

# 4

## INVOLVED IN DECISION-MAKING

Feeling able to share your views and ideas and to have those views taken seriously in decision-making.

- What opportunities and processes are available for people taking part in this project to express and share their views?
- What steps are taken by the staff/volunteers to consider and respond to the views people involved in the project share?
- What steps are taken to make sure people with lived experience of food insecurity are at the forefront of decisions about running and shaping the project?

*I think the staff make most of the decisions here*

*Every month, there is a time for us to share our ideas about how to improve the project*

*I don't know who I'd speak to if I had a concern or something felt wrong*

*When I have an idea, people here take my views seriously*

*Use your findings to create your project's own Dignity Charter.*

# 5

## VALUED AND ABLE TO CONTRIBUTE

Feeling recognised and valued as a whole person with knowledge, skills and experiences to share.

- What opportunities are there for people to contribute in different ways, whether with time, skills or resources?
- How does the project build relationships between staff, volunteers and participants and show people that they are valued?
- What opportunities and support exist for people to move from being a participant/recipient to taking on more meaningful roles in the project?

*I'd be happy to help out here, but I get my food served to me at a table and wait to have it cleared*

*I feel like part of the community because I'm always involved in setting up the meal and clearing up afterward*

*Staff and volunteers are more friendly with each other than with the people who come to the project*

*Community members have a lot of responsibility here, but we get support from staff when needed*

UNDERMINING DIGNITY

ENHANCING DIGNITY

# 5

## DIGNITY PRINCIPLES

Community food initiatives can put dignity at the heart of their project by supporting everyone taking part to feel:

A sense of control

Able to take part in community life

Nourished and supported

Involved in decision-making

Valued and able to contribute

ENHANCING DIGNITY

All information is taken from the **Nourish Scotland** and **The Poverty Truth Community** work on Dignity in Practice. Please visit [www.nourishscotland.org/dignity-in-practice-resources](http://www.nourishscotland.org/dignity-in-practice-resources) to access the dignity in Practice Toolkit.



## Questions to ask your project participants and community.

### 1 A SENSE OF CONTROL

Having power to make choices about what, where, when, how and with whom you eat.

- How does this project enable people experiencing food insecurity to have greater control over how they access food in the community?
- How does this project give people who participate control over what, where, when, how and with whom they eat?
- How does the type and quality of the food shared reflect the views, priorities and choices of people who take part in your project?

*A staff member always decides what the menu will be*

*They deliver my food parcel to my house because I have mobility issues*

*I had to eat with people I don't know or like*

*This is one of many places in my community where I come to share food*

### 2 ABLE TO TAKE PART IN COMMUNITY LIFE

Feeling able and welcome to take part in different aspects of community life, regardless of your financial situation.

- What steps are taken to make your project feel positive and inclusive to everyone in the community, rather than a place someone has to go in a crisis?
- What groups of people aren't taking part in this project (e.g. people with young children, disabled people, people from different faith backgrounds) and why?
- How much information do people need to give about their financial circumstances before accessing or taking part in this project?

*I have to explain my financial situation to someone every time I come to the project*

*The staff have encouraged and supported me to join a steering group, which I never thought I'd have the confidence to do*

*It's only possible to get food here with a referral from another agency*

*It is easy to be myself here*

### 3 NOURISHED AND SUPPORTED

Being able to enjoy food and access support that meets your needs.

- What steps are taken to source and use high quality food that is socially acceptable and culturally appropriate?
- How is food incorporated into positive, enjoyable and supportive activities that promote social, emotional and physical well-being?
- How does the project provide or promote additional support and advice services?

*It's hard for me to find a place to access food that caters for my dietary needs*

*The community meal is cooked from scratch with lots of fresh produce*

*My children don't eat the kinds of food I received, but I'm too embarrassed to ask for something different*

*Everyone eats together here – staff, volunteers and community members*

UNDERMINING DIGNITY

ENHANCING DIGNITY