

Food Mapping Tool 1B

How far do we travel for food? (community members)

Purpose: To map the food outlets and services participants use in relation to their residences as a starting point of travel to food.

Note: You can use Food Mapping Tool 1A and 1B together in one workshop.

Steps to Follow

- Follow the food mapping steps described in this chapter (Chapter 2, pages 25-27)
- Ask the participants to put a sticker (alternatively circle in a colour marker) on food outlets they usually go to, as well as their home as a starting point of their travel to the food outlets.
- You may also ask the participants to trace the travel route to the food outlets, and measure the distance.
- Have participants add details of other destinations and travel routes they use to access food such as routes to work, where they go for lunch, evening activities, etc.
- Have each individual or group present and discuss their findings.

The resulting map will show the distances community members travel to food, and how much they rely on food outside their own community. The information you get from this mapping exercise will mainly help the analysis of **Accessibility** and **Availability** of food security.