Growing Stronger: Evidence Submission

Answer these questions in the document or provide your own reflections.

# Individuals as food consumers

1. Have you been able to find and purchase the food that you need for your households?
2. How have your food purchasing habits changed?
3. What matters to you in making food choices?
4. Have you used any emergency food sources (eg food banks)? What kind? Were there any barriers to doing so?
5. What plans have you made for long term food purchases or sourcing?
6. Have you become more aware of where your food comes from and how it is produced?