



Our Community, Our Food Capacity Building Workshop on Food Security

Developed by Elisa Levi, RD, MPH
March, 2011

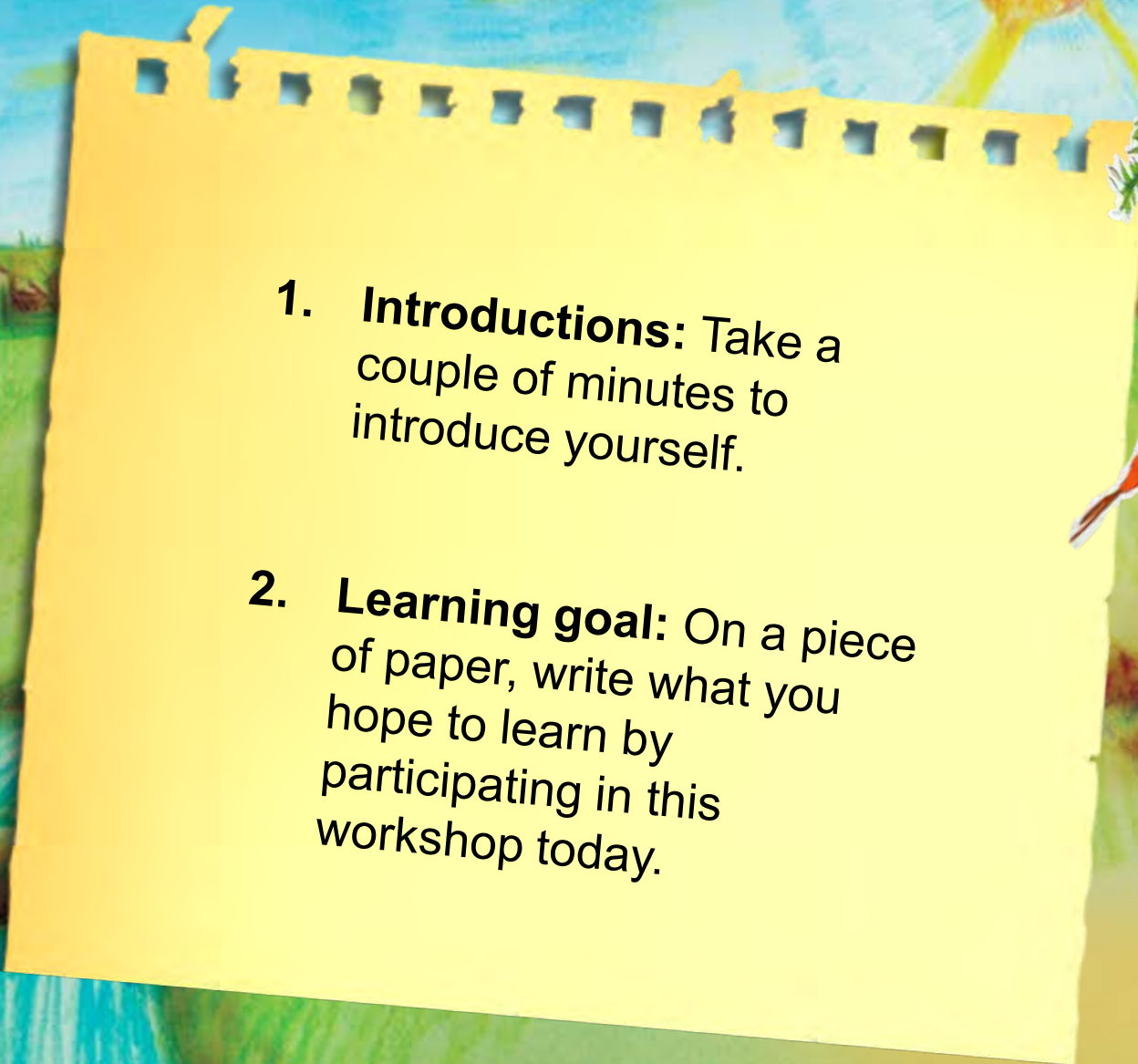
Participants will

- 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.

Food and Diabetes, Food and Health



- 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

- “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

*"It's overwhelming when I know
I don't have enough money to
buy healthy foods"*

- 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



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

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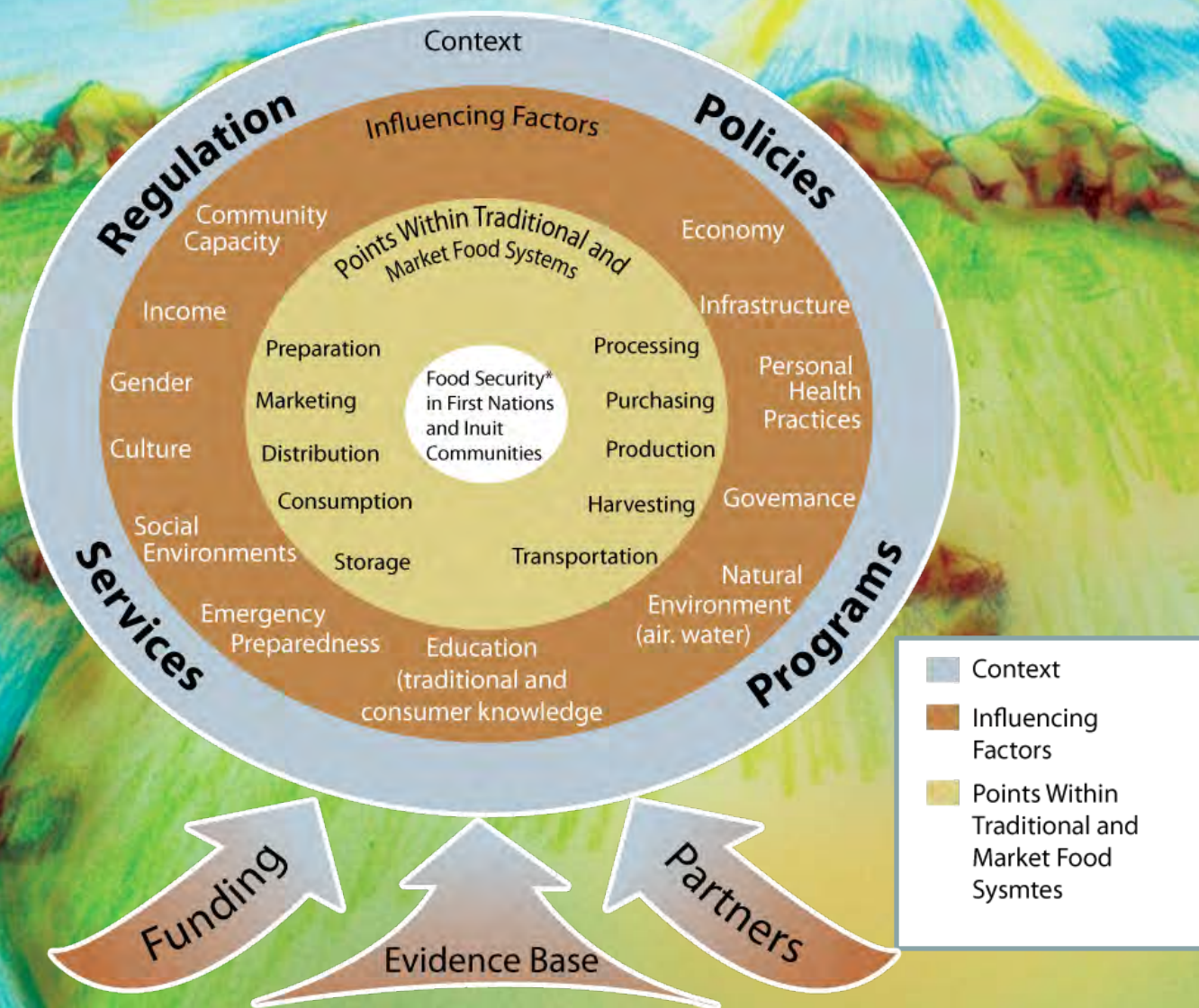
Respond to this video...

Maybe when we appreciate what we have once lived in our ancestry, can we appreciate how that is still a jewel in our living today. We must take care of self as a temple but also mother earth, and the oceanic gardens must also be taken care of. The government must learn that there is enough, enough to flourish, care for, cultivate, and bring the people of many communities to appreciate life and its infinite web once again.

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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.**

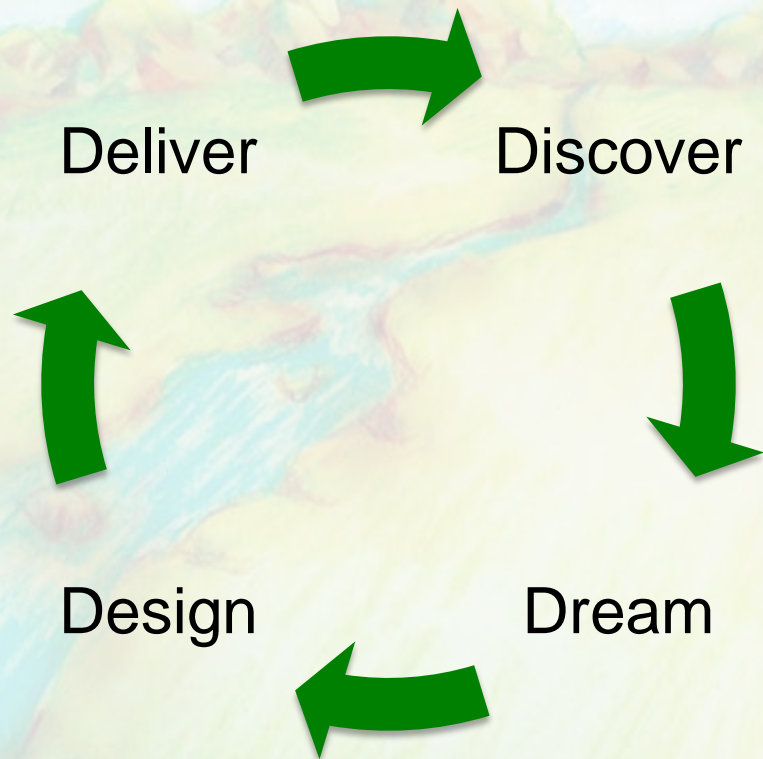


What's Happening Across Canada?

- 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



Adapted from: Ross, S. and Simces, Z (2008). *Community Food Assessment Guide*.
Provincial Health Services Authority. British Columbia.



“OUR FOOD IN HOPE DALE”

Development of a Community Food Action Plan

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

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

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

Deliver

Discover

Design

Dream

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

Adapted from: Ross, S. and Simces, Z (2008). Community Food Assessment Guide. Provincial Health Services Authority. British Columbia.



Many solutions are needed and you can help!

