



## **Living with Hunger: Impossible Choices**

**An interactive, online video**

**By Food Banks Canada**

Watch video at <https://foodbanksCanada.ca/impossiblechoices/index.html>

*“Living with Hunger: Impossible Choices”* is a group of three interactive, online videos that illustrate how it is possible that a person in Canada can slide into poverty and hunger.

In each video, an actor delivers a monologue that tells the story of their character — Sue, Miriam, or Doug\*. At several points in each story, a decision must be made by that character, and the options are presented on screen. The viewer is invited to interact by selecting which of two actions they would take in that situation. In the process, the viewer determines the narrative path of that character’s story and the final outcome. As you will discover, some choices are harder than others — and some choices feel almost impossible.

*\*The stories in these videos are compilations based on real-life challenges often faced by people who are helped by food banks.*

### **How It Fits Into Your Curriculum**

Impossible Choices could be integrated into any number of subjects, including Social Studies and Civics, used in conjunction with Community Service programs, or as a preparation before visiting a food bank.

The ideas explored in this resource and possible learning outcomes include:

- A better understanding of the issues of low-income and food insecurity in Canada and how the two are connected.
- Insights into how almost anyone can find themselves in a situation where they don’t have enough to eat.
- Empathy towards people with low income.
- Action that can be taken as individuals, organizations, society — and your students.



## Living with Hunger: Impossible Choices A Guide For Primary Teachers

### How to Use This Resource in Your Class

Consider using this resource:

1. **As a class.** The entire class watches one or more stories together, making the decisions with a show of hands.
2. **In work groups of 2-3 students.** Each group chooses a character to follow. Each decision in the video is determined collectively within that group.

After everyone has watched the assigned video(s), the following questions can be used to guide a discussion.

Alternatively, this resource can be used as the basis for a homework assignment.

### Discussion Guide

1. Did your character end up where you thought they would? If not, how was it different? Is there anything that could have happened differently?
2. In the video, you were asked to make decisions on behalf of your character.
  - How hard were these decisions to make?
  - How did it make you feel to have to make them?
  - Were there any times when you didn't know what the best choice was?
  - What was the hardest decision you had to make?
3. How do you think the people around Sue/Miriam/Doug — such as Sue's son, or Miriam's husband, or Doug's brother — felt about their struggles?
4. How do you think you would feel if this happened to you?
5. What does it feel like to be hungry? What if this happens every day? How do you think that affects a person?
6. Do you think Sue/Miriam/Doug could have done anything differently?
7. What do you think will happen next?
8. Is there anything we can do to help people in this situation?
9. If you don't have enough to eat, or if you know someone else who goes hungry a lot, can you think of ways that you (or they) can get more food?

### Further Reading

Visit [www.foodbankscanada.ca](http://www.foodbankscanada.ca) to learn more about hunger in Canada and what you can do to help, to find links to the food bank association for your province, and to find your local food bank.