



2012/  
2013

Food  
Security  
Network

of Newfoundland  
& Labrador

Annual  
Report

# Our Goals



## Public Awareness

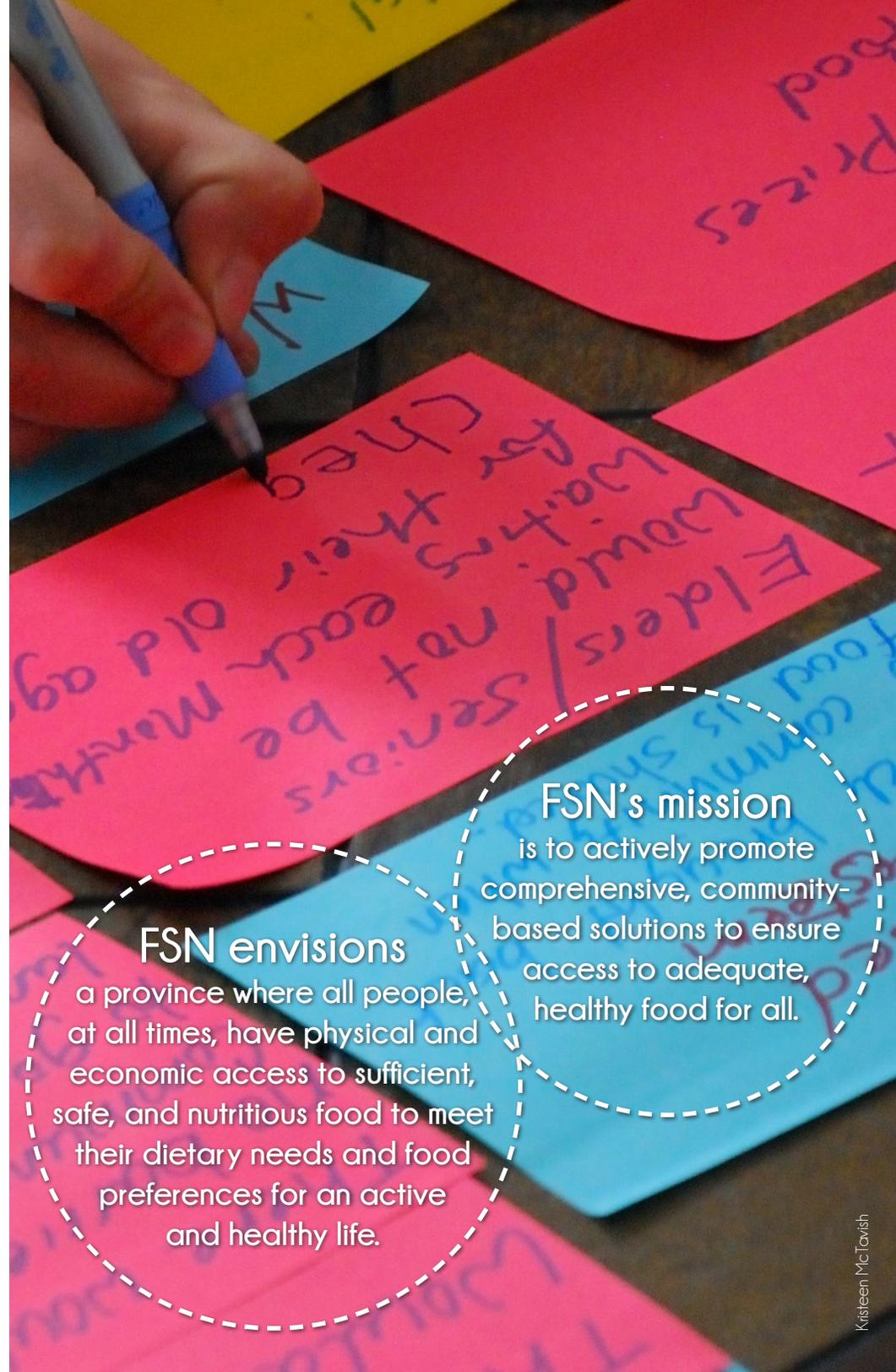
The first step to addressing an issue is to understand an issue. The Food Security Network (FSN) actively works to increase understanding and awareness of food security and its impacts in order to enhance efforts to improve food security province-wide.

## Community Action

Communities understand local issues and have the ability to make meaningful, positive impacts. FSN catalyzes and supports community action to improve food security across Newfoundland & Labrador.

## Diverse Partnerships

Food security is a complex issue that involves multiple sectors. FSN works to build diverse, strategic partnerships to enhance food security in the province.



**FSN envisions**  
a province where all people, at all times, have physical and economic access to sufficient, safe, and nutritious food to meet their dietary needs and food preferences for an active and healthy life.

**FSN's mission**  
is to actively promote comprehensive, community-based solutions to ensure access to adequate, healthy food for all.

# Growing Food Security

## A Message from the Board Chair & Executive Director

Healthy food is vital to the health of our children, our families, our communities, and our province.

As an isolated province, we are greatly dependent on outside food sources, importing approximately 90% of fresh vegetables. And while we are producing most of our milk, chicken, and eggs, our largest food industry—seafood—is almost entirely for export.

This dependence on outside food sources means that our food must travel vast distances, resulting in poor quality, limited availability, and high cost of fresh, healthy foods in our stores. This is a common story we see in communities across the province - with the severity of these challenges increasing in smaller, more rural and remote communities.

At the same time, one of the greatest food security assets we have in our province is our rich food heritage — traditions like gardening, bottling, hunting, fishing, and celebrating with food. What is perhaps most impressive and promising about this strength, is that knowledge of these traditional food ways is still here and is still used today.

In 2012-13, the Food Security Network NL (FSN) celebrated our food heritage with the creation of the *All Around the Table* video series. These beautifully crafted videos capture food stories, knowledge, and wisdom of 12 seniors from across Eastern Newfoundland. They not only celebrate this knowledge, but record it for future reference and use.

It is also promising that so many communities are coming together to take appropriate and effective action to improve access to healthy food. There are increasing numbers of community gardens, kitchens, freezers, and bulk buying programs province-wide.

This past year, FSN fostered community action across the province by developing and promoting new resources to support community food interventions, providing training and networking opportunities for community organizations, and supporting and hosting community events to raise awareness about these important issues.

FSN would like to acknowledge all of our partners and funders over the past year who helped to make this work possible. We look forward to continuing to work collaboratively to help make healthy food available and accessible to all.



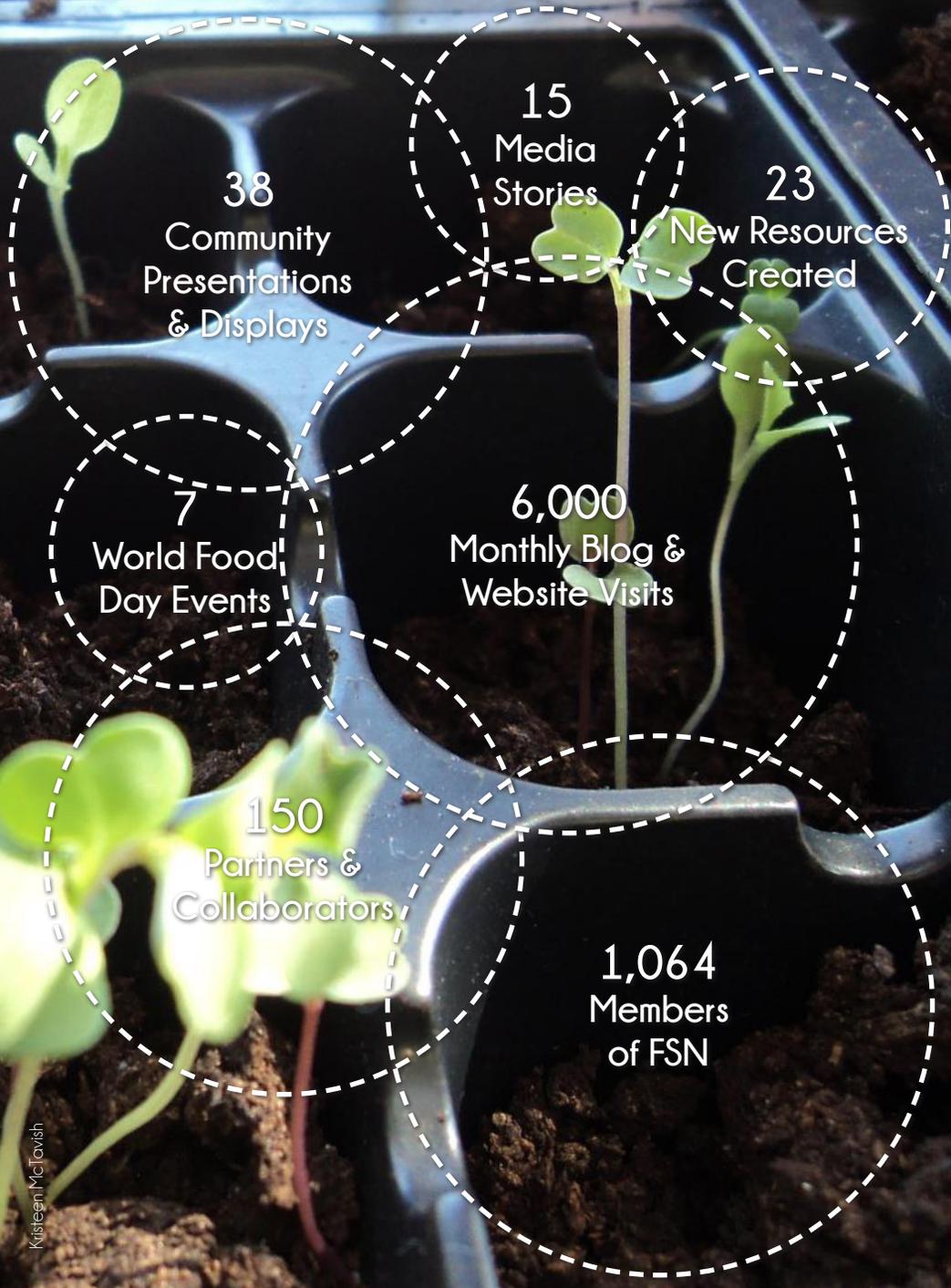
Kristie  
Jameson  
Executive  
Director



Maureen  
Leat  
Chair

# FSN By the Numbers

2012-2013



# Food Skills Workshops

In July 2012, FSN launched the Root Cellars Rock Food Skills Workshops—a series of workshops on 8 topics:

- Container Gardening
- Composting
- Seed Saving
- Edible Wild Plants
- Preparing Vegetables
- Culinary Herbs
- Canning/Bottling
- Root Cellars

Each workshop provides all the how-to information, resources, and activity plans needed for groups to host a food skills workshop in their community.

The workshops are intended to help improve knowledge and use of healthy food skills in individuals and families across the province. They also build confidence of participants by providing an interactive, hands-on learning experience.

Since the launch of the workshops, FSN has collaborated with community groups to promote and support the use of the workshop kit province-wide. Over 25 Food Skills Workshops have been hosted in communities spanning the province, with over 250 participants.

Workshops have been hosted in collaboration with 50+ clubs, community gardens, municipalities, farmers' markets, community centers, festivals, farms, and other community-based organizations.

All of the workshops are available on the Root Cellars Rock Blog at [rootcellarsrock.ca](http://rootcellarsrock.ca). Contact Sarah Ferber at 709-237-4026 for information on hosting a healthy food skills workshop in your community.



The workshops build healthy food skills and confidence among participants, and provide a space for peer and intergenerational learning.

"The hands on activities were fantastic! We discussed recipes, food preparation, food security, and prepared local vegetables in new interesting ways."

- Participant, Preparing Vegetables Workshop

In 2012-13, over 250 people attended food skills workshops province-wide

# All Around the Table

All Around the Table is a video series of 12 interviews with seniors sharing their food knowledge.

Since their launch, there have been 6,545 views of the All Around the Table videos.

“You didn’t have to prepare partridgeberries right away. We always had a barrel, of about 200 lbs, and it would be filled with partridgeberries. Mother would make sure the berries were covered in water and they would freeze, in the barrel, for the winter.”

- Lewis Cole, Carbonear

A vegetable garden, laying hens, a fishing boat, berry grounds: when our grandparents were younger, the grocery store was out the back door. Since then, however, Newfoundland and Labrador has become increasingly dependent upon an uncertain global food system, disruptions to which are being felt more frequently on the tables of families here, leading communities to seek more sustainable and healthy local alternatives.

In our search we can look to the traditional ways of growing, preserving, and preparing our food that still make sense today. These traditions live on in the knowledge of older generations.

This year marked the launch of *All Around the Table*, a series of 12 beautiful, short videos featuring interviews with seniors from across Eastern Newfoundland.

In each video seniors share personal stories that highlight their food traditions, skills, and knowledge on a range of topics. Interviewees discuss gardening, composting, seed saving, farming, fishing, cooking, baking, food preservation, root cellars, hunting, health, and wellness.

*All Around the Table* would not have been possible without the generosity of the 12 interviewees, all of our partners, and funding from Employment and Social Development Canada through the New Horizons for Seniors Program.

All of the videos are available free on the Root Cellars Rock Blog at [rootcellarsrock.ca](http://rootcellarsrock.ca).

# World Food Day 2012

FSN uses World Food Day to draw attention to local food security challenges and the exciting responses that are happening across the province.

In October 2012, seven communities across the province organized World Food Day events to raise awareness about food security issues.

In partnership with FSN, harvest parties, community meals, food drives, gardening workshops, and picnics were hosted in Harbour Breton, Botwood, Happy Valley-Goose Bay, Hopedale, Riverhead, and Carbonear.

The World Food Day Movie & Meal event held in St. John's recognized the 20th anniversary of the cod moratorium by focusing on sustainable fisheries.

FSN partnered with Oxfam and the Community-University Research for Recovery Alliance Project to take a closer look at the changing faces of local and global fisheries, and community-based solutions for cultivating sustainable fisheries. The event looked to the past for lessons learned and promoted practical ways to take positive action moving forward.

99 attendees enjoyed a three-course meal showcasing fish, vegetables, and fruit of NL. Following the meal guests watched *End of the Line*, a documentary about the impacts of overfishing on oceans.



World Food Day is on October 16th, and was established by the United Nation's Food and Agriculture Organization to highlight global hunger.

In October 2012, seven World Food Day events were hosted across the province, with over 250 participants.

11 local food producers and retailers donated food to support the St. John's Movie & Meal Event, and 27 dedicated volunteers helped make it a great success!

# Community Food Action in Nunatsiavut

Since 2009, FSN has worked with partners in Nunatsiavut to catalyze and support community food security action in the region, primarily in Hopedale with the NiKigijavut Hopedalimi ("Our Food in Hopedale") program.

2012 marked the launch of an expanded four year program to improve food security in Nunatsiavut. The program supports the implementation of the NiKigijavut Hopedalimi Action Plan, the development and implementation of Community Food Action Plans in Nain and Rigolet, food security activities in Makkovik and Postville, and the development of a regional food security strategy.

Food security action supported through this program will include initiatives such as gardening programs, community freezer programs, community composting initiatives, and healthy food skills building programs, among others.

The program uses the Community-led Food Assessment (CLFA) model that has been adapted by FSN and Trent University for use in Inuit communities. A CLFA is a collaborative process that assesses the current status of food security to develop community-appropriate solutions to improve access to healthy, culturally-appropriate food.

This program is funded by the Public Health Agency of Canada; with support from the Nunatsiavut Government; Nain, Hopedale, Makkovik, Postville, and Rigolet Inuit Community Governments; Trent University; the Government of Newfoundland and Labrador, among many others.

The Hopedale Backyard Gardening Program aims to work with five families per year to set up home-based gardens.

"We are taking small steps to ensure greater success, with the community freezer we are expanding slowly to include a walk-in freezer and a youth program. So far on this path we are seeing a difference to help battle food insecurity here in Hopedale."

- Wayne Piercy, AngajukKâk (Mayor), Hopedale

The Hopedale Community Freezer provides access to healthy, country foods such as duck, fish, seal, geese, & berries.

# Nutrition Month

Every year FSN celebrates Nutrition Month, an annual campaign of Dietitians of Canada hosted in March. FSN partners with Dietitians of Canada to promote Nutrition Month and raise awareness of the resources and events happening throughout the province.

In 2013 FSN hosted an educational teleconference on the Nutrition Month theme, 'Best Food Forward: Plan, Shop, Cook, Enjoy!', with Vanessa Young, Regional Nutritionist with Central Health, and Lisa Dooley, a Clinical Dietitian with Eastern Health.

FSN also partnered with dietitians in Newfoundland and Labrador to support community screenings of the short documentary Nourish across the province. Throughout the month of March Nourish was screened 8 times to school groups, seniors, as part of a food film festival, and to a healthy eating and cooking class.

FSN is thrilled with the interest in using documentaries to spark conversations about healthy eating and food security Newfoundland and Labrador. FSN has a Film Library of numerous food related documentaries that are available to groups to host public screenings in their community. For more information about FSN's Film Library visit [rootcellarsrock.ca](http://rootcellarsrock.ca).

About **Nourish**: With beautiful visuals and inspiring stories, the Nourish film traces our relationship to food from a global perspective to personal action steps. Nourish illustrates how food connects to such issues as biodiversity, climate change, public health, and social justice.



## Partners & Funders

FSN would like to thank all of our organizational and governmental partners, collaborators, and funders from over the past year. Their valuable knowledge, resources, and input have greatly enriched FSN's 2012-13 activities.

FSN would particularly like to acknowledge the ongoing financial support received from the **Department of Health & Community Services, Health Promotion and Wellness Division** which has made much of our work possible.

In 2012-13, FSN also had three additional project funders:

**Public Health Agency of Canada**, Innovation Strategy on Achieving Healthier Weights in Canada

**Employment and Social Development Canada**, New Horizons for Seniors Program

**Department of Innovation, Business & Rural Development**, Community Capacity Building Program

## Get Involved

FSN is grateful for the support and hard work of our volunteer Board of Directors and our diverse members. The growth in food security work across the province comes from many volunteers, community champions, and organizations starting projects that increase access to healthy food.

## Board & Staff

### Board

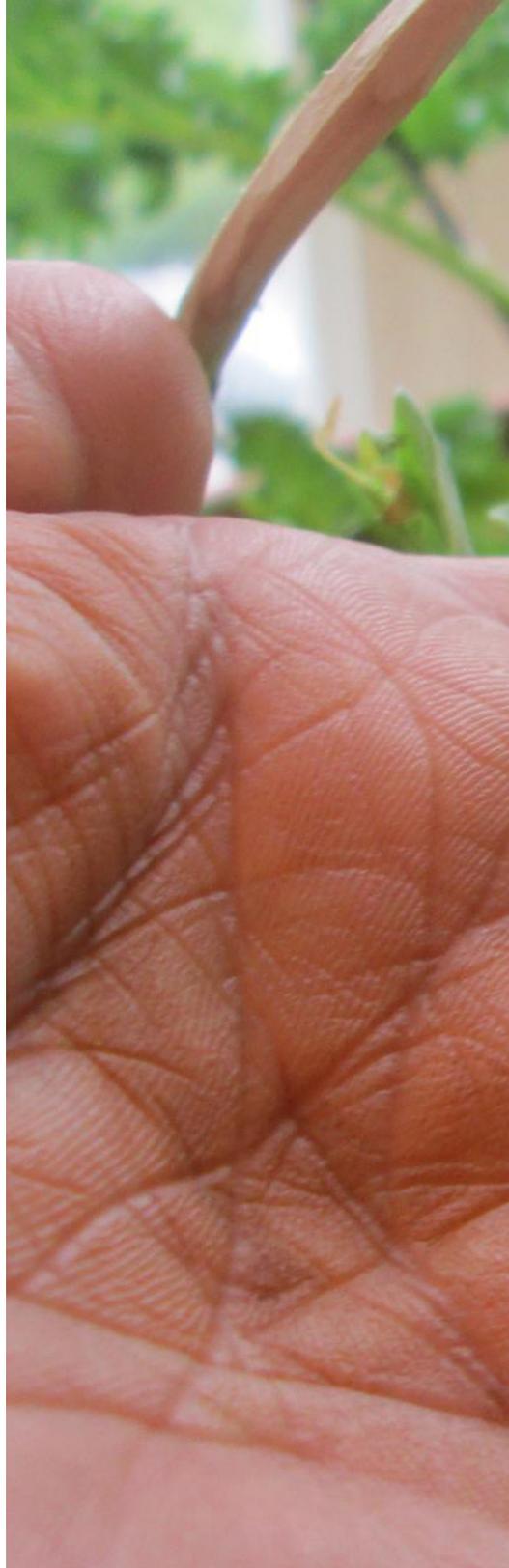
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Deborah Capps, Secretary  
Susan Green, Ex-officio  
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Kristen Lowitt  
Morgan Murray  
Jill Wheaton  
Mark Wilson  
Michele Wood

### Staff

Kristie Jameson, Executive Director  
Rick Kelly, Communications Coordinator  
Sarah Ferber, Administration and Outreach Coordinator  
Frances Boase, NiKigijavut Hopedalimi Community Coordinator

### How can you get involved?

Sign up for the E-News  
Follow Root Cellars Rock on Facebook and twitter  
Become a member of FSN  
Start or join a local initiative in your community.



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[www.foodsecuritynews.com](http://www.foodsecuritynews.com)

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