



# LET'S TALK FOOD

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## REPORT & SUMMARY

DECEMBER 13, 2017

# Let's Talk Food

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## Executive Summary

*Let's Talk Food* was hosted by the PEI Food Security Network, in partnership with the City of Charlottetown and the United Way of PEI. The event was designed to gather people together, to share their experiences and knowledge, to make connections and to develop a shared vision to inform policy and initiate collective action to create a healthy food system. The day was designed to allow groups to form around key topics to support actions that promote food security. Participants included primary producers, preparers of food, people from faith communities and community organizations, people involved in food innovation, educators, students, government representatives, food activists and volunteers.

The agenda was based on open space technology, which gave participants the opportunity to identify topics that were of particular interest to them, and convene discussion groups. Over the course of the day, over 30 topics were discussed, including school nutrition, soil health, food waste, livable income for producers, marine ecosystem health, and challenging the myth of “cheap food”. Out of those discussions emerged some broad themes and ideas for action.

## Emerging Themes:

### INFORMATION SHARING

Information, including best practices and success stories is shared.

### A CULTURAL SHIFT

Food is seen as right and necessary to our wellbeing. The idea that food should be cheap is challenged.

### EDUCATION

Food literacy is incorporated into the school system – students learn about food and food production.

## Ideas for Action (summary):

1. Develop a food charter and food policy council for the City of Charlottetown.
2. Create a virtual food hub to connect food security projects and programs.
3. Advocate at the provincial government level for a school nutrition program.
4. Research and highlight successful programs that introduce students to food production, including school gardens and programs that provide students with healthy, locally produced food.
5. Highlight success stories of farmers who are farming organically and improving soil health.
6. Create more public awareness of the role of migrant workers in the food system.
7. Get more locally produced, healthy food into those institutions.

# Let's Talk Food

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## EVENT REVIEW

November 9<sup>th</sup>, 2017

Murchison Centre, Charlottetown

9AM-4PM

## INTRODUCTIONS

Ramona Doyle, Sustainability Officer for the City of Charlottetown welcomed everyone, first acknowledging that the land on which we were gathered is the traditional and unceded territory of the Mi'kmaq, the Abegweit First Nation. She asked Elder Julie Pellissier-Lush to offer a prayer and song.

Ramona introduced David Webster from the United Way of PEI and Ann Wheatley from the PEI Food Security Network, the other organizations involved in planning and hosting the event.

Morgan Palmer and Ann Wheatley from the PEI Food Security Network provided some background on food security in PEI. See Appendix 1 for a summary of the information they presented. Morgan also invited participants to take part in an exercise designed to get input for topics to be included in a food charter. See Appendix 3 for the results of this exercise.

Ramona then introduced Paula Gallant, the facilitator for the day. Paula introduced and provided some background about the process we would use – open space – and how it would work, in relation to our theme, which was, “How do we create a healthy food system?”

## LIST OF DISCUSSION TOPICS

Sustainability of the Fisheries  
Fisheries Impacts on Marine Mammals  
Charlottetown Food Charter  
Food Hubs for Local Distribution  
Affordable Food Markets  
Community Facilities  
Healthy, Local Food for Every Student  
Food Education K-12  
Food Innovation with Kids  
Agriculture Education  
School Food Production, Education Models  
Soil Health and Caring for the Land  
Transitioning to Organic Agriculture  
Next Generation of Farmers  
Livable Wage for Farmers

Land for Growing Food  
Backyard Poultry  
Migrant Workers in the Food System  
Hospital Nutrition  
Community Self-Sustainability  
Supporting Food Entrepreneurship  
Food Waste – Groceries, Restaurants and Markets  
Food Waste  
Virtual Food Hub  
The Role of Food as a Trend in Food Security  
Reaching Hungry Families - Ending Stigma  
Collaboration on Poverty/ Determinants of Health

## **SUMMARY OF DISCUSSIONS**

Over the course of the day, participants engaged in over thirty discussion groups, on a wide range of issues related to food security or food sovereignty. The discussions are summarized and organized according to topic, later on in this report. (The raw notes from each discussion are still available for anyone who wants to see them. Please contact one of the organizers if you wish to have access to them,)

Out of those discussions emerged some broad themes and ideas for action, several of which were repeated. First, the **themes**:

### **INFORMATION SHARING:**

*Information, including best practices and success stories is shared.*

Several groups pointed to the need for more sharing of information and highlighting of best practices and success stories. This came up in relation to education in the school system, school nutrition, community sustainability and food waste. A virtual food hub was discussed as a means of connecting the many food security projects and programs undertaken by groups from across the Island.

### **A CULTURAL SHIFT:**

*Food is seen as right and necessary to our wellbeing. The idea that food should be cheap is challenged.*

One group discussed food as a trend, and proposed that we need to ensure that food is seen as right and necessary to our wellbeing, as opposed to being seen as “entertainment”. Another group, in discussing livable income for food producers, highlighted the need to address the attitude that food should be cheap. We should count more accurately the true costs of low-priced (often imported) food and try to understand better how the work of food producers is often undervalued and under-rewarded.

### **EDUCATION:**

*Food literacy is incorporated into the school system – students learn about food and food production.*

Several groups focused on education about food and food production in the school system. Other groups identified the need for public education and awareness to address issues such as food waste and sustainable food production.

## IDEAS FOR ACTION

*Most of these actions came out of the group discussions on the topics that had been proposed by participants. A few of the actions came out separate discussions that took place in a session later in the day that was devoted to action planning. Participants who remained for that session had a chance to suggest actions that they wanted to engage in, and invite others to a short planning session to identify next steps.*

1. Strike a committee to further develop the concept of a food charter and food policy council for the City of Charlottetown, with the goal of presenting a proposal to the City. *[Jess Brown, Morgan Palmer, David Woodbury to follow up]*
2. Develop a booklet about food waste. *[Glenda Landry, Shannon Courtney to follow up]*
3. Create a resource, similar to the CMHA “helping tree” that lists organizations and programs that provide food to people who need it.
4. Create a virtual food hub to connect projects and programs in PEI that are addressing some aspect of food security or food sovereignty. *[Canada’s Smartest Kitchen to follow up]*
5. Create an inventory of community food storage, preparation and distribution facilities.
6. Highlight the successes of the programs and projects that are providing healthy, locally produced food to students in the school system.
7. Ask government for a report on the progress/achievements of the Healthy Eating Strategy.
8. Find champions for a school nutrition program. *[Home and School Federation to follow up]*
9. Continue to advocate at the provincial government level for a school nutrition program. *[Home and School Federation to follow up]*
10. Research and highlight successful programs that are introducing students to food production, including school gardens.
11. Form a group to address “food literacy” in the school system.
12. Advocate for strengthening and enforcement of the PEI Crop Rotation Act.

13. Highlight success stories and best practices, farmers who are working to preserve, enhance soil health.
14. Highlight success stories of farmers who have transitioned from conventional to organic farming.
15. Defend supply management when trade agreements are being negotiated.
16. Find ways to challenge the “cheap food mindset”.
17. Challenge by-laws that prohibit raising of backyard poultry.
18. Advocate for changes to the Temporary Foreign Worker Program, including the rule that ties migrant workers to a single employer. *[Cooper Institute, PEI Association for Newcomers to Canada, PEI Action Team on Migrant Worker Rights following up]*
19. Create more public awareness of the role of migrant workers in the food system and the challenges they face. *[Cooper Institute, PEI Association for Newcomers to Canada, PEI Action Team on Migrant Worker Rights following up]*
20. Recognizing the important role of the fisheries in our food system (and economic and social systems), and the precariousness of the Gulf of St Lawrence, advocate for a collaborative approach by the 5 surrounding provinces, the federal government and First Nations to management of the Gulf.
21. Find people who could offer courses or workshops on various food needs & allergies.
22. Connect with hospital food service providers/dietitians to explore how to get more locally produced, healthy food into those institutions.
23. Explore the idea of a monthly breakfast meeting to talk about food issues. *[Farm Centre, PEI FSN and SALTY to follow up]*

# Appendix 1: Let's Talk Food

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*BACKGROUND ~ Presented by Morgan Palmer & Ann Wheatley*

## DEFINITIONS:

When we talk about **Food Systems** we are talking about everything from the production, harvesting distribution, and consumption of food to its disposal. *All of these things are influenced by social, economic, cultural and environmental factors.* We all have a part to play in the food system, whether it's through our labour, or through the decisions we make when we shop for food. The land, soil and water used to produce food are part of the system.

A healthy food system:

- protects the land, water, and air so that we can continue to produce food for future generations
- supports people who produce and gather, process, distribute and prepare food to have livable incomes
- provides enough healthy food for everyone.

A healthy, sustainable food system is one in which everyone is able to participate, a system that preserves and enhances the environment, as well as economic, social, and cultural aspects of our communities, now and for generations to come.

**Food Security** is commonly defined as the condition in which “everyone has physical and economic access to enough nutritious, safe, culturally appropriate food to be healthy and active”. It's the goal we aspire to.

The term **Food Sovereignty** may be less familiar, but is equally as important. Food sovereignty is defined as the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and peoples' right to define their own food and agriculture systems. The principles of food sovereignty – Food for All People; Valuing Food Producers; Localized Food Systems; Building Knowledge and Skills; Local Control; Working with Nature; Food as Sacred – present a kind of plan, or a roadmap, for how to achieve food security.

**Food Insecurity** is largely a matter of income. It ranges from worrying about running out of food and/or limited food selection, to compromise in quality and/or quantity of food, to missing meals, reduced food intake and in the most extreme circumstances, going day(s) without food, all due to lack of income.

**So the question is, how can we build a food system that:**

- protects the land, soil, water, and air so that we can continue to produce food for future generations
- supports people who produce and gather, process, distribute and prepare food to have livable incomes, and
- provides enough healthy food for everyone?



## **Food production and distribution in Prince Edward Island**

### ***Preserving land, air, water and soil for future generations***

The global food system accounts for one third of our total greenhouse gas emissions and is a major contributor to climate change. (Most of that comes from industrial agriculture.) Eaters also have an effect on climate change. 80% of greenhouse gases produced as a result of the food system come from transportation, packaging, and food waste. And, climate change, including extreme weather events, can have devastating effects on food production – on land and in the sea.

Fisheries contribute over \$536 million to PEI's economy every year. The industry employs as many as 8,500 people at one time. But it all depends the incredibly rich ecosystem of the Gulf of St Lawrence. And we saw in 2017 how precarious that ecosystem is, with the unprecedented, tragic deaths of 12 right whales.

Monoculture and large-scale agricultural production is intensifying, using more water, more pesticides and herbicides, more diesel fuel and chemical fertilizers. It is a huge contributor not only to climate change, but also to soil degradation, water pollution, and ecosystem destruction. What this looks like in PEI is soil depleted in organic material, blowing or running off from fields into waterways, fishkills and high nitrates levels in our ground and surface water.

### ***Supporting food producers***

PEI farmers work so hard, and contribute so much to our economy and our communities. They also carry extraordinary levels of debt. In PEI in 2016, farm debt totaled \$783 million. 30% of Canadian farmers work an average of 30 hours per week off-farm, to make a livable income.

Farmers are getting older – the average age is 55 (it has risen steadily over the years – in 2001 it was 50). And, according to Statistics Canada only 1 in 12 farmers has a plan for someone to take over their farm.

Access to land and capital are challenges for new farmers. According to a recent survey by the National Farmers Union Youth, many new farmers come from non-farming families. Many are farming on small areas of land, using environmentally sustainable methods. The majority of new farmers are women.

The global food system is increasingly controlled by a small number of very large and powerful corporations. International trade agreements such as CETA and NAFTA give even more power to corporations and they interfere with governments' ability to develop policies that are good for the environment and for communities.

We have more than enough food in the world to go around, but there is not equal access and it's been estimated that one third of all food produced in the world is wasted.

There are, on the other hand, some wonderful things happening in our communities across PEI. There are more farmers markets now than there ever were, CSAs, and restaurants are sourcing more and more food locally. More people are saving and sharing seeds, the PEI Seed Alliance is growing and selling locally produced seeds to gardeners. There are more community gardens, and school gardens. And groups such as the Food Exchange and Start a Seedling are supporting people to develop food skills and deepen their understanding of the food system.



## Access to healthy food in Prince Edward Island:

Prince Edward Island, known as the Garden of the Gulf, Canada's Food Island and the Million-Acre Farm, exports high-quality food all over the world. Yet 1 in 4 children living in this province live in a household affected by food insecurity.

Researchers in Canada have found that those at particular risk of food insecurity include:

- Households with children under the age of 18, led by a female lone parent
- Households headed by a person with a disability
- Households with social assistance as primary income.
- Respondents who are Aboriginal or Black

*In PEI, a shocking 60% of the households who experience food insecurity rely on wages as their primary source of income.*

Food insecurity does not correlate with food skills, gardening, or growing food. Many people who experiencing food insecurity know how to grow or prepare food really well, and many people who work in the food system experience food insecurity. In short, food insecurity is an indicator of poverty, and it is a serious public health problem in Canada. It negatively impacts physical, mental, and social health, and costs our healthcare system considerably.

At the same time that 4 million Canadians are going hungry, 1 in 4 of Canadians are obese. This could be partially blamed on the current food system that encourages unhealthy options to fill bellies without providing nutrition. The food that is the most accessible to most people – the cheap stuff – is less expensive because somewhere along the line, a person is being taken advantage of. Cheap food means exploitation of farmers, fishers, migrant workers, or others in the food system, as well as the environment, and it also compromises our health.

The global food system, even if damaging to human and world health, feeds most people most of the time. In some cases this happens because we have food banks and other charitable means of feeding people. Are these reasonable solutions to food insecurity?

In PEI last March, over 3,000 Islanders visited local food banks. There are also soup kitchens, church and community groups providing meals, food boxes, and countless volunteer hours to “feed the hungry”. But the people that run these programs say they're burnt out. They see an increasing need that is impossible to meet. They say they can't advertise because they can barely feed the people who are already benefitting from their programs

Charity also comes with a lot of stigma. It creates a divided society - those who help, and those who are helped. And the sad reality is it doesn't address the root causes, so no matter how many food boxes are given out, or soups served, there will still be hungry children in this province. We are trying to address a systematic problem with only one type of response – charity – when multiple responses are needed, across the system, at the policy level, including municipal and provincial policy.

We have our vision, and we have our reality. And because food security is a “wicked problem”, getting from “here” to “there” will not take one big leap but many tiny steps, tiny wins, with many people at work. And in order to get there, we have to address root causes. Let's talk about good food as a human right. Let's talk about poverty elimination. Let's talk about forming sustainable global and local food systems that support both the environment and the people that work within them. Let's talk about food!

# APPENDIX 2: Let's Talk Food

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*Brief notes from each of the discussion groups  
Organized (roughly) according to topic*

## FISHERIES

### Sustainability of the Fisheries

Discussion touched on the precarious state of the tuna fishery, possible impacts of (the Pictou) pulp mill effluent on lobster and other marine species in the Gulf of St Lawrence, and marine protected areas that in some cases actually allow drilling for oil and gas. Much of the seafood harvested and produced around/in PEI is exported. It would be good to find ways to keep more of it in the province. It was generally agreed that we need more information, and some kind of co-management between provincial, federal governments and First Nations to ensure a healthy marine environment and sustainable fisheries.

### Fisheries Impacts on Marine Mammals

The vulnerability of our marine ecosystem and the need to protect it were highlighted in 2017 with the deaths of 13 North Atlantic Right Whales in the Gulf of St Lawrence. The world population now stands at fewer than 500. Typically found in the Bay of Fundy, the whales may have moved to the Gulf because of changes to their food supply. There are many threats to the Gulf ecosystem that could have an impact on whales and other marine life, and our fisheries. These include oil and gas exploration/drilling, abandoned fishing gear and ship traffic.

#### **What we could do in PEI:**

- Advocate for Provinces, First Nations to work together for joint management of the Gulf of St Lawrence
- Request that DFO have a stronger presence in PEI

## FOOD CHARTER

### Charlottetown Food Charter

A food charter is created by community, and defines their ideal food system. They exist in many other cities, including Toronto and Thunder Bay. The benefit of a municipal charter is that the municipality already has control over issues such as community gardens, waste management, water, zoning, some procurement policies, and it is closer to where people live. A food policy council is an advisory group made up of people with various interests in the food system, and could oversee the development of a food charter. A Charlottetown food policy council could be a model for other communities and even the province.

#### **Next steps could include:**

- Get buy-in from city staff.
- Compile data from today
- Engage community – online, facebook

## FOOD DISTRIBUTION

### Food Hubs for Local Food Distribution

A food hub would help break down the stigma of accessing healthy food. Buildings for storage and distribution would be needed. If red tape were not a problem, food waste could be part of the mix, for example Superstore could donate food that would otherwise be thrown away, or egg producers could donate. Perhaps a sliding scale or “farm dollars” could be used to purchase food from local distributors such as Plate It and Top Feed. Donors typically want charitable receipt – need a food related registered charity.

#### Possible next steps:

- bring some CSA producers together with others (Barnyard Organics and Fisherman’s Association) to brainstorm sliding scale addition to programs
- look for storage opportunities
- create a network of food banks and soup kitchens
- <http://commongoodsolutions.ca/>

### Affordable Food Market

How can we get food to people who can't get to food? Transportation is a challenge. PEI Food Exchange is a model - volunteers glean from ecologically sustainable farms - 1/3 goes to the farmer, 1/3 to gleaners, 1/3 to Salvation Army, CHANCES, etc. Other sources of “extra” food: Vesseys, Moonlight Foundation. But how do we get this food to those that need it?

- Add on to existing assets (i.e. Mount Edward Grocery) in various communities
- Affordable markets
  - Voucher system restores dignity
  - Distribute produce that is left in the field
  - Shared cost CSA: ex. Rotary group pays 50% for family identified by CHANCES
  - Food truck model - is this affordable or more cost effective?
  - Buying groups (PEI Food Share, Mothers helping Mothers - suggest on Facebook)
  - Work exchange for food; gleaners get extra 1/3 if farmer doesn't want it

#### What needs to happen next?

- Conversation with BioFood Tech regarding storage options
- Volunteers to help process and store
- Incorporating cooking education (daycare and transportation are challenges)

### Community Facilities

It would be helpful to have an inventory of root cellars/cold storage facilities that exist in Island communities. For example, the New London Community Complex - Nancy Sanderson and a PEI Food Share representative will freeze tomatoes there.

#### What needs to happen next?

- Make inventory of existing root cellars and cold storage
- Check with the Mount if they have cold storage that could be used by the community
- Identify community gathering spots (like the Murphy’s Centre) for community fridges

## SCHOOL NUTRITION

### Healthy, local food for every student

There is strong public interest in a school food program at the moment. Existing breakfast programs are volunteer-run; lunch programs are corporate-focussed. The PEI Home and School Federation is advocating for hot lunch program for all PEI students – it's a big ask to decision-makers. There is mounting evidence linking healthy eating/food security with physical and mental health and school performance. Some examples of community-based good practices:

- Queen Elizabeth Elementary – food program based on a business plan – students have soups, stews, for under \$5
- Kinkora High – own garden, grow food, students in a culinary program gather and prepare food twice a week
- Morell – healthy school committee has been established – includes multiple generations, asks, “what are we going to do about this, as a community?”
- Ecole Francois Buote – has another well-developed and successful model

### What needs to happen next?

- Highlight good food programs and practices
- Ask for follow-up on the Healthy Eating strategy
- Involve students – find a forum
- Demonstrate to decision-makers the link between healthy food and student achievement
- Create a list of school-level champions
- Establish a non-profit solution with funding from crowd sourcing
- Mobilize PEI parents to send letters to MLAs
- Identify educators and parents who would be involved
- Connect SHAPES data to school health and healthy food goals

## FOOD EDUCATION (SCHOOLS)

### Food Education K-12

Current curriculum is outdated and based on unhealthy foods. It should not just be about cooking. Food is connected to many other topics - math, health, science. Existing initiatives include: Start with a Seedling; Abegweit First Nation garden & social enterprise with Aboriginal youth, catering to Morell High; Charlottetown Rural Living Wall. Parent participation is key in influencing school administration. We need to convince people that food is important.

### What needs to happen next?

- Find teachers in multiple schools with passion for food
- Research what other schools are doing globally
- Create a handbook
- PEI Teachers Federation conference in October
- Meet once a month? Discuss this more
- Champions in government - John Jamieson, Parker Grimmer and Minister of Education

## **Food Innovation with Kids**

Engaging children requires different learning models to be applied.

## **Agriculture Education**

This is about introducing information about farming to students, and connecting farmers and consumers, knowing where your food comes from and connecting communities. Introduction of agricultural literacy at an early age can lead to better policy-making around agricultural issues. When people are better informed they can make choices that better support food security globally. School gardens, showing how food is grown, could play a part. Need to be aware that income influences consumer choices – teaching about agriculture won't solve that problem.

## **School Food Production, Education Models**

We could take advantage of PEI's small size, and the connection between schools and community, to be leaders in this area. Food production at schools could be linked to classes in nutrition and fitness as well as cooking classes. Parents could be involved. Example – micro-green production - could be a social enterprise, with students involved in planning. There are examples of school cafeterias getting away from the corporate model – in one region of NB, a cooperative supplies schools. Morell and Kinkora run their own cafeterias. The Farm Centre could offer support – they have a commercial kitchen and can offer to bring people together, create a coalition. To do: connect with Agriculture in the Classroom Canada: <http://www.aitc-canada.ca/en/>

# **SUSTAINABLE AGRICULTURE**

## **Soil Health and Caring for the Land**

PEI soils are depleted in organic matter, despite measures such as the Crop Rotation Act (which has several loopholes and inadequate monitoring), availability of soil tests, sustainability programs, educational materials about the value of cover crops, subsidies for cover crops. The demand for high capacity wells does not address the soil problem – more organic material would hold more water.

## **What needs to happen next?**

- Advocate for enforcement and monitoring of the PEI Crop Rotation Act
- Advocate for a goal for farmers to aim for (soil organic content) and incentives for farms that reach that goal
- Use media, and tell the story: farms with better organic matter in soil do better

## **The Next Generation of Farmers**

Given the importance of agriculture in this province, and the relationship between farming and food security, ideas were generated about how to encourage and support a new generation of farmers, including apprenticeships, web series, sharing experiences and stories, highlighting the importance of agriculture. Next steps would include using media effectively, and reaching out to other farmers.

## Transitioning from Conventional to Organic Agriculture

Transitioning is more possible than sometimes assumed; farms can be transitioned 10 or 20 acres at a time – as well, a farm can have both organic and conventional sections.

Even without transitioning, there is a need to restore soil health through better crop rotations, winter cover, etc. Next steps could include highlighting the work of networks such as COPC and ACORN, and telling the stories of organic farm mentors, with the goals of demonstrating that transition is possible, and encouraging respectful dialogue between conventional and organic farmers and the public.

## Livable Wage for Producers

Those who grew up on a farm have emotional ties with their farms. They do not want to see the family farm fail. "Farmer" is an identity, not a job. Food producers' mental health is an issue. Farmers support local economies and contribute in so many ways.

**Challenges** – blueberries example: Two big processors set the price. You plan, and harvest without knowing the price you will get, send it to the processor who waits until all the crops are in and processed before they set the price. Supply management provides dairy farmers with at least a predictable price based on their costs of production – it is designed to fill domestic market, but even so, livable income is still an issue. The next generation often does not want to continue farming, and debt load is prohibitive for new producers. It takes years to develop a dairy herd/blueberry fields take years to become established. Money invested in food production is so much more than in a typical business. Consumers don't see that the high cost of food at the store can still result in the producer making less than cost of living. Price varies - but so does quality. Food producers everywhere in the world deserve a livable income.

## What needs to happen next?

- Cooperatives (there is a blueberry cooperative operating in Tignish)
- Defend supply management as trade agreements are being negotiated
- Change the perception that food will always (and should) be cheap

## Land for Growing Food

City land that could be zoned for agricultural use: parks and public spaces; churches and institutions; multi-unit buildings and shared spaces. Walls and roofs are a possibility.

Current examples:

- Farm Centre: Legacy Garden – 8.5 acres, with a team of volunteers and employees, last year harvested 3 tonnes of tomatoes. Much of the food is donated to charities. The land is in trust.
- Spring Park Church - Grow to Give Garden – has been going for over 8 years, donates produce to the food bank, seeking more space, for crop rotation, exploring raised beds for seniors.

**Challenges:** determining the role of zoning, land use planning. Also need to consider effects of pesticides and intensive use of land, and land speculation. Vandalism and theft could be issues.

**Trends:** High number of newcomers; small diversified direct marketers; interest in social enterprise; urban agriculture is a trend to watch.

## **What needs to happen next?**

There is a need for champions, and to build cohesive groups to grow food. Advocate for supportive, integrated policies to support access to land and water (federal, provincial, municipal, neighbourhood).

- Initiative to grow food/plant/orchards in public spaces
- Opportunity for city/corporate challenges
- Food vs. flowers, Grass vs. food
- Potential to use rainwater for irrigation (good initiative by the City)
- New regulation options:
  - Require rooftop gardens (structural support)
  - Require space to grow food

## **Backyard Poultry:**

Individual households raising poultry is something that adds to local food security and can be an ethical means of food production. Backyard poultry eat insects, weeds and food waste. To address concerns about: noise – don't have roosters; smell – keep the numbers down; predators – prepare secure enclosures. There would need to be some lobbying around existing bylaws.

## **Migrant Workers in the Food System**

Migrant workers extremely vulnerable due to many factors, including having their work permits tied to one employer. This means they are not able to speak up if a situation is unhealthy or unsafe. In PEI most are working as farm labourers and fish plant workers. Despite working in the food system, they can be food insecure.

## **What needs to happen next?**

- More community engagement activities in rural areas for migrant workers
- Collaboration amongst organizations (PEIANC, Cooper Institute, Action Team for Migrant Workers' Rights, etc.)
- Cross-training (above organizations)
- Push for higher level policy changes, i.e. not tied to single employer

## **ACCESS TO HEALTHY FOOD – SPECIAL DIETS & INSTITUTIONS**

### **Education in Specialized Diets**

There is a need for resources/sessions for families or individuals seeking information about different diets, including Celiac, Vegan, Vegetarian, and therapeutic diets (Fibromyalgia, etc.)

## **What needs to happen next?**

- Partner with Home & School Federation
- Meet with hospital dietitians and cooks
- Form partnership - a group of people who are specialized in certain areas to teach workshops and classes, etc.



## Hospital Nutrition

Systematic change needs to happen. Serving locally produced food – farmers on their own can't meet the demand – need a system. Food service workers want change!  
There could be courses in specialized diets at the Culinary Institute.  
The Mount is a good model of farm to table.

### What Needs to Happen Next?

- Policy support and systemic change
- Patients need to ASK FOR BETTER FOOD
- Approach food policy council

## SUSTAINABLE COMMUNITIES & FOOD SYSTEMS

### Community Self Sustainability

This is about economic/social/environmental sustainability, and making healthy and local choices easier for people. There are several examples of community initiatives that are contributing to food literacy and self-sustainability.

The Community of Abegweit has a farm-mentoring program. Food is grown and prepared for students. They sell at a Farmers Market stand, and to the Trailside Café and other places. Other examples are Shepherd's Farm, Tatamagouche Waldergrave Farm "schools", Epekwitk Gardens  
Sustainable transportation is a challenge. Also, a lack of shared knowledge of what's available creates isolation and duplication.

### What needs to happen next?

- Reorganizing and labelling in grocery stores
- Government should be marketing healthy accessible food to Islanders vs. food porn to tourists
- Edible plants vs. ornamental plants at UPEI and other institutions
- Communicate – web series?
- Sustainability means access and affordability – we need:
  - Education of the true cost of cheap food
  - Education about distribution costs
  - Educate re: benefit to the local community
  - Educate people with resources about spending wisely
- Full integration perspective - linking everyone in a real food network/hub

### Supporting Food Entrepreneurship

This discussion generated a list of ideas/considerations for food entrepreneurs, including chefs, farmers and distributors:

- Think about where you're going to sell it, not where you're going to make it
- Don't be afraid to talk to people
- Don't fear our competitors
- Don't have only people around the table who are familiar – with your business, or you won't learn as much
- Develop "mastermind groups"

## FOOD WASTE

### Food Waste - Groceries, Restaurant, Markets

The challenge is to find ways that food waste, which is still nutritious, can be recovered from restaurants and grocery stores, and consumed. Donors of food waste to soup kitchens may be concerned about liability. Possible outlets might be CHANCES, soup kitchens, and community kitchens. Is there a way of getting imperfect food products to the people who prepare food in those places? Where health regulations prevent food from being served to humans, could it be used for animals? (Note – in December 2017, the PC Party introduced in the legislature Bill 103, the Food Waste Awareness and Strategy Act.)

### Food Waste

Quantities in grocery stores are too large – you are penalized for buying smaller quantities. Regulations require that grocery stores throw out good food. There is less waste in the CSA model. Long-term, there should be a law re: food waste.

### What needs to happen next?

- Write a handbook

## COMMUNICATIONS

### Virtual Food Hub

A virtual food hub is more of a communication tool than an actual “food” hub. It can be used to raise awareness, and encourage a cultural shift. It could use podcasts to disseminate information about things such as food waste. It could be user-driven but would need management and long-term maintenance. (Note - a recently developed resource, Food Matters, from Nova Scotia may be a good example: <http://owl.li/2xUm30h6hN6>)

### What is the Role of "Food as a Trend" in Food Security"?

Food as a trend is a kind of cultural change – food is a central component of our lives, affects our dynamics within households and structures of society. There is a gap between extreme poverty (and food insecurity) and extreme gluttony, or food as entertainment.

Food trends affect:

- Human Health – “superfoods” are sold as a way to improve health. The Canada Food Guide – how does it affect our ideas of health and eating?
- Environmental Health - of other nations (degrading earth/waters for our trending foods)

### What needs to happen next?

- Simplified food – we don’t need elaborate meals with fancy names to eat and be well.
- Notice the pros and cons - keep looking at food, where it is coming from why you are hearing about - use it as a vehicle to evaluate your own personal values and how you are affected the world around you

# Appendix 3: Let's Talk Food

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## *Results of Dot-mocracy exercise on Charlottetown Food Charter*

A **food charter** is a vision statement developed by a city that describes what a community wants their food system to look like. It is a reference document for municipal decision makers and raises awareness about food issues. Participants were asked to take part in a voting exercise for what their top 4 priorities to be addressed on a Charlottetown Food Charter were – the results were as follows:

### ★ **Environmental Sustainability → 22 Votes**

**Food Production → 12 Votes**

### ★ **Health/Nutrition → 22 Votes**

### ★ **Food Security → 28 Votes**

**Land Use Planning → 4 Votes**

### ★ **Food Access/Distribution → 24 Votes**

**Emergency Preparedness → 2 Votes**

**Community Economic Development → 6 Votes**

**Consumption → 1 Vote**

**Food Waste → 14 Votes**

**Advocacy/Education → 6 Votes**

**Culture → 4 Votes**

**Social Justice → 9 Votes**

**Celebration of Food → 3 Votes**

**Food Skills Development → 14 Votes**

**Urban Agriculture → 8 Votes**

**Local Food System → 13 Votes**

# Appendix 4: Let's Talk Food

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## *Survey response summary*

A survey was sent out to registrants to gather some feedback from participants. The survey was sent to 100+ registrants, and we received 32 responses (summarized below).

### **Q2. Did you connect with someone new? If so, how do you feel that this will affect your work in the future?**

The majority of respondents made a new connection/met someone new and that may lead to:

- Possible collaboration
- Broadened knowledge of issues/solutions
- Better access (organic produce, farm resources, community work)
- Possible volunteer opportunities

### **Q3. What is one thing you learned from the day?**

- Food charter/Food policy council
- Open space setting
- Many people working towards food security from different angles
- Understanding of different food markets
- Unhealthy food cheaper than healthy food
- High interest in local, healthy food (in general, and in schools)
- Cover crop programs on PEI
- Food insecurity more to do with finances than lack of skills or knowledge

### **Q4. Is there something you heard about that you would like to learn more about?**

- Community gardens
- **Food charter/food policy council**
- **Healthy food/food education in schools**
- **Food hub (virtual & concrete)**
- Food waste
- Efforts by potato farmers to encourage good stewardship
- Work happening in various communities to enhance food security

### **Q5. Are you working on a food related project OR do you plan to work on a food related project that related to the topics of the day? If so, what is the project?**

- Incorporating gardening into mental health care settings
- Food charter/food policy council
- Food education program for elementary students (seniors)
- Community hub
- Healthy food environment for youth, food skills sessions with First Nations communities
- Legacy garden and food literacy; creating a hub for healthy meals in local institutions
- Salty
- School food projects (greenhouses, partner with organic farmers, supply cafeteria food)

### **Q6. Do you have the support you need to implement this project? If not, what do you need?**

- **Funding;** Reliable, action oriented team members (volunteers); Space

# Appendix 5: Let's Talk Food

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## *Participating Organizations*

PEI Food Exchange	Food Island Partnership
PEI Advisory Council on the Status of Women	Veg PEI
SALTY	PEI People First
PEI Department of Family and Human Services	Dairy Farmers of Prince Edward Island
Moonlight Charities, Inc.	Mi'kmaq Confederacy of PEI
PEI Certified Organic Producers Cooperative	St. Andrew's Presbyterian Church in Montague and Butler's Clover Farm
Charlottetown Farmers' Market Coop	PEI Association for Newcomers to Canada
Institute for Bioregional Studies	Panther Pantry
Island Green Party	Spring Park United Church
University of Prince Edward Island	PEI Council of People with Disabilities
Island Food Skills Initiative	Summerside Baptist Church
Sierra Club - PEI	Kingfisher Outdoors
PEI Department of Health & Wellness	Family Place
PEI Department of Agriculture and Fisheries	PEI Department of Lands, Community and Environment
Loblaws/Atlantic Superstore	Family Services PEI
PEI Association of Social Workers	Stars for Life
Canada's Smartest Kitchen	Culinary Institute of Canada
Dynamic Outcomes Consulting	Carrefour de l'Isle-Saint-Jean
United Way of PEI	Heart & Stroke Association PEI
CHANCES	PEI Food Security Network
PEI Home and School Federation	Charlottetown Legacy Garden
John Howard Society	Citizens' Alliance of P.E.I.
Kings Playhouse	Agriculture in the Classroom Canada
Start with a Seedling	Alexander Fresh Vegetables
BioFoodTech	MP Sean Casey's Office

## *Participants*

Alexander Mackay  
Amil Zavo  
Andrea Macdonald  
Ann Wheatley  
Anne Mazer  
Austin Clement  
Becky Penny  
Blair Thompson  
Bobby Cameron  
Brandi Jadis  
Brazlyn Knockwood  
Callista Tan  
Carla Millar  
Chanelle Doucette  
Chelsey Rogerson  
Chie Xu  
Chris Sallie  
Chris Ortenburger  
Christina Clorey  
Claire Byrne  
Cory Somers  
Darcie Lanthier  
David Lin  
David Webster  
David Woodbury  
Dawn Wilson  
Derrick Hoare  
Devon Broome  
Druce Finch  
Doug Thompson  
Douglas Brown  
Faye Boswall  
Glenda Landry Campbell

Hanna Hameline  
Hannah Gehrels  
Harold MacNevin  
Hazel White  
Hilary Wood  
Jane Ledwell  
Janell MacDonald  
Janice Harper  
Jeanne MacLean  
Jennifer Burgess  
Jennifer Whittaker  
Jess Brown  
Joanne Bowers  
Joy Shinn  
Julia Hartley  
Kara Cousins  
Karen Murchison  
Karl Bruejnes  
Katelyn MacLean  
Kathleen Brennan  
Kathy Jones  
Kayla Nieuwhof  
Kelly Lee  
Kent Thompson  
Laura Reyes Castillo  
Laura Quinn Graham  
Laura Hogan  
Leeanne Yeo  
Leo Garland  
Lisa MacLaan  
Lyndsay Mofffat  
Maria Chen

Marilyn Cameron Hall  
Megan Mullally  
Meghan Adams  
Melanie Griffin  
Michelle Jay  
Morgan Palmer  
Nancy Clement  
Nancy Sanderson  
Nathalie Arsenault  
Pauline Howard  
Peter Bevan-Baker  
Peter Crooks  
Phil Ferraro  
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