



## **Women Redefining the Experience of Food Insecurity: Life Off the Edge of the Table**

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# Women Redefining the Experience of Food Insecurity: Life Off the Edge of the Table

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*Women Redefining the Experience of Food Insecurity: Life Off the Edge of the Table* is about understanding the relationship between food insecurity and women's agency. The contributors explore both the structural constraints that limit what and how much people eat, and the myriad ways that women creatively and strategically re-structure their own fields of action in relation to food, demonstrating that the nature of food insecurity is multi-dimensional. The chapters portray how women develop strategies to make it possible to have food in the cupboard and on the table to be able to feed their families. Exploring these themes, this book offers a lens for thinking about the food system that incorporates women as agentive actors and links women's everyday food-related activities with ideas about food justice, food sovereignty, and food citizenship. Taken together, the chapters provide a unique perspective on how we can think broadly about the issue of food insecurity in relation to gender, culture, inequality, poverty, and health disparity. By problematizing the mundane world of how women procure and prepare food in a context of scarcity, this book reveals dynamics, relationships and experiences that would otherwise go unremarked. Normally under the radar, these processes are embedded in power relations that demand analysis, and demonstrate strategic individual action that requires recognition. All of the chapters provide a counter to caricatured notions that the choices women make are irresponsible or ignorant, or that the lives of women from low-income, low-wealth communities are predicated on impotence and weakness. Yet, the authors do not romanticize women as uniformly resilient or consistently heroic. Instead, they explore the contradictions inherent in the ways that marginalized, seemingly powerless women ignore, resist, embrace and challenge hegemonic, patriarchal systems through their relationship with food.

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