Current economic conditions have left families unable to put food on the table. Thousands of parents and children do not know where their next meal will come from. Food security is a basic human right as declared by the World Health Organization (WHO) 

**Background**

**Design:** This study was explorative and descriptive, using an intrinsic case study design to gather qualitative data.

**Participants:** The study used purposeful sampling to select three individuals accessing assistance from the Food Box Program in Omaha, Nebraska. The criteria for selecting these participants were that they had to be currently living in poverty and were clients of the Omaha community. The sample was purposely selected to reflect the diversity of the Omaha community. The criteria for selecting these participants were that they had to be currently living in poverty and were clients of the Omaha community. The sample was purposely selected to reflect the diversity of the Omaha community.

**Methods:**

**Data Collection:** Two methods of data collection were used: a semi-structured interview and a demographic questionnaire. The interview was conducted using a semi-structured format to allow for flexibility in the questioning process. The demographic questionnaire was used to collect information about the participants' socio-economic status, including age, gender, marital status, education level, employment status, and income. The interview questions were designed to explore the participants' experiences and perceptions related to the challenges of food insecurity.

**Data Analysis:** The interview audio recordings were transcribed and analyzed using content analysis methods. The data were coded and categorized based on themes that emerged from the interviews. The themes were then organized into a thematic framework that was used to guide the analysis.

**Results:**

- **Theme:** Unemployment and Inadequate Resources
- **Description:** Each family had at least one parent not working. Participants stated that they were unable to afford nutritious food because they were not employed or had low wages. Some participants also expressed frustration with the lack of availability of affordable food in their area.

**Discussion:** Food insecurity is dynamic in nature and there is rarely one cause, rather a number of factors that contribute to it. Participants reported that they faced challenges such as limited access to affordable food, financial constraints, and changes in their job status. These factors can lead to increased stress, anxiety, and depression, which can further exacerbate food insecurity.

**Implications for Practice:** Occupational therapy practitioners can play a significant role in addressing food insecurity. They can help clients develop strategies to address the root causes of food insecurity, such as unemployment or inadequate wages. Additionally, they can work with clients to increase their awareness of food resources and assistance programs available in their community.

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**References:**


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