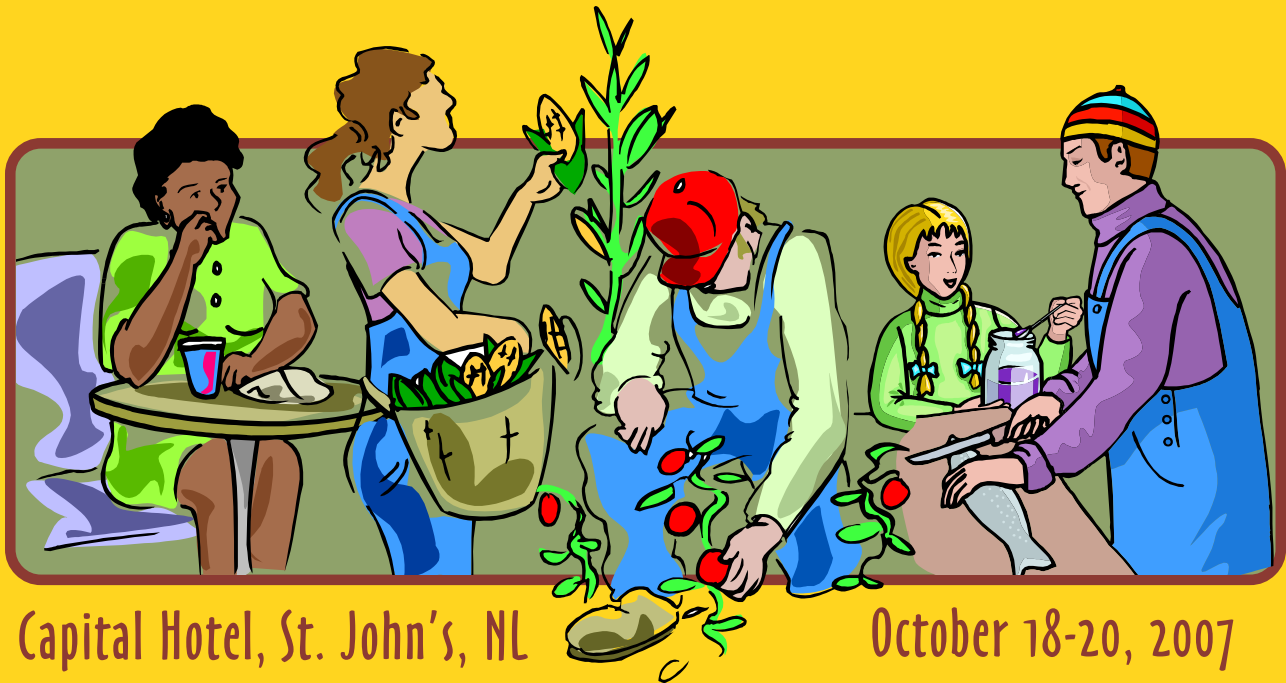


Food Security Network of Newfoundland & Labrador

# Proceedings of the Food Security Assembly

# 2007

Healthy Food for All:  
Working toward Food Security  
in Newfoundland & Labrador



Capital Hotel, St. John's, NL

October 18-20, 2007

Special thanks to the following Sponsors for their support:



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# Proceedings of the Food Security Assembly October 18-20, 2007

Healthy Food for All: Working Toward Food Security in Newfoundland & Labrador

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## Introduction: Context for the Assembly

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The Food Security Network of Newfoundland and Labrador hosted the Provincial Food Security Assembly from October 18-20, 2007, at the Capital Hotel in St. John's, NL. The Assembly is the last major activity of a project entitled "Food Security: It's Everybody's Business!" in which the Network has been engaged for the past two-and-a-half years. (For more information on the project, please see our website, [www.foodsecuritynews.com](http://www.foodsecuritynews.com).)

In all, 117 delegates registered for the Assembly, coming from every one of the nine Rural Secretariat regions of the province, and from a broad and varied range of organizations, groups and communities – reflecting the complex nature of food security itself - including:

- Community centres and family resource centres
- Antipoverty groups, food banks, and shelters
- Organic and other local farms, agriculture, and environment groups
- Regional, provincial and federal governments
- Funding organizations
- Aboriginal groups
- High school and university students and academics
- Children's groups and senior citizens groups
- Community education and literacy groups
- Faith communities and social justice organizations
- Social workers, dietitians, and nutritionists



The purpose of the conference was to create opportunities for networking, learning, and action planning. The Assembly was designed to gather information and opinions on key food security issues and priorities from delegates to provide direction for a provincial food security agenda. Feedback from delegates indicated that 100% reported that their interest in "working collaboratively with the Food Security Network to positively impact food security increased, as a result of participating in this Assembly". 90% of respondents rated the overall content of the Assembly to be "effective" or "very effective".

### Conference objectives:

- To create opportunities for participants to come together, share experiences, talk about food security issues, learn from one another, and discover locally-appropriate solutions to increasing food security;
- To create an inclusive and visionary event which provided opportunities for the involvement of people from different sectors and regions of the province;
- To plant the seeds for ongoing dialogue, increased focus and energy, and networking, information and resource-sharing -- making food security everybody's business!

## The Food Security Network of Newfoundland and Labrador

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The Food Security Network of Newfoundland & Labrador is a provincial, membership-based, non-profit organization which began in 1998 in St. John's, NL. Our mission is to actively promote comprehensive, community-based solutions to ensure physical and economic access to adequate and healthy food for all. We work to raise public awareness about food security is-

sues in this province, and to bring these issues to the attention of various decision-makers, communities, groups, and organizations.

### **Food Security Network Objectives**

- to identify and define the impact of hunger on the people of Newfoundland & Labrador,
- to involve people who are at high risk of food insecurity in all aspects of the Network,
- to describe the nature of the food security problem,
- to educate people about the concept of food security,
- to foster dialogue and joint action on food security - locally, nationally and internationally.

## **THANK YOU!...**

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### ***...to our Sponsors***

The Provincial Food Security Assembly received support from the following Sponsors, and we would like to express our deep gratitude and appreciation, for we could not have pulled off this event without them:

- Public Health Agency of Canada, Atlantic Region, Government of Canada
- Department of Health and Community Services, Government of Newfoundland & Labrador
- Canadian Rural Partnership Networking Initiative, Government of Canada

### ***...to our Donors***

The following donors made generous contributions of beautiful, practical or delicious gifts which were distributed as prizes or presents during the conference; as well, most of the printing and photocopying for this conference was donated by Newfoundland Power.

- African Market Square
- Anonymous
- Auntie Crae's
- Bennington Gate
- Bidgood's
- Department of Canadian Heritage NL
- Canadian Organic Growers (COG)
- Department of Natural Resources - Government of Newfoundland & Labrador
- Downhome Magazine
- Ever Green Recycling
- Healthy Living Directory
- Mt. Scio Farm
- Newfoundland Power
- Sisters of Mercy - Responsible Sharing Committee
- The Organic Farm
- The Travel Bug

### ***...to our Working Group members***

The Working Group was formed to provide initial input during the early stages of our project, primarily to assist in suggesting resources and identifying members for a Provincial Advisory Committee which would best represent groups and sectors to help shape the Project from a broad provincial perspective. The Working Group members included:

- Jill Barron, Seniors Resource Centre, St. John's
- Margie Coombes, Health Promotion Division, Eastern Health, St. John's
- Melba Rabinowitz, Organic Farm, Portugal Cove-St. Phillips
- Rob Sinnott, NL Association of Social Workers, Eastern Health, St. John's
- Katie Temple, NL Environment Network, St. John's

- Rhonda Thomas, Kilbride to Ferryland Family Resource Centre
- Neil Tilley, Cherry Tree Farm, Kelligrews

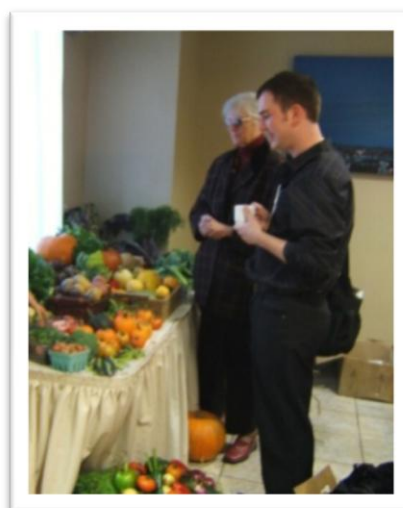
**Remembering Neil Tilley.** During the writing of this report, we learned of the untimely death of Neil Tilley, who was a great support to us during the early stages of the project and provided many useful resources. Although he told us that he wanted to participate in and attend the Assembly, his health situation at the time prevented him from doing so. Besides being a dedicated organic farmer, Neil Tilley was also an active community development leader, a wise role model, teacher, and mentor to many of us, and a great friend of the Food Security Network. We will miss him greatly.

### ***...to our Provincial Advisory Committee members***

The Provincial Advisory Committee met several times by teleconference, and its role was to make recommendations and provide advice on various aspects of conference planning such as Assembly design, workshop content, fundraising, keynote speakers, panel discussions, communications, and volunteers. We deeply appreciate the gifts of Committee members' wisdom, time, and willingness to share resources.

Many thanks to:

- Heather Alaverdy, Dietitians of Canada, Grand Falls-Windsor
- April Andersen, Nunatsiavut Government, Makkovik
- Glendora Boland, Health Promotion & Wellness Division, Dept. of Health & Community Services, Government of NL, St. John's
- Noreen Careen, Labrador West Status of Women, Labrador City
- Priscilla Corcoran Mooney, Eastern Health, Placentia-Cape Shore-St. Mary's Bay
- Mandy Gale, SkillsLink, Community Education Network, Stephenville
- Susan Green, Kids Eat Smart Foundation, St. John's
- Don Holloway, Newfoundland & Labrador Pensioners and Senior Citizens /50+ Federation, Marystown
- Karla Loder, Labrador-Grenfell Health, St. Anthony
- Bonnie Randell, Family Outreach Resource Centre, Corner Brook
- Sarah Sharpe, National Anti-Poverty Organization, Gooseberry Cove
- Rob Sinnott, Eastern Health, St. John's
- Darlene Wall, Labrador Metis Nation, Happy Valley-Goose Bay
- Mervin Wiseman, NL Federation of Agriculture, St. John's



### ***...to the Local Planning Committee***

These were the "runners" and the "do-ers" of the conference. Their role was to provide active assistance with concrete tasks and logistics involved in planning, coordinating and implementing the Assembly. Their involvement helped to make the conference planning a pleasure for all, and we want to acknowledge Committee members' enthusiasm and contribution of time and energy. The members of this Committee included:

- Grace Bavington, Public Health Nurse, St. John's
- Margie Coombes, Regional Nutritionist, Health Promotion Division, Eastern Health, St. John's
- Helen Murphy, Program Consultant, Public Health Agency of Canada, Atlantic Region, St. John's
- Melba Rabinowitz, The Organic Farm, Portugal Cove-St. Phillips
- Terry Rielly, Family Entertainer/Musician, St. John's; thank you also for the wonderful music and for being our unofficial Assembly photographer
- Katie Temple, Executive Director, Newfoundland and Labrador Environment Network, St. John's

### ***...to the Food Security Network Board of Directors***

#### *Current Board members include:*

- Jane Aucoin (FSN Treasurer), Nutritionist, Portugal Cove-St. Phillips
- Stephanie Buckle, Regional Nutritionist, Western Health, Corner Brook
- Susan Green, Former Executive Director, Kids Eat Smart Foundation, St. John's
- Deborah Guillemette, Sector Development Officer - Food and Beverage, Dept of Innovation, Trade and Rural Development, St. John's
- Laurie Leehane (FSN Secretary), Visual Artist, St. John's
- Janet Meaney (FSN Membership Coordinator), Community Outreach Worker, Wiseman Centre, St. John's
- Rob Sinnott, Social Worker, Eastern Health, NL Association of Social Workers, St. John's
- Katie Temple, Executive Director, NL Environment Network, St. John's
- Derek Winsor, Program Director, Bridges to Hope Food Aid Centre, St. John's



#### *Former Board members during the project included:*

- Grace Bavington, Public Health Nurse, St. John's
- Beverley J. Brown, Local Activist, St. John's
- Margie Coombes, Regional Nutritionist, Health Promotion Division, Eastern Health, St. John's
- Diana Gustafson, Assistant Professor, Faculty of Medicine, Div. of Community Health & Humanities, Memorial University, St. John's
- Melba Rabinowitz, Organic Farmer, The Organic Farm, Portugal Cove-St. Phillips
- Roxie Wheaton, Director, Avalon Region, Department of Human Resources, Labour and Employment, St. John's

### ***...to the Project Management Committee, the "heart" of the project:***

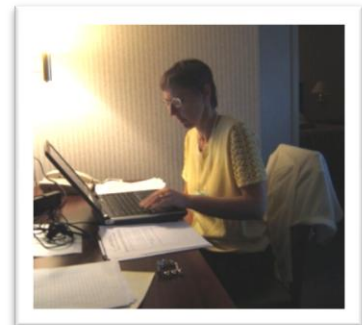
- Jane Aucoin (FSN Treasurer), Nutritionist, Portugal Cove-St. Phillips
- Susan Green, Former Executive Director, Kids Eat Smart Foundation, St. John's
- Rob Sinnott, Social Worker, Eastern Health, NL Association of Social Workers, St. John's

### ***...to our indefatigable and inspiring conference Lead Facilitator***

- Marie White, Consultant, St. John's

### ***...to our enthusiastic Workshop Facilitators:***

- Jane Aucoin (FSN Treasurer), Nutritionist, Portugal Cove-St. Phillips
- Margie Coombes, Regional Nutritionist, Health Promotion Division, Eastern Health, St. John's
- Priscilla Corcoran-Mooney, Primary Health Care Facilitator, Eastern Health, Placentia
- Cathleen Kneen, Chair, Food Secure Canada, Ottawa, ON
- Dawn Morrison, Community Development Facilitator, Secwepemc Nation, Chase, BC
- Helen Murphy, Program Consultant, Public Health Agency of Canada, St. John's
- Karl Nightingale, Program Consultant, Public Health Agency of Canada, Halifax, NS
- Bonnie Randell, Family Outreach Resource Centre, Corner Brook
- Rob Sinnott, Social Worker, Eastern Health, NL Association of Social Workers, St. John's



***...to our outstanding Panel Moderators Katie Temple and Marie White***

***...to the many dedicated Assembly Volunteers***

We are extremely grateful to all the volunteers who willingly and cheerfully assisted with the innumerable tasks associated with any major conference, such as sitting at the Registration Table, distributing hand-outs, giving directions, making music, and greeting guests. The conference was much more successful because of your presence and contributions.

## **Food at the Assembly / The Capital Hotel**

From the outset, we decided that it was very important for us to provide food for conference participants that was healthy and, as much as possible, organic and local. The Executive Chef at the Capital Hotel, Chris Brett, was very interested in working with us to help us achieve this vision. He made many efforts to find us local produce, some of it organic, even though it was mid-October. Chris collaborated with great enthusiasm with Nutritionist Jane Aucoin to provide a menu that was delicious, nutritious, and abundant. In fact, some of the meals were so abundant that we were able to “rescue” enough leftovers to bring to two local social service agencies in the St. John’s area, the Wiseman Centre and Choices for Youth. Chef Chris kept the hot food hot and the cold food cold until our volunteer drivers were able to make the deliveries.

The Capital Hotel was very gracious and accommodating as we “took over” their first floor for two days, decorating the lobby with loads of fresh local vegetables as well as posters, signboards, and registration materials. We want to acknowledge the good humour, helpfulness and care taken by all staff with whom we came into contact, their willingness to deal with our requests in an efficient and timely manner, and their openness to our occasional last-minute changes.



# The Assembly Program-at-a-Glance

Healthy Food For all: Working Toward Food Security in Newfoundland & Labrador



## Thursday, October 18

5:00 - 7:00 pm  
Registration; Exhibits & displays

6:00 - 7:00 pm  
Reception & Networking

7:00 - 8:00 pm  
Welcome, Greetings, Brief Presentations

8:00 - 8:45 pm  
Keynote Address:  
Cathleen Kneen - Chair, Food Secure Canada

## Friday morning, October 19

8:00 - 9:00 am  
Breakfast

8:30 - 9:15 am  
Breakfast Plenary:  
*Food Security 101: Towards a Shared Understanding of Food Security - Cathleen Kneen & Dawn Morrison*

9:15 - 10:15 am  
Panel Presentation:  
The Faces of Food Security in Newfoundland & Labrador: People, Programs, Projects & Perspectives

10:15 - 10:30 am  
Nutrition & Stretch Break

10:30 am - 12:00 pm  
Concurrent Workshops  
**Theme A: Zero Hunger & Food Assistance**

## Friday afternoon, October 19

12:00 - 1:00 pm  
Lunch

12:15 - 1:00 pm  
Lunchtime Presentation:  
*Dr. Patty Williams, Mount Saint Vincent University, NS - Thought About Food?*

1:00 - 2:15 pm  
Panel Presentation:  
*The Faces of Food Security in Newfoundland & Labrador: Food Security in Aboriginal Communities*

2:15 - 2:30 pm  
Nutrition & Stretch Break

2:30 - 4:00 pm  
Concurrent Workshops  
**Theme B: Sustainable Food Systems**

*(Move to next workshop)*

4:00 - 5:30 pm  
Concurrent Workshops  
**Theme C: Healthy & Safe Food**

5:30 pm  
Friday evening: *enjoy yourself!*

## Saturday, October 20

8:00 - 9:00 am  
Breakfast

8:30 - 9:15 am  
Keynote Address: Dawn Morrison - Community Development Facilitator, Chase, BC

9:15 - 10:30 am  
Summary Session: *Reporting out on Friday Workshops*

10:30 - 10:45 am  
Nutrition & Stretch Break

10:45 am - 12:30 pm

### A CALL TO ACTION!

#### Choose Priority Areas for Action

- Table discussions
- Reporting back

12:30 - 1:00 pm  
Closing Session

- Evaluation
- Next steps
- Closing comments

Light refreshments will be available for participants following the Closing Session.



# Thursday, October 18, 2007

## Greetings

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*Government of Newfoundland & Labrador:*

The Honourable Ross Wiseman, Minister of Health and Community Services

*Government of Canada:*

Karl Nightingale, Program Consultant, Public Health Agency of Canada, Atlantic Region

*City of St. John's:*

Deputy Mayor Dennis O'Keefe

## Welcoming Address

Sherril Gilbert, Assembly Coordinator, Executive Director, Food Security Network of NL

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Food is the one central thing about human experience that can open up both our senses and our conscience to our place in the world. Food is much more than fuel for our bodies. Food is embedded deep in the lives of our families and communities and in cultural and religious rituals. It has always been our most direct, intimate connection to a nurturing earth, and because we are interdependent beings with a profound need both to give and to receive from each other, food is one of our primary means of bonding.

And food is the reason we have come together, in this place, for this extraordinary gathering. We assume that you have come here because you believe there is something about food and our food system that needs changing. If that is true, then this conference is a golden opportunity for you. This conference is your invitation to notice what is going on, to form relationships to discover what is working, to listen, to ask questions, to speak, and to be heard. What do you wish was different? What is it that needs to change so that every single woman, man and child in this province is able to say, "I have enough food and it is good"?

All change, even very big change, begins in relationships, where a few people start talking with one another about something that matters to them. We need to have conversations with one another about what's going on in our food system, and about who is hungry and why. We need to talk about our farmers, our fishers, and our hunters who are facing one obstacle after another, and about a dominant food system that promotes the least healthy food. We need

to talk about our families and communities that get together less and less often to prepare and share meals together, and about food gathering and food preparing skills that, by and large, are being lost. We need to talk about our children and their health and how we can make sure that there is enough good, safe food for them and for their children's children.

When we start talking and listening to each other, and when we talk about things that are truly and deeply important to us, the world begins to change. Changes that have great impact do not originate in plans or strategies from on high. Instead, they begin as small, local actions. As long as they remain separate and apart, they have no influence beyond their local setting. However, when they become connected, exchanging information and learning, their separate efforts can effect very powerful changes.

Simple conversations held at kitchen tables, or tables like these, or on our fishing stages, or in our fields, our gardens or our community centres – wherever people gather - these kinds of conversations are powerful means to start influencing and changing our world. With this conference, we have tried to provide plenty of opportunities to have these kinds of conversations right here over the next two days.

The Food Security Network was born a decade ago out of the conversations of people who were concerned about the growing levels of hunger, poverty, and food insecurity in this province, and who wanted to change the way things were. Today, FSN works to raise public

awareness about food security and food insecurity in Newfoundland and Labrador.

With this conference, the end of our two-and-a-half-year project is almost in sight. September 2005, which is when the project first began, seems like a long, long time ago to me now! Since then, we have learned so much from you who have welcomed us into your homes and communities, but we still have a very long way to go.



We don't yet know what the future of food security here will look like. We do know that each community and each region in this province has its own specific social, cultural and economic needs, and that a food security initiative that might work here in St. John's may not work at all in Belleoram or St. Anthony; and what might work in Gander may not be right for Nain or Trepassey.

In food security, there is no such thing as one-size-fits-all. Throughout the conference you will hear about projects and initiatives taking place right here and elsewhere that we hope will inspire you. We also hope that you will network like crazy at this conference and have great conversations while you are here to find examples of what is already working.

And I have to tell you right up front that no one group, organization or government can or should be expected to do this work on its own. Everyone's input and energy is needed if we are to succeed in making this a food secure province once and for all. We need to hear your voice and your vision at this conference. Some of you are already members of the Network, but for those of you who aren't, if you like what you hear and you want to be part of the food security revolution, I urge you to fill out a membership application.

To be a truly effective provincial organization we will also require substantial and sustaining fi-

nancial support. Our funds from this project cover limited activities, and will only last until March 2008. Point us in the direction of others who can help us in this movement. Let us know

how we can help you. And most importantly, please stay involved.

Large and lasting change doesn't begin from a leader announcing a new plan, although sometimes I know it looks like that. Change begins much earlier, rumbling up from deep inside a system, when a few people

notice something that needs changing. Sometimes, though, we look at the situation and instinctively ask "What's wrong?" and "How can we fix it?" These kinds of problem-focused questions are energy-draining, and will get you what you ask for: problem.

Instead, I would like to suggest that we learn to ask two very different questions, questions that are life-affirming and positive: The first question is "Who cares?" When we ask "Who cares?" we invite in others who are also passionate about an issue. The second question is "What's possible here?" Asking this question opens us up to unprecedented potential.

When each of us takes the responsibility to align with and support others who care and who are working toward new possibilities, then ultimately, if enough people join in, the world will begin to change. And you will know that the world has changed when you hear the last food-insecure person say "I have enough food and it is good."

In the spring of 2008 we will mark our 10th anniversary. I have asked one of our Network's founders, Margie Coombes, who is a Regional Nutritionist with Eastern Health, to speak briefly to us about how the Network got its start, and to tell us about some of the high points over the years.

# Presentation: History of the Food Security Network of NL - Selected Highlights

Margie Coombes, Regional Nutritionist, Eastern Health

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## The Food Security Network of Newfoundland and Labrador – a Brief History

Margie Coombes  
Board Member, 1998 – 2007

### The Beginning - October 1997

- Idea proposed by the Dietitians of Canada Local Action Group in response to growing concern about hunger in our province
- Press release issued on World Food Day
- Meeting held to gauge interest
- Steering committee formed

### Steering Committee -1997-98

- Focused on food security vs. anti-hunger
- Recommended a provincial organization
- Prepared draft constitution

### Founding Meeting - April 2,1998

- Draft constitution presented and approved with a number of amendments
- Initial mission statement - "To advocate for food security as a basic human right"

### Incorporation/ Revised Mission Statement

- Incorporated Sept.'99
- Mission statement revised at a planning session in Oct.'99 to current statement...  
*"to actively promote comprehensive community-based solutions to ensure access to adequate and healthy food for all"*

### Activities / Funding

- **Activities:**
  - Education
  - Public Awareness
  - Advocacy
- **Funding:**
  - Grants
  - In-kind contributions

### National Food Security Links

- National Advisory Committee for the Nova Scotia Food Security Projects (particularly development of the workbook “Thought about Food”)
- Food Secure Canada

### Communication with members

- Teleconferencing arranged for most AGM's
- Electronic news magazine [www.foodsecuritynews.com](http://www.foodsecuritynews.com)
- Group e-mail list

### For More Details

- Go to website [www.foodsecuritynews.com](http://www.foodsecuritynews.com)
- Click on “About Us”
- Link to PowerPoint history of FSN

## Keynote Address - Highlights

Cathleen Kneen, Chair, Food Secure Canada, Ottawa, ON

When I was a little girl there was a saying, “You can’t starve a fisherman.” But that was before the fishery was industrialized, and the Northern Cod



became one of the first casualties of the industrial food system. I want to talk today about the industrial food system and how it works – hoping that the more we understand how it works, and the assumptions behind it, the better we will be able to imagine, and to create, a different food system, one that actually can deliver food security.

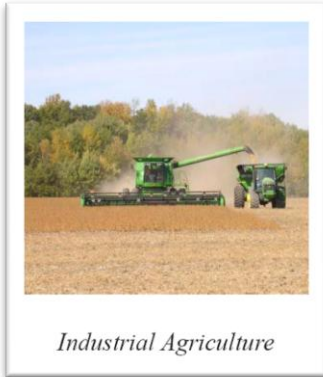
The first thing we have to note about our current food system is that it does not work.

- Not only are fish disappearing, so are farmers.

- Actually, most of the jobs in the system are poorly paid.
- More and more people are hungry and, in desperation, communities have set up food banks which are overwhelmed by the need, even in rural communities.
- At the same time, we have an ‘epidemic’ of obesity, and a host of chronic diseases, from allergies to cancers, which are linked to food.
- Globally and locally, we have less access to clean water – almost one-quarter of the fresh water bodies in southern Canada can no longer support aquatic life. And so on.

I want to spend a little time examining the links between our industrial food system and these economic, social, and environmental problems – some would say, crises. But first, I think I had better define my terms.

A food system is not just the processes that get nutrition from land (or sea, or forest) to our mouths; it includes the source and diversity of inputs such as seeds, soils, and micro-organisms, and the disposal or re-cycling of wastes.



Our dominant food system is INDUSTRIAL because it is modeled on a manufacturing process, emphasizing mechanization, uniformity and speed. It deals in commodities: the farmers produce commodities

which are processed into more-or-less edible items which are sold to people who are defined as consumers. If you don't have money to buy the edible commodities produced by this system, other people can act as surrogate consumers, buying them and giving them to you via a food bank.

And at the other end of the system are the so-called 'inputs': the seeds, fertilizer, and 'crop protection agents' otherwise known as pesticides, fungicides, herbicides – in other words, the agrotoxins which are required to produce a crop according to the industrial requirements of speed and uniformity.

If you have started to suspect that both farmers and citizens who eat food are losing power in this system, you are right. The structure of the industrial system is designed to privilege the corporations which sell the farm inputs and buy, trade, and/or process the commodities, whether they're fish, beef, wheat, or vegetables. In order to survive with smaller and smaller margins between the costs of inputs and the price of crops, farmers have gone into debt to expand production. When the rain comes at the wrong time or in the wrong amount – or scarcely comes at all – or when there is a family emergency, or an injury, the farmer has no cushion and has to sell out.

At the 'eater' end, there is an illusion of vast choice. There are tens of thousands of products on the supermarket shelves to tempt the buyer. However, a closer look reveals that many if not most of them are fashioned from just a few crops, and the vast majority owe a substantial debt to corn and

soy, which along with canola, are the three big industrial crops in Canada.

I want to continue with defining my terms. I try to define food security in a broad fashion:

- (1) everyone has assured access to adequate, appropriate and personally acceptable food in a way that does not damage self respect;
- (2) people are able to earn a living wage by growing, producing, processing, handling, retailing and serving food;
- (3) the quality of seeds, land, air and water are maintained and enhanced for future generations; and
- (4) food is celebrated as central to community and cultural integrity.

This is the definition that the BC Food Systems Network developed and I prefer it to other definitions that focus more closely on the issue of access to food. The fact is that unless we are able to produce the bulk of our food for ourselves, there is no real food security.

There is no security in a system which uses scarce fossil fuels to make fertilizers, to run enormous cultivation and harvesting equipment, and to ship foods thousands of miles. The average morsel of food in Canada is supposed to have travelled 1,800 miles before it's eaten – and that's just the average, it includes all the food that is grown and consumed within the region.

There is no security in a system that releases substances into the environment which are at best untested and at worst destructive.

There is no security in a system that individualizes the process of eating, so that family meals are reduced to special occasions and in many places in this country people eat most of their meals standing up.

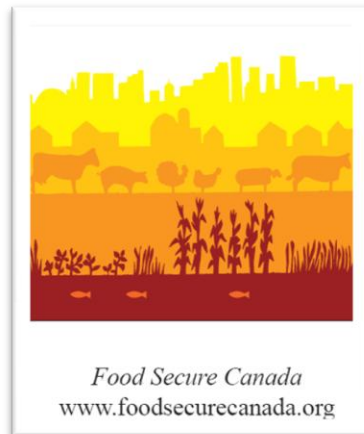
There is certainly no security in a system that impoverishes the people who work in it. And there is no security in a system where the key pieces of the system are controlled by outside forces. Cargill started out as a grain trader but its fingerprints are now on just about every food you might eat, from salt to soy to corn-based plastic packaging. Its revenues last year were \$88.3 billion. Monsanto is the largest and most aggressive corporation in the agro-toxin / biotechnology sector, responsible for

more than 90% of the genetically engineered crops grown worldwide.

This picture of the food system brings us to another word that needs some definition: food sovereignty. One useful definition puts it in terms of the starting point: Food sovereignty means that those who produce, distribute and consume food are at the heart of food systems and policies, rather than the demands of markets and corporations. Food sovereignty is a requirement if we are to achieve food security.

Last February, I had the privilege of being one of a handful of Canadians attending the International Forum for Food Sovereignty in Mali, West Africa. It was a bit like a World Social Forum, but smaller – about 700 people – and much more focused. The people there were not politicians or bureaucrats, but rather peasant farmers, artisanal fisherpeople, nomadic herders, people from poor peoples' movements, Indigenous, women's groups, and labour unions. And their approach to food sovereignty was not so much a political demand, although that was certainly a strong focus, but more that food sovereignty is something that we build, for ourselves, from the ground up.

A ... most important characteristic [of the industrial food system] is distancing. The more distance one can place between the origin of a food and its ultimate consumption, the more profit, and control, one can exercise. The most obvious expression of this principle is the familiar concept of food miles. The 'just-in-time' system which was pioneered in general retailing has been adopted by the food system as well. This system was made possible by electronic inventory management, so retailers don't have to maintain large warehouses but can order goods as they need them. The public pays for the roads and the airports which allow the goods to be delivered quickly, so today nobody keeps more than a few days' supply in stock. During the ice storm in Eastern Ontario and Quebec a few years ago, for example, the supermarket shelves were virtually empty after three days.



There are other forms of distancing which are also important to shore up corporate control of the food system. Processing is one. We are all familiar with the tomatoes we get in the stores in the winter which have been bred, not for flavour but to be able to survive the voyage from Mexico. Processed foods are developed for the same situation. Take a look at the label on ice cream, for example. The first item on the label of commercial ice-cream is 'milk ingredients', followed by several forms of sugar, and then a list of chemicals you may recognize as stabilizers, and such scary items as propylene glycol (that's anti-freeze) which result in an ice-cream that will keep its texture even when it has thawed. More to the point (from the system's perspective), it will survive any changes in temperature in shipping and storage.

The deconstruction of foods into their component parts – and the assumption that nothing important is lost in this process – is central to the industrial food system. Genetic engineering is the extreme expression of this way of thinking. Though it is now being applied directly to foods, it started at the other end of the system with corn, canola, and soy, the three major industrial crops which are to be found in just about every processed food on the supermarket shelf. The selling points were the usual ones of the industrial system – efficiency, defined as uniformity and speed – and the first products were crops that either resisted the application of a particular herbicide (so you could spray and the weeds would die while the crop plants would not), for example Monsanto's "Roundup-Ready" seeds; or they actually incorporated the pesticide into the plant itself.

The point I want to make here is that the process of genetic engineering is another form of distancing. By taking control of seeds out of the hands of farmers, corporations are able to gain control of the basics of the food system. And if enough farmers can be persuaded to grow GE crops, these patented genetic constructs will contaminate the whole countryside (as the famous case of Percy Schmeiser in Saskatchewan showed). Farmers will be completely dependent on the corporations for their seeds, as they will be literally unable to save seeds from one harvest to plant the next crop as farmers have always done.

The definition of food sovereignty I mentioned earlier talked about people being at the heart of food systems and policies, so I would like to turn now to the area of food policy. 'Policy' is a concept that feels very difficult for most ordinary people. But in fact, policy is simply the framework within which

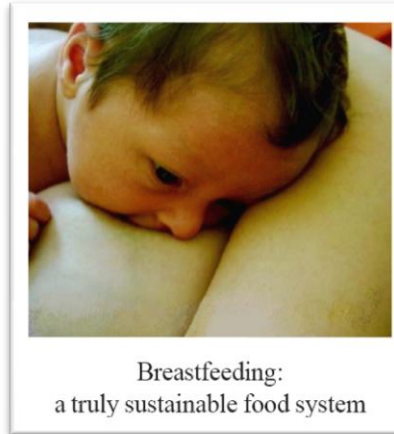
decisions are made. Food policy looks at all areas of policy – agriculture, health, transportation, housing, education, environment – through the lens of community food security and food sovereignty. Food policies can be developed and applied in work-places, schools, institutions, and governments at every level.

So, if we choose to assert food sovereignty, we need to create food policy that will support the exact opposite of the industrial food system. We need policies that support proximity – food localism, for example, which means ensuring that the infrastructure is in place to allow people to eat local food year-round. We need to counter the simplification of the industrial model with complexity, diversity – which means full cost-accounting which includes environmental and health effects. In other words, policies that address the problems as we define them, not as the corporations and their friends in government define them.

There are a number of tools we can use to define the problems and develop appropriate policies. One is the organization which I am representing here, Food Secure Canada, which was designed to be the national voice of the food security movement in Canada. Its purpose is to link and strengthen the work of its members, who represent the whole food system, including people working in agriculture and food production, health,

and social justice and emergency food programs. The great thing about having a national organization in addition to our regional and provincial networks is that we can use it to share ideas and initiatives right across the country, and also to think together about how these principles can translate into public policy at the federal level.

The second tool I want to mention is the notion of a personal food policy. One of the most powerful ways to assess food policies, whether they are in your school, town, province, or country, is to see if they reflect the principles that guide your own actions in relation to food. All of us have these personal food policies, whether they are as simple as 'spend as little money as possible' or as difficult to work out as 'eat only meat from animals that have been well treated'.



I want to close by mentioning what for me is the ultimate paradigm of a sustainable food system: breastfeeding. Think about it. In breastfeeding...

- The consumer is in control.
- The food is designed to meet the needs of the consumer, and changes in quantity and quality as the needs of the consumer change over time.
- No fossil fuels are used in its production or distribution.
- The packaging is infinitely reusable and aesthetically pleasing.
- There is a close, not to say intimate, relationship between producer and consumer.
- It may take some time to establish the system but once it has been established, both producer and consumer can derive pleasure from it.
- And finally, if the producer is not healthy and well nourished, the system does not work.

# What can we do about food insecurity?

## The Food Security Continuum

- 3 strategies for change -



### ■ 1. Short-Term Relief Strategies

- directed at those who are most food insecure
- provide short-term relief for the immediate problem of hunger
- usually for emergency situations; do not deal with underlying problems that cause food insecurity, such as low income
- examples: food banks, soup kitchens

### ■ 2. Capacity-building Strategies

#### Individual skill-building strategies:

- include programs where individuals develop skills to grow, produce or prepare their own food
- examples: cooking classes, composting, vegetable gardening

#### Community skill-building strategies:

- build skills at the community level
- give people a chance to come together and develop social support networks.
- examples: community gardens, community kitchens, farmers' markets, food co-ops, "buy local" campaigns, food buying clubs, sharing traditional food customs

### ■ 3. Systems Change Strategies

- aim to make changes to policy that will build food security
- examples: food security networks, provincial or municipal food charters, food policy organizations, participatory food costing

*Adapted from "Thought About Food? A Workbook on Food Security and Influencing Public Policy"*  
Available at: <http://www.foodthoughtful.ca>



# Friday, October 19, 2007

## Panel Presentation – FRIDAY MORNING PANEL The Faces of Food Security in Newfoundland & Labrador

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### Programs, Projects, People & Perspectives

*Moderator: Katie Temple, Executive Director, Newfoundland & Labrador Environment Network (NLEN)*

*This panel highlighted food security initiatives taking place around the province, and focused on food security challenges and successes in different sectors.*

#### ■ **Derek Winsor, Bridges to Hope Food Aid Centre**

Derek Winsor has been Program Director of Bridges to Hope for the past two years. Derek is also an active and dedicated community volunteer, and is involved in the following organizations and groups: Food Security Network of Newfoundland & Labrador (Board Member), Vibrant Communities Leadership Committee, Religious Social Action Coalition, Eastern School District (Trustee), Eastern School District Newfoundland and Labrador (Chair, Finance and Property).



Bridges to Hope Food Aid Center is a community outreach program in St. John's which is sponsored by both The United Church and Presbyterian Church of Canada. Its mission is being committed to reducing the effect of poverty on people in our society. Some of the programs offered include a Food Pantry, the Home Smart Program, a Toy-Lending Library, and Christmas Hampers, as well as other support services. Bridges to Hope serves over 5,000 individuals on an annual basis. Bridges to Hope has recently moved to a new, central location to provide more accessible programs and services.

#### ■ **Priscilla Corcoran Mooney, The Singing Kitchen**

Priscilla Corcoran Mooney is a social worker who works primarily in community development. Priscilla has worked in acute and long-term care and with the Strategic Social Plan. She is currently

employed by Eastern Health as a Primary Health Care facilitator and is Mayor of the Town of Branch. She has worked on issues of food security in both her role as mayor and facilitator. She lives in Branch at The Cliffhouse with her husband, Chris. The Singing Kitchen is a community-based initiative that took place in Branch in the winter of 2007. Focusing on food security and its connection to social isolation, the Singing Kitchen attracted 140 residents each Tuesday evening. This presentation focused on the how and why of addressing food security in rural Newfoundland and Labrador using one successful example.

#### ■ **Deborah Capps, The Wellness Project - A Brighter Futures Initiative**

Deborah Capps is Team Leader for the Brighter Futures Coalition of St. John's and District. Her education and training in Infant and Early Childhood Education, Adult Education, and Family Support have enabled her to work in child care, parent support/training, and family resource centres. Deborah's work in a grass-roots family resource coalition finds her connecting with parents, infants, young children, staff, and community partners in ten communities in and around St. John's.

The goal of the Wellness Project is to have a positive effect on population health in the province of Newfoundland and Labrador by developing a sustainable program model with clear and concise outcomes, in partnership with community resource groups. The model will have the long term goal to be transferable and provincial in scope. The Wellness Project involves five areas which include: Nutrition and Healthy Eating for Parents and

Children; Exploring Community Gardens; Nutrition and the Pregnant Mom; Level Best Club; and Food Security. There will be additional benefits such as personal development, relationship building and community building which all have separate impacts on population health.

■ **Mervin Wiseman, NL Federation of Agriculture**

Mervin Wiseman studied Political Science at Memorial University of Newfoundland (1972-76) and later completed studies in Nautical Science at the same institution (1977-78). He is the owner of the largest silver fox farm in North America, located in North Harbour, Placentia Bay. Mervin is currently serving his fourth term as President of the Newfoundland and Labrador Federation of Agriculture. He is also president of the NL Livestock Council and President of the NL Fur Breeders Association. His work in all of these areas finds him on numerous provincial and national committees in the interest of advancing agriculture in NL and across Canada.

The Newfoundland and Labrador Federation of Agriculture is an organization which represents

farmers and farmer groups in the province. Its motto is "Farmers Helping Farmers", and its belief is that by sharing information and speaking with a united voice, farmers can work more effectively for the betterment of the agriculture industry, and for the improvement of our province as a whole.

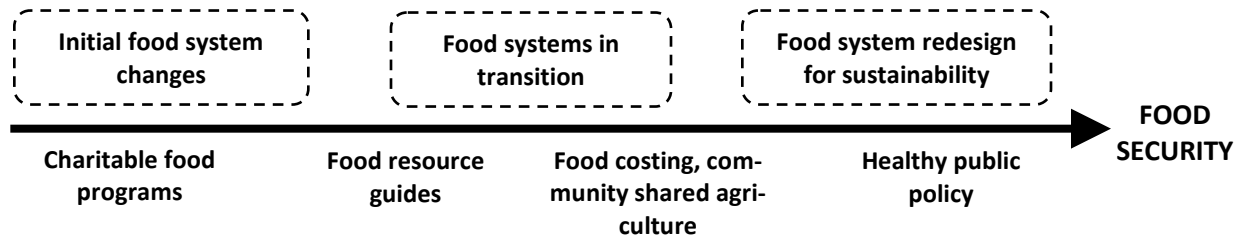
This presentation provided the rationale for a sustainable food security policy for the province of Newfoundland and Labrador. Within the scope of this presentation, the issue of food production and the role of farmers in providing agriculture food products to the province was introduced. The capacity to provide a system of self-sufficiency by providing a historical context was illustrated. This presentation provided a backdrop on issues such as food safety and quality, food sovereignty, environmental sustainability, and ethical considerations to rationalize a policy of agriculture self-sufficiency in this province. This presentation proposed the conclusion that provincial self-sufficiency through agriculture is not only a significant contributor to a rural economic but it also is a necessary function of food security in the province of Newfoundland and Labrador.



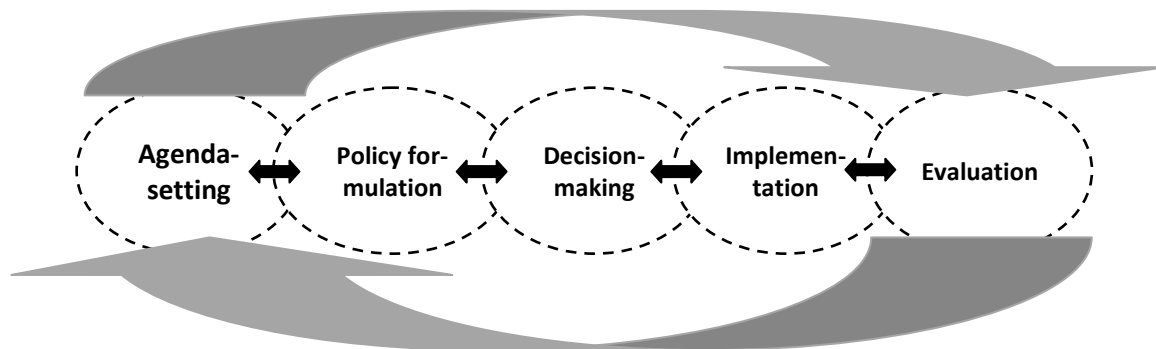
## Friday Lunchtime Presentation: Highlights from *“Thought About Food? Perspectives on Building Food Security in Nova Scotia & Beyond”*

Dr. Patty Williams, Associate Professor & Canada Research Chair (Food Security & Policy Change), Mount Saint Vincent University, NS

- What has been the response to food insecurity in Canada?



- Where is food security as a public policy issue?



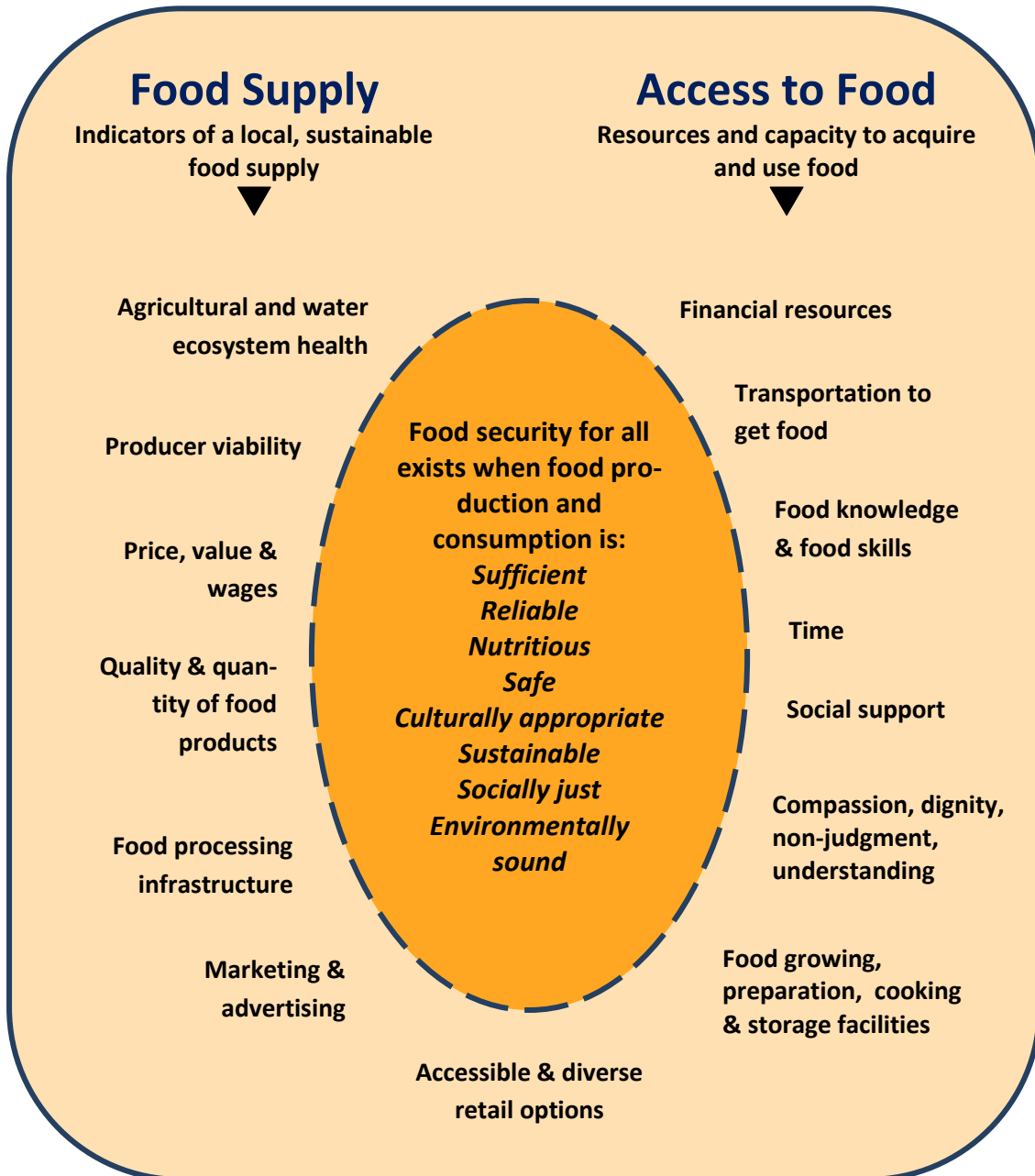
- **Where we've been and where we're going:**
  - NS Participatory Food Security Projects since 2000
  - A recent outcome of this work has been the formation of the Nova Scotia Food Security Network (NSFSN) and Steering Committee
  - Objectives:
    - To increase the proportion of Nova Scotians who have access to nutritious foods;
    - To increase the availability of nutritious, locally produced foods throughout the province;
    - Continued research, community action, policy change and communication of our activities/research.
- **Nova Scotia Food Security Network (NSFSN):**
  1. Taking steps to begin to establish a provincial system for monitoring food insecurity.
  2. Promoting the use of the food security lens for assessing the impact of policy & budget decisions on food security.
  3. Increasing awareness of extent/reality of food insecurity.
  4. Fostering the development of accessible, affordable, sustainable just food production/distribution/consumption systems.

- **Taking steps to begin to establish a provincial system for monitoring food insecurity.**
  - Participatory Food Costing conducted in 2002 and 2004/05 (spring and fall average)
  - Sustainable funding for participatory food costing from Dept of Health Promotion and Protection
  - Stratified random sampling to select grocery stores
  - Training of food costers/support people (CAPC/CPNP FRC's, community groups, Public Health etc)
  - National Nutritious Food Basket (NNFB) with "local food" component
  
- **Affecting policy to build food security**
  - Since 2000: policy tools for working together across sectors and jurisdictions using participatory action research:
    - Food costing, story sharing, national scan of strategies for influencing policy, National and Community Dialogues, etc.
    - Workbook "Food Security & Influencing Policy"
    - DVD: "Food Security: It's Everyone's Business"
    - Background Paper: "Understanding the Relationship Between Public Policy and Food Security in Nova Scotia: A Background Paper and Policy Lens"
  
- **Building sustainable food systems**
  - Could Community Supported Agriculture programs, food buying clubs, mobile grocery stores, urban farm enterprises and local food sales agents contribute to rural economic development, create employment, and address Food Security challenges like producer viability, food access, regional logistics and ecological health?
  - What are the business models, local producer/consumer relationships and background information required to capture these opportunities?
  
- **Positioning Food Security as a Public Policy Issue: Challenges**
  - Complex, highly political issue ... Are we still struggling at the agenda-setting stage?
  - Lack of effective measures of food insecurity including income and sustainable food systems-related indicators
  - Policy silos at organizational level
  - Lack of political will
  - Strategies that focus on short-term relief give us false sense that issue is being dealt with
  - Policy development process does not include those with first hand experience
  
- **What have we learned?**
  - Participatory approaches are powerful springboards to action on food insecurity:
    - Involvement of those affected by the issue
    - Based on needs and strengths of communities
    - *Individual Capacity Building* - Increased confidence & skills; gained a voice; sense of belonging; increased awareness and critical analysis of root causes and solutions
    - *Collaborative Capacity* – tools, resources and processes used to support policy development and action, enhanced participation and collaboration, knowledge and ability to support others and work with others
    - *System capacity* – local, provincial and national
  
- **For more information:**
  - Atlantic Health Promotion Research Centre Website: [www.ahprc.dal.ca](http://www.ahprc.dal.ca)
  - Workbook and DVD: Thought About Food?: [www.foodthoughtful.ca](http://www.foodthoughtful.ca)
  - Email: [foodsecurity@msvu.ca](mailto:foodsecurity@msvu.ca) or [patty.williams@msvu.ca](mailto:patty.williams@msvu.ca)

# Determinants of Food Security

Adapted from "Thought About Food? Understanding the Relationship between Public Policy and Food Security in Nova Scotia - A Background Paper & Policy Lens" - October 2006

Policy Working Group of the Nova Scotia Participatory Food Security Projects



## Panel Presentation – FRIDAY AFTERNOON PANEL

### The Faces of Food Security in Newfoundland & Labrador

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#### Food Security in Aboriginal Communities in Newfoundland & Labrador

*Moderator: Marie White*

*This panel addressed the food-security-related issues faced by Aboriginal peoples in this province.*

#### **Madonna Louvelle**, Stephenville Crossing

Madonna is an Aboriginal Research Consultant with the Ktaqamkuk (Newfoundland) Heritage Foundation (KHF), based in the town of Stephenville. Madonna has been a volunteer and observed the aboriginal people and their needs for 30 years, one of the most important being poor diet. She feels strongly about knowing the problems and the solutions and that it is time to take action with hard-working, serious groups to abolish food poverty, and educate the people through communication and understanding with compassion, to the fullest possible extent of the individual potential, so they may live healthier and happier lifestyles.

The key objective of the KHF is to research and compile the Mi'kmaq history/culture of the Bay St. George and Port Au Port regions to be written for the first time and used academically in the post-secondary field. This board is comprised of aboriginal people from the area and representatives from Sir Wilfred Grenfell College, Memorial University.

#### **Melita Paul**, Charlottetown

I have lived all of my life in my hometown of Charlottetown, Labrador, located on the South East coast of Labrador. Its main industry has been the fishery and currently sustains the only shrimp processing facility in Labrador which employs in excess of 100 people.

I spent 6 years as Town Manager running my community with the council members. For the past 6 years I have been employed with the Labrador Metis Nation as Diabetes Awareness Assistant for the Learning For Life ~ Preventing Diabetes Project. My role with this project has allowed me to interact with the Metis population of Labrador in 17 communities, teaching about making healthier lifestyle choices to prevent the

onset of type 2 diabetes. I also sit on many committees, such as the HIV AIDS Labrador Project, Provincial Diabetes Advocacy Committee, Southern Labrador Family Centres. In many of those involvements, food security is an issue, and one of great concerns to the people in my communities.

The Learning for Life ~ Preventing Diabetes Project started in December 2001 and has since been actively promoting diabetes awareness and prevention activities. Funded for the past five years by Health Canada, through the Aboriginal Diabetes Initiative Funds, the project is sponsored by the Labrador Metis Nation. New funding has just been secured until November 2009.

#### **Elizabeth Penashue**, Sheshatshiu

Born into a hunting and trapping family who lived at Kanekuanikat, between Esker and Churchill Falls, Labrador, Elizabeth Penashue moved to Sheshatshiu in the 1960s when her family and her people were encouraged to relocate in order to integrate them into Canadian society. Her father's hunting and trapping equipment as well as his trap lines were lost when the development of Churchill Falls required the creation of the Smallwood Reservoir and the consequent disappearance of his work territory at Mishikaumau Lake.

After her marriage to Francis Penashue in 1963, the couple attempted to go back to the old way of life, to return to the land. However, low-level military flying exercises out of Goose Bay were conducted over the land that the Innu used for hunting. Elizabeth Penashue became a leader in the opposition to the low-level flying. She also promotes the traditional lifestyle and Innu relationship with the land through organizing winter walks from Goose Bay to Minei Nipi Lake, and canoe voyages along the Churchill to focus at-

tention on the problems that would arise from the damming of the Lower Churchill.

Her efforts have drawn public attention to the cause and the Innu struggle has been the subject of a book (Marie Wadden's *Nitassinan*) and

a film (National Film Board's *Hunters and Bombers*). Elizabeth Penashue has nine children, 33 grandchildren and five great-grandchildren. She was awarded an honorary Doctor of Laws degree at Memorial University in 2005.



# Report on Participatory Workshops

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## About the participatory process:

The workshops at the Food Security Assembly were designed to be participatory in nature. In addition to providing valuable learning, sharing, and networking opportunities, the workshops were to serve to inform the work and role of the Food Security Network of Newfoundland & Labrador.

There were three consecutive sessions of workshops on Friday, with three concurrent workshops offered during each session. In advance of the conference, each participant received a “grounding information on the subject of each workshop they chose when they

sent in their Registration. Each Backgrounder consisted of a brief summary of the issues as well as references and links to relevant documents. Participants were asked to reflect in advance on the issues and come to the workshops prepared to inform, share and learn.

Within each workshop, trained facilitators sented and used a modified “Focused tion” process in which participants addressed four questions. Focused Conversation is a tool for groups that is useful when there are topics that are broad in nature, which generate divergent opinions, but must be distilled into a



smaller number of actions or priorities with relative consensus. The **first** question was intended to elicit the **facts** about the specific workshop topic or issue. The **second** questions asked participants for their **opinions** on the topic. The **third** question invited participants to brainstorm **what should be done** about the issue, and for the **fourth** question, participants were to select

the **top three priorities for action** regarding the issue. The facilitators encouraged participants to be actively engaged in the workshops and provide their wisdom, experience and ideas towards the development and enhancement of food security programs and policies.

During each workshop, participants sat at tables of 6-8 people, with each table having one recorder whose task it was to take notes on the discussion and enter the information on supplied forms. The information was gathered at the end of the afternoon, analyzed, summarized, and five Priority Areas were ultimately identified. This information was then presented to the workshop facilitators in an evening planning session. It was decided to utilize a modified Open Space process for the Saturday morning session, in which participants would select one of the five Priority Areas to work on.

## Workshop Descriptions

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### THEME A: ZERO HUNGER & FOOD AID

*All people at all times must be able to acquire, in a dignified manner, adequate quantity and quality of culturally and personally acceptable and affordable food.*

### Workshop A1. Supporting Vulnerable Populations

Nutritional vulnerability can occur in response to a number of factors. Anyone who has difficulty in accessing adequate and nutritious food is considered to be nutritionally vulnerable. The



Government of Newfoundland & Labrador, in its Eating Healthier in Newfoundland & Labrador, states that “addressing poverty is one of the keys to improving access to nutritious foods.” Nutritional vulnerability is often associated with poverty, and it can also occur as a result of other factors including disability, age, level of knowledge, access to transportation, food preparation skills, and a variety of health conditions. In addition to addressing the immediate needs of vulnerable populations, long-term broad-based solutions are also necessary.

What are the most effective actions we can take to ensure access to an affordable, adequate and nutritious food supply and access to appropriate resources for the most vulnerable populations in this province?

#### **Workshop A2. Food Banks & Emergency Food Programs**

Food banks have been the most common response to food insecurity in Newfoundland and Labrador, where we have the highest percentage (5.6 per cent) of a provincial population using food banks in the entire country. In one month (March 2006), 28,840 people visited 31 food banks in the province (Hunger Count 2006). These food banks have become an important resource to people, as they are providing food to people in need.

But do food banks actually ensure food security? The food available is often inadequate in terms of safety, nutritional quality, and personal acceptability. The food may be damaged or expired, or may not meet the requirements of a nutritious diet. The food distributed at food banks is usually based on the choices of donors rather than consumers of food banks and therefore, the food may not meet the cultural and taste preferences or health needs of users. Attending food banks may also be an embarrassing

and uncomfortable experience, and may not provide food in a socially acceptable manner that maintains human dignity.

While food banks are an unfortunate necessity, given existing barriers to food security, how can food banks become partners in the search for long-term changes to reduce hunger and, consequently, food bank use in their communities? What are the most effective actions we can take to ensure that food banks respond to the food needs of users, respond in ways that maintain dignity, reduce the numbers of people using food banks, and reduce the dependence of people on food banks?

#### **Workshop A3. Faith, Charity and Food Justice**

If you’ve ever asked the question, “Why are people hungry?” you’re interested in food justice. Food justice is the concept that society should arrange its relationships so that everyone can have sufficient food, and so that workers in



the food system are given fair wages and decent working conditions. Many faith perspectives include an obligation to share food, both locally and globally. Hundreds of volunteers from religious communities across this province contrib-

ute to charitable efforts to help alleviate hunger on a daily basis. These acts of sharing not only help to meet peoples’ physical and spiritual needs, but can also work to strengthen community. There are, however, pitfalls to on-going food charity as emergency food aid does not allow for personal independence and sustainability.

How are charity, justice, and compassion related, and what is their role in food security? What are the most effective actions we can take to share food, provide for people’s spiritual needs, and ensure food justice for all?

## **THEME B: SUSTAINABLE FOOD SYSTEMS**

*(Including agriculture, the fishery, traditional and other wild foods) Food in Newfoundland & Labrador must be planted, grown, harvested, caught, processed, and distributed in a manner which maintains and enhances the quality of land, air and water for future generations, and provide people with a living wage in a healthy working environment.*

### **Workshop B1. Food in Schools**

According to Eating Healthier in Newfoundland & Labrador, food insecurity is the reality of day to day living for many families; and school nutrition programs can provide support in this area. School is the primary setting for healthy eating for most children; however, the 16% of children in this province living in low-income families may not have equal access to the healthy food that is becoming available in schools unless there is a school nutrition program in place. School food programs, such as those provided by the NL School Milk Foundation and the Kids Eat Smart Foundation, offer healthy food choices to students, but these programs are not yet available in all schools.

As part of the provincial Healthy Students Healthy Schools initiative, the Department of Education and the Department of Health and Community Services recently released the document School Food Guidelines for Administrators and Caterers, which set a nutritional standard for all foods sold or served in schools in our province. Healthy eating habits developed in childhood can play a role in developing a positive body image and preventing illness.

What are the most effective actions that can be taken to ensure that all students in this province have equal access to healthy eating opportuni-

ties, nutrition education, and physical activity in the school environment?

### **Workshop B2. Farming, Fishing & “Food Localism”**

Most of our food travels hundreds, even thousands, of miles before it gets to our plate. Transporting imported food is a major contributor to the world's greenhouse gas emissions. Eating locally-grown, locally-harvested or locally-caught food is better for both our environment and our health. Food localism is a concept that supports local farmers and fishers and commu-

nities, since money spent on food in the community stays in the community.

A localized food system means there is an infrastructure for gathering, growing, fishing and hunting; for processing; for distributing; and for buying and selling local food

in season. It involves increasing community-wide availability of healthy and fresh local food through, for example, community markets, restaurants, urban agriculture, and roadside stands.

How accessible are local foods, and do people know where to find them? What is the state of agriculture in this province, and what role does organic farming play in the health of the population? What about the fishery? And what about traditional foods obtained by hunting and gathering? What are the most effective actions that can be taken to increase the availability of fresh and locally grown, harvested, gathered, or caught food in this province, and to ensure a healthy and safe working environment for those who work in these areas?

### **Workshop B3. Communities Accessing Healthy Food**

People who live in remote and rural areas in this province have significantly less access to rea-



sonably priced, high-quality groceries than those who live in more urban regions. Isolation, out-migration, youth moving to urban areas, and closure of smaller local shops due to large national chain stores moving into more populated areas are all factors to consider. These factors have contributed to creating food insecurity challenges for people in remote and rural regions in accessing healthy, affordable food such as fresh fruit, vegetables, meat and dairy products. In both rural and urban regions those who have been particularly hard hit have been those on low incomes without access to transportation or without the ability to buy and store fresh produce. One localized response to this situation has been the creation of community gardens.

What is the relationship between the regional food supply and healthy communities with long-term sustainability? What are the most effective actions we can take to ensure access to and availability of affordable, healthy and good quality food in both urban and remote/rural regions and communities in this province?

**THEME C:  
HEALTHY & SAFE  
FOOD**

*Nutritious foods must be available and accessible (and less nutritious foods must be less readily available and less accessible); special foods to meet specific dietary needs must be available and accessible; food (including wild foods) must not be contaminated with pathogens or industrial chemicals; and people must have the skills and knowledge to support healthy eating and physical activity.*

**Workshop C1. Healthy Environment = Healthy Food**

Our food system can be significantly affected by the health of the physical environment around us. Current environmental challenges include exploitation of non-renewable resources, destruction of natural habitat, increased use of

toxic chemicals, and loss of plant and animal diversity.

Contaminants in our air, water and soil that end up in the food chain may contribute to a variety of health effects, including cancer, birth defects and respiratory illnesses. Organic pollutants such as methyl mercury, dioxin and PCBs can accumulate in the food chain. Environmental dangers mean that our fish stocks are running out, traditional food sources are being wiped out, and our food is less safe to eat.

What needs to be done to enhance the availability of safe, high quality food which supports healthy eating and a healthy environment? What are the most effective actions we can take to ensure that our land, air, and water are safe for us, our children, and all living things so that all of us have the food we need to be healthy?



**Workshop C2.  
Chronic Disease  
Prevention & Obesity**

Provincial rates of stroke, heart disease and obesity are among the highest in the country, while the levels of both physical activity and household income are the lowest. According to Statistics Can-

ada's Canadian Community Health Survey (2005), 36% of NL children between the ages of two and seventeen are overweight or obese. Obesity, under-nutrition (chronic inadequate intake of nutrients), and other health conditions such as type 2 diabetes or heart disease can result from chronically inadequate or unbalanced diets.

These outcomes can be viewed at the individual level, as related to access to food, personal food choices, income, lifestyle and knowledge; and they can be viewed at the population level, revealing a consistent trend of rising rates of obesity and diabetes in this province. The provincial cost of unhealthy eating is estimated at \$126

million annually (Eating Healthier in Newfoundland & Labrador, 2006).

What would an environment that supports healthy lifestyle choices and access to nutritious, affordable food look like, and what are the factors that would contribute to this supportive environment? Who needs to be involved in creating this supportive environment? What are the most effective actions we can take to identify who is most vulnerable and to discuss how we can reverse the trend of rising chronic disease, obesity, and under-nutrition in this province?

**Workshop C3. Food Skills; Nutrition Education; Community Kitchens**

The widespread availability and low cost of convenience foods has led to a generation of people with minimal food preparation skills. The loss of food preparation skills among the population and lack of awareness about healthy food and

about how and where food grows are complicating efforts to achieve food security for all.

In response to this, programs and initiatives have sprung up around the province to bring back the sense of connectedness to quality, seasonal food ingredients, as well as the enjoyment of cooking and eating together. Community kitchens are one such example where people come together regularly to plan, budget for, prepare, and share meals with healthy, low-cost ingredients, usually in large enough quantities to take home, thus saving time and money. Some view such strategies as community kitchens as having the effect of placing the responsibility for change solely onto individuals and communities rather than upon governments and industries whose policies contribute to food insecurity.

What are the most effective actions we can take to encourage the development of programs that address the practical aspects of healthy food preparation and encourage skill development?

## Key Messages from Friday Workshops - Highlights

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### Key “Issues of Concern” identified by participants

The following is a condensed summary which provides highlights of **issues in food security** raised during the nine workshops on Friday, eliminating overlap and repetition, and grouping together similar issues into eight broad themes plus an “other” category. For a more detailed summary of issues that were identified during the Friday Workshop Sessions, please see the Appendix.

<b>1. Poverty</b>	<ul style="list-style-type: none"> <li>• High cost of nutritious food</li> <li>• Insufficient funds (Income Support/EI/minimum wage] for healthy diet; cheaper (in short run) to buy junk food</li> <li>• Issues impacting on income, leaving less money available for food:             <ul style="list-style-type: none"> <li>○ Lack of affordable, safe housing</li> <li>○ High cost of home heating fuel, hydro</li> </ul> </li> <li>• Issues specific to food banks:             <ul style="list-style-type: none"> <li>○ Loss of dignity at food banks: issues related to shame, confidentiality, loss of choice</li> <li>○ No food banks in some areas</li> <li>○ No transportation to get to food banks or grocery store: can’t afford transportation or public transportation not available</li> <li>○ Food banks accept and distribute food with no nutritional value (i.e., marshmallows, candy)</li> <li>○ Damaged/expired/poor quality food at food banks</li> <li>○ Fresh foods and locally grown foods rarely available at food banks</li> </ul> </li> </ul>
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<p><b>2. Education</b></p>	<p><b>a. Loss of knowledge about food sources</b></p> <ul style="list-style-type: none"> <li>• Growing food / gardening</li> <li>• Agriculture &amp; farming; young people don't understand where food comes from</li> <li>• Edible, safe foods in our surroundings: roots, berries, herbs</li> <li>• Local, seasonal foods</li> </ul> <p><b>b. Lack of food knowledge, food education &amp; food skills</b></p> <ul style="list-style-type: none"> <li>• Budgeting</li> <li>• Cooking; how to cook healthy meals</li> <li>• Reading labels &amp; ingredients, preparing recipes: realizing what is in your food and making informed choices; may be due to literacy issues</li> <li>• How to use available foods (i.e., how to bake bread; prepare plants from the wild; cook "unusual" food bank foods such as chickpeas)</li> <li>• Knowledge of which foods are nutritious</li> </ul> <p><b>c. Loss of traditional skills &amp; knowledge</b></p> <ul style="list-style-type: none"> <li>• Loss of knowledge transmitted by elders to younger generations</li> <li>• Fewer elders know about traditional ways of obtaining food: hunting, fishing, gathering; we aren't gathering information from those who still know</li> </ul>
<p><b>3. Health</b></p>	<ul style="list-style-type: none"> <li>• NL obesity rate leading country; also obesity rate of NL children</li> <li>• Low rates of breastfeeding</li> <li>• Low rates of physical activity</li> </ul>
<p><b>4. Issues specific to Aboriginal populations</b></p>	<ul style="list-style-type: none"> <li>• Aboriginals: more chronic health issues; rising incidence</li> <li>• Traditional foods VERY important: dramatic evidence that "new" foods/processed foods cause Aboriginal people to be sick (diabetes, high blood pressure)</li> <li>• Aboriginal food: traditional forms restricted; too much red tape/regulations re fishing, hunting</li> </ul>
<p><b>5. Access to food / food supply</b></p>	<ul style="list-style-type: none"> <li>• High price of milk and other staples in isolated communities</li> <li>• Many communities have no agriculture in or near their community or have only limited access to locally grown food</li> <li>• Way more demand than supply of local foods; buying local often not an option</li> <li>• No transportation or only limited transportation to grocery stores</li> <li>• Food transport: dependency on the transport system; affects pricing, availability and variety; 4-day supply in emergencies: we're all vulnerable!</li> <li>• Some rural communities have periodic food shortages; dependent on food from outside</li> <li>• Isolated communities: no grocery stores in some areas; just convenience stores with high prices</li> <li>• Food "deserts": small local stores closing; hard to get to large new big-box grocery stores; can only buy &amp; carry small amounts if traveling on public transport</li> <li>• Farming issues: <ul style="list-style-type: none"> <li>○ Not enough farmers; not enough new young farmers</li> <li>○ Livestock "industry" used to be much more robust, based more on sheep and goats which are better adapted to environment</li> <li>○ Government not supportive of agriculture; pushes out smaller farmers</li> <li>○ Land affordability</li> <li>○ Lack of adequate storage facilities for farmers</li> </ul> </li> <li>• Fishery issues: <ul style="list-style-type: none"> <li>○ Collapse/decline of cod fishery; seasonal food fishery: food security disasters</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Fish quotas</li> <li>○ Outmigration negatively affecting fishery as viable career</li> </ul>
<b>6. Quality of food</b>	<ul style="list-style-type: none"> <li>● Most food coming into province from thousands of miles away; issues of food quality &amp; freshness</li> <li>● Rural stores don't offer the same quality and quantity of foods; severe issues in some areas with quality/freshness of meat, fruit and vegetables</li> </ul>
<b>7. School food</b>	<ul style="list-style-type: none"> <li>● Still no breakfast or lunch program in some schools: some children are going to school hungry</li> <li>● Healthier choices still not in all schools; a hot meal is not necessarily a healthy meal</li> <li>● Children still bring junk foods to school</li> <li>● Cost of healthy school food still high for some students</li> </ul>
<b>8. Environmental &amp; land use</b>	<ul style="list-style-type: none"> <li>● New communities, new developments/subdivisions: loss of arable land</li> <li>● Only about 2% of NL land mass is designated for agriculture</li> <li>● Recreational vehicles, roadsides, dumps, boats, etc.: pollutants, toxins in air, water, soil</li> <li>● Food miles: How far food is traveling and the carbon emissions caused by that</li> <li>● Waste is going directly into water &amp; air and then into food supply</li> <li>● We aren't completing the food chain by composting, so food wastes are not returning to the soil</li> </ul>
<b>9. Other systemic issues that were frequently identified</b>	<ul style="list-style-type: none"> <li>● Lack of inclusion - "voice" - of vulnerable populations in consultation regarding overcoming barriers and identifying solutions</li> <li>● Grocery store policies where large (external) producers have preferred access</li> <li>● Rural communities: outmigration to Alberta to make money &gt; losing our able-bodied young ones</li> </ul>

### **Key recommendations for change identified by participants**

When we reviewed the **recommendations for change** from the nine Friday workshops, five distinct Priority Areas for Change emerged, within which the data were organized, as follows:

- 1. Education and Early Intervention**
- 2. Community Food Education and Awareness**
- 3. Partnerships and Collaboration**
- 4. Access to Food / Food Production / Food Distribution**
- 5. Policy / Systems Change / Funding**

In this section, we have selected and highlighted several of the most frequently-mentioned recommendations for change from each of the five Priority Areas. It should be noted that the most urgent Priority Area for change identified by conference participants was *Education and Early Intervention*, which also drew the most number of participants by far during the Saturday morning session. Please see the Appendix for a detailed summary of the recommendations identified during the Workshop Sessions.

#### **1. Education and Early Intervention**

The majority of comments in this area related to the need for providing hands-on education & learning opportunities for young children, exposing them to nature, farming and gardening in order to help them gain an early appreciation of fresh, healthy food and learn where their food

comes from. Many participants also wanted to involve the parents, caregivers and teachers so that they learn along with the children. Another frequent suggestion was to educate youth about fishing and farming in an effort to promote both sectors as viable careers and to ensure that they

know about the benefits of locally available food. Finally, intergenerational programs were seen as highly desirable in order for elders to teach skills and transmit traditional knowledge to younger generations. Other suggestions in the area of *education and early intervention*

included: implementing an Agriculture in the Classroom curriculum; introducing Home Economics and Healthy Living classes into the primary and elementary school curriculum; and continue with the implementation of healthy eating policy in schools.

## **2. Community Food Education and Awareness**

One of the most frequent suggestions we heard was to provide opportunities for transmission of traditional and cultural knowledge by elders to children and other community members. Another recurrent recommendation among workshop participants was to find ways to involve more people living with food insecurity in initiatives such as cooking programs, bulk-buying programs, and community gardens and farms. Numerous participants recommended an increased focus on prevention, building the foundations to decrease the rates of chronic disease in the province. Many participants felt that it was important that community leaders and edu-

cators be well informed about healthy eating, policy issues on land use and food accessibility, and food security in general. Family Resource Centres were mentioned as being well-placed for offering programs on community food education and awareness. Other comments in this area included: implementing intergenerational programs wherever possible in order to learn from community elders; involving whole communities in designing, building and running community greenhouses; and providing positive, hands-on, “real” farming experiences for families.

## **3. Partnerships and Collaboration**

A frequent comment, said in various ways, was that, since food security is such a broad and complex issue, there needs to be a holistic and integrated approach to food security policy and programming whereby governments at all levels work together across departments and sectors. Many participants indicated that the Food Security Network should be supported by government through sustainable funding; and that the Network needs to be bigger, and should involve more groups and sectors across the province in its efforts. Another recommendation was for

annual Food Security Assemblies which were seen to be important for grassroots movements, learning, & networking. Other comments included suggestions for developing partnerships locally, municipally and provincially, including social groups, interest groups, corporate sector and organizations that influence food security; building on community capacity by discovering and utilizing each community’s strengths; and being sure to include schools and school councils in all food security projects and conversations.

## **4. Access to Food / Food Production / Food Distribution**

In almost every workshop, mention was made that local farmers must be supported, including more organic producers, and that connections be made between local producers and consumers in small communities without supermarkets. A number of participants said that energy should be focused on those projects and actions that are intended to help vulnerable groups acquire food. It was also suggested that communities provide space for local food action such as community gardens, community kitchens, and farmers’ markets. Food storage was mentioned

often as a challenge both for farmers and people living with poverty, and the suggestion was made that government provide support for agricultural and community food storage facilities. There was much support for the idea of implementing farmers’ markets across the province, beginning with a pilot project in St. John’s. Many participants indicated that the province should open the personal food fishery year-round. Other recommendations regarding *access to food and the food supply* included: implementing community land trusts; ensuring that farm-

ers and fishers are able to earn living wages; expanding the mandates of food banks to include programs that educate and build skills;

and finding ways to ensure that all communities in all regions have access to good-quality food that is fresh and affordable.

### **5. Policy / Systems Change / Funding**

In this area, one of the most repeated comments was that for people to be food secure, personal incomes must be increased, including income from Income Support, minimum wage, and Employment Insurance. A related comment was to increase opportunities for affordable and safe housing for people living with low incomes. Many participants recommended the development and implementation of a provincial food security policy or charter (such as exists in Manitoba). A number of comments concerned protection and preservation of Aboriginal land rights, protection of agricultural land in general, and removing barriers to agricultural development by establishing agro-supportive zoning. Many participants wanted to encourage government to continue actively moving forward

with implementation of the Poverty Reduction Strategy. Another comment we heard numerous times was for strategic investment by Government in the social determinants of health, culture, and community development. Finally, other suggestions for changes in *policy and funding* included: establishing core funding for the Food Security Network to enable the organization to become sustainable; investing in a universal, free, inclusive, government-run breakfast or lunch program in every school in the province; standardizing pricing or implementing price controls on basic healthy food items such as milk and fresh produce for people in isolated communities; and providing incentives to farmers who are good stewards of the land, including incentives to promote organic farming.





**Saturday, October 20, 2007**

**Keynote Address – “What is Indigenous Food Sovereignty?” Highlights**

Dawn Morrison, Community Development Facilitator, Chase, BC

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**A brief introduction to the concept of Indigenous food sovereignty.**

**Overview of the food sovereignty discussions that have taken place at the regional, provincial and international levels.**

- Provincial - BC Food Systems Network (BCFSN) – 110 members, provincial wide, annual gathering in Sorrento
- Food Democracy – ensures marginalized voices are heard; increase awareness and identify policies to form and influence
- Designation of the Working Group on Indigenous Food Sovereignty (WGIFS) at the BCFSN Board of Director's strategic planning meeting in March of 2006
- WGIFS incorporating indigenous food sovereignty perspective into mainstream food security discussions
- Working group is working cross culturally to increase awareness and influence policies that will help work towards protecting, conserving and restoring indigenous food systems in BC
- Regional - Report for the 1st Annual Interior of B.C. Indigenous Food Sovereignty Conference (IFSC 2006) is on the BCFSN website address: [www.fooddemocracy.org](http://www.fooddemocracy.org) (click on “Resources and Links”, ½ the way down the page under the "Documents" heading, "New Indigenous food sovereignty" subheading)
- International – Forum on Land, Territory and Dignity – parallel event to United Nations Food and Agriculture Organization Conference in Port Allegre, Brazil March 2006
- Needing to incorporate hunting, fishing and gathering perspectives into mainstream food security discussions at all levels
- 28 nations of Indigenous peoples exist in what is now known as the province of B.C.
- 1/3 of all diversity that exists in the Dominion of Canada exists within the traditional territories of these 28 nations
- With respect to the diverse nations of Indigenous peoples in Canada who have never surrendered title or nationhood – our relationships with the Dominion of Canada can be considered international
- **Indigenous Food Sovereignty (IFS)** = the ability to respond to our own needs for safe, healthy, culturally adapted indigenous foods. The ability to make decisions over the amount and quality of food we grow, hunt, and gather and eat
- There is no universal definition of food sovereignty. One international definition was created at the NGO/CSO Forum for Food Sovereignty in Rome, 2002. For more information on the international food sovereignty approach visit website address: <http://www.nyeleni2007.org/spip.php?article125>
- IFS promotes self-reliance free from dependence on grocery stores or corporately controlled food production or distribution in market economies



- Many serious issues impacting IFS – our ability to respond to our own needs for healthy indigenous foods. Traditional values of sharing and giving are being eroded through capitalist market economies; indigenous food related knowledge, traditions and values are not being passed onto younger generations due to mainstream cultural and economic influences
- IFS must be practiced at the individual, family and community levels in order to maintain traditional food related knowledge systems. IFS is a responsibility, and right granted to us by the Creator; it's a divine responsibility; sovereignty comes from the Creator
- Individual – ultimately IFS is based on individuals working together in our day to day practice to maintain healthy functioning relationships with one another and the plants and animal provide us with our food. This includes maintaining the cultural strategies and practices of harvesting, hunting, fishing, growing, cultivating and taking care of the land
- Community level – economic level, eat local, regional food systems; IFS – some boundaries of Nation divided by natural watershed and defined this way (not always appropriate), development of regional based economy, trade routes and surplus to trade
- Food security – band aid approach, short term – external body working to ensure that people have enough food (ie food bank) vs. The longer term food sovereignty approach that supports communities in their own efforts of re-establishing self-reliant food

## **A Call to Action: Setting Priorities for Change**

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On Saturday morning, the five Priority Areas for Change that were identified from the Friday workshops were presented back to the conference participants. For the Call to Action priority-setting session, delegates were invited to select one of the Priority Areas for Change they wanted to work on. Each group was asked to discuss and respond to the following four questions and to record their responses:

1. What are the first steps that need to be taken to move this Priority Area forward?
2. Who needs to be involved (people, potential partners, funders)?
3. What additional resources and supports will be needed?
4. What existing models, initiatives, or best practices do you know about that can be built on?

The Priority Areas for Action that emerged from this session were slightly different from those which came out of the Friday workshops; and two new Priority Action Areas were identified: Farming and Environment.

<b>Priority Areas for Change emerging from Friday Workshops</b>	<b>Priority Areas for Action emerging from Saturday Call to Action Session</b>
1. <i>Education and Early Intervention</i>	1. <i>Education and Early Intervention</i>
2. <i>Community Food Education and Awareness</i>	2. <i>Education &amp; Food Security Awareness</i>
3. <i>Partnerships and Collaboration</i>	3. <i>Community Development - Capacity Building - Partnerships</i>
4. <i>Access to Food - Food Production - Food Distribution</i>	4. <i>Policy</i>
5. <i>Policy - Systems Change - Funding</i>	5. <i>Farming</i>
	6. <i>Environment</i>

In the following section we list the Priority Areas for Action as well as the first steps to take that were identified during the Call to Action session. A complete summary of the Call to Action responses can be found in the Appendix.

# Priority Areas for Change and First Steps to Take

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## **PRIORITY AREA 1: EDUCATION & EARLY INTERVENTION**

- Universal Breakfast & Lunch Program
- Research: which communities do not yet have school food programs?
- Parents: food security awareness & education
- Preschool/elementary school: develop programs focusing on nutrition and healthy lifestyles (i.e., home economics, breakfast programs) in every school
- Provide opportunities for diverse cultural experiences in communities province-wide
- Create 4-H style program to provide educational/learning programs for youth (call it “4-NL”)
- Consultations with:
  - Department of Health & Community Services, Wellness Division
  - Department of Education
  - Schools: build on Healthy Schools Initiative
  - Family Resource Centres
  - Community Centres
- Prepare briefs/proposals to support provincial food security

## **PRIORITY AREA 2: EDUCATION & FOOD SECURITY AWARENESS**

- Identify fundamental issues for food security education based on culture, geography, gender, class
- Make connections between food security and all government departments; i.e., environment, fisheries, forestry, etc.

## **PRIORITY AREA 3: COMMUNITY DEVELOPMENT / CAPACITY BUILDING / PARTNERSHIPS**

- Start in one location: develop local or regional Steering Committee/Working Group to connect all interested groups together
- Start where the community is; have a community meeting to discuss food security
- Community Mapping
- Community Food Security Assessments
- Have the media report on food security & examples of initiatives that other groups are doing
- Bring “food security” back to our existing community committees, networks, Rural Secretariat
- Create regional social development networks similar to Regional Economic Development Boards structure, with mandate to explore Determinants of Health, including food security

## **PRIORITY AREA 4: POLICY**

- Inventory or environmental scan of provincial food security initiatives; for the purpose of beginning to develop a provincial Food Security Policy
- Build support & resource network based on groups identified in environmental scan
- Develop consensus on the concept of “food security” & build commitment to move that concept forward

## **PRIORITY AREA 5: FARMING**

- Farmer’s markets to link local agriculture & markets
- Educate re real cost of food production
- Educate re real value of local food: externalized cost; better nutrition; local economy

- Develop policies to support access to and protect agricultural land
- Explore new technologies – ex: sustainable greenhouses for northern climates (small-scale, for small communities)

#### **PRIORITY AREA 6: ENVIRONMENT**

- Provide incentives to people who are good stewards of the natural world
- Lower Churchill Project:
  - Monitor Lower Churchill development
  - Liaise with groups working on this issue
  - Organize awareness event to talk about all issues related to Lower Churchill
  - Create 1-page fact sheet
  - Stakeholders forum
- GMO action:
  - Appoint working group to find out if GMOs are growing in NL
  - Make recommendations for next steps
  - Create timeline (3 months)
- Protect agricultural land
- Restrict recreational vehicles



## Closing Address

Sherril Gilbert, Assembly Coordinator, Executive Director, Food Security Network

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As you leave this conference today, I encourage you to continue the conversations in your homes, in your workplaces, where you volunteer, in your children's schools, and in your communities. Have tea together, listen, hope and dream together. Conversation is the path forward to a future of hope and positive change. There is no more powerful way to create significant change than to have conversations about what matters most to you. And there is no power equal to a group of people discovering what it truly and deeply cares about.

### Connecting from the heart

The emerging future requires the will of people to act from the heart, from a place of deep caring for humanity. We cannot depend on government, business, or civil society alone. The old social structure is crumbling, and what is emerging from the rubble is a new form of presence and power that is growing through small groups and networks of people. It's a different quality of connection, a different way of being present with one another from the heart.

When people connect from the heart, from a meaningful place of compassion, openness and wisdom, they move beyond patterns of the past. They step into their real power. And there is no power equal to a community discovering what it truly cares about.

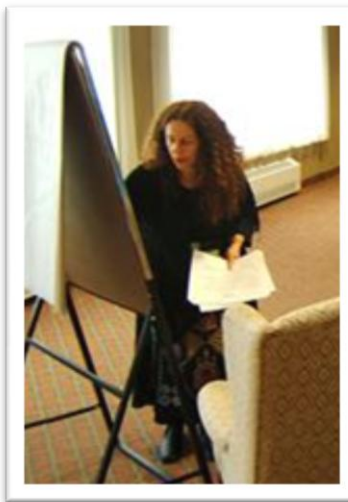
### A community of leaders

And what we are blessed with here is a community of leaders. In my work with communities over the years, I have learned to define leadership quite differently than the norm. To me, a leader is anyone willing to help, anyone who sees something that needs to change and takes the first steps to influence that situation. Everywhere I go, no matter the economic or social circumstances, I see people stepping forward to make a small difference. They are impelled to

act in spite of themselves; they often describe their actions as "I couldn't not do it."

Because a leader is anyone willing to help, we can celebrate the fact that the world has an abundance of leaders. Some people ask, "Where have all the good leaders gone?" But

when we worry that there's a deficit of leaders, we're just looking in the wrong place. We need to look locally. And we need to look at ourselves. Where have we been willing to step forward for the issues that we care about?



Every great change initiative in the world begins with the actions of just a few people. Even those that win the Nobel Peace Prize. In the history of several of these prize-winning efforts, one phrase always pops up as the founders describe how they began. Their

efforts began not with plans and official permission, but when "some friends and I started talking." Wangari Matai was the winner of the 2005 Nobel Peace Prize for her work in planting over 30 million trees in Kenya and east Africa. Her first efforts were with a few local women, and they planted seven trees, five of which died. But they learned from that experience, spread the learning to their villages, then to other networks, and ten years later, 30 million trees flourish. Villages now have clean water and local firewood, creating improved health and community vitality. And it all began "when some friends and I started talking."

### How the world changes

This is how the world changes. Individuals have an idea, or experience a tragedy, or want to resolve an injustice, and they step forward to help. Instead of being overwhelmed and withdrawing, as many of us do these days, here are people who decided to act locally. They didn't know at the beginning where it would end up. They didn't spend a great deal of time planning and getting official support. They began, they learned from their mistakes, they kept going.

They followed the energy of yes rather than accepting defeat. This is how the world always changes. And this is how we must act now to respond to the serious issues of these times, to reverse our direction, to restore hope to the future.

Yet the networking that we have been doing here is only the beginning. The second stage is when people realize that they can create more benefit by working together. Relationships shift from casual exchanges to a commitment to

work together in some way. Personal needs expand to include a desire to support others.

### **Share your vision everywhere you go**

I want to challenge you to share your vision for a food secure province here and everywhere you go, find out who your potential partners are, tell people what you have learned over the past few days, and most importantly, don't stop until the last person in this province says "I have enough food and it is good."





**APPENDIX A**  
**FRIDAY WORKSHOP SUMMARIES**



## FOOD SECURITY ASSEMBLY: CONDENSED WORKSHOP SUMMARIES

### THEME A: ZERO HUNGER & FOOD ASSISTANCE

*Workshop A1: Supporting Vulnerable Populations*

*Workshop A2: Food Banks & Emergency Food Programs*

*Workshop A3: Faith, Charity and Food Justice*

#### KEY ISSUES IDENTIFIED REGARDING ZERO HUNGER & FOOD ASSISTANCE

<b>Poverty</b>	<ul style="list-style-type: none"> <li>• High cost of nutritious foods</li> <li>• Not enough income (Income Support/El/minimum wage); can't afford good food</li> <li>• Lack of transportation to buy groceries: can't afford transportation or public transport not available</li> <li>• When cheque arrives is what determines what we purchase; sale items go into cart first</li> <li>• No storage (home freezers) facilities for bulk purchases on sale</li> </ul>
<b>Food banks &amp; charity issues</b>	<ul style="list-style-type: none"> <li>• General issues:             <ul style="list-style-type: none"> <li>○ Highest rate of food bank usage in Canada is in NL</li> <li>○ Food banks aren't sustainable approach</li> </ul> </li> <li>• Dignity issues:             <ul style="list-style-type: none"> <li>○ Loss of dignity at food banks: issues related to shame, confidentiality, loss of choice</li> <li>○ No anonymity in small communities</li> <li>○ Stigma attached to food charity</li> </ul> </li> <li>• Access issues:             <ul style="list-style-type: none"> <li>○ No food banks in some areas</li> <li>○ Lack of transportation to get to food banks: can't afford transportation or public transportation not available</li> <li>○ Some food banks not accessible to people with disabilities</li> <li>○ Food banks in churches – sometimes users expected to be of that faith</li> </ul> </li> <li>• Charity issues:             <ul style="list-style-type: none"> <li>○ Food drives: well-meaning but no analysis of issues; seen as solution</li> <li>○ Food bank patrons distanced from givers</li> <li>○ Must food banks accept <i>all</i> charitable donations? i.e., marshmallows, candy, date-expired items</li> </ul> </li> <li>• Food quality issues             <ul style="list-style-type: none"> <li>○ Food banks accept and distribute junk food / food with no nutritional value (i.e., marshmallows, candy)</li> <li>○ Damaged/expired/poor quality food at food banks</li> <li>○ Limited availability of healthy foods at food banks</li> <li>○ Fresh foods and locally grown foods rarely available at food banks</li> <li>○ Can't eat food bank food due to health issues/chronic disease challenges</li> </ul> </li> </ul>
<b>Education &amp; knowledge issues</b>	<ul style="list-style-type: none"> <li>• Loss of skills and knowledge about:             <ul style="list-style-type: none"> <li>○ Growing our own food (farming, gardening)</li> <li>○ Edible, safe foods available in our surroundings: roots, berries, herbs</li> <li>○ Local, seasonal foods</li> <li>○ Traditional ways of obtaining food: hunting, fishing, gathering</li> <li>○ How to use available foods (i.e., how to bake bread; plants from the wild; non-traditional foods donated to food banks such as chickpeas)</li> <li>○ What foods are nutritious</li> </ul> </li> <li>• Lack of food education about:             <ul style="list-style-type: none"> <li>○ Budgeting skills</li> <li>○ Cooking skills</li> <li>○ Reading labels &amp; ingredients: realizing what is in your food and making informed choices</li> </ul> </li> <li>• Loss of traditional skills between generations</li> <li>• Isolation is leading to knowledge gaps</li> </ul>
<b>Health issues</b>	<ul style="list-style-type: none"> <li>• Low rates of breastfeeding</li> <li>• Higher rate of health problems due to changes in aboriginal diet</li> <li>• Increase in chronic disease: poor foundation for children to grow into healthy adults</li> </ul>
<b>Other systemic issues</b>	<ul style="list-style-type: none"> <li>• Lack of inclusion - "voice" - of vulnerable populations in consultation regarding overcoming barriers and identifying solutions</li> <li>• Lack of accountability re food subsidies for northern regions [Food Mail Program]: who benefits?</li> </ul>

	<ul style="list-style-type: none"> <li>• Government preaching about prosperity but food banks are stretched to the limit, people are hungry</li> <li>• Emergency food: how prepared are we for states of emergency (individuals, families, communities)?</li> <li>• Issues impacting on income <ul style="list-style-type: none"> <li>○ Lack of affordable, safe housing</li> <li>○ High cost of home heating fuel, hydro</li> <li>○ Location dictates food prices: higher prices in rural &amp; remote areas</li> </ul> </li> <li>• Food transport: we've become dependent on the transport system; whatever the truck brings is what we can buy; this affects pricing, availability and variety; we're <i>all</i> vulnerable!</li> <li>• Food "deserts": small local stores closing; hard to get to large big-box grocery stores; can only buy &amp; carry small amounts if traveling on public transport</li> </ul>
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## RECOMMENDATIONS REGARDING ZERO HUNGER & FOOD ASSISTANCE

Education: Early Intervention	
Focus efforts on optimal child development for healthier populations now & in the future. Healthy children grow into confident healthy adults	Traditions need to be passed onto our future generations – teach them our traditions – i.e., cooking, hunting, fishing, living off the land
Provide hands-on education & learning opportunities; expose children to surroundings; educate them re where food comes from	Education at an early age: children are our future leaders; they can change the future
More emphasis on breastfeeding and support for moms	

Community Food Education & Awareness	
Base education programs on existing resources and continue to fund them: i.e., Family Resource Centres are in all communities	Make food banks less of a charity & more of an involved project; help people with food insecurity to become involved in initiatives; i.e., cooking programs, bulk-buying programs, community farms
Best practices: learn what others are doing that works so as to best focus efforts	Provide information to low-income people
For people that need support (i.e., mental health), educate the people that support them	Focus on prevention: build foundations to decrease chronic disease
Promote skill-building: growing, gathering, fishing, hunting, cooking, budgeting, selecting, preparing, preserving	Intergenerational programs/transmission of knowledge: elders teaching youth; make concerted effort to learn from previous generations; learn from elders about care of land, animals, people
Changing mindsets, getting rid of stigma	Educate politicians/leaders
FSN develops comprehensive strategy, with support, to learn how to talk about profits vs. health/food security; learn from women's movement, use as model	Canada signed UN convention Article 25; language of human rights – victim to authority; we should assert food sovereignty
Promote traditional/cultural teachings	Public awareness campaign that links corporate control to health and agriculture

Partnerships & Collaboration	
Include vulnerable populations in planning	FSN needs to be bigger, more groups working together
Integrated approach – governments at all levels must work together – vertical/horizontal integration (fisheries, agriculture, health, etc.)	Form regional food security networks – community initiatives/coordinate efforts including industry, church, not-for-profit, municipal government
Stakeholders need to be part of decision-making; meaningful involvement; participatory change	Food Security Assemblies important for grassroots movements & networking
Economic & Social Boards need to make better links & partnerships	Collective responsibility; religious tradition of tithing, leaving fields to gleaners, sharing food
Provincial coordination of food security resources	Have food banks users volunteer; have consumers more involved in decision making at food banks
Mobilize for change by government lobbying	Develop partnerships locally, municipally and provincially
Capacity-building community-based programs: <ul style="list-style-type: none"> <li>• Making services available to the whole community</li> <li>• Organizing volunteers</li> <li>• Bringing generations together (bottling, making jam)</li> </ul>	

<b>Access to Food / Food Production / Food Distribution</b>	
Grass roots: direct energy to actual actions that will help vulnerable groups acquire food	Provide food banks with storage facilities for milk, fruits, veggies, meat
Government to support infrastructure for food storage	Help isolated regions have their own food supply
Provide community space for local actions / markets / gardens / kitchens	Growing food: getting local production to increase; affects overall health
Promote personal food production (community kitchens, family farms = sustainability, independence)	

<b>Policy / Systems Change / Funding</b>	
Income: increase minimum wage & Income Support; people need a living wage	Develop campaigns to raise public awareness leading to policy change
Have a food security policy or charter for Newfoundland & Labrador	Government doesn't need to control (i.e.: FSN bigger, more groups working together), but to support
Resources needed such as trucks for farmers to get to people who can't get to them	Continued commitment to Poverty Reduction Strategy (maybe shift to poverty elimination)
Better communication of resources such as grants – better marketing needed	Strategic investment in social determinants of health, culture, community development
Protect & sustain aboriginal land rights & land rights in general	More money for expectant moms to ensure healthy food supplements, support and education
Increase funding for food security resource/support networks	Corporations – challenge them to be more responsible – socially, economically, etc.
More resources to fund capacity-building programs, grass roots organizations & programs	Transportation – linked to public policy
Increase affordable housing availability	Food banks seem to get government “off the hook”; we must get government involved
Elimination of food banks	Demand full-cost accounting

<b>Recommended Initiatives / Projects</b>
<ul style="list-style-type: none"> <li>• Universal free school breakfast, lunch programs</li> <li>• Cooking classes: adults, children, teens, intergenerational</li> <li>• Shopping clubs; bulk-buying clubs</li> <li>• Community gardens; tied into vulnerable groups &amp; organic growers</li> <li>• Community kitchens</li> <li>• Pool resources: rather than 5 small church food banks, have one food bank run by all churches</li> <li>• Have a “pick list” at food banks; empowering when people can request food, making it less of a “beggars can't be choosy” situation</li> <li>• Have a list at grocery stores of things needed by food banks</li> <li>• Donate \$\$\$ rather than food items so food banks can buy fresh milk based on daily needs</li> <li>• Business plan &amp; deadline for closing food banks</li> </ul>

## THEME B: SUSTAINABLE FOOD SYSTEMS

*Workshop B1: Food in Schools*

*Workshop B2: Farming, Fishing and Food Localism*

*Workshop B3: Communities Accessing Healthy Food*

### KEY ISSUES IDENTIFIED REGARDING SUSTAINABLE FOOD SYSTEMS

<b>School food issues</b>	<ul style="list-style-type: none"> <li>• Stigma surrounding paper bag lunches; stigma re who participates in school food programs</li> <li>• Food programs exclude children/youth who miss or do not attend school; exclude homeless youth</li> <li>• Cost of healthy school food still high for some students</li> <li>• Healthier choices still not in all schools; a hot meal is not necessarily a healthy meal</li> <li>• Children bring junk food in to school</li> <li>• Rural/isolated schools &amp; communities seem to be more lenient with “no junk food” policies</li> <li>• Still no breakfast or lunch program in some schools: some children are going to school hungry</li> </ul>
<b>Education &amp; knowledge issues</b>	<ul style="list-style-type: none"> <li>• Many people are not aware of available programs</li> <li>• Teachers, children and community volunteers need education about healthy eating</li> <li>• Lack of education about food/agriculture; young people don’t understand where food comes from</li> <li>• Lack of public awareness about food security issues</li> <li>• Little knowledge of food groups, proper preparation, food as nutrition</li> <li>• Literacy issues affect ability to read &amp; understand food labels, prepare recipes</li> <li>• There is little room in the curriculum to add food education</li> </ul>
<b>Access to local food</b>	<ul style="list-style-type: none"> <li>• Remote communities have limited access to fresh foods</li> <li>• There are too many communities that have no agriculture in or near their community (limited access to locally grown food)</li> <li>• Way more demand than supply of local foods; buying local not always an option</li> <li>• No transportation or limited transportation to grocery store</li> <li>• Proximity of convenience stores (cheap, unhealthy food) to some schools is a problem</li> </ul>
<b>Food supply</b>	<ul style="list-style-type: none"> <li>• Most food coming into province from 2000 miles away; serious food quality &amp; freshness issues; pollution from transport issues</li> <li>• Some rural communities have periodic food shortages; dependent on food from outside</li> <li>• NL farmers produce less than 2% of the red meats consumed in this province</li> <li>• NL farmers produce less than 10% of the vegetables consumed by NL population</li> <li>• We are not producing enough in terms of agriculture</li> <li>• Isolated communities: no grocery stores in some areas; just convenience stores with high prices</li> <li>• High price of milk and other staples in isolated communities</li> <li>• Rural stores don't offer the same quality and quantity of foods; issues with meat, fresh fruit and vegetables; over-priced, poor quality</li> <li>• In rural areas: few or no organic farms</li> </ul>
<b>Land use issues</b>	<ul style="list-style-type: none"> <li>• New communities, new developments/subdivisions: loss of arable land</li> <li>• Only about 2% of NL land mass is designated for agriculture</li> <li>• Lack of existing community gardens within walking distance</li> </ul>
<b>Health issues</b>	<ul style="list-style-type: none"> <li>• Traditional foods VERY important: dramatic evidence that “new” foods/processed foods cause aboriginal people to be sick (diabetes, high blood pressure)</li> <li>• Food programs not complemented by focus on physical activity</li> </ul>
<b>Other systemic issues</b>	<ul style="list-style-type: none"> <li>• Lack of integrated, broad-based, coordinated, implemented food policy</li> <li>• Not all communities have access to programs that relieve food insecurity</li> <li>• Poverty issues:             <ul style="list-style-type: none"> <li>◦ Some people cannot afford to give their children healthy food</li> <li>◦ Low income/wages; no money at the end of the month/week</li> </ul> </li> <li>• Fishing/hunting/ issues:             <ul style="list-style-type: none"> <li>◦ Collapse/decline of cod fishery; seasonal food fishery: food security disasters</li> <li>◦ Federal government regulates fish <i>quotas</i>; provincial government regulates fish <i>plants</i></li> <li>◦ Aboriginal food: traditional forms restricted; red tape/regulations re fishing, hunting</li> <li>◦ Outmigration negatively affecting fishery &amp; farming as viable careers</li> <li>◦ Whatever happened to “enough fish to last a lifetime”?</li> <li>◦ Policies re licensing of moose, rabbit, turr, duck need to be re-evaluated</li> </ul> </li> <li>• Farming issues:             <ul style="list-style-type: none"> <li>◦ Farms are asset-rich, cash poor; farmers limited in terms of resources, support</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ System is not conducive to small-scale agriculture/fishing; to sell eggs, you need to be large! Very few local farms can produce in scale</li> <li>○ Funding primarily exists for “big” farming enterprises</li> <li>○ Not enough farmers</li> <li>○ Livestock “industry” used to be much more robust, based more on sheep and goats which are better adapted to environment</li> <li>○ Government is not supportive of agriculture; pushing out smaller farmers</li> <li>○ Land affordability</li> <li>○ Lack of adequate storage facilities for farmers</li> <li>● No sense of true cost accounting</li> <li>● “Cheap food” policy is killing food localism and variety; corporate support of rural business, farming discouraged</li> <li>● Grocery store policies where large (external) producers have preferred access</li> </ul>
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## RECOMMENDATIONS REGARDING SUSTAINABLE FOOD SYSTEMS

Education: Early Intervention	
Develop food security initiatives to involve youth at early age	Educate teachers and children about healthy eating
Agriculture in the Classroom curriculum: Department of Education, farm community, teachers, parents, students	Target family: they are primary educators; teach them healthy options, cooking skills
Education programs for youth at risk: teaching traditional ways of life: living off the land, hunting, respecting the animals, cleaning the animals	Educate youth about fishing and farming and support both sectors as viable careers; ensure that youth know about the benefits of locally grown food

Community Food Education & Awareness	
Support traditional/mentoring/get back to basics for food security, farming, fishing	Educators need to be more well informed about healthy eating; policy issues on land use, food accessibility, etc.
Community sharing: elders, young people in rural communities sharing food, skills to take care of each other	Create positive, hands-on learning environments; people learn when they are engaged, empowered; have “actual”, real-life experience
Mobilize communities to determine how they can make more school food programs happen; use community volunteers	Help the public, government, children – everyone – understand the issues of food security: agriculture, poverty, rural challenges, etc.
Need to make an impact on the home environment – not just at school; start with the parents	Work towards building a good model: start with one community that is challenged with food security issues and develop a workable model (best practice) that can be applied to other regions
The “4 day supply”: needs to be made known to motivate us to support alternatives	Programs offered in communities are based on actual needs; perform Community Food Security Assessments
info given to rural communities about available projects	Encouraging/enabling farming as desirable, viable careers

Partnerships & Collaboration	
Family Resource Centres, and Food Security Network should partner with and support schools	Build on community capacity; look at each community’s strengths
Partner with schools to highlight fishing and farming as careers	Federation of School Councils: educate and mobilize people
Enhance collective efforts among groups to secure funding/support	Collectively advocate for subsidies for healthy, local, affordable food throughout province: community gardens, greenhouses
Partnerships & dialogue with government must expand so that farming & fishing are “easier” for producers	Integrate various government departments, social groups, interest groups, organizations that influence food security
All levels of government, all departments working together	Link food security to health (prevention) & environment (protection)
Draft a plan to allow better interaction between different community groups across the province; Federation of Agriculture to take lead	Support, nurture broad partnerships, capacity-building, networking, inclusion, cooperative marketing
Co-op food buying initiatives: pooling money, transportation: encourages people to collaborate	Business community needs to be aware of need to connect to what benefits local producers
Utilize retirees to help with food security programs	

<b>Access to Food / Food Production / Food Distribution</b>	
Small family gardens/markets: disaster preparation	Engage and support local farmers
Support grassroots farmers markets throughout province with St. John's as a model	Establish, support and sustain community cooperatives for food sharing
Increase variety of foods produced locally	Open fishery year-round; cut back on commercial industry
Community land trusts, co-ops = financial control at ground level; raise funds, buy land, ensure it is available for farming & others	Making connection between local producers and consumers in small communities without supermarkets
Promote hunting of wild game; go back to "real" meat	Subsidize transportation/taxi to grocery stores with better prices

<b>Policy / Systems Change / Funding</b>	
Invest in prevention; programs that take a more preventive approach (capacity-building) are more effective than those that take a band-aid approach (emergency food programs)	Embed food security initiatives in community life and at all levels of education; support programs that have healthy eating/food security incorporated into them
In every school: establish a universal, free, inclusive, government-run school breakfast/lunch program	Need policies to prohibit selling school space for advertising (Coke, Pepsi, Doritos)
Track implementation of Healthy Students Healthy Schools program	Strengthen support to volunteers to improve the number of schools that have food programs
We have the potential to be an organic province; many farmers do not use chemicals or use minimally	Help potential fishers & farmers become aware of funding opportunities
Localize food processing for access to product as well as employment for community	Recognition for farmers: financial & emotional
All levels of government to see food security as a priority (and all departments within, on all levels); essential to have good broad-based provincial food security policy	Protect agricultural land, especially given how little (2%) is arable; needs policy; remove barriers to agricultural development, implement agro-supportive zoning
Support aboriginal/local self-determination (food sovereignty)	More funding, policies and programs to increase local food production (i.e., greenhouses/gardens)
Standard pricing/price controls for basic healthy food items, for people in isolated communities; subsidies for GOOD FOOD	Government and industry provide Food Security Network with funds to provide communities with model programs, infrastructure training on food security
Close monitoring of food subsidies, especially in Labrador; ensure consumers benefit	Continued support of Food Security Network's work: provide core funding to make organization sustainable

<b>Recommended Initiatives / Projects</b>
<ul style="list-style-type: none"> <li>• Establish scholarships for agricultural and ocean studies based on student commitment to work in needed areas</li> <li>• Add agricultural component (4-H style) to youth development/recreation programs on the community level; call it "4-NL"</li> <li>• Provide traditional foods, fish at community events, in schools</li> <li>• Have small farms/gardens in schools to teach kids about growing plants for food and to improve air quality</li> <li>• Home economics programs, cooking classes to teach practical activities of daily living (i.e., preparing a sandwich)</li> <li>• Campaign: everyone ask supermarkets: Where is your "local food" section?</li> <li>• Create maps by locality showing local farms and other places where people can buy local foods</li> <li>• Year-round local farmers markets; to create community; when diversified &amp; good location: agro-tourism (i.e., Halifax)</li> <li>• Best practice: Community Supported Agriculture (CSA) in every community</li> <li>• Community gardens; such as Brighter Futures Wellness initiative; Lamaline community garden: kids learn to farm</li> <li>• Community dinners: buying local; bulk food at cheaper prices; model program in Branch: Singing Kitchen - food centre, culture, &amp; community</li> <li>• Provide forum for dialogue/input/influence from farmers, fishers, hunters</li> <li>• Provide much-needed food storage facilities</li> <li>• "Buy Local" campaign; re-localizing the economy</li> <li>• Link corner stores and local farmers</li> <li>• Community greenhouses: extend growing season</li> <li>• Community land trusts</li> <li>• Neighbour Food Associations</li> <li>• Community Food Security Assessments</li> <li>• Bartering</li> <li>• Pay people to work in school lunch &amp; breakfast programs</li> <li>• Support and implement more events like this Assembly!</li> </ul>

## THEME C: HEALTHY AND SAFE FOOD

*Workshop C1: Healthy Environment = Healthy Food*

*Workshop C2: Chronic Disease Prevention & Obesity*

*Workshop C3: Food Skills; Nutrition Education; Community Kitchens*

### KEY ISSUES IDENTIFIED REGARDING HEALTHY & SAFE FOOD

<b>Poverty / Vulnerable populations</b>	<ul style="list-style-type: none"> <li>• High cost of good nutritious foods; i.e.: milk, juice, even water cost more than pop</li> <li>• Insufficient funds for healthy diet; cheaper (in short run) to buy junk food</li> <li>• People with low incomes often feel they have little control so they don't feel healthy diet matters</li> <li>• Income for vulnerable groups - i.e., unemployed, rural areas - can work both ways: for some people, having more money can lead to alcohol/drugs/poor food choices</li> <li>• Those who have increased food insecurity: seniors, HBC graduates, pregnant mums, mental health consumers, people with disabilities, people in communities with no resources</li> </ul>
<b>Education &amp; knowledge issues</b>	<ul style="list-style-type: none"> <li>• Lack of basic skills to know how to prepare meals</li> <li>• Lack of knowledge of healthy foods available</li> </ul>
<b>Food issues</b>	<ul style="list-style-type: none"> <li>• Lack of access or limited access to healthy food</li> <li>• NL diet – especially young people – contains junk food mostly</li> <li>• People are eating a lot, but little quality</li> <li>• Food supply is not as healthy as it once was</li> </ul>
<b>Health issues</b>	<ul style="list-style-type: none"> <li>• World Health Organization: if trends don't change, parents will outlive their children; children developing Type II diabetes</li> <li>• Food insecurity and chronic disease are positively correlated</li> <li>• Epidemic – NL obesity rate leading country; also obesity rate of NL children</li> <li>• Smoking and other unhealthy behaviours</li> <li>• Aboriginals: 3-6 times higher chronic health issues</li> <li>• Lack of front-end preventative programs</li> <li>• Lack of healthy food options a challenge for those with conditions like diabetes</li> <li>• Medical system is disrespectful towards obese people</li> </ul>
<b>Environmental issues</b>	<ul style="list-style-type: none"> <li>• Downtown St. John's soil is contaminated with lead; can't grow food there</li> <li>• Land being destroyed/polluted by new lifestyles; i.e., ATVs, snowmobiles</li> <li>• Pollutants in environment end up in food sources; methyl mercury, etc.</li> <li>• Pollution reduces quantity and quality of natural food resources; not included in "cost"</li> <li>• How we farm matters: pesticides, industrial farming methods environmentally degrading &amp; polluting</li> <li>• Environmental degradation from mines and dams</li> <li>• NL is statistically the most likely site for the next massive oil spill</li> <li>• Recreational vehicles, roadsides, dumps, boats, etc.: pollutants, toxins in air, water, soil</li> <li>• Food miles: How far food is traveling and the carbon emissions caused by that</li> <li>• "Development": asphalt parking lots affect climate, remove green, health hazard for falls in winter</li> <li>• Drag-netting destroys cod spawning habitat = less fish in future</li> </ul>
<b>Waste management</b>	<ul style="list-style-type: none"> <li>• One dump is not effective management</li> <li>• Waste is going directly into water &amp; air and then into food supply</li> <li>• Industrial system produces disproportionate, harmful waste</li> <li>• We aren't completing the food chain by composting, so food wastes are not returning to the soil</li> <li>• Toxic wastes from early US Base development: community must now deal with these</li> </ul>
<b>Other systemic issues</b>	<ul style="list-style-type: none"> <li>• Disconnect between environment and economy: saving environment = job losses; move away from fossil fuel economy</li> <li>• Reluctance to develop under-utilized fish and plants (provincial government an obstacle)</li> <li>• Government focused on oil and fossil fuels</li> <li>• Climate change</li> <li>• Transportation &amp; peak oil</li> <li>• Red tape: anything re fishing: must go through provincial &amp; federal government &amp; NAFO</li> <li>• Class system and disparities in wealth and power in NL</li> <li>• Rural communities: outmigration to Alberta to make money &gt; losing our able-bodied young ones</li> <li>• Boom and bust: foreign corporations come in, make their money and leave us in a mess</li> <li>• Dissociation: we invest in the stock market with the idea of easy money rather than in our communities; stock market \$\$\$ goes to corporations that harm the environment</li> </ul>

## RECOMMENDATIONS REGARDING HEALTHY & SAFE FOOD

<b>Education: Early Intervention</b>	
Focus on kids is positive but need to support their families as well; they are primary educators; teach them healthy options, cooking skills	Educate children about agriculture, growing, organics, healthy environment, sustainable systems, climate change, water supply
Important to focus on children; return to grassroots learning environment	Keep positive changes in schools (i.e., take out junk food); will increase food quality and habits and decrease chronic disease
Provide tools to eat healthier: know what to put in lunch bags	Provide access to diverse recreational opportunities for young people
Home Economics & Healthy Living courses should be mandatory	More emphasis on life skills in schools; challenge the way things are being done
Support workers traveling to schools, communities, etc; talking about organic, sustainable food systems for the sake of safe environments; actually show the actual food; let them taste it!	

<b>Community Food Education &amp; Awareness</b>	
Training & support for organic farming –peer-to-peer training, strategies for intergenerational land transfer	Good projects at community level; need to be shared more widely both locally and outside; i.e., youth who build greenhouses
Give <i>value</i> to work done with hands, on land & sea	Community gardens are education opportunity
Find ways to build motivation; need holistic approach, need social marketing, need to bring in families and communities	Education: needs to be practical/easy/cheap/varied recipes, reading labels, cooking skills
Train home care workers in nutrition, food safety	Focus on strengths and skills of people involved in programs & communities
Research shows the importance of activity and diet	Learn from older people and family traditions
Having basic skills to know how to prepare meals is important	Educate public about preventative measures
Intergenerational: going back to roots	More access to recreational activities for families (especially in winter; affordable; free)
Community should be able to decide what they need – program wise - and then get funding	Community has right to know about hazardous products used by businesses; businesses must have a hazardous materials inventory; demand this be available through Access to Information

<b>Partnerships &amp; Collaboration</b>	
Educate & involve corporate sector	Support local farmers; go organic!
Protect land!!! Especially agricultural land; public pressure	ENGOS could work on disconnect between health and environment, dispelling myth that the environment is in conflict with the economy
Incorporate knowledgeable mentors into organizations, programs, communities	Have people directly involved in chronic disease (all voices represented) involved in discussions
Churches, others: community kitchens – seniors, low income cook for themselves	

<b>Access to Food / Food Production / Food Distribution</b>	
Compost utilization plan: take compost from apartments, other places where residents can't use it, and use for city projects or provide for agriculture	Close food banks: implement changes that eliminate need for food banks; involve people of the community; men's club is not working – women are majority
Healthy, sustainable food supply allows us to recreate a local economy that pays a living wage	Some food banks have expanded mandates: community kitchens attached to their programs
Support organic: organically grown food is healthier food	

<b>Policy / Systems Change / Funding</b>	
Get businesses involved in donating space in urban areas	Air travel: reduce it!
Better enforcement of waste reduction measures	Reduce or eliminate use of plastic bags; or charge for them at stores
Stronger sustainable development acts in policy	Encourage & support small-scale locally-controlled enterprises
Don't make citizens pay for responsible recycling, composting, proper disposal of dangerous wastes; charge for trash re-	Training & support for organic farming – including paying for peer-to-peer training, costs of certification/verification, public



moval; use funds to provide for free recycling pick-up	funding for land acquisition
Carbon tax for imported food; pay farmers for environmental goods and services	Policies must ensure climate change effects of “development” - i.e., Lower Churchill, Walmart parking lots - are considered
Money spent on health issues and environmental clean-up could be eliminated by buying local organic; it tastes better and is more nutritional	Consider food security for “fly-in” communities; i.e., “gentle slope” for carbon tax, in conjunction with subsidies for local food production
NL needs an environmental assessment itself	Start talking about agriculture in terms of healthy policy at provincial level
Find out if we are GMO-free – great marketing!	Need provincial waste management/treatment facilities
Create fund from oil revenues to support sustainable development, such as green technologies, as well as Community Environment Fund	Provide incentives to farmers who are good stewards of the land; incentives to promote organic farming
Ecological Goods And Services Tax	Invest in research into under-utilized bio-resources and by-products
Protect agricultural land by <ul style="list-style-type: none"> <li>• community land trusts</li> <li>• reclaiming traditional land</li> <li>• including forests in farmland</li> <li>• reclaiming traditional, organic ways of treating land, fish, wildlife</li> </ul>	Provide support to community champions; community champions would have role of influencing community (grass roots) through policy level (inside and outside government)
Need champions	Right to bio-regional, sustainable agriculture & fishery
Keep NL culture in schools, programs, communities, etc.	Programs must be responsive to area, preferences, culture, background
Province has draft chronic disease strategy – watch for opportunities to talk about food security when plan goes out for consultation	Government policy: commit to allow people flexibility & control of food programs
Expand Family Resource Centre mandate to include seniors	Primary Health – help groups obtain, disseminate funding
Implement policy to promote healthy nutrition practices	Eliminate poverty: increase income levels for buying healthy foods, rent, heating, transportation
Food policies required for workplace, community recreation centres, hospital cafeterias	More money for nutrition programs and educating people
Increase tax on unhealthy/junk food	Celebrate our provincial successes! – Healthy Schools policy, Wellness plan
Better nutrition labelling for chronic disease patients	Re-create local economies around food
Keep health of youth a provincial priority	

<b>Recommended Initiatives / Projects</b>	
<ul style="list-style-type: none"> <li>• Set up community learning centres regarding growing food, organics, food systems</li> </ul>	<ul style="list-style-type: none"> <li>• Youth inventory of elders’ stories about food</li> </ul>
<ul style="list-style-type: none"> <li>• Use ponds in closing Abitibi Mill for fish hatcheries – make available to community</li> </ul>	<ul style="list-style-type: none"> <li>• Urban agriculture – rooftop gardens, community gardens; government to supply space</li> </ul>
<ul style="list-style-type: none"> <li>• Use surface water rather than draining the aquifer</li> </ul>	<ul style="list-style-type: none"> <li>• Advocate to effect change <ul style="list-style-type: none"> <li>○ Lobby!</li> <li>○ Sample letters emailed around</li> <li>○ Write MHA each week on different issue; convince family and friends to do same</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>• Insist on organic food</li> </ul>	<ul style="list-style-type: none"> <li>• Have healthy food in workplace</li> </ul>
<ul style="list-style-type: none"> <li>• Community kitchens</li> </ul>	<ul style="list-style-type: none"> <li>• Education on soil bio-remediation</li> </ul>
<ul style="list-style-type: none"> <li>• Advertisements on healthy eating</li> </ul>	<ul style="list-style-type: none"> <li>• Dietitians on phone-in talk shows like Crosstalk</li> </ul>
<ul style="list-style-type: none"> <li>• Budgeting &amp; cooking skills classes</li> </ul>	<ul style="list-style-type: none"> <li>• Community gardens</li> </ul>
<ul style="list-style-type: none"> <li>• TV commercials to target parents; healthy living commercials – show some activity &amp; exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Hands-on cooking courses and nutrition programs in schools, Family Resource Centres, churches, community halls</li> </ul>

**APPENDIX B**  
**FOCUSED CONVERSATION**  
**WORKSHOP QUESTIONS**

## Focused Conversation - Workshop Questions

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**1. THE FACTS: What brief facts can you contribute to this topic to help the group understand food security in relation to [workshop topic]?**

- What projects/programs/services do you know about?
- Who is involved in providing support? (stakeholders)
- What other brief facts or data can you contribute to this topic?

**2. YOUR OPINIONS: What do you personally believe are the most important food security issues and concerns in relation to [workshop topic]?**

**3. BRAINSTORMING SOLUTIONS: Given the complexity of this topic, where should we direct our efforts to effect change? How can we respond in the most strategic fashion?**

- Are you aware of initiatives in other communities/regions/provinces which *effectively* support [workshop topic]?
- To address the issues with which we are dealing, what resources/programs do we need to have in place?
- How could we mobilize for change, and who needs to be involved? – i.e., Partnerships? Funding opportunities?
- Where should change efforts be directed or focused?

**4. PRIORITIES: What would be your three top priorities for action around [workshop topic], based on our discussion today? Why would you choose these three?**

**APPENDIX C**  
**SATURDAY SESSION SUMMARY:**  
**PRIORITIES FOR ACTION**

## FOOD SECURITY ASSEMBLY - SUMMARY OF SATURDAY MORNING ACTION PRIORITY SESSIONS TO DETERMINE FIRST STEPS

<b>PRIORITY AREA 1: EDUCATION &amp; EARLY INTERVENTION</b>			
<b>FIRST STEPS</b>	<b>PEOPLE/PARTNERS/FUNDERS/CONTACTS</b>	<b>RESOURCES &amp; SUPPORT NEEDED</b>	<b>BEST PRACTICES/REMARKS</b>
<ul style="list-style-type: none"> <li>▪ Universal Breakfast &amp; Lunch Program</li> </ul>	<ul style="list-style-type: none"> <li>▪ Poverty Reduction Strategy</li> <li>▪ Dept. of Education</li> <li>▪ Dept. of Health &amp; Community Services</li> <li>▪ Kids Eat Smart</li> </ul>	<ul style="list-style-type: none"> <li>▪ Media</li> <li>▪ Policy makers</li> <li>▪ Parents</li> <li>▪ Advocacy groups</li> <li>▪ School principals</li> </ul>	<ul style="list-style-type: none"> <li>▪ Existing school lunch programs</li> <li>▪ Kids Eat Smart</li> <li>▪ Start from the roots up</li> <li>▪ Search out programs/models in other countries</li> <li>▪ Inclusion – education – empowerment</li> </ul>
<ul style="list-style-type: none"> <li>▪ Community action plan</li> <li>▪ Research: which communities do not yet have school food programs?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Family Resource Centres</li> </ul>	<ul style="list-style-type: none"> <li>▪ Local service clubs</li> <li>▪ Community / educators</li> <li>▪ Religious groups/leaders</li> <li>▪ Provincial religious leaders</li> </ul>	<ul style="list-style-type: none"> <li>▪ Involve poor people in the process</li> <li>▪ Food Security Network leadership role: Food Security Network needs to continue to play the lead role in food security &amp; advocacy</li> </ul>
<ul style="list-style-type: none"> <li>▪ Parents: food security awareness &amp; education</li> </ul>	<ul style="list-style-type: none"> <li>▪ Janeway programs</li> <li>▪ Family Resource Centres</li> <li>▪ Community Health</li> <li>▪ Parent/Teacher nights</li> <li>▪ Mentors – people with experience (i.e., breastfeeding)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Training</li> <li>▪ Partnerships</li> <li>▪ Adult parenting programs</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cut out vending machines, deep fryers</li> <li>▪ Kids Eat Smart programs in some (but not all) communities</li> <li>▪ Schools that promote nutritional policies</li> <li>▪ Family Resource Centre programs</li> </ul>
<ul style="list-style-type: none"> <li>▪ Preschool/elementary school: develop programs focusing on nutrition and healthy lifestyles</li> <li>▪ Develop &amp; incorporate nutritional programs (i.e., home economics, breakfast programs) in every school</li> </ul>	<ul style="list-style-type: none"> <li>▪ Kids Eat Smart</li> <li>▪ School Boards</li> <li>▪ Provincial/Regional Wellness Coalitions</li> </ul>	<ul style="list-style-type: none"> <li>▪ More funding (transportation)</li> <li>▪ Community support &amp; training</li> <li>▪ Access to community space</li> <li>▪ Nutrition policies</li> <li>▪ Professionals (i.e., dietitians)</li> <li>▪ Facilitators/mentors providing hands-on experience for children</li> <li>▪ Parents</li> <li>▪ Money!</li> </ul>	<ul style="list-style-type: none"> <li>▪ Programs such as Jump Start (Canadian Tire) which support lower income</li> <li>▪ Aboriginal groups</li> <li>▪ More funding needed</li> <li>▪ Inclusive Healthy Baby Club – no one should be turned away</li> <li>▪ Prenatal is an important place to start re early intervention</li> </ul>
<ul style="list-style-type: none"> <li>▪ Provide opportunities for diverse cultural experiences in communities province-wide</li> <li>▪ Create awareness of different cultures</li> </ul>	<ul style="list-style-type: none"> <li>▪ Poverty Reduction Strategy</li> <li>▪ Dept. of Immigration</li> <li>▪ Dept. of Health &amp; Community Services</li> </ul>	<ul style="list-style-type: none"> <li>▪ Aboriginal groups</li> <li>▪ Recent immigrants, new Canadians</li> </ul>	
<ul style="list-style-type: none"> <li>▪ Create 4-H style program to provide educational/learning programs for youth (call it “4-NL”)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Federal, Provincial government</li> <li>▪ Municipal governments</li> <li>▪ Dennis Raphael, York; research on Social Determinants of Health</li> </ul>	<ul style="list-style-type: none"> <li>▪ Youth recreation programs</li> <li>▪ Small local/community businesses</li> <li>▪ Local farmers to help develop programs</li> </ul>	<ul style="list-style-type: none"> <li>▪ WWOOF – BC-based program for people to work on organic farms – international program (WWOOF=Willing Workers on Organic Farms)</li> </ul>

<b>PRIORITY AREA: EDUCATION &amp; EARLY INTERVENTION cont'd</b>			
<b>FIRST STEPS</b>	<b>PEOPLE/PARTNERS/FUNDERS/CONTACTS</b>	<b>RESOURCES &amp; SUPPORT NEEDED</b>	<b>BEST PRACTICES/REMARKS</b>
<ul style="list-style-type: none"> <li>▪ Consultations:               <ul style="list-style-type: none"> <li>○ Department of Health &amp; Community Services, Wellness Division, re food security priorities</li> <li>○ Department of Education re food security priorities</li> <li>○ Schools: build on Healthy Schools Initiative</li> <li>○ Family Resource Centres</li> <li>○ Community Centres</li> </ul> </li> <li>▪ Prepare briefs/proposals to support provincial food security</li> </ul>	<ul style="list-style-type: none"> <li>▪ Department of Health &amp; Community Services - Wellness Division</li> <li>▪ Department of Education</li> <li>▪ Wellness Coalitions</li> <li>▪ MUN – Education</li> <li>▪ Family Resource Centres</li> <li>▪ Community Centres</li> <li>▪ Community Centres Alliance</li> <li>▪ Northeast Avalon Community Action Network</li> </ul>	<ul style="list-style-type: none"> <li>▪ Parents</li> <li>▪ Elders</li> <li>▪ Teachers</li> <li>▪ School boards</li> <li>▪ Food providers</li> <li>▪ More funding for related community groups</li> <li>▪ Researchers</li> <li>▪ Experts – nutritionists</li> <li>▪ Government champions in various departments</li> <li>▪ Sustainable funding for Food Security Network to carry out its work</li> </ul>	

<b>PRIORITY AREA 2: EDUCATION &amp; FOOD SECURITY AWARENESS</b>			
<b>FIRST STEPS</b>	<b>PEOPLE/PARTNERS/FUNDERS/CONTACTS</b>	<b>RESOURCES &amp; SUPPORT NEEDED</b>	<b>BEST PRACTICES/REMARKS</b>
<ul style="list-style-type: none"> <li>▪ Identify fundamental issues for food security education based on culture, geography, gender, class</li> <li>▪ Identify groups, NGOs, government</li> <li>▪ Make connections between food security and all government departments; i.e., environment, fisheries, forestry, etc.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Department of Health &amp; Community Services - Wellness Division</li> <li>▪ Department of Education</li> <li>▪ Department of Natural Resources</li> <li>▪ Department of Labrador Affairs</li> <li>▪ Other Government Departments</li> <li>▪ Family Resource Centres</li> <li>▪ MUN</li> </ul>	<ul style="list-style-type: none"> <li>▪ Secure funding for Executive Director for Food Security Network</li> <li>▪ Coordinator position in government for food security</li> <li>▪ Media – marketing campaign (4 days &amp; we're out of food)</li> <li>▪ Provincial lead on food security: Food Security Network</li> <li>▪ NGOs</li> <li>▪ Churches</li> <li>▪ Businesses (i.e., insurance agencies)</li> <li>▪ Farmers</li> <li>▪ Partner with agencies to get food security on their promotional messages</li> <li>▪ Members of Food Security Network</li> <li>▪ Researchers</li> <li>▪ Students</li> </ul>	<ul style="list-style-type: none"> <li>▪ Food Security Network</li> <li>▪ Adapt education to specific group needs</li> <li>▪ Focus on benefits of eating healthy</li> <li>▪ Align food security with health issues</li> <li>▪ ACT - social marketing on smoking – using this as initiative to do some similar social marketing around food security</li> <li>▪ Look at Workplace Health &amp; Safety Acts</li> <li>▪ Healthy Living/Healthy Schools Initiative: look at ways to incorporate food security into this</li> <li>▪ Have real people talk about food security &amp; insecurity; participatory model</li> </ul>

**PRIORITY AREA 3: COMMUNITY DEVELOPMENT / CAPACITY BUILDING / PARTNERSHIPS**

<b>FIRST STEPS</b>	<b>PEOPLE/PARTNERS/FUNDERS/CONTACTS</b>	<b>RESOURCES &amp; SUPPORT NEEDED</b>	<b>BEST PRACTICES/REMARKS</b>
<ul style="list-style-type: none"> <li>▪ Start in one location: develop local or regional Steering Committee/Working Group to connect all interested groups together</li> <li>▪ Start where the community is; have a community meeting to discuss food security</li> <li>▪ Community Mapping</li> <li>▪ Community Food Security Assessments</li> </ul>	<ul style="list-style-type: none"> <li>▪ Municipal government</li> <li>▪ Family Resource Centres</li> <li>▪ MUN</li> </ul>	<ul style="list-style-type: none"> <li>▪ All stakeholders</li> <li>▪ Vulnerable populations</li> <li>▪ Community residents</li> <li>▪ Non-profit groups</li> <li>▪ Farmers</li> <li>▪ Faith groups</li> <li>▪ Health care professionals</li> </ul>	<ul style="list-style-type: none"> <li>▪ FSN could act as a link between all groups</li> <li>▪ Review evaluations of provincial Wellness grants for community projects; use successful programs as “models” for other regions; contact: Director, Wellness Division, Co-Chairs of Wellness Coalition</li> <li>▪ Learn about programs offered in other provinces</li> <li>▪ Capacity-building model: get food-insecure people to do food costing research</li> </ul>
<ul style="list-style-type: none"> <li>▪ Have the media report on food security &amp; examples of initiatives that other groups are doing</li> </ul>	<ul style="list-style-type: none"> <li>▪ NTV</li> </ul>	<ul style="list-style-type: none"> <li>▪ Community groups</li> <li>▪ Media</li> </ul>	
<ul style="list-style-type: none"> <li>▪ Bring “food security” back to our existing community committees, networks, Rural Secretariat</li> </ul>		<ul style="list-style-type: none"> <li>▪ Assembly participants</li> </ul>	
<ul style="list-style-type: none"> <li>▪ Create regional <i>social development networks</i> similar to Regional Economic Development Boards structure, with mandate to explore Determinants of Health, including food security</li> </ul>	<ul style="list-style-type: none"> <li>▪ Wellness Coalitions</li> <li>▪ Rural Secretariat</li> <li>▪ Community Advisory Committees</li> <li>▪ Regional Economic Development Boards</li> </ul>	<ul style="list-style-type: none"> <li>▪ Funding needed</li> </ul>	<ul style="list-style-type: none"> <li>▪ Need to identify champions/leaders in each region to bring people together initially to talk about process</li> <li>▪ Use existing structures where possible – ex: community enrichment committees on Burin Peninsula, Wellness Coalitions</li> <li>▪ Presentations &amp; information on food security that can be shared</li> <li>▪ Could Rural Secretariat help facilitate this process</li> </ul>

**PRIORITY AREA 4: POLICY**

<b>FIRST STEPS</b>	<b>PEOPLE/PARTNERS/FUNDERS/CONTACTS</b>	<b>RESOURCES &amp; SUPPORT NEEDED</b>	<b>BEST PRACTICES/REMARKS</b>
<ul style="list-style-type: none"> <li>▪ Inventory or environmental scan of provincial food security initiatives; for the purpose of beginning to develop a provincial Food Security Policy</li> </ul>	<ul style="list-style-type: none"> <li>▪ Related government departments at Deputy Minister &amp; Minister levels</li> <li>▪ Department of Innovation, Trade and Rural Development</li> <li>▪ Department of Health &amp; Community Services</li> <li>▪ Department of Natural Resources: Agri-foods</li> <li>▪ Department of Justice</li> <li>▪ Department of Human Resources, Labour and Employment</li> <li>▪ Department of Education</li> <li>▪ Fisheries Division</li> <li>▪ Policy Group under Executive Council</li> <li>▪ Federal Government</li> <li>▪ MUN</li> <li>▪ Rural Secretariat</li> <li>▪ Dr. Patty Williams – NS</li> <li>▪ Wellness Coalitions</li> </ul>	<ul style="list-style-type: none"> <li>▪ NGOs</li> <li>▪ Poverty groups</li> <li>▪ Farm organizations</li> <li>▪ Need funding</li> </ul>	<ul style="list-style-type: none"> <li>▪ NL School Food Policy</li> <li>▪ Poverty Reduction Strategy</li> <li>▪ Rural Economic Development Plan</li> <li>▪ Tobacco policy – driven by ACT</li> </ul>
<ul style="list-style-type: none"> <li>▪ Build support &amp; resource network based on groups identified in environmental scan</li> </ul>		<ul style="list-style-type: none"> <li>▪ Need a champion; could be one of the partners identified in the process</li> </ul>	
<ul style="list-style-type: none"> <li>▪ Develop consensus on the concept of “food security” &amp; build commitment to move that concept forward</li> </ul>			



**PRIORITY AREA 5: FARMING**

<b>FIRST STEPS</b>	<b>PEOPLE/PARTNERS/FUNDERS/CONTACTS</b>	<b>RESOURCES &amp; SUPPORT NEEDED</b>	<b>BEST PRACTICES/REMARKS</b>
<ul style="list-style-type: none"> <li>▪ Farmer’s markets to link local agriculture &amp; markets</li> </ul>	<ul style="list-style-type: none"> <li>▪ Dept of Natural Resources</li> <li>▪ NL Federation of Agriculture</li> <li>▪ Farm Folk/City Folk - Vancouver</li> </ul>	<ul style="list-style-type: none"> <li>▪ Farmers</li> <li>▪ Education system</li> <li>▪ Dietitians &amp; nutritionists</li> <li>▪ Arts</li> <li>▪ Media</li> </ul>	<ul style="list-style-type: none"> <li>▪ British Columbia’s ALR</li> <li>▪ Crop insurance &amp; support systems</li> <li>▪ Open Farm Day – getting people out to the farms</li> <li>▪ New investment in products for agricultural land especially focused on access to land for new/young farmers</li> <li>▪ Use a subsistence definition of farming</li> <li>▪ Local approaches/supportive activities</li> </ul>
<ul style="list-style-type: none"> <li>▪ Educate re real cost of food production</li> <li>▪ Educate re real value of local food: externalized cost; better nutrition; local economy</li> </ul>			
<ul style="list-style-type: none"> <li>▪ Develop policies to support access to and protect agricultural land</li> </ul>	<ul style="list-style-type: none"> <li>▪ Full funding for Food Security Network</li> </ul>		
<ul style="list-style-type: none"> <li>▪ Explore new technologies – ex: sustainable greenhouses for northern climates (small-scale, for small communities)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Heifer International</li> </ul>	<ul style="list-style-type: none"> <li>▪ Financial support for infrastructure</li> <li>▪ Credit unions</li> </ul>	

**PRIORITY AREA 6: ENVIRONMENT**

<b>FIRST STEPS</b>	<b>PEOPLE/PARTNERS/FUNDERS/CONTACTS</b>	<b>RESOURCES &amp; SUPPORT NEEDED</b>	<b>BEST PRACTICES/REMARKS</b>
<ul style="list-style-type: none"> <li>▪ Provide incentives to people who are good stewards of the natural world</li> </ul>	<ul style="list-style-type: none"> <li>▪ Federation of Agriculture</li> </ul>	<ul style="list-style-type: none"> <li>▪ Farmers</li> <li>▪ Wildcrafters</li> <li>▪ Hunters</li> <li>▪ Food producers</li> <li>▪ Food gatherers</li> <li>▪ Aboriginal groups</li> </ul>	<ul style="list-style-type: none"> <li>▪ Set up working group</li> <li>▪ Identify relevant stakeholders</li> </ul>
<ul style="list-style-type: none"> <li>▪ Lower Churchill Project:               <ul style="list-style-type: none"> <li>○ Monitor Lower Churchill development</li> <li>○ Liaise with groups working on this issue</li> <li>○ Organize awareness event to talk about all issues related to Lower Churchill</li> <li>○ Create 1-page fact sheet</li> <li>○ Stakeholders forum</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Innu Nation</li> <li>▪ Metis Nation</li> <li>▪ Grand Riverkeepers</li> <li>▪ Hydro</li> <li>▪ Government</li> <li>▪ NLEN (NL Environment Network)</li> <li>▪ Labrador Town Councils</li> <li>▪ Nunatsiavut government</li> </ul>	<ul style="list-style-type: none"> <li>▪ Designers</li> <li>▪ Stakeholders</li> </ul>	
<ul style="list-style-type: none"> <li>▪ GMO action:               <ul style="list-style-type: none"> <li>○ Appoint working group to find out if GMOs are growing in NL</li> <li>○ Make recommendations for next steps</li> <li>○ Create timeline (3 months)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Federation of Agriculture</li> <li>▪ Council of Canadians</li> <li>▪ Dept. of Natural Resources</li> </ul>	<ul style="list-style-type: none"> <li>▪ Organic farmers</li> <li>▪ Organic consumers</li> </ul>	
<ul style="list-style-type: none"> <li>▪ Protect agricultural land</li> <li>▪ Restrict recreational vehicles</li> </ul>			<ul style="list-style-type: none"> <li>▪ Community control</li> <li>▪ Land trusts</li> <li>▪ Reclaim traditions</li> <li>▪ Local approaches</li> <li>▪ Supportive activities</li> </ul>



**APPENDIX D  
SATURDAY “CALL TO ACTION”  
RESPONSE SHEETS**

**FOOD SECURITY ASSEMBLY - FINAL SATURDAY MORNING SESSIONS  
TABLE RECORDER RESPONSE SHEET**

**PRIORITY AREA 1**

**PRIORITY AREA 2**

**PRIORITY AREA 3**

<b>*** NAME OF PRIORITY AREA:</b>		<b>*** Name of Recorder:</b>
<b>What are the <u>first steps</u> that need to be taken to move this priority forward?</b>	<b><u>Who</u> needs to be involved? (people, potential partners, funders)</b>	<b>What additional <u>resources and supports</u> will be needed?</b>

*Please continue below...*

What existing models, initiatives, or best practices (local, regional, provincial, national, international) do you know about that we can utilize and build on? (What are people <i>already</i> doing that is <i>working</i> ?)	People/organizations to contact



# **APPENDIX E**

## **POSTER DISPLAYS**



## Poster Displays

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NL Association of Social Workers

National Anti-Poverty Organization

Kids Eat Smart Foundation

Brighter Futures (St. John's/Burin Peninsula)

Learning for Life – Diabetes Initiative

Innu Nation Food System

Dietitians of Newfoundland & Labrador

The Organic Farm

Newfoundland & Labrador Environment Network (NLEN)

Food Security Network of Newfoundland & Labrador

Breast Feeding Coalition of Newfoundland and Labrador

Public Health Agency of Canada

Department of Natural Resources (Agri-Foods)

## **APPENDIX F PRESENTER BIOS**

## Presenter Biographies

**THURSDAY, OCTOBER 18, 2007**

**Cathleen Kneen - Chair, Food Secure Canada, Ottawa, ON**

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Cathleen Rosenberg Kneen grew up in St. John's, NL, graduated from Prince of Wales College, and spent two years at Memorial University before her family left the province. For 15 years, Cathleen and her husband, Brewster Kneen, ran a commercial sheep and cattle farm in Nova Scotia, during which time Cathleen was a co-founder of the Pictou County Women's Centre, the Tearmann House for Battered Women, and the Northumberland Lamb Marketing Co-op. She also organized for the National Farmers Union, and was an Atlantic regional coordinator for the People's Food Commission.

In 1995, Cathleen began working with communities across BC to develop local food security and food policy groups. These groups link farmers and food producers with food businesses, emergency feeding programs, food banks, self-help food projects such as community kitchens and community gardens, and marginalised segments of the population. Their goal is to establish a self-reliant local food system which can provide food for everyone in the community, jobs, and security for both producers and consumers. In 1999 they came together as the BC Food Systems Network, with Cathleen as coordinator. A hallmark of the Network is insistence on respectful listening and honouring diverse perspectives.

During her ten years in BC, Cathleen edited the quarterly journal of the Certified Organic Associations of BC, and served on the Board of Directors of Healthy Eating and Active Living in Northern BC and the Steering Committee for the Indigenous Food Sovereignty Conference in BC's Interior region. Locally, she coordinated Shuswap Food Action and the Salmon Arm Good Food Box project. She was among the co-founders of Food Secure Canada/Sécurité Alimentaire Canada, which she now chairs from her new home in Ottawa. Cathleen and her husband publish The Ram's Horn, a monthly newsletter of analysis of the food system (since 1980).

**FRIDAY, OCTOBER 19, 2007**

**Dr. Patty Williams - Associate Professor & Canada Research Chair (Food Security & Policy Change), Mount Saint Vincent University, Halifax, NS**

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Dr. Patty Williams returned to Nova Scotia in 2000 after completing her PhD in Interdisciplinary Studies at the University of British Columbia in Vancouver. Prior to this, she worked as pediatric dietitian at the Janeway Child Health Centre in St. John's, Newfoundland and Labrador. She was awarded a Canadian Institutes of Health Research Postdoctoral Fellowship from 2001-03 at the Atlantic Health Promotion Research Centre (AHPRC), Dalhousie University.

Dr. Williams is currently an Associate Professor in the Department of Applied Human Nutrition at Mount Saint Vincent University (MSVU). Working collaboratively with the Nova Scotia Nutrition Council (NSNC), the Canada Action Program for Children and Canada Prenatal Nutrition Program-funded Nova Scotia Family Resource Centres/Projects, AHPRC, and provincial and national advisory committees, she is leading a program of research that focuses on the use of participatory research and capacity-building to influence policy and systems change for food security.

In 2007, Dr. Williams was awarded a Canada Research Chair in Food Security and Policy Change. Dr. Williams will lead a team of researchers at Mount St. Vincent University who will explore food security across the life span and contribute to effective policy-building in Canada and internationally.

**SATURDAY, OCTOBER 20, 2007**

**Dawn Morrison - Community Development Facilitator, Chase, BC**

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In the years away from her ancestral Secwepemc (Shuswap) community, Dawn's work in various capacities throughout her 15 year long career in Horticulture has literally kept her in touch with her Indigenous roots through applying an ecological approach to studying and working with plants. Her Secwepemc heritage along with her technical and practical background in horticulture and ethonobotany, as well as her passion for environmental and cultural revitalization, led her to a long-lasting career in Aboriginal adult education and community development.

Dawn returned home in 2000 to re-connect with her ancestral ties in Secwepemc territory and has since committed to learning and working with Elders and traditional hunters, fishers and harvesters to improve the health and well-being of the Secwepemc peoples. As a Community Development Facilitator, Dawn works from a basis of Indigenous food sovereignty and eco-cultural restoration and has an educational background in the areas of horticulture, adult instruction, restoration of natural systems, and business management.

Dawn is currently enrolled in the Restoration of Natural Systems Program at the University of Victoria. Some of Dawn's most recent professional developments include participating in various roles with several indigenous and non-indigenous organizations such as: the newly designated B.C. Food Systems Network - Working Group on Indigenous Food Sovereignty (Coordinator/Director), 1st Annual Interior of B.C. Indigenous Food Sovereignty Conference (Coordinator), and Around the Kitchen Table Project - Aboriginal Women's Group working on HIV/AIDS Awareness and Prevention.



**APPENDIX G**  
**LIST OF ASSEMBLY PARTICIPANTS**

<b>Allen, Lorraine</b>	Nunatsiavut Dept. of Health & Social Development	lorraine_allen@nunatsiavut.com	709-947-3328
<b>Andrew, Angela</b>			
<b>Andrew, April</b>			
<b>Antonenko, Annie</b>		annieant804g@yahoo.ca	709-579-6067
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<b>Baldwin, Ethel</b>	Northshore Early Childhood Association	nseca@nf.aibn.com	709-783-2996
<b>Baldwin, Terri</b>	Northshore Early Childhood Association	nseca@nf.aibn.com	709-783-2996
<b>Barrett, Tracy</b>	Eastern Health	tracy.barrett@easternhealth.ca	709-786-0386
<b>Barron, Jill</b>	Seniors Resource Centre Association of NL	jillbarron@hotmail.com	709-737-2333
<b>Bennett, Lorraine</b>	Northshore Early Childhood Association	nseca@nf.aibn.com	709-783-2996
<b>Beresford, Karen</b>	Exploits Valley Community Coalition	evcc@familyresourcecentres.ca	709-489-8133
<b>Bolt-Hickey, Amanda</b>	Burin Peninsula Brighter Futures	a_bolt_hickey@hotmail.com	709-662-2444
<b>Bourne, Andrea</b>	NL Federation of Agriculture	andrea@nlfa.ca	709-747-4874
<b>Bradley, Denise</b>	MacMorran Area	denise.bradley@gmail.com	709-237-0371
<b>Buckle, Stephanie</b>	Western Health	stephaniebuckle@westernhealth.nl.ca	709-637-5000/5257
<b>Burgess, Lesley</b>	Eastern Health	lesley.burgess@easternhealth.ca	709-752-4422
<b>Capps, Deborah</b>	Brighter Futures Coalition	dcapps@brighter-futures.net	709-739-8096
<b>Careen, Noreen</b>	Labrador West Status of Women Council	lws@crstv.net	709-944-6562
<b>Chadderton, Linda</b>	OCAI - Family Outreach Resource Centre	lchadderton@nf.sympatico.ca	709-634-2316
<b>Chesley, Leigh</b>			
<b>Connors, Joy</b>	Food Bank Network, Bay of Islands Ministerial Association	foodbanknetwork@nf.aibn.com	709-634-2655
<b>Coombes, Margaret</b>	Health Promotion Division, Eastern Health	margaret.coombes@easternhealth.ca	709-752-4911
<b>Corcoran-Mooney, Priscilla</b>	Eastern Health	priscilla.corcoranmooney@easternhealth.ca	709-227-4140
<b>Cull, Barbara</b>	HRLE, Govt of NL	barbaracull@gov.nl.ca	709-643-8620
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