



## Food Allowance Challenge Reflective Journal

**You are welcome to use the following questions as a reflection journal<sup>1</sup>.**

This is an optional exercise to reflect on your poverty challenge experience. You may consider these each day or at the end of your challenge.

You are invited to bring these reflections with you during the Poverty Challenge Debrief Session on April 9, 2021 from 12pm to 1:30pm or submit them to the event organizers at [communitytogetherLS@gmail.com](mailto:communitytogetherLS@gmail.com) to be incorporated into the Poverty Reduction Plan.

Thank you for participating.

Did you have a plan at the beginning? Did you need to deviate from your plan?

Did you have any challenges? Please explain.

How did you feel living on a food allowance? (physically, mentally, emotionally, etc.)

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<sup>1</sup> Based on <https://gradfoodstudies.org/social-assistance-food-budget-challenge-assignment-instructions/>



Was there any impact on your social or family life? Please explain.

Were there any barriers to finding the food you needed or did you have to make changes to your eating or shopping style? Please explain.

Describe any 'aha' moments?

Has this experience changed you in any way? Will you do anything differently?

Have you had any insights about your community after your experience? If so, what are some solutions to this challenge?