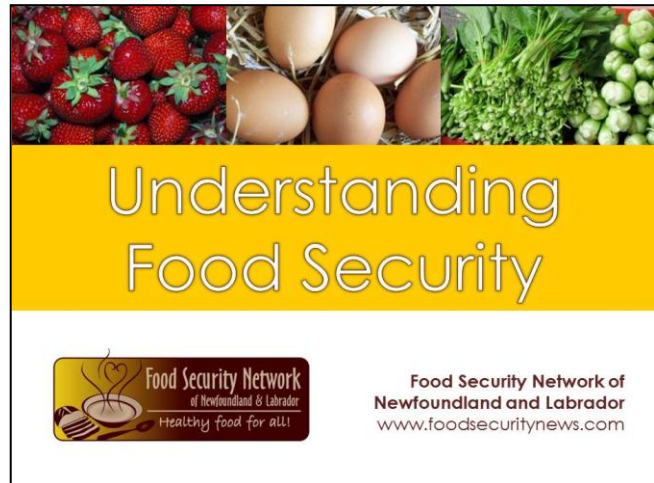


UNDERSTANDING FOOD SECURITY – SPEAKER’S NOTES

SLIDE 1: UNDERSTANDING FOOD SECURITY

Introduction

This presentation is intended to introduce the audience to the basic concepts of food security, sustainable food systems, and the food security continuum. It is also meant to show the audience how food security relates to them and their community. You are encouraged to include examples from your own community or region, and to engage the audience in providing examples of food security from their own lives.



This presentation should take between 30 and 40 minutes, depending on how much interaction there is between the audience and the presenter.

Materials Needed

- Projector & screen
- Flipchart or whiteboard & marker
- FSN E-News sign-up forms (available at www.foodsecuritynews.com)

UNDERSTANDING FOOD SECURITY – SPEAKER’S NOTES

SLIDE 2: UNDERSTANDING FOOD SECURITY - AGENDA

Introduce the topic and list the information that is going to be covered during the presentation. This slide can be on the screen while welcoming the group and doing introductions and icebreakers.

Let the audience know how long you expect the presentation to take, and whether they should ask questions as they arise or wait until the presentation is over.

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)

Ice-Breakers

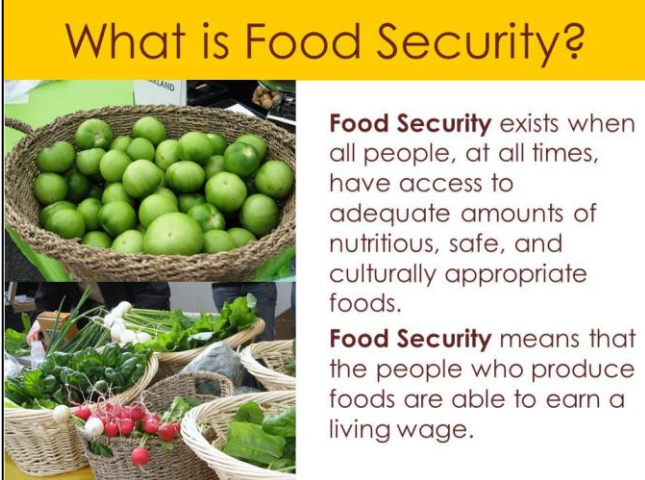
Consider introducing your audience to each other and the concept of food security by holding an ice-breaker. Ice-breakers are short games that get people talking, introducing themselves, and sharing information. Icebreakers can range from simply asking the group to introduce themselves and share their favourite vegetable, to more interactive activities or games.

FoodShare Toronto has a great list of food security related icebreakers at http://www.foodshare.net/toolbox_roots-rooftops-Support.htm

SLIDE 3: WHAT IS FOOD SECURITY

Before opening this slide, ask the audience if anyone can give their own definition of food security. Write the answers on a white board or flipchart.

- Food Security means that all people at all times have physical & economic access to adequate amounts of nutritious, safe, and culturally appropriate foods, which are produced in an environmentally sustainable and socially just manner, and that people are able to make informed decisions about their food choices.
- Food Security also means that the people who produce our food are able to earn a decent, living wage growing, catching, producing, processing, transporting, retailing, and serving food.
- Food Security, therefore, is a universal concern: it affects everyone and it touches many public policy areas.
- At the core of food security is access to healthy food and optimal nutrition for all. Food access is closely linked to food supply, so food security is dependent on a healthy and sustainable food system.
- The food system includes the production, processing, distribution, marketing, acquisition, and consumption of food.



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.

UNDERSTANDING FOOD SECURITY – SPEAKER’S NOTES

SLIDE 4: SUSTAINABLE FOOD SYSTEMS

A healthy, sustainable food system is one that focuses on Environmental Health, Economic Vitality, and Human Health & Social Equity.

- **Environmental Health** – ensures that food production and procurement do not compromise the land, air, or water now or for future generations.

- **Economic Vitality** – ensures that the people who are producing our food are able to earn a decent living wage doing so. This ensures that producers can continue to produce our food.
- **Human Health & Social Equity** – ensures that particular importance is placed on community development and the health of the community, making sure that healthy foods are available economically and physically to the community and that people are able to access these foods in a dignified manner.



Ask the audience what they would envision in their communities as part of a sustainable food system. Write the answers on a whiteboard or flipchart.

UNDERSTANDING FOOD SECURITY – SPEAKER’S NOTES

SLIDE 5: FOOD SECURITY NETWORK NL

The Food Security Network of Newfoundland and Labrador (FSN) is a provincial, non-profit organization initially started in 1998 in response to growing concerns about hunger and poverty in the province.

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



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."

FSN provides a number of resources to community organizations working in food security:

- **Monthly E-News:** FSN publishes a monthly e-newsletter featuring news, events, funding and volunteer opportunities, and resources. Sign up at our website (<http://www.foodsecuritynews.com/enews.html>) or email e-news@foodsecuritynews.com to advertise your projects or events
- **Food Security Initiative Inventory:** FSN maintains an online directory of Food Security Initiatives in Newfoundland and Labrador including: food banks, shelters, meal programs, community gardens, community kitchens, bulk buying clubs, farmers' markets, local farms, local food retailers, and more, available at our website (www.foodsecuritynews.com/resources)
- **Best Practices Toolkits:** FSN recently developed four Best Practices Toolkits for community organizations which feature step-by-step guides and resources for starting and maintaining community gardens, farmers' markets, community kitchens, and bulk buying clubs. (www.foodsecuritynews.com/resources)
- **Food Security Teleconferences:** FSN holds regular teleconferences on topics related to food security. Previous teleconferences are archived as audio recordings and written summaries on FSN's website (<http://www.foodsecuritynews.com/teleconferences.html>)

UNDERSTANDING FOOD SECURITY – SPEAKER’S NOTES

- **Root Cellars Rock!** is a project of FSN that focuses on preserving and sharing traditional food knowledge through an interactive blog and developing workshop materials. On the blog you will find:
 - Info on gardening, harvesting, wild foods, cooking, preserving, and farming
 - Recipes for using healthy local foods
 - local food producers and community groups
 - Interactive forum for tips and questions
 - Event updates
 - Opportunities to get involved!
 - www.rootcellarsrock.ca
- To learn more about FSN visit their website at www.foodsecuritynews.com

SLIDE 6: FOOD SECURITY IN NL

As a geographically isolated province, Newfoundland and Labrador faces a unique set of food security challenges:

- Currently, as a province, we are producing only 10% of the fresh vegetables available at major wholesalersⁱ, and as a result of this we have an estimated 2 to 3 day supply of fresh vegetables in the event of a crisis that disrupts the supply chain. Recent examples of food supply crises in Newfoundland and Labrador include Hurricane Igor, which shut down many roads in eastern Newfoundland for days, and the labour lock-out at the Port of Montreal, which threatened to stop more than half of the food shipments coming to the island.
- There are also challenges we face in terms of expanding production. The average age of farmers in the province is 58. And new farmers face hurdles with access to land, access to capital, and availability of labour.
- Currently most fish products produced locally are exported.



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

UNDERSTANDING FOOD SECURITY – SPEAKER’S NOTES

- Many rural and remote communities do not have a population large enough to support a full local grocery store so many residents depend on transportation over long distances to buy healthy food.
- Newfoundlanders and Labradorians have the lowest rate among the provinces of consumption of at least 5 fruits and vegetables per day.ⁱⁱ
- NL has the highest rate of per capita food bank usage in Canada (6% of the population).ⁱⁱⁱ
- The province has the highest rate of overweight and obese people in Canada (63.2%)^{iv} and the second highest rate of diabetes in Canada (8.3%).^v

SLIDE 7: HERITAGE AND TRADITION

- Despite these challenges, Newfoundland and Labrador has a strong tradition of individuals growing, hunting, fishing, preparing, and preserving local food.
- The province has an abundance of wild foods ranging from berries and teas to wild game and fish. Some wild berries in the province include blueberries, blackberries, raspberries, strawberries, Saskatoon berries, bakeapples, partridgeberries, and cranberries.
- Elliston, on the Bonavista peninsula, is known as the root cellar capital of the world. Root cellars were used across the province to store root crops over the winter.



Ask the audience what traditional methods they use to grow, hunt, prepare, or preserve food. Did they learn these skills from their parents and grandparents? Are their own children learning these skills? Write these skills on a whiteboard or flipchart.

UNDERSTANDING FOOD SECURITY – SPEAKER’S NOTES

SLIDE 8: FOOD SECURITY CONTINUUM

The Food Security Continuum helps to illustrate the complexity of food security and the various types of work that can be done to address some of the food security challenges we face. Food security work often happens in this order, moving from short-term relief towards longer term systems change and policy work.

Some food security programs are combinations of these stages (an example would be a food bank which also offers a community kitchen program to its users).



SLIDES 9-10: STRATEGIES FOR CHANGE: EMERGENCY & SHORT TERM RELIEF

The first stage of the continuum is the Short Term Relief Stage, or Emergency Food Relief work. This stage is focused on supporting those who are most food insecure and in need of food immediately.

Examples include soup kitchens, food banks, and other programs that give food to people in need without requiring any type of commitment in return. These initiatives provide short-term relief for the immediate problem of hunger, but do not deal with the underlying problems that cause food insecurity, such as poverty, long-term access to food, and food skills.

The slide is titled "Strategies for Change" and "Emergency & Short-Term Relief". It includes an image of a person packing food into bags and a bulleted list of characteristics and examples.

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

UNDERSTANDING FOOD SECURITY – SPEAKER’S NOTES

There are many such programs in Newfoundland and Labrador. Newfoundland and Labrador had the highest rate of food bank use as a percentage of population (6%) in 2010^{vi}.

Ask the group to think of examples of short term relief programs in their own communities.

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



SLIDES 11 – 12: STRATEGIES FOR CHANGE: CAPACITY BUILDING

This second stage, Capacity Building, focuses on building individual and community skills that will help communities become more food secure. FSN really focuses on supporting this kind of work in communities across the province. This can include education and capacity building around gardening, wild food harvesting, cooking, preserving foods, and also social support network building. These activities help provide individuals and communities with the basic food skills needed to feed themselves and their families and help them to rely less on outside food sources or give-aways.

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

Individual skill-building strategies:

- Programs where individuals gain knowledge and develop skills to grow, gather, catch, produce, prepare, or preserve their own food.
- Examples include cooking classes, composting and vegetable gardening workshops, and teaching traditional food customs.

UNDERSTANDING FOOD SECURITY – SPEAKER’S NOTES

Community skill-building strategies:

- Programs that allow people a chance to come together and develop social support networks.
- Examples include community gardens, community kitchens, farmers' markets, food co-ops, “buy local” campaigns, and food buying clubs.

Examples in Newfoundland and Labrador:

- Farmers' markets in the province have grown from none to ten full-season and part-season markets in the past 5 years.
- Community gardens and school gardens are increasing in number.



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

- A Buy Local! Buy Fresh! Avalon Region map was produced by the four Avalon economic development boards for the first time in 2010 with 25 participating farms.
- The “Buy Local - Keep it in Kittiwake” program, launched in 2007 by the Kittiwake Economic Development Corporation, educates consumers on the positives of buying local and provides retailers and restaurants with a database of local farmers from which to source their food.

Ask the group to think of examples of capacity building programs in their own communities.

UNDERSTANDING FOOD SECURITY – SPEAKER’S NOTES

SLIDES 13 – 14: STRATEGIES FOR CHANGE: SYSTEMS CHANGE

Systems change work consists of initiatives that are focused on making long term policy or programming change to improve community food security conditions. This can include food security networks such as FSN, food charters, and food policy organizations.

The key activity in this stage that FSN has undertaken are community-led food assessments, where communities identify the challenges and opportunities they face in regards to food security in order to develop community based action plans. Community-led Food Assessments have been initiated or completed in Hopedale, Upper Lake Melville, Labrador West, and the Burin Peninsula. For more information about community-led food assessments see FSN's website (www.foodsecuritynews.com/resources) or contact FSN.

The People's Food Policy Project is an initiative of Food Secure Canada involving over 3500 Canadians in local 'kitchen table talks'. The policy makes recommendations and provides concrete guidelines for making Canada Food Secure. (<http://peoplesfoodpolicy.ca/policy/resetting-table-peoples-food-policy-canada>)



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

UNDERSTANDING FOOD SECURITY – SPEAKER’S NOTES

SLIDE 15: THANK YOU!

Thank the audience for their participation. If members of the audience are interested in starting a food security initiative, direct them to the appropriate resource, such as FSN’s Best Practices Toolkits

(www.foodsecuritynews.com/resources).

Try to continue the momentum from the presentation by starting an email list or a working group to work on improving your community's food security. Start a discussion about food security in your own community using some of the following sample questions.



Find some examples of food security challenges and resources in your own community:

- Is there a grocery store in the community?
- Do you have access to local produce, meat, or fish?
- Are there community gardens or other resources for those that want to grow their own food?

Ask the group question such as:

- What food security initiatives are already underway in our community?
- What food security challenges do we face in our community?
- What can we improve in our community to make it more food secure?
- What skills or knowledge would you like to have to increase your own or your community's food security?

Collect any FSN E-News sign-up sheets and return them to FSN, along with any feedback about the presentation.

UNDERSTANDING FOOD SECURITY – SPEAKER’S NOTES

i Wholesale and Other Opportunities in the Vegetable Industry of Newfoundland and Labrador, Department of Natural Resources, Forestry, and Agrifoods, May: 2007 http://www.nr.gov.nl.ca/nr/agrifoods/marketing/wholesale_report.pdf

ii Fruit and vegetable consumption by sex, 5 times or more per day, by province and territory, Statistics Canada, 2011, <http://www40.statcan.ca/l01/cst01/health90b-eng.htm> (Accessed July 12, 2011)

iii Hunger Count 2010, Food Banks Canada, 2010, pg.5. http://www.foodbankscanada.ca/documents/HungerCount2010_web.pdf

iv Body mass index, overweight or obese, self-reported, adult, by sex, provinces and territories, Statistics Canada, 2011, <http://www40.statcan.ca/l01/cst01/health82b-eng.htm>, (Accessed July 12, 2011)

v Diabetes, by sex, provinces and territories, Statistics Canada, 2011, <http://www40.statcan.ca/l01/cst01/health54b-eng.htm> (Accessed July 12, 2011)

vi Hunger Count 2010, Food Banks Canada, 2010, pg.5. http://www.foodbankscanada.ca/documents/HungerCount2010_web.pdf