



# Starting points

## Comfort Zones

*Below are a few suggested statements for this exercise to begin exploring the issue of hunger. They ask participants to reflect on real situations, but can also be used to ask them imagine a reality that isn't theirs in order to explore empathy.*

I'm in my comfort zone if / when;

- I collect food for the local food bank at school / in the meeting house
- We serve food at lunch clubs for local families during summer holidays
- I can support people who are impacted by hunger in some way
- I am a recipient of free school meals
- Picking up our weekly groceries from the food bank

I'm in my discomfort zone if / when:

- I hear stories in the media about benefit scroungers
- Someone makes a comment about poor people not working hard enough
- Politicians make it harder for vulnerable people to access financial support
- I find out about the increasing number of people relying on food banks
- People ignore or are uninterested in how difficult life is for many families in the UK