



Understanding Food Security



**Food Security Network of
Newfoundland and Labrador**
www.foodsecuritynews.com

Understanding Food Security

Agenda

1. What is Food Security?
2. Sustainable Food Systems
3. Food Security Network NL
4. Food Security in NL
5. The Food Security Continuum
 - I. Emergency and Short Term Relief
 - II. Capacity Building
 - III. Systems Change
6. Food Security in (**Insert Community**)

What is Food Security?



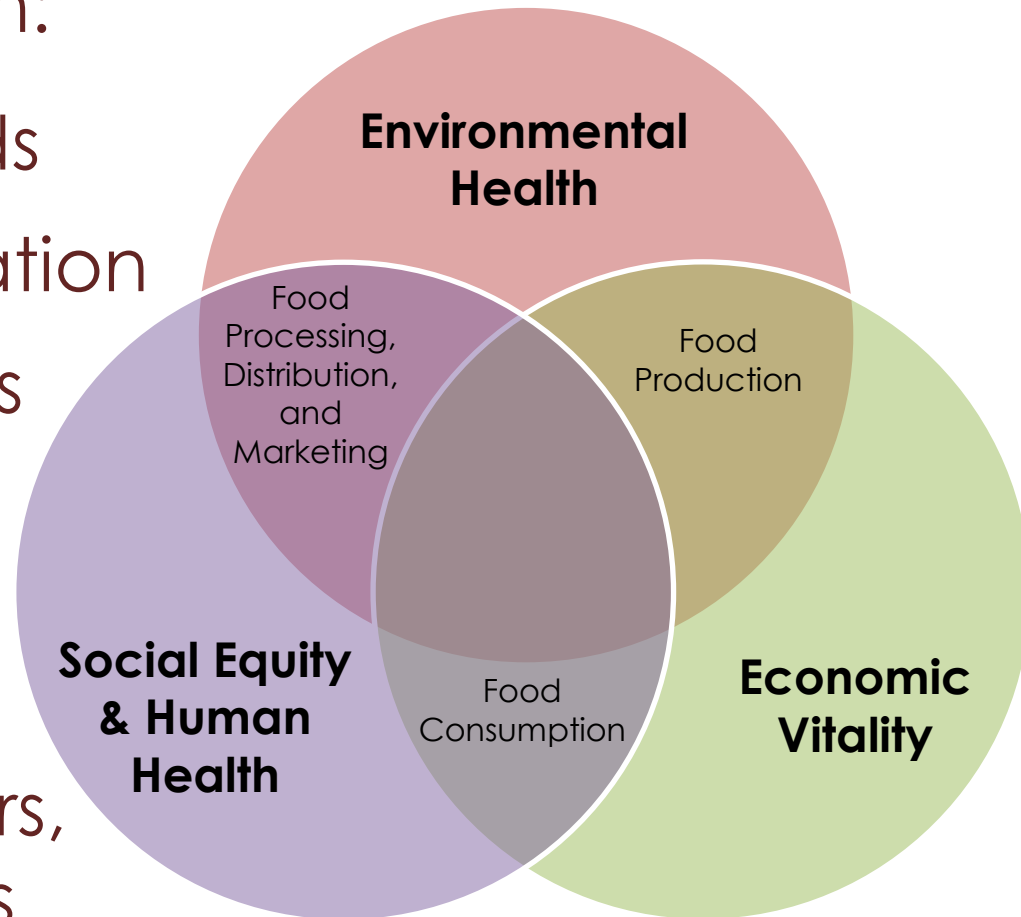
Food Security exists when all people, at all times, have access to adequate amounts of nutritious, safe, and culturally appropriate foods.

Food Security means that the people who produce foods are able to earn a living wage.

Sustainable Food Systems

A Healthy, Sustainable Food System focuses on:

- Local, seasonal foods
- Health of the population
- Building communities
- Local economic development
- Supporting local producers, processors, distributors & retailers



Food Security Network NL

FSN Initiatives include:

- Monthly E-News
- Food Security Initiative Inventory
- Best Practices Toolkits
- Food Security Teleconferences
- Root Cellars Rock!
- www.foodsecuritynews.com
- www.rootcellarsrock.ca

“Actively promoting comprehensive, community-based solutions to ensure physical and economic access to adequate and healthy food for all.”

Food Security in NL



- Producing 10% of fresh vegetables, 2-3 day supply
- Aging farmer population, barriers to new entrants
- Exporting most fish products
- Rural population
- Lowest consumption of vegetables in Canada
- Highest rates of obesity and diabetes in Canada
- Highest rate of food bank usage in Canada

Heritage & Tradition

Newfoundland & Labrador has a strong heritage of traditional food-ways:

- Backyard gardening
- Hunting & fishing
- Food preparation
- Food preservation
 - Bottling and canning
 - Root cellars
 - Salting
 - Drying



Food Security Continuum

Strategies for Change



Short-Term
Relief
Strategies

Capacity-
Building
Strategies

Systems
Change
Strategies

Strategies for Change

Emergency & Short-Term Relief



- Directed at those who are most food insecure
- Address immediate issue of hunger
- Examples include:
 - Food banks
 - Soup kitchens
 - School lunch programs

Strategies for Change

Emergency & Short-Term Relief

Examples in NL:

- Community and Church sponsored food banks across NL
- Status of Women Councils and Women's Centres
- School Lunch Association



Strategies for Change

Capacity Building



- Engage communities in improving local food security
- Individual and community skill-building
- Examples include:
 - Community kitchens
 - Community gardens
 - Farmers' markets
 - Buy local campaigns

Strategies for Change

Capacity Building

Examples in NL:

- Level Best Buying Club
- Healthy Baby Clubs
- Avalon Region Buy Local! Buy Fresh! Map
- Keep it in Kittiwake buy local campaign



Strategies for Change

Systems Change



- Aim to make changes to policy that build food security
- Develop supportive, healthy public policy
- Examples include:
 - Food Security Networks
 - Food Charters
 - Food Policy Organizations

Strategies for Change

Systems Change

Examples in NL:

- Food Security Network NL (FSN)
- Regional Food Security Working Groups
- Community-led Food Assessments
- People's Food Policy Project





Thank you!



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