

Assessment Tool: A Congregational Conversation

Come to the Table Project - www.cometothetablenc.org

- What are your favorite foods?
- If you could have any meal you wanted, served any where and any way you wanted it, what would it be like?
- How have your eating habits changed over your lifetime, from the time you were a kid to now? What caused these changes?
- Where does your food come from? Do you feel like you have control over your eating choices/ are you happy with the food you eat?
- Is food something you worry about? If so, what worries you most?
- What does your typical week of meals look like? (How many times a week do you eat fresh produce/ cook/ eat out? Are there things that keep you from being able to buy/ store /cook /eat fresh vegetables and fruits?)
- What motivates you to buy fresh, locally grown produce,?
- What keeps you from buying from local farmers? (Time? Cost? Transportation issues? Uncomfortable environment? Don't know it's available? Don't have resources to store/ cook produce?)
- What does eating faithfully mean to you? Share a story about a meal where you especially felt God's presence or influence.