

GFSA

RELATIONSHIPS

Food Solutions: Land & People An Alberta Story

October 2010



Food Families

Children Community



GFSA

RELATIONSHIPS

Growing Food Security in AB

*Working to Achieve
Food Sovereignty & Food Security*

"If you want to go fast go alone: if you want to go FAR go together"

1. GFSA - Community Building for Food Security (CBFS) evolution
2. GFSA - The AB food movement
 - AH HA's and Issues
 - Actions
 - Looking for Synergy across provinces/Canada
3. What next?

Food Families

Children's Community



www.foodsecurityalberta.ca

GFSA

RELATIONSHIPS

Growing Food Security in Alberta (GFSA) Vision

All children and families in Alberta have healthy local food



*Achieving the vision - planning the future
GFSA a Provincial and National connector*

**Food
Families**

**Children
Community**



www.foodsecurityalberta.ca

GFSA

RELATIONSHIPS

Growing Food Security in Alberta Mission

Engaging Albertans - groups, organizations, business, governments and individuals - in strategies and policy creation to ensure secure access to adequate amounts of safe, nutritious, culturally appropriate food for everyone, produced in an environmentally sustainable way and provided in a manner that promotes human dignity.



Food
Families

Children
Community



www.foodsecurityalberta.ca

GFSA

RELATIONSHIPS

The Overall GFSA Goal

To create a province-wide Food Security Network that:

- Fosters awareness of Food Security and Food Sovereignty,
- Builds Capacity,
- Creates strategies and policies to address the 5 A's of Food Security and the six pillars of Food Sovereignty
- Effectively uses a logic model evaluation approach

And builds economic, social, natural and human capital and invests in economic, social, sustainable and human development (Hancock, 2003)

Dietitians of Canada - sponsors
Public Health Agency of Canada - funded (AB/NWT region)

Food Families

Children Community



www.foodsecurityalberta.ca

GFSA

RELATIONSHIPS

What is it?

Food Security is everyone's business and includes the circle of.....

Planting, growing, hunting, fishing, harvesting, transporting, shopping, preparing, eating, and preserving our environment

AND

Equity and Choice at every point.

Food Families

Children Community



Growing Food Security in Alberta (GFSA) has come to understand food security as the satisfaction of **five** components:

- **Availability** → sufficient supplies (local preferred) of healthy food for all people at all times - farming, hunting, fishing, gardening,
- **Accessibility** → physical and economic access to food for all at all times - hunting, fishing, farming gardening, cooking and preserving
- **Acceptability** → culturally acceptable and appropriate food and distribution systems that are environmentally sustainable
- **Adequacy** → nutritional quality, safety, sustainability of available sources and methods of food supply that are environmentally sustainable
- **Action** → ensuring the social and economic infrastructures are in place to enable action that will ensure the previous four elements of food security. -
Adapted from Rod McRae"

Additionally GFSA has embraced Asset Focussed Community Building values and strives to achieve Food Sovereignty.

GFSA

RELATIONSHIPS

Food Sovereignty Broadening Food Security

Equitable access to food AND extending respect and appreciation to food providers, traditional knowledge, cultural differences and nature.

The language of food sovereignty as opposed to food security is explicit about food citizenship, that people and communities assume responsibility in maintaining healthy relationships within our food systems



Food Secure Canada
www.foodsecurecanada.org

Food Families

Children Community



GFSA

RELATIONSHIPS

Why Food Sovereignty? and What about Food Security?

The heart of food sovereignty (FS) is reclaiming decisions-making power in the food system. This means that people have a say in how their food is produced and where it comes from. FS seeks to rebuild the relationship between people and the land and between those who grow and harvest food and those who eat it. The vision of a just and sustainable food system is anchored in achieving 6 interlinked Pillars of Food Sovereignty.

Food Families

Proposed at the World Food Summit 1996

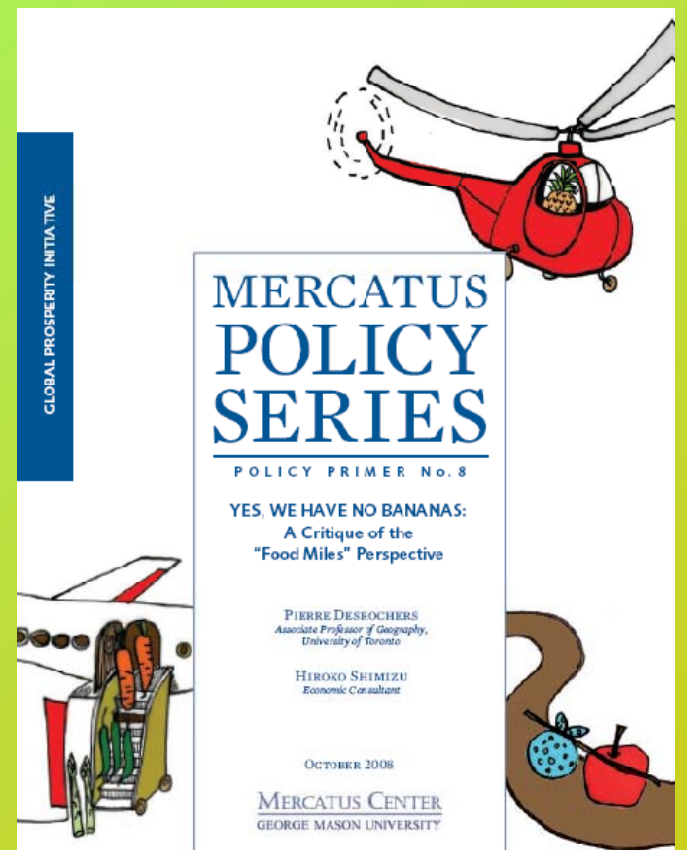
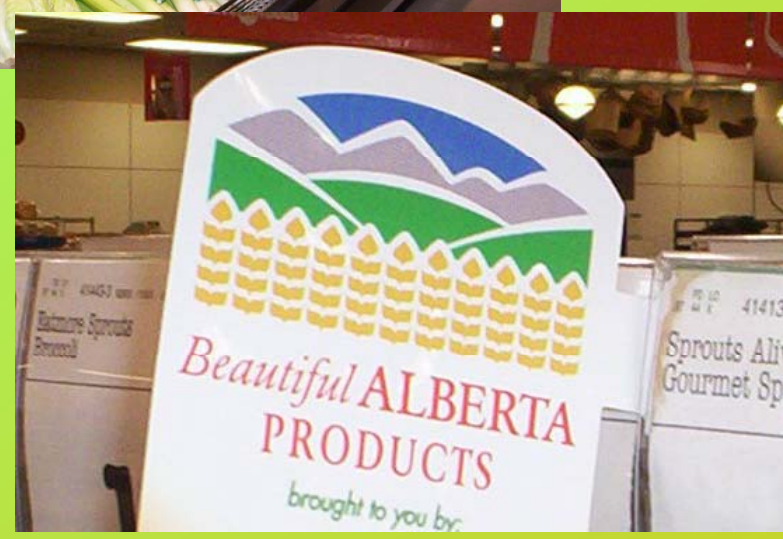
Children Community



GFSA

RELATIONSHIPS

The Choices and Debates



Food Families

Children Community

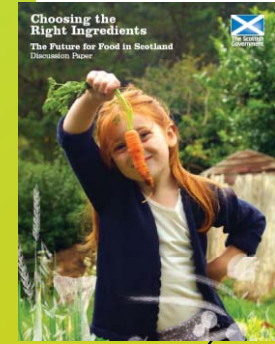
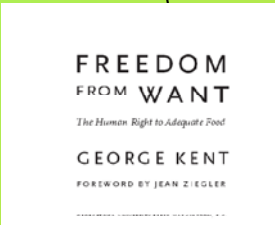


GFSA

RELATIONSHIPS

No easy solution'...

(CNN) -- Eating ethically is no easy task these days. One problem is deciding which ethic is more important. Keeping third-world farmers in fair trade jobs by purchasing their produce? Or assuaging your concerns over the environmental impact of getting that produce to your kitchen by shopping locally instead? '08



Food Families

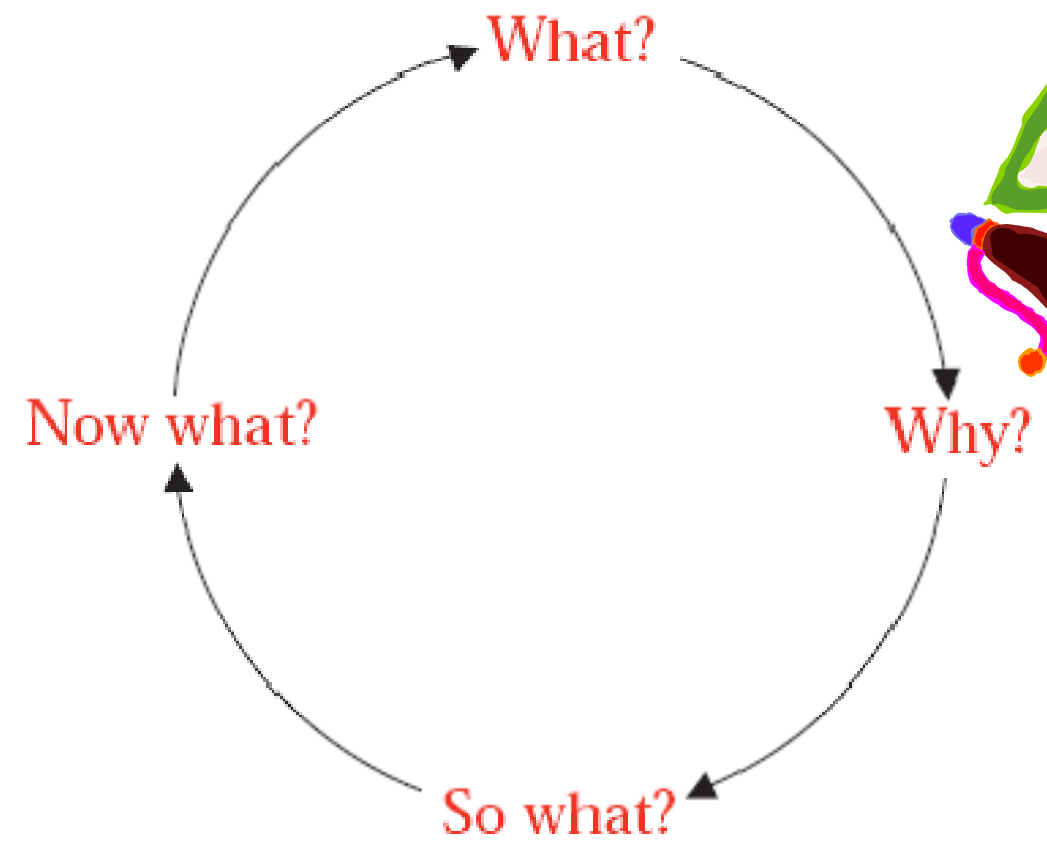
Children Community



GFSA

RELATIONSHIPS

The GFSA Story



Labonte & Feather, 1996

Food Families

Children Community



What and Who?

GFSA 2002-2009

- Network, web site, list serv, now social media
- Community Building for Food Security Workshops - workbook and DVD - over 30 workshops
- National, provincial and international conference presentations
- Hosted a Provincial conference - *Food: Today Tomorrow Together* 2009 >250 people
- Partnering across the province and the country
- 17 partner communities together seeking creative ways to build, relationships and mobilize to control their own local/regional food systems



Why? Cost of Eating in Alberta 2008

Key Issues in 6 communities - Equity

Food and shelter costs unaffordable for low & minimum wage earners

- family of four earning a low income
- single parent female of two children earning a low wage

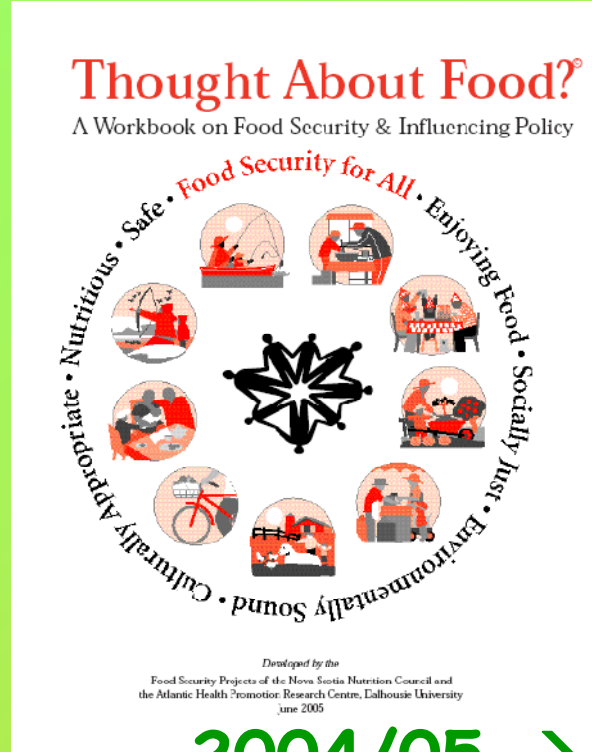
Low and minimum wage earners struggle

- Wages - main source of income of 56% of Canadian households who are food insecure
- 27% of Alberta households using food banks report employment income as their primary source of income
- 64% of individuals making less than \$12 per hour are women
- Mothers will often go without food in order to feed their children

GFSA

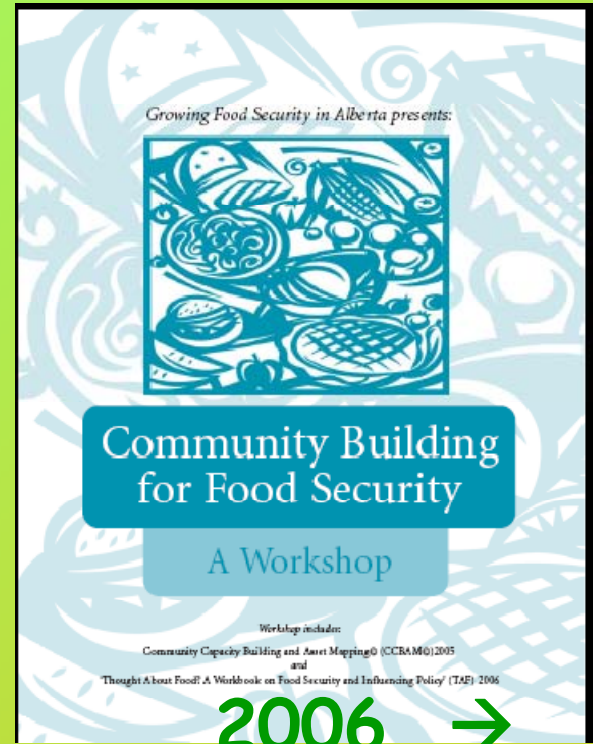
RELATIONSHIPS

So What? Need change.. Merging Community Building for Food Security and Food Sovereignty



2004/05 →

TAF



2006 →

CBFS



2009/10

PFPP

Food Families

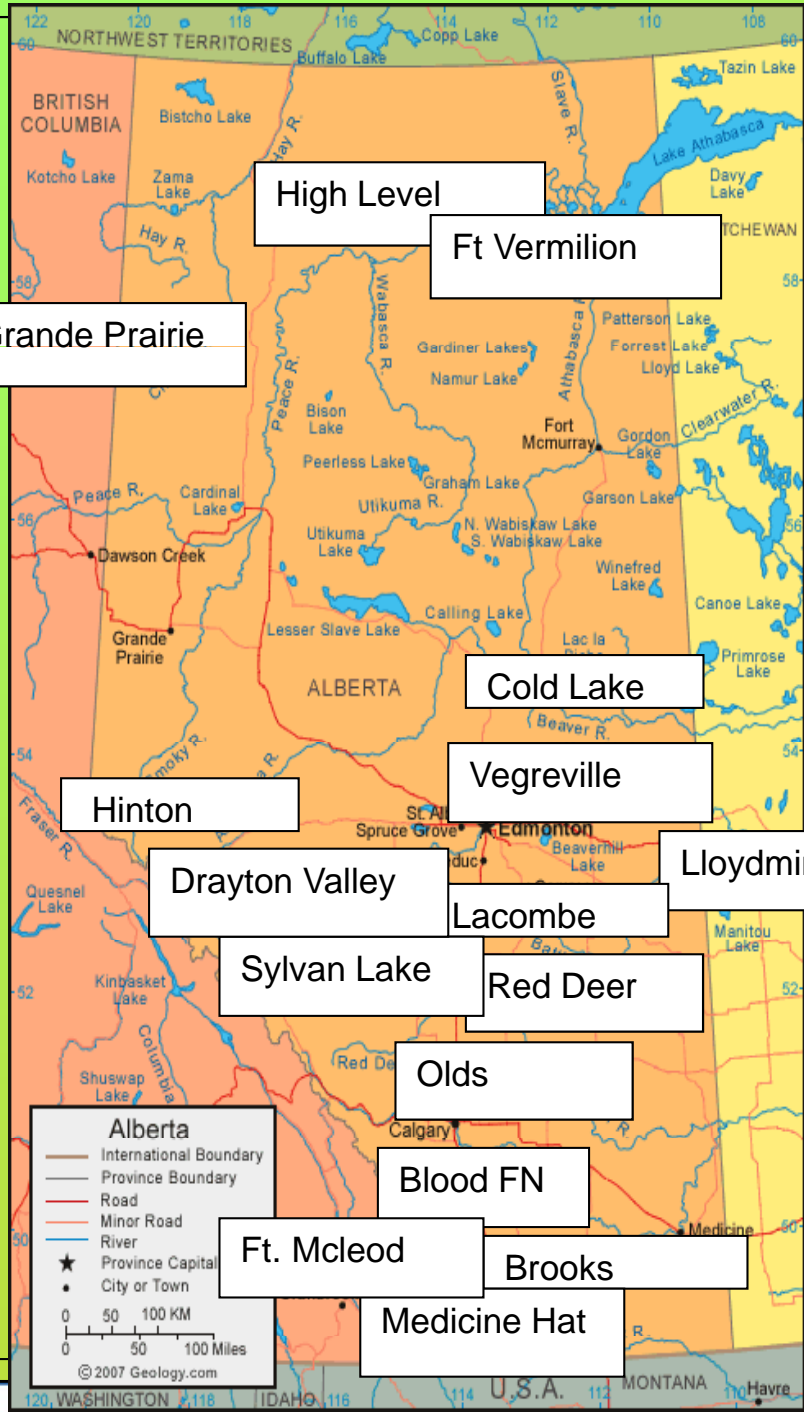
Children Community



www.foodsecurityalberta.ca

GFSA

RELATIONSHIPS



Grande Prairie

High Level

Ft Vermilion

Cold Lake

Vegreville

Hinton

Drayton Valley

Lacombe

Lloydminster

Sylvan Lake

Red Deer

Olds

Blood FN

Ft. Mcleod

Brooks

Medicine Hat

17 GFSA Communities and Growing

Food Families

Children Community



www.foodsecurityalberta.ca

GFSA

Who? GFSA Key Partners

RELATIONSHIPS

- 17 + rural Alberta partner communities with their various distinct cultures
- Food: Today Tomorrow Together 2009 conference - AB Farmers Markets, Go Organic, Alberta Agriculture
- Dietitians of Canada
- Cost of Eating in Alberta 2008 - AB Health Services
- People's Food Policy Project
- Food Secure Canada
- Public Health Agency of Canada
- National Farm to Cafeteria Network Just Food Edmonton
- Various CURA partners - MB, NS, AB
- www.foodthoughtful.ca resources - NS

Food Families

Children Community



www.foodsecurityalberta.ca

GFSA

RELATIONSHIPS

AB GFSA Ground level

“Feel the earth move under your feet”
at the community level - muni/county

- Forming local networks, web sites, social media and partnerships
- Creating policy - food policy councils and charters, school food policies, food procurement policies etc.
- ReCreating school food and curriculum- gardens, farm to cafeteria
- Achieving Food Literacy - where people know, how to grow, cook and preserve AND value these abilities - home and community gardens, dinners, root cellars
- Supporting Permaculture & organic gardening workshops

Food Families

Children Community



www.foodsecurityalberta.ca

GFSA

RELATIONSHIPS

**Community gardens, Good food boxes,
farmers markets, cooking, preserving,
CSAs...and the list goes on....**

*Backyard
friends
Lacombe
community
dinners*

Rethink Red Deer - FTTT 2011

*Mid west
food Lloyd -
healthy
eating
challenge*

*Ft Vermilion -
Community Root
Cellar*

*'Little green
thumbs' and
school gardens*

*Hinton all
year round
greenhouse*

Medicine Hat Food Charter

*Blood First Nation
farmers market*

*Food
Families*

*Children
Community*



GFSA

RELATIONSHIPS

Samesoil Garden - High Level



Food Families

Children Community



www.foodsecurityalberta.ca

GFSA

Vegreville, Earth Balloon

RELATIONSHIPS



Food Families

Children Community



www.foodsecurityalberta.ca

GFSA

RELATIONSHIPS

Food Security & Food Sovereignty

Food Security

Achieving 5 A's →

- Availability
- Accessibility
- Acceptability
- Adequacy
- Action

(Rod McRae adapted)

Food Sovereignty

Achieving 7 pillars →

1. Focuses on food for people
2. Builds knowledge and skills
3. Works with nature
4. Values food providers
5. Localizes food systems
6. Puts control locally
7. Sacredness of food

Food Families

Children Community



www.foodsecurityalberta.ca

GFSA

RELATIONSHIPS

Peoples Food Policy Project

Develop a grassroots movement on Food Policy that will put pressure on the federal government. It is based in the principles of food sovereignty and will provide the framework and an enabling environment to foster a just and sustainable food system here in Canada and abroad.



People's Food Policy Project Pour une politique alimentaire populaire

Food Families

Children Community



www.foodsecurityalberta.ca

GFSA

RELATIONSHIPS

130 Albertans Speak!

7 Policies submitted for the PFPP →

1. Create a national Food Sovereignty body at arms length to the government
2. Legislation -preserve/value small farmer/providers - includes trade agrmts
3. Change health/food safety regulations to accommodate small scale providers, encourage local food systems, and foster food sharing - neighbour to neighbour, backyard sharing, etc.
4. The Genuine Progress Indicator be implemented in place of the Gross Domestic Product as a comprehensive measure of progress in Canada
5. Full disclosure food labels, carbon footprint, GMOs, country of origin of growth and processing and traces of compounds used in the storage, transporting and production"
6. Universal Food Literacy Education - schools, families and the public
7. Provide incentives, economic and social supports for the development of equitable local food systems which would also preserve the environment."

Food Families

<http://peoplesfoodpolicy.ca>

Children Community



www.foodsecurityalberta.ca

GFSA

RELATIONSHIPS

Across AB GFSA connections 2009-2010

- New! Locovoria network started
- New! Alberta CSA web site
- New! Alberta Ag - 'Go local' a new focus
- New! Active Living groups spearheading community gardens
- Asset Mapping - U of A - Extension -
- 100 km Kitchen party - Community Futures funding
- Farm to school and institution procurement polices
- U of A sustainable food research

Food Families

Children Community



www.foodsecurityalberta.ca

Now What?

Community discussions...

Many are seeking answers to questions
of →

- Food Equity and Disparities
- Local vs cheap
- Processed or fast foods and health of our kids?
- Food Literacy
 - Grow or buy - Buy where? Buy What?
 - Cooking, preserving, hunting, gathering
 - Gardening, permaculture, urban gardening
- Policies - land use, municipal policies, MSPs
- Where is the support for locally driven food systems?
- Embracing Food Sovereignty as a goal

GFSA

RELATIONSHIPS

Community discussions AH HAs!



- The GFSA CBFS process works!
- GFSA is unique in Alberta in striving for an equitable food system
- The systems for food that are in place are not helpful and indeed may not be useful
- Creating local/regional food systems is a Community Builder - we need this in Canada! - Relationship building
- The PFPP has helped and engaged many through the conversations

Food Families

Children Community



www.foodsecurityalberta.ca

GFSA

RELATIONSHIPS

Cross Country Kitchen talks 10 happening in Alberta

Take part or hold your own Kitchen Table talk. Check for Kitchen Table talks in your area on the calendar of events at www.peoplesfoodpolicy.ca

There are animators across the country to help. To connect with an animator in your own region contact the National PFPP Coordinator - Amanda Sheedy info@peoplesfoodpolicy.ca
514-342-5291

Food
Families



People's Food
Policy Project

Pour une politique
alimentaire populaire

Children
Community



GROWING FOOD SECURITY IN ALBERTA

GFSA

RELATIONSHIPS

Many questions from Alberta that we in the food movement must answer together →

- How to Achieve Food Sovereignty and reach an Equitable system that addresses Disparities?
- The food system is broken and what can be done?
 - Local vs. cheap - Peak Oil?
 - Processed or fast foods and health of our kids?
 - Healthy Food for all
- Food Literacy is lost!
 - Grow or buy - Buy where? Buy What?
 - Cooking, preserving, hunting, gathering
 - Gardening, permaculture, urban gardening, fruit and berry harvests, seeking sustainable ways for food
- It if makes sense where is the support for locally driven food systems? What can we do toward a coordinated/connected effort in Alberta and across the country → all levels, all provinces and territories.....

It is exciting to see the numbers participating in the AB PFPP discussions

Food Families

Children Community



www.foodsecurityalberta.ca

Still the Challenges

- Food Accessible and available for everyone - Cost of Eating in AB
- True cost of food - Learning and understanding it all - the impact on providers, producers, our land, water, air, and people
- Reminding ourselves that food is a community builder - built on the relationships we have and pursue.



GFSA

RELATIONSHIPS

What is up With the GFSA 16+?



THE GOAL!!!

Determination! - Together create a model for a well-planned, viable, and Equitable food system for rural Alberta that respects each local culture and identifies and implements local and regional food system opportunities.



Food Families

Children Community



www.foodsecurityalberta.ca

Objectives -GFSA and partner communities in the next few years →



Step 1:

- Develop a mechanism for mapping local and regional assets (social, environmental, economic, and institutional capital) related to food security and food sovereignty that builds relationships for action.
- Build on the relationships and build capacity to understand food security/food sovereignty and the options to address it



Step 2:

- Identify and implement action plans
- Make results available as a framework for other communities and the Alberta public.



GFSA is Presently seeking support to spearhead Step 1 of this locally-driven relationship-based mapping project for local/regional food system resources ..we need your help!

GFSA

RELATIONSHIPS

*Connect and Join in the
movement at....*

www.foodsecurityalberta.ca

Email info@foodsecurityalberta.ca



Food
Families

Children
Community



www.foodsecurityalberta.ca

GFSA

RELATIONSHIPS



HOW TO BUILD

COMMUNITY

- TURN OFF YOUR TV
- LEAVE YOUR HOUSE
- KNOW YOUR NEIGHBORS ● GREET PEOPLE
- LOOK UP WHEN YOU'RE WALKING
- SIT ON YOUR STOOP ✂ PLANT FLOWERS
- USE YOUR LIBRARY ✂ PLAY TOGETHER
- BUY FROM LOCAL MERCHANTS
- SHARE WHAT YOU HAVE ★ HELP A LOST DOG
- TAKE CHILDREN TO THE PARK ★ HONOR ELDERS
- SUPPORT NEIGHBORHOOD SCHOOLS
- FIX IT EVEN IF YOU DIDN'T BREAK IT
- HAVE POT LUCKS ✂ GARDEN TOGETHER
- PICK UP LITTER ⊕ READ STORIES ALOUD
- DANCE IN THE STREET
- TALK TO THE MAIL CARRIER
- LISTEN TO THE BIRDS ♥ PUT UP A SWING
- HELP CARRY SOMETHING HEAVY
- BARTER FOR YOUR GOODS
- START A TRADITION 🌻 ASK A QUESTION
- HIRE YOUNG PEOPLE FOR ODD JOBS
- ORGANIZE A BLOCK PARTY
- BAKE EXTRA AND SHARE
- ASK FOR HELP WHEN YOU NEED IT
- OPEN YOUR SHADES 🪴 SING TOGETHER
- SHARE YOUR SKILLS
- TAKE BACK THE NIGHT
- TURN UP THE MUSIC ● TURN DOWN THE MUSIC
- LISTEN BEFORE YOU REACT TO ANGER
- MEDIATE A CONFLICT 🌿 SEEK TO UNDERSTAND
- LEARN FROM NEW AND UNCOMFORTABLE ANGLES
- KNOW THAT NO ONE IS SILENT THOUGH
- MANY ARE NOT HEARD
- WORK TO CHANGE THIS

www.syracuseculturalworkers.com

Food Families

Children Community



www.foodsecurityalberta.ca