenges Hoosiers face daily, and asks us to consider how we can all contribute to creating a more food-secure and equitable Indiana.

As you watch, I encourage you to reflect on the stories and statistics shared, and think about how they resonate with your own experiences or the challenges facing our neighbors. This film is not just about raising awareness – it's a call to action, asking each of us to consider how we can make a difference.

After the screening, we'll have an opportunity to discuss the issues raised in the film, share ideas, and explore what we can do as a community to combat hunger and food insecurity.

Once again, thank you for being here. We hope you leave today not only with a deeper understanding of food insecurity but also with a sense of urgency and inspiration to take action.

Without further ado, let's begin Food, Insecure.

facilitating the discussion post film viewing.

Before you decide what route to go in organizing your discussion, ask yourself:

- What voice(s) are important to have represented?
- Where will the speaker(s) be - on stage, seated, podium, in audience?
- Who will ask the questions?
- How long should the speaker(s) talk? (We recommend no more than 15-20 mins.)
- Will there be a Q&A? If so, will there be a mic for attendees to speak into?

Choosing a speaker, facilitator and/or panelists for your discussion

- Host one or more people who can provide context for Food, Insecure.
For example:
 - Do you have experts at your work, in your networks whom you'd like to invite who can speak to food insecurity, advocacy, community building, health, etc?
 - You may even be the best person for the job!
 - Use the suggested questions on the following pages to engage the audience in a dialogue about the issue of systemic hunger and what can be done to find solutions.
- For a Panel Discussion, invite 2-3 individuals who have different contexts or expertise. Maybe you invite someone who works in healthcare, hunger relief, a local employer, a board member, or an elected official.

BIG questions for audience + speakers!



- How do you relate to the reality of being hungry?
- Poverty is the root cause - that is outlined and repeated in the film. How do we start attacking poverty?
- What does having food and healthy food mean to you and your family?
- When you hear “dispel the myth of laziness”, what comes to mind?
- Our state spends \$1.8 billion annually on healthcare related to food insecurity. Hearing that, where do you believe those funds could be used instead if families were not struggling with hunger?
- Where should our energy go so that fewer people are hungry?
- What does having families who are hungry say about our state and our country?
- Tell me about the benefits cliff and how we begin to try and eliminate this trap that families find themselves in?



other great questions to ask a group, round table, or colleagues.

- What rang true while watching?
- What questions emerged for you while watching the film?
- What if anything seems counter to your personal experience?
- What, if anything surprised you in the content of the film?
- How do you define 'food, insecure' ?
- What is important for other groups who view the film to understand?
- What community actions do you see as next steps to address the issues lifted up by this project?
- Who else must see this film? And how do we get it in front of their eyes?

Guidelines for discussing with youth.

Facilitation Tips and Support

Viewing Materials – If you want the youth to take notes, jot down thoughts and/or questions during the viewing, consider providing them with sticky notes, a journal, index cards, etc.

Length of Time – Once you determine the size of your group(s), also consider the length of time you will need for viewing the documentary and for having a meaningful conversation. We recommend blocking out a minimum of 60 minutes.

Discussion Group Size - When setting up this time to discuss and converse about the documentary, consider the size of the group. Youth will share more if they are placed into smaller groups (5-8) that provide security for sharing and reflecting.

Group Facilitation Tips -

1. As the facilitator, you have an important role to play in creating a 'safe space', where young people feel free to express their thoughts and challenge ideas (respectfully) in a non-judgmental setting.
2. Before leading a session, you should take time to think through your own thoughts and views about the topic. This will give you the chance to note what personal emotions surface regarding the topic.
3. Caring about the subject is in no way a negative thing – in fact, if you tap into that appropriately it can make the session even more powerful. The key is to be aware and prepared.
4. Make sure to welcome diverse viewpoints.

5. Inform your group that to have a productive session that is valuable for everyone, you need to agree on a few ground rules. Some examples:

- a. Respectfully listen to one another
- b. Avoid interrupting each other
- c. Do not use names when providing examples
- d. Be careful of nonverbal communication
- e. Avoid the use of negative language
- f. Ask questions – avoid assuming the thoughts of others

6. Monitor the conversation with verbal and nonverbal affirmation.

7. Be aware that some in the group may themselves be food insecure.

8. Observe the group diligently to measure comfortability.

9. Expression of personal views could lead to participants becoming upset; be sensitive to the youth who are experiencing an emotional reaction. Consider sharing a framing statement for the conversation like this:

“We’re not all going to agree during every discussion today nor are we going to finalize solutions for the grand issues of society. Don’t be afraid to step forward with a reflection or question, but also make sure to step back and leave room for others to speak too. Today is about having conversations and building connections, and we’re so excited to have a great conversation with you all today!”

10. Provide some key takeaways before concluding the conversation.

Questions for youth discussion.

INSTRUCTIONS: Some of these could be discussion questions in small groups and/or journal prompts.

1. Why do you think the writers of this documentary chose to focus on three families?
2. Why is eating healthy food so important?
3. Why do you think many families do not share that they struggle to provide healthy meals for their families?
4. Has anyone you know experienced being hungry?
5. Describe what you think it feels like when you are food insecure or worried about your next meal.
6. Do you think it is the government's job to support families like the ones in this film? Why or why not?
7. What could you (and/or your family) do to help?
8. What is one fact that you learned that you did not know before you watched this documentary?
9. What significance is the title, Food, Insecure?
10. Why do you think that there are so many families struggling with food insecurity?
11. If you were an elected official, what could you do to help with food insecurity in Indiana?
12. The documentary speaks of the centrality of wages. If you were an employer, would you commit to paying a living wage? Why or why not?
13. Can you name any places or resources in your community that support individuals living with food insecurity?
14. Do you think there is a correlation between earning a high school diploma and food security?
15. What would you do if you knew that one of your friends was food insecure?
16. Other than this documentary, how can we get the word out that food insecurity is a problem for working families in Indiana?

actions for next steps.

After seeing this film, it is likely that your audience will ask **what can I do** and **what can be done now?**

First and foremost, having the conversation and being more informed to the realities of food insecurity in Indiana is a critical start.

Additional next steps include:

1. Get to really know a working-hungry family. Circles, St Vincent de Paul, the United Way, and others may provide a suitable means to build a relationship
2. Educate yourself on the Policy Work to end Hunger
 - [Bread for the World](#)
 - [Feeding America](#)
 - [Feeding Indiana's Hungry](#)
 - [Indiana Coalition for Human Services](#)
 - [Mazon](#)
 - [Results.org](#)
 - [United Way Voter Voice](#)
 - & then [Find your legislator](#).
3. Join with others who are working on policy to end food insecurity
 - [Bread for the World](#)
 - [Indy Hunger Network](#)

more actions that help.

3. advocate for the living wage at your office

- Good Wages Initiative (Marion County Indiana) - The Good Wages Initiative certifies, celebrates, and showcases Marion County employers committed to providing full-time employees both a wage of at least \$21/hr and access to employer-sponsored health insurance benefits.
<https://employindy.org/goodwages/>

Who benefits from Good Wages? (Source - Good Wages Initiative)

Employers- Good wages translate to better employee attendance, productivity, and focus. Turnover and associated costs decrease as employers can more readily attract and retain highly qualified talent. Employers also benefit from increased attention and loyalty from consumers seeking to support businesses with employment practices that align with their personal values.

Workers- Providing sustainable wages and health insurance enables workers to support themselves and leads to improved mental and physical health, which helps to improve on-the-job performance and foster financial security. When workers are able to perform better on the job, they gain more opportunities for advancement.

Community- As businesses pay higher wages, buying power increases— stimulating the economy, improving community vitality, and boosting aggregate economic demand. When workers are able to pay for basic needs, public assistance spending declines – which currently costs taxpayers roughly \$153 billion annually.

resources for more education.

Indy Hunger Networks Community Compass - This is a free, quick, and easy tool designed to show people where they can find food assistance in Indiana.

<https://www.communitycompass.app/>

Purdue Extension provides relevant, high-impact educational programs <https://extension.purdue.edu/>

Feeding America offers facts about hunger in America
FeedingAmerica.org/research

[Good Wages Initiative](#)

[White Paper: The Case For Paying Good Wages in Indianapolis, April 2022](#)

[Food Research & Action Center \(FRAC\)](#)

[Indiana Community Action Poverty Institute](#)

Meet the Team



dave miner

Content Advisor

Following a 28-year career at Eli Lilly and Co., Dave has spent 16 years leading multiple anti-hunger organizations. He leads Bread for the World in Indiana, and served on the national Board of Directors in Washington, DC. Dave was founding President of Indy Hunger Network, and chairs the board of the Alliance to End Hunger. In 2014, he received the Jefferson Award for Community Service. [contact: dminer145@aol.com]

"Having to stop at a food pantry after a hard day's work is not right. I wanted the voices of families to be heard."



shannon cagle

Producer

Shannon is an Emmy-winning producer with decades of broadcast experience in the Indianapolis market. As a producer for WISH-TV, she not only crafted daily newscasts and special events coverage but also originated long-running sponsored segments. Shannon has worked on many meaningful documentaries as well as producing Indiana Lawmakers with Jon Schwantes and No Limits. Simultaneously, she spent several years at Inside INdiana Business with Gerry Dick. [contact: shannoncagledawson@gmail.com]

"I believe it's wrong for the richest country on the planet - and one of the most agriculturally rich states - to have any hungry children."



Meet the Team



david duncan

Videographer

David is president of DPD Media Solutions, a film and video production company in Indianapolis. He started his career in Arkansas, has covered seven Super Bowls, and has filmed and produced for a wide variety of nonprofit and corporate clients. For the past decade his work has carried him across the country, interviewing hundreds of families and exploring the problems and issues that affect all of us. David is happily married with 3 children and one cat.
[contact: dpdmediasolutions@gmail.com]

"Having experienced hunger myself, I am passionate about connecting these issues to the real-life problems that create this disparity."

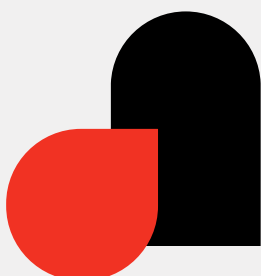


anne ryder

Narrator/Presenter

Anne has spent more than 30 years in television news, and occasionally works as a freelance special projects reporter for WTHR-13 (NBC) in Indianapolis. She was inducted into the Indiana Broadcast Hall of Fame in 2010, and has worked as a producer, reporter and anchor in Lafayette, (WLFI-CBS), Terre Haute, (WTHI-CBS), and Indianapolis, (WTHR NBC).

Learn more about Anne's travels to Calcutta to meet with Mother Teresa here: "[Anne Ryder reflects on 1996 Mother Teresa interview](#)" from WTHR.



film links for tech

- [Link to trailer](#)
- [Link to stream film](#)





statistics and data

Understanding Food Insecurity: Key Insights

Hunger in Indiana

- Over 1 million Hoosiers require food assistance. This includes households across income levels, from deep poverty to those earning above 200% of the Federal Poverty Level (Survey Report: Food Assistance and Hunger in Indiana, Indy Hunger Network, 2024).
- Food assistance provided 87% of needed meals. Nonetheless, nearly all these families (92%) had low or very low food security.
- Hunger has increased: 40% of food-insecure households went hungry in a given week, compared to 23-29% in prior studies (Survey Report, 2024).
- Only 6% of households always eat nutritious meals, while 25% rarely or never do. Fruits and vegetables are the most commonly missing food groups, cited by 72% and 68% of respondents, respectively (Survey Report, 2024).

Impacts of Food Insecurity

- Food insecurity is linked to poorer health, lower worker productivity, and reduced academic performance (Poorly Understood, p.16).
- Health issues correlated with food insecurity include poor overall health, cardiovascular disease, hyperlipidemia, stroke, kidney disease, chronic pain, inflammation, pulmonary disease, and diabetes. Food insecurity is also strongly associated with behavioral health problems including depression, anxiety, binge eating, substance use disorders, and more. (Myers and Temple, 2024)

Low Wages and Working Poverty

- Three quarters (75.7%) of households with a food need reported that one or more persons in their household were employed for wages. (Survey Report, 2024)
- Low wage jobs are common, with 41% of Indiana jobs not paying the current living wage of \$21/hr. (Economic Policy Institute's [Low Wage Workforce Tracker](#) and MIT's [Living Wage Calculator](#))
- In Indiana, 12 of the 20 most common occupations pay a median wage under \$18/hour, and 9 of these pay less than \$15/hour. (Overlooked & Undercounted, 2022; Survey Report, 2024).



statistics and data

Hunger Knows No Boundaries

Contrary to stereotypes, food insecurity is not confined to urban centers. Over 85% of counties with persistent poverty are rural. More poor individuals live in suburban areas than in large cities (Poorly Understood, p.17-20).

Poverty and Inequality: A Systemic Issue

Poverty and inequality are heavily influenced by social policies and macroeconomic conditions, rather than being natural occurrences (Poorly Understood: What America Gets Wrong About Poverty, p.2). During their lifetimes, three-fourths of Americans will experience at least one year living at or near poverty levels (below 150% of the poverty line). Many families above this threshold still require food assistance from pantries (Poorly Understood, p.10).

The social safety net is essential, with 65% of Americans relying on SNAP or Medicaid between the ages of 20 and 65. Nearly half (49.2%) of children will live in a household receiving food stamps at some point. However, most benefit use is temporary, with only 16% of recipients relying on them for more than five consecutive years (Poorly Understood, p.12-13).

Racial Disparities in Indiana

- Racial Disparities: 48% of Black and 45% of Latinx households live below the Self-Sufficiency Standard, compared to 22% of White households (Overlooked & Undercounted: Hoosiers Struggling to Make Ends Meet, 2022).
- Single Mothers: 64% of single-mother households fall below the Self-Sufficiency Standard, with rates as high as 80% for Black single mothers (Overlooked & Undercounted, 2022).

Sources

- Overlooked & Undercounted: Hoosiers Struggling to Make Ends Meet, Indiana Community Action Poverty Institute, 2022
- Poorly Understood: What America Gets Wrong About Poverty, M R Rank, L M Eppard and H E Bullock, Oxford University Press, 2021
- Survey Report: Food Assistance and Hunger in Indiana, Indy Hunger Network, 2024
- Kevin P Myers and Jennifer L Temple, in Appetite, Volume 200 (2024) 107513



Thank you!

This work is critically important, and you are a
vital part of ending hunger.

Keep up with your audience and encourage
ACTION.

The Working Hungry projects are made possible by



with additional support from Dave and Robin Miner, Bread for the
World, Hamilton County Community Foundation, Jane and Dan
Montgomery, Steve and Cindy Gillman, Basic Needs Simple
Solutions, and
Brandt and Christine Lawson.

“nobody is self-sufficient
...we all need somebody”

Marie Wiese
Executive Dlrectory, Circles Indianapolis

