



A Taste for Change

DISCUSSION GUIDE

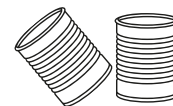
These questions are based on ideas explored in A Taste for Change, a book about building a food bank free future. You don't need to have read the book to engage with the questions.

Encourage participants to share only as they feel comfortable: some questions may touch on difficult experiences.

We hope you have some thought-provoking conversations.

1

Over 7 million low-income households were found to be going without essentials in October 2025. Why do you think so many people are in this position? What factors make someone more or less likely to experience this?



2

Food banks face a tension between responding to urgent needs now and addressing the root causes of financial hardship. Do you have experience of these tensions in your personal life or work? What helps and what makes it harder? Where should efforts be focused, and why?

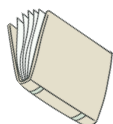
3

Many people arrive at food banks feeling they have failed. How would you rate your faith in the idea that 'you can make it if you try'? (1 = totally unconvinced, 10 = a firm believer) What has shaped that view? How does it affect the way you see others? How does it affect the way you see people with few financial or material resources?



4

The welfare triangle (Chapter 4) is one way of thinking about how our needs are met. Where have you drawn on resources of the state, the market (businesses) or family and community to meet your needs? What factors helped or hindered your ability to do this? Consider emotional, relational and financial resources.



5

Have you, or someone close to you, ever been unable to work for a long period of time because of illness or caring responsibilities? What resources were you/they able to draw on to manage? Were they sufficient? Why do you think that was – or wasn't – the case?



6

What do you think of the idea that we all have a responsibility, or duty, towards one another in society? If you agree, how far do you think this responsibility goes? Does it extend to ensuring that no one goes without essentials? If so, do you think there should be any exceptions, and why? What has shaped your views on this?

7

In Chapter 10, Alliyah says, '[the] system is not broken. It's made like this'. Do you think there are ways that things are organised in our society that make it especially difficult for some people to make ends meet? What examples can you think of? Why do you think these things have come about or been allowed to persist?



8

Thinking about your experience and strengths, relationships and the contexts where you have or could have influence, are there any ways, big or small, that you could make a difference in ensuring that everyone can afford the essentials? If so, who would you need to influence? Who else could be involved? What might the first step look like?

