



# Celebrate Food: From Field to Table!

A Provincial Teleconference on Food Security & Policy



Hosted by the Food Security Network NL  
Funded in part by the Public Health Agency of Canada

# Agenda

12:00 – 12:10

**Welcome & Introductions**

12:10 – 12:15

**Introduction to FSN & Food Security in NL**

12:15 – 12:35

Keynote Speakers:  
**Margaret Coombes: Nutrition Month**  
**Matthew Atkinson: CSAs & Seed to Spoon**

12:35 – 1:00

**Discussion & Questions**

# Food Security Network NL

## Our Five Priorities

1. Networking & Information Sharing
2. Public Awareness & Education
3. Partnerships
4. Catalyst of & Support for Food Security Initiatives
5. Research

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

# 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.

# What's Happening


- Farmers' Markets in: St. John's, Corner Brook, Torbay, CBS, Glenburnie-birchy Head – Shoal Brook, Norris Point, Fogo Island.
- Community Supported Agriculture: Seed to Spoon, Organic Farm
- Food Security Working Groups in: Burin, Corner Brook, Gros Morne Area, Labrador City, Goose Bay
- Community Gardens in: St. Anthony, Burin, Corner Brook, St. John's





Celebrate food...

from field to table!

 Dietitians of Canada  
Les diététistes du Canada

 eat well  
manger mieux

 live well  
c'est meilleur

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# CELEBRATE FOOD... FROM FIELD TO TABLE!

**Dietitians of Canada**

**National Nutrition Month Campaign 2010**

**Margie Coombes, R.D.**

**for Dietitians of Newfoundland and Labrador**



## Nutrition Month

- Annual National campaign of Dietitians of Canada
- Nutrition Month is a time when registered dietitians encourage Canadians to take a closer look at their eating habits and make a change for the better.



## Healthy Eating

- Based on the recommendations of Canada's Food Guide (2007)
- Still lots of room for improvement. Concerns include:
  - Low vegetable and fruit consumption
  - Food insecurity
  - High rates of overweight and obesity



## Dietitians and Food Security

- DC Position Statements on:
  - Individual and Household Food Security
  - Community Food Security
- DNL was a founding member of the Food Security Network of NL
- Dietitians in the province are active in supporting local food security work



## **“Celebrate Food ... From field to table!”**

- This year’s theme invites Canadians to celebrate food, right from where it’s grown and harvested all the way to delicious healthy food on our tables.
- We're pleased to be partnering with the Food Security Network this year to highlight some of the great local work that is happening.



## Goals of the 2010 Campaign

To help Canadian families discover...

- action ideas to eat healthier, and celebrate Canadian foods
- practical solutions to help them discover and engage in ways to eat well, live well while learning where food is coming from



## Goals of the 2010 Campaign (cont'd)

- how to translate nutrition advice into everyday food choices
- local nutrition resources
- dietitians as the most trusted source of nutrition information accurate, reliable information based on current research and evidence



## Call to action!

### *...In your community*

- start, support or get involved with local community garden projects to grow fresh fruits, vegetables and herbs
- work with your local school board to create ways to showcase local foods either in the classroom or in the school cafeterias
- ask your grocery store to carry more local foods



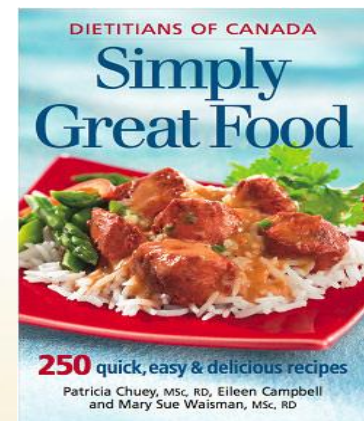
## Learn from a farmer

- what foods grow well in your area
- how their food products are raised or grown; for example, ask how chickens, hogs and cows are fed, crops are harvested and cheese is made
- what it's like to live and work on a farm; ask them what time they get up in the morning and go to bed at night!
- what they do to keep their soil healthy and the land sustainable



## Take your children to the market

- let them choose a new food item each month
- talk to the farmer about preparation
- check out Dietitians of Canada's latest cookbook, **Simply Great Food** at [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell), for ideas on how to use foods that are 'new to you'





## **Enjoy seasonal foods year round in your community; in many parts of Canada:**

- lettuce, asparagus and fiddleheads are plentiful, fresh and more affordable in the spring
- strawberries grace the fields in July
- peaches, beans and corn hit the shelves in August, and
- apples, root vegetables and squash are plentiful starting in October and November



*...in the grocery store*

- remember that many nutrient-rich foods like fresh fruits, vegetables and meats don't require nutrition labels but provide a vast array of many nutrients
- check out [www.EATracker.ca](http://www.EATracker.ca)



- compare the cost of fresh produce to frozen or canned; prices may vary seasonally
- become a label reader to help you make healthy choices



### *...at home*

- plant a garden in your backyard
- grow cherry tomatoes, lettuce and other veggies in pots on your terrace
- grow herbs on your windowsill



- preserve the fresh taste and nutrients of the local harvest by canning or freezing items
- make delicious jams, salsas, chutneys, sauces, and soups with your produce




- get the children involved in preparing food for the family
- cooking is a valuable life skill. Learn together and pass it on!





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# TOGETHER WITH DIETITIANS OF CANADA

**Celebrate Food... from field to table!**

[www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell)

**Why supporting a CSA**  
(Community Supported Agriculture)  
**is a Healthy Choice**

**Small farmers can feed the world,  
and cool the planet, so...**

**Who's Your Farmer?**

# First, the less healthy option...

The “traditional” mass-market Food Sector accounts for about 1/3 of all GHG emissions.

(That’s more than every plane, train & auto on the planet!)

Composed of:

~18% **Land-Use change** (destruction of rain-forest & wetlands, mostly in Malaysian & Indonesian production of palm-oil for processed foods)

~10% **Methane** (mostly burps from rearing animals on unnatural feed)

~5% **Fertilizer** (production, distribution and application)

Then, there’s the Food Sector’s contribution to Transportation, Waste Production & Manufacturing categories of GHG emissions.

# Now, the healthy alternative...

## Local, sustainable, organic agricultural projects like Community Gardens & CSAs:

- Increase soil carbon & nitrogen ~25% per year  
(Under small-scale organic methods, sequestered C *reduces* GHG emissions, and *increases* N available to plants.)
- Improve water & nutrient retention (Better soil quality & less run-off)
- Promote natural disease & pest resistance (Purposeful companion planting kick-starts a beneficial cycle resulting in robust & vigorous ecosystems.)
- Grow delicious food in a healthy work environment (Hand-cultivation permits larger variety in a toxin-free work-place.)
- Grow healthier communities (Producers & consumers connect<sup>25</sup>)

# Things to consider when you place a “value” on local organic food...

- ...Diversity!** You will taste new, seasonal varieties not available in the grocery store; directly contribute to bio-diversity on the farm; and open the door to new connections and experiences!
- ...Fight climate change!** After you’ve changed your light bulbs & parked your car, joining a CSA or growing your own food further reduces GHG emissions and reduces your carbon footprint.
- ...Improved health!** Consumers, producers, environments & communities ALL benefit. Networks & connections are fostered.
- ...Local Economy!** More of your food budget stays within the province, so you’re helping to create sustainable work for the willing!

# Sources (which I've shamelessly stolen from, and you should check-out for yourself!)

- Anna Leppé's presentation on the Feb. 18, 2010 broadcast of the radio program Deconstructing Dinner
- [www.deconstructingdinner.ca](http://www.deconstructingdinner.ca) archives broadcasts. The show is aired locally on the MUN station CHMR 93.5FM (Monday's at 10am, sandwiched by The Green Majority and Democracy Now! – quite a powerful morning of radio!)
- [www.smallplanet.org](http://www.smallplanet.org) is home of Anna Leppé's Small Planet Institute
- [www.smallisbeautiful.org](http://www.smallisbeautiful.org) is home of The E.F. Schumacher Society – linking people, land and community by building local economies
- [www.rodaleinstitute.org](http://www.rodaleinstitute.org) is a lead research organization on soil-carbon sequestering
- Michael Pollen's book "The Omnivore's Dilemma" can't be read without changing how you eat. Read it – and be part of change for the better!
- "Sharing the Harvest" by Elizabeth Henderson with Robyn Van En is an inspirational guide to CSAs, without providing a prescription that would curtail the flavour provided by the location & participants

# Notes & Ideas...