**ONE REGION FORWARD**

Food Acccess and Justice Working Team

Meeting #4, August 5, 2013

**LANGUAGE DEFINITIONS**

**Food Insecurity:** “Limited or uncertain availability of nutritionally adequate and safe foods, or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.”


**Hunger:** “A potential consequence of food insecurity that, because of prolonged, involuntary lack of food, results in discomfort, illness, weakness, or pain that goes beyond the usual uneasy sensation.”


**Diet related disparities:** Differences in dietary intake, dietary behaviors and dietary patterns amongst different socioeconomic segments of the population, resulting poorer dietary quality and inferior health outcomes for certain groups and an unequal burden in terms of disease incidence, morbidity, mortality, survival, and quality of life.


**Healthy food:** “A healthy food is a plant or animal product that provides essential nutrients and energy to sustain growth, health and life while satiating hunger.”