Our Community, Our Food
Capacity Building Workshop on
Food Security

Developed by Elisa Levi, RD, MPH
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Participants will

• Learn that increasing food security is important to preventing diabetes and promoting healthy communities

• Learn strategies that may help improve food security in your community

• Be able to identify and access additional information for addressing food security in your community
Welcome

1. **Introductions**: Take a couple of minutes to introduce yourself.

2. **Learning goal**: On a piece of paper, write what you hope to learn by participating in this workshop today.
• Healthy food choices are essential to support overall health, and to help prevent or manage diabetes

• For people living in remote and northern communities and those with low incomes, there are barriers to healthy eating, such as high food prices and limited availability of healthy food

• This means that people may have to choose less healthy, lower cost foods
**Food Security, Food Insecurity**

- **Food Security**
  - is when all people have enough food to be healthy.
  - The food must be: available, affordable, safe, nutritious and culturally acceptable.
  - Includes traditional, locally produced and store bought foods.

- **Food Insecurity**
  - is the opposite of food security. It means not having enough healthy food.
“Cultural food security” is important to many First Nations, Inuit and Métis people.

It means having access to traditional foods, and also having access to traditional food knowledge.

Food Security and Nutrition

• Food security and nutrition have an important relationship
  – healthy food needs to be available and accessible so that people can choose it to support their healthy eating practices

“It’s overwhelming when I know I don’t have enough money to buy healthy foods”
Idea Generating Activity

STEP 1:

- **Identify issues and barriers** that prevent people in your communities from eating healthy

STEP 2

- **Identify solutions:** things that you are doing in the community to overcome these issues and barriers
Feasting For Change

www.youtube.com/watch?v=KF7PNeSoGV0
Model for Promoting Food Security in First Nations and Inuit Communities
Points Within Traditional and Market Food Systems For Promoting Food Security

- Harvesting
  - community hunts, hunter/harvester support programs
- Production
  - greenhouses, gardens
- Preparation and Processing
  - cooking classes, canning, drying fish, traditional food processing plants
- Storage
  - community freezers, storage areas for traditional and store food
Points Within Traditional and Market Food Systems For Promoting Food Security

- Marketing
  - working with retailers to market healthy foods, sale of local foods
- Distribution
  - community hunts, sharing networks, community freezers
- Purchasing
  - food vouchers, food cooperatives
- Transportation
  - subsidies for transporting food, harvesting equipment such as boats and ATVs
- Consumption
  - promote healthy eating, breastfeeding, school meal programs
Let's Get Up and Move Around!

- Activity to see how other communities are addressing food security:
  - Look at the community “solutions” posted on the wall. These are examples of what is happening in communities to help improve food security.
  - Think about assets and resources in your community that you could build on to start new projects and activities.
What's Happening Across Canada?

• Using the **handout** on your table and the conceptual model, review and discuss the case study that has been assigned to your table:
  
  – **What point within the traditional and market food system does the initiative or program address (refer to model)?**
  
  – **Would it work within your community (why or why not)?**
  
  – **How could it be adapted in your community?**
Creating A Food Security Plan

Why? Inuit communities continue to face challenges accessing adequate amounts of nutritious foods

1. Created an inventory of past and present community food security projects and programs and existing assets

2. Conducted community consultations to identify priorities and solutions

3. Developed an action plan to achieve ‘the dream’ (step 2)

4. Identified goals to implement and monitor the community’s food security priority actions:
   - Increased access to traditional foods
   - Increased access to fresh produce
   - Increased use of traditional knowledge, skills and language
   - Increased food education and awareness

Many solutions are needed and you can help!