So you’ve identified that there is a problem with our food system. Maybe you’ve noticed that people in your community are using food banks, maybe you’ve noticed that there are students who are obese, or perhaps you know a farmer who is struggling to make a living. Whatever the reason, you’re reading this because you want to see things change. Before you start to act, take a moment to learn about the issues so the work you do will have the maximum impact. Good luck.

What is Food Security?
The definition of food security developed at the World Food Summit in 1996 at which 187 countries pledged to halve the number of hungry people within their respective nations by the year 2015.

“Food security exists when 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”

Three areas of Food Security
In simple terms, Food Security can be broken down into the Income, and Agriculture. The health of these three areas will define a person’s or community’s level of Food security. Watch this video to learn more about food security.

Food Security vs Food Sovereignty
What is missing in the definition of Food Security is the “right” of peoples to define their own food, agriculture, livestock and fisheries systems, in contrast to having food largely subject to international market forces. You can learn more about how citizens are taking control of their food and helping their communities out of poverty and crisis.

What this video to learn more about Food Sovereignty

Why do Hunger and Food Insecurity Exist?
Here are just a few of the causes of Food Insecurity.

• Unequal distribution of food globally and locally
• Societal treatment of food as a commodity
• Inadequate resources to produce food in a sustainable way
• Limiting trade restrictions and government policies on food exportation and importation
• Poverty
• Climate Change
• Instability of governments, and conflict

Watch this video to learn more about Causes and Solution to Food insecurity.
1. Short Term

Short-term relief strategies are the first level on the Food Security continuum. This level represents emergency programs such as charitable food distribution agencies which intervene to prevent hunger and famine in times of environmental, societal or personal crisis. Food banks first arose in Canada during a period of large scale unemployment and recession in 1981 in Edmonton, AB as an “emergency measure,” with the expectation that when the crisis was over, the program would fold. Today, food banks are virtually embed-deed as an integral component in the food security network, meanwhile government unemployment and welfare policies are as yet inadequate and unfortunately these charities have the potential to divert the attention away from underlying issues giving politicians an “out”.

2. Capacity Building

Capacity building helps reduce persons reliance on short-term emergency aid and promotes self sufficiency. By equipping persons with the skill set and the tools necessary to survive within their respective societies, we are in a sense fulfilling the age-old saying which goes:

“Give a person a fish, and you feed them for a day; teach a person to fish, and they can feed themselves for a lifetime.”

3. System Change

The redesign approach is the most effective strategy for attacking the core issues of poverty, food system sustainability, and promoting the connection between health and social environment.

System change usually comes about when citizens start projects, and build the momentum for change. As more citizens demand a change in our food system, the government responds, or the people rise up and make the change themselves.