I think for me it was really important to remember that you know this is a research paper it's not just a reflection of my experiences as a Shoprite cashier you know. There has to be some sort of like factual basis behind it you know. Don't let those like preconceived notions and those observations really dictate the direction of your paper. For me it was
kind of having that serve as inspiration

but not necessarily like the basis or

the guiding light per se. Before

I could crystallize what I wanted to ask

what I wanted to investigate, it was

still a bit of a nebulous thought. And

the fact that there was a lot of text

out there a lot of people asking similar

questions, didn't really help until I

started to realize that there in the

body of literature, there are different

clusters investigating different aspects
to the problem. There was an economic side. There was a nutritional side. There was a geopolitical side, a socioeconomic side. I got back to the root of my question that said, "You know poor people are often hungry, poverty and food insecurity." And with that, with that common thread I guess I slowly started to narrow down on the literature that pertained most to me. Originally I was kind of thinking about doing celebrities which is kind of interesting. I don't think I mentioned
specifically celebrities at all my paper.

But I was kind of looking at it from the standpoint that there's just a lot of different stuff about you know how involved should celebrities be in politics you know. Should they even have a say? Should they be advocates? Should they not? And I was kind of looking at that angle. But as I was trying to research it it didn't really have anything. It was just a lot of opinion based. I mean I couldn't really find any
sort of information that actually said

"Yeah celebrities have a huge impact on like how people vote and stuff like that."

So I'm like okay maybe I need to kind of reframe this a little bit. So I ended up going more more specific but also a little bit more generalized. Like I kind of just nixed the celebrity thing and I'm like okay let's just think about day to day people. And then how do day to day people get influenced and it's usually through politicians and then journalists.
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[Music] [University of Delaware, Library, Museums & Press animated logo.]