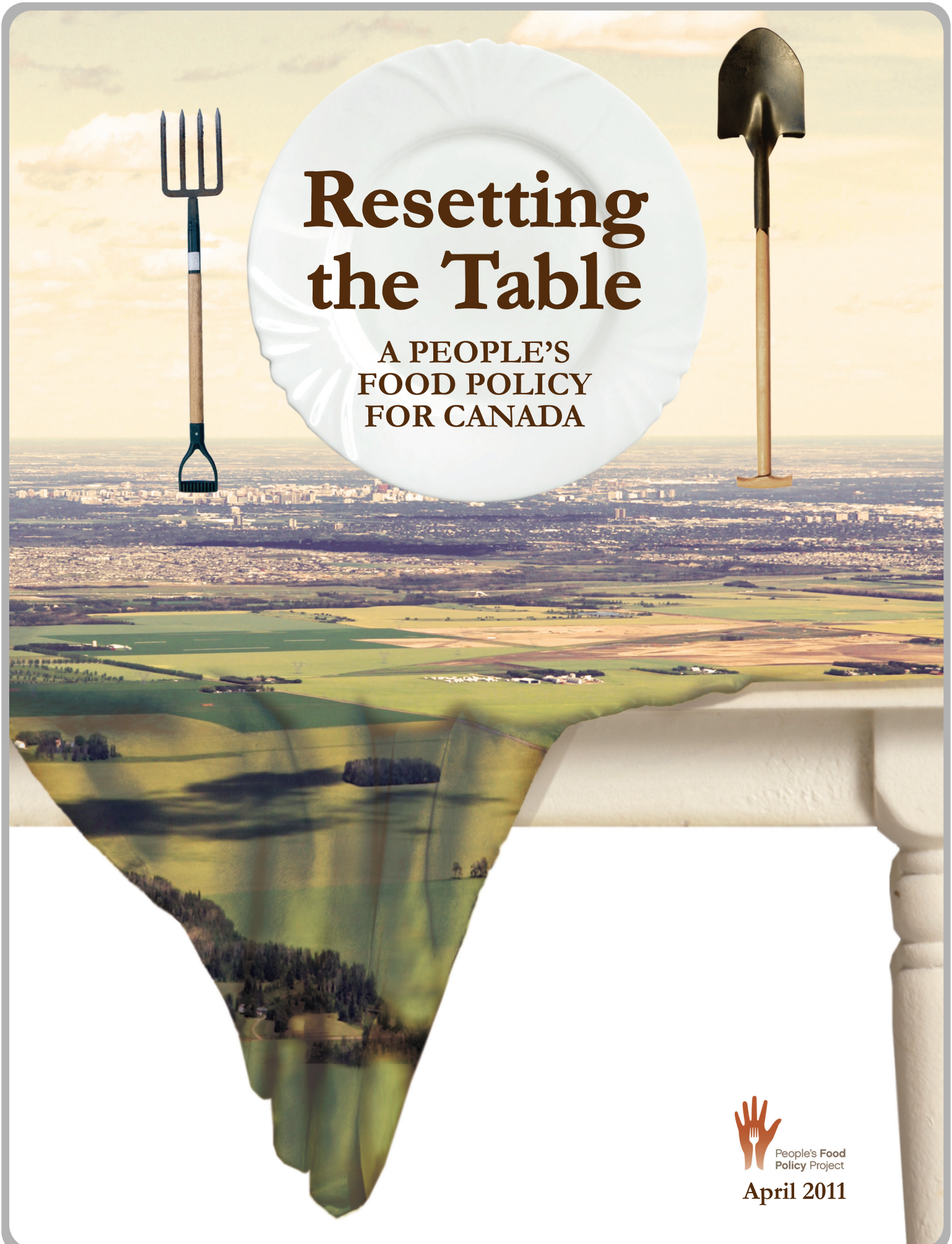


Resetting the Table

A PEOPLE'S FOOD POLICY FOR CANADA

People's Food Policy Project

April 2011

"Resetting the Table: A People's Food Policy for Canada"
is the result of a collaborative process in which hundreds of people devoted thousands of volunteer hours to create a food policy that genuinely reflects the perspectives of people across the country.

We would like to acknowledge and thank all 3500 people who participated in People's Food Policy discussions and events, contributing their ideas and visions for a healthy, just and ecological Canadian food system.

creative commons

This text is part of the Creative Commons.
*You are free to share the text (copy, distribute and transmit) under the condition that you attribute the work in the manner specified by the People's Food Policy. **

www.peoplesfoodpolicy.ca

Resetting the Table

A PEOPLE'S FOOD POLICY FOR CANADA



Table of Contents

Executive Summary 1

Why Canada Needs a Food Policy 4

The Wider Context 5

Changing Courses 7

Introducing the People's Food Policy 8

Food Sovereignty 9

The People's Food Policy Platform 10

- Indigenous Food Sovereignty 10
- Food Sovereignty in Rural and Remote Communities 12
- Access to Food in Urban Communities 13
- Agriculture, Infrastructure and Livelihoods 15
- A Sustainable Fishery and Reasonable Livelihood for Fishers 16
- Environment and Agriculture 17
- Science and Technology for Food and Agriculture 19
- Food Trade and International Aid 20
- Healthy and Safe Food for All 21
- Food Democracy and Governance 23

Conclusion 25

Acknowledgments 26

Endnotes i



Resetting the Table: A People's Food Policy for Canada

Executive Summary

The Context

Canada urgently needs a national food policy. Close to two and a half million Canadians are food insecure. Farmers and fishers are going out of business, our natural environment is being pushed to the limit, a quarter of Canadians are considered obese, and we are the only G8 country without a nationally-funded school meal program. The status quo is no longer an option.

The need for change is widely recognized and plans to develop national food policies are being advanced by many sectors, including the majority of federal political parties and influential industry groups. **The People's Food Policy** is significantly different from these initiatives. It is the first-ever national food policy to be developed by the food movement itself – a diverse and dynamic network of organizations and individuals working to build a healthy, ecological, and just food system for Canada.

The People's Food Policy embodies a wave of concern, interest and action by citizens who are increasingly questioning how our current food system is organized. From connecting directly with food producers to reclaiming indigenous food systems to setting up food policy councils, people across Canada are taking actions daily that are transforming our food system from the ground up. These actions need to be translated into policy.



The Process

Over the course of two years, over 3500 Canadians participated in a groundbreaking grassroots project to define paths toward a food system that can provide adequate amounts of healthy, acceptable, and accessible food for all. The People's Food Policy is based on ten detailed policy discussion papers. These discussion papers were generated through an extensive process that included three hundred and fifty Kitchen Table Talks, hundreds of policy submissions, dozens of tele-conferences, ongoing online discussions, and three cross-Canada conferences. These discussion papers include both whole-of-government policy recommendations and concrete guidelines for how the proposed changes can be put into action.



The Proposal

The People's Food Policy is rooted in the concept of food sovereignty. This is an internationally-recognized approach where food is viewed as a primary foundation for healthy lives, communities, economies and eco-systems. Key elements include:

- Ensuring that food is eaten as close as possible to where it is produced (domestic/regional purchasing policies for institutions and large food retailers, community-supported agriculture, local farmers markets, etc.).

- Supporting food providers in a widespread shift to ecological production in both urban and rural settings (organic agriculture, community-managed fisheries, indigenous food systems, etc.), including policies for the entry of new farmers into agriculture.

- Enacting a strong federal poverty elimination and prevention program, with measurable targets and timelines, to ensure Canadians can better afford healthy food.

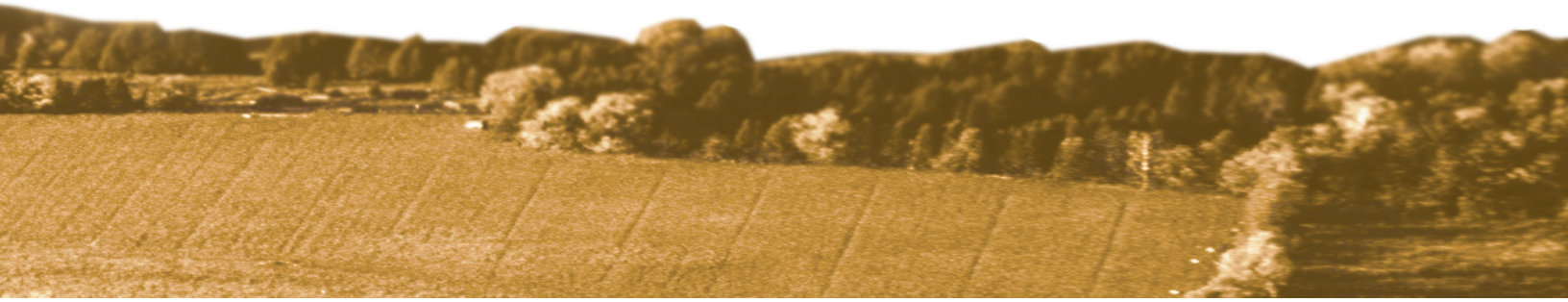
- Creating a nationally-funded Children and Food strategy (including school meal programs, school gardens, and food literacy programs) to ensure that all children at all times have access to the food required for healthy lives.

- Ensuring that the public, especially the most marginalized, are actively involved in decisions that affect the food system.



The People's Food Policy is being launched in collaboration with Food Secure Canada, the voice of the food movement in Canada, uniting groups and individuals working towards a food system that is healthy, ecological, and fair for producers and consumers.





Introduction

The People's Food Policy is the first ever Canadian food policy to be developed by individuals and organizations within the growing food movement – a diverse network of people, many of whom work day in and day out on food issues. This group includes inner city organizers, farmers and fishers, indigenous people, entrepreneurs, nutritionists, public health professionals, policy analysts, academics, workers at food banks, non-profit and community-organizations, gardeners, cooks and others who care about food. Over the course of two years, more than 3500 people participated in a grassroots process to collaboratively articulate a vision for a healthy, ecological and just food system that will provide enough healthy, acceptable, and accessible food for all.

The Canadian food movement is a rapidly expanding, diverse, and powerful force for change. What brings these people together is a shared understanding of food as a foundation for healthy lives, communities, economies, and eco-systems. This approach values ecologically produced food eaten as close as possible to where it has been grown and within an inclusive and participatory framework where citizens are actively involved in decisions about how food is produced, accessed, and enjoyed.



In order to develop the People's Food Policy, Canadians contributed their ideas via three hundred and fifty Kitchen Table Talks, hundreds of policy submissions, dozens of tele-conferences, ongoing online discussions, and three cross-Canada conferences. These ideas were compiled into 10 detailed discussion papers that include both whole-of-government policy recommendations and concrete guidelines for how the proposed changes can be put into action.

This document is an introduction to the Peoples' Food Policy. It outlines some of the key recommendations contained in the policy discussion papers and considers what further steps are needed to move towards the goal of a healthy, just, and ecological Canadian food system.

Why Canada Needs a Food Policy

When millions of Canadians sit down to their evening meal tonight, two key ingredients will be missing: a coherent national food policy in the public interest, and active participation in the food system. We may have used our own recipes and served the food ourselves, but there is a much broader system that brings food to our homes, and operates largely without our direct involvement. Many people assume that the existing food system is managed in the public interest. Unfortunately, there is no guarantee this is the case. In fact, Canada has never had a coordinated and explicit food policy, let alone one designed for the public good. The resulting patchwork of government policies that determine our de-facto food governance does not adequately prioritize the needs and wishes of the majority.



This is not acceptable. Canada urgently needs a coherent, federal food policy that guarantees universal access to adequate amounts of healthy and appropriate food within a participatory, equitable and ecological food system. The evidence of this need is stark. Despite living in one of the wealthiest countries in the world, close to two and a half million Canadians are moderately or severely food insecure.[1] In Northern communities, food insecurity is even more prevalent. In Nunavut, for instance, food insecurity affects a third of the population.[2] And these numbers appear to be on the rise, with food bank use going up by 28% in the past two years alone.[3] At the same time, farmers and fishers are going out of business, our natural environment is being pushed to the limit, a quarter of Canadians are considered obese,[4] and we are the only G8 country with no nationally-funded school meal program.

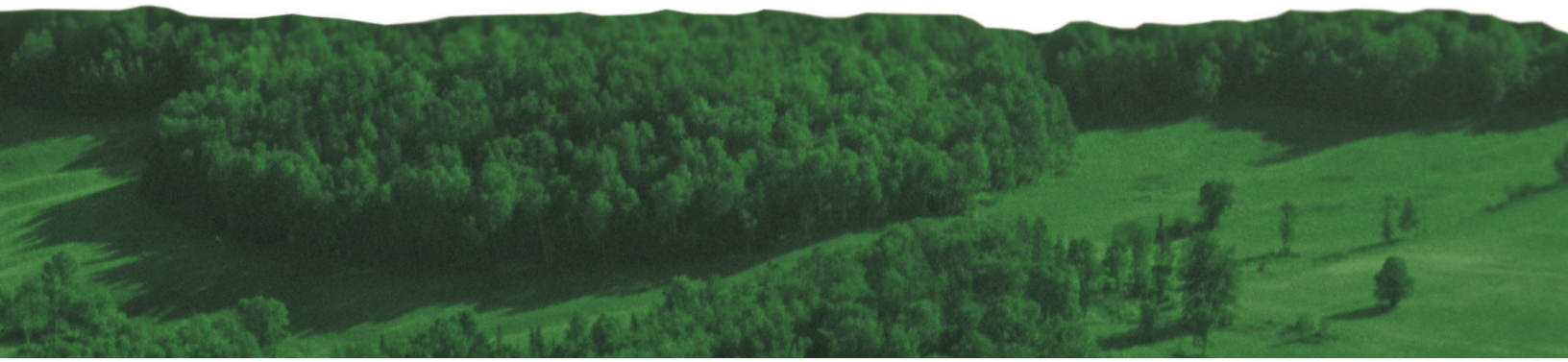
Food insecurity is defined by the Canadian government as
"the inability to acquire or consume an adequate diet quality or sufficient quantity of food in socially acceptable ways, or the uncertainty that one will be able to do so."[5]

Meanwhile, in spite of the fact so many Canadians do not have enough to eat, we are sending more of our agricultural production out of the country than ever before, quadrupling exports in the last twenty years. Increasing exports of agricultural commodities is at the heart of Canada's current agri-food system, placing its importance well above that of feeding Canadians. But this export-oriented approach is not working either for food eaters or for food providers. Average net farm income in Canada is currently going through its lowest period in history. Sales-only incomes (not taking into account credit, government support and off-farm jobs) are well below zero.[6] Canada lost 17,550 farms between 2001 and 2006 alone.[7] The focus on exportation also means we are progressively importing more, including many things we can grow, process and store in Canada. All this means further losses for our economies and for our communities.

The People's Food Policy embodies a wave of concern, interest and actions by citizens who are increasingly questioning how our current food system is organized. Canadians are asking for, and working towards, another way forward: a food system that is centred on widespread access to healthy, ecologically and locally produced food. This will require the scaling up of initiatives that build relationships between eaters and producers, strengthening health, economies and communities in the process. People across Canada are taking actions daily that are transforming our food system to reflect this vision. These actions need to be translated into national policy.

The Wider Context

The story of misdirected Canadian food production is just one example of a critical level of international mismanagement of our food systems. Globally, we are in the midst of a serious food crisis, with over 925 million (one in seven people) experiencing chronic hunger, and close to another billion facing serious nutritional deficiencies.[8] We are also facing a planet-wide environmental crisis in which the industrial part of the food system that is dependent on fossil-fueled monocultures bears significant responsibility for climate change, decreased soil fertility, large-scale loss of biodiversity, and water



shortages. Just five of the world's largest food and beverage processors use about 575 billion liters of water per year – enough to meet the daily water needs of every person on Earth.[9] The industrial food and agriculture system is the leading contributor to climate change, responsible for up to 57% of total greenhouse gas emissions.[10] Climate change is already making agriculture more challenging as farmers deal with unpredictable and extreme weather, rising soil salinity due to sea level changes, changes in pest populations, and encroaching desertification. Global agricultural yields are projected to further decrease by as much as 16 per cent due to climate change before the end of this century.[11] Meanwhile, "adaptation" to climate change is used to justify land grabs (for instance, for agrofuels), further undermining food availability.



The root problem is that food is treated as a market commodity rather than as a necessity of life. The primary beneficiaries of the current system are the companies who trade in food and food-related products – global food and agri-business – as well as the international financial speculators who gamble on food commodities. What happened during the food price crisis that hit world markets in 2008 is a clear example of how food systems are currently set up to benefit industry and the financial sector at the expense of the world's poor. During that ongoing global crisis, more than 100 million people in almost forty countries were pushed into hunger by spikes in the price of food that averaged 83%.[12] It happened so fast that in some countries the cost of staples, such as rice, tripled in three months. In many parts of the global South, where people spend up to 80% of their income on food,[13] that represents the difference between eating and not eating.

Over the same period, global agri-business posted huge increases in returns. Cargill alone, one of the three largest grain traders, posted profits in the first quarter of 2008 – just when the food crisis was on the front pages of newspapers around the world – that were 86% higher than the previous year.[14] Hedge funds and other futures investors had also recently turned to food as the next hot ticket. This created a food commodity boom similar to the housing price boom, forcing governments and consumers to compete with speculators for food supplies. In a four-month period, investment in US grain and livestock futures more than doubled to about $65 billion, representing about half the value of all corn, soybeans and wheat grown in that country – the world's largest exporter of all three commodities.[15] To commodity speculators, anything that limits the food supply (such as grain hoarding, floods, droughts, or conflict) is seen as positive, as it decreases availability and drives up the price of futures. The food price crisis that began in 2008, driving up prices for staples that are now at record highs,[16] was great for business.

In the absence of strong food policies and regulation in the public interest, the global food system has been left in the hands of the market. Corporations and global capital have undue influence and control over the food system, operating beyond the reach of government or public oversight. Rather than being recognized as a biological requirement of life, this has turned food into a volatile commodity. Needless to say, this de facto global and national food policy runs counter to the needs of the majority of the population and the health of the planet.



"To feed 9 billion people in 2050, we urgently need to adopt the most efficient farming techniques available. Today's scientific evidence demonstrates that agroecological methods outperform the use of chemical fertilizers in boosting food production where the hungry live -- especially in unfavorable environments."

United Nations Special Rapporteur on the Right to Food, Olivier De Schutter

As signatories to the Universal Declaration of Human Rights and other international treaties, Canada and many other countries share an obligation to implement measures to ensure the human right to food.

As signatories to the Universal Declaration of Human Rights and other international treaties, Canada and many other countries share an obligation to implement measures to ensure the human right to food. A Canada with no food policy is like not having a national health care policy –featuring gaping cracks through which many fall. We do not tolerate this possibility in the field of health care, and we should not continue to tolerate its reality with regard to food. It is time for change.

Changing Courses

The need for change in our food system is recognized at both Canadian and global levels. Here in Canada, the majority of political parties have called for a national food policy in the last year. Additionally, Agriculture and Agri-food Canada (AAFC) is currently developing the Growing Forward II Agricultural Policy Framework (for 2013-2018); the Canadian Federation of Agriculture (CFA) is working on an industry-led National Food Strategy; the Conference Board of Canada is launching a Centre for Food in Canada; and the Canadian Agri-food Policy Institute has recently released a report calling for a drastic overhaul of our agricultural policy.

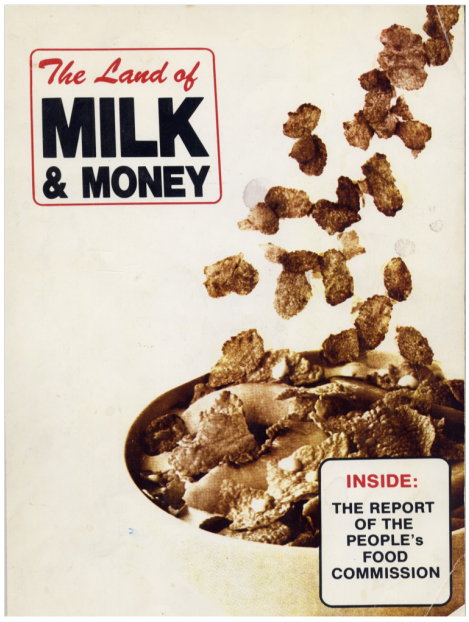
Globally, a review of the entire food and agriculture programming architecture is currently underway at the United Nations (affecting organizations such as the World Food Programme and the Food and Agriculture Organization). At the same time, industrial agriculture is being challenged by major players in the global arena. In 2008, the World Bank and the UN convened 900 experts to carry out a comprehensive three-year assessment of world agriculture. Formally endorsed by 58 countries, their findings called for fundamental shifts in farming away from industrial production models and towards agro-ecology.[17] More recently, the United Nations Special Rapporteur on the Right to Food, Olivier De Schutter, released a report echoing calls for a widespread global move from chemical to ecological agriculture, demonstrating that this approach could double food production in key areas of hunger in ten years or less. He went on to conclude that to support this shift, the role of public policy and investment will be paramount, as private companies will not invest money in practices that do not result in patents or increased markets for chemical products or improved seeds.[18]

Things are clearly cooking in food policy and citizens, often left out of key processes or afforded token consultation roles, are not content with last minute seats at pre-set policy tables. It is time for strong citizen and civil society involvement in the construction of a new food policy for Canada – a policy which places the well-being of the majority and the health of our planet at the centre of all decisions. It is time to reset the table.



Introducing the People's Food Policy

The People's Food Policy has its roots in the 1977-1980 People's Food Commission, a citizen-led initiative that toured the country. The commission held hearings in 75 communities to explore how food systems affected farmers, fishers, homemakers, low-income people, trade unionists, academics, and other ordinary Canadians. The idea of picking up where the People's Food Commission left off was first proposed at the 2005 General Assembly of Food Secure Canada (FSC), a Canada-wide alliance of civil society organizations and individuals working to advance food security in Canada and globally. The People's Food Policy Project was thereafter initiated by a group of Food Secure Canada members and has attracted the engagement, support, and collaboration of a wide variety of organizations.



The People's Food Policy aims to ensure healthy food for all. It creates a place for citizens in shaping food policy and programs, and works to support the web of relationships among peoples and the natural world in which we live. In the context of a failing Canadian food system, food movement practitioners have been taking matters into their own hands for decades, building key elements of a parallel healthy, just and participatory food system. This work includes: increasing the accessibility and availability of local food; developing food policy councils; growing community gardens; strengthening community supported agriculture; supporting ecological and urban agriculture; organizing collective kitchens and purchasing groups and much more. These community-led initiatives have demonstrated impressive results, including increased community and household food security, greater economic resilience among food providers and strengthened environmental health. They share a core vision of individual and community participation in decisions regarding food and the food system.

The People's Food Policy is a serious attempt to synthesize the lessons learned from the food movement and translate these learnings into an interconnected and coherent set of policy proposals to support the scaling up of community efforts. Cutting-edge analysis has been developed by over 3500 participants, and led by an active team of over 100 people working on the front-lines of the most successful and innovative food-related community work in our country. Key to this leadership is an Indigenous Circle who have helped guide all stages of policy development. The resulting policy is based on two years of work, hundreds of individual policy submissions, 350 Kitchen Table Talk gatherings, and three pan-national meetings.

The Peoples' Food Policy is being proposed at a time when many other voices are also calling for change in Canadian food policy. It is important to underline that this initiative is significantly different than the others. The People's Food Policy is the first national food policy to have arisen from the dynamic and growing food movement – a diverse coast-to-coast-to-coast network of organizations and citizens who are working to build a strong solutions-based food system for Canada. More

than a set of policy recommendations, the People's Food Policy is an ongoing participatory process. It is already successfully modeling the inter-connected analysis and inclusive approaches that are necessary foundations for a healthy, just, and ecological Canadian food system.

Food Sovereignty

The People's Food Policy is based on the principles of food sovereignty. Food sovereignty calls for a fundamental shift in focus from food as a commodity to food as a public good. As such, it can once again assume its central role in strengthening communities, ecosystems and economies. Food sovereignty also recognizes that women bear primary responsibility for food provisioning, production and preparation, as well as the disproportionate effects of poverty and other forms of marginalization. The concept of food sovereignty was first proposed by *La Campesina* the global peasant movement co-founded by the Canadian National Farmers Union, at the World Food Summit in 1996. It has since been defined through an international consensus process (please see box). The language of food sovereignty, as distinct from food security, is explicit about food citizenship: it emphasizes that people must have a say in how their food is produced and where it comes from. The core of food sovereignty is reclaiming public decision-making power in the food system.



> ***Food Sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems.***
>
> *La Via Campesina*

Peasants and social movements around the world have anchored this vision of a genuinely participatory, just and ecological food system in six interlinked Pillars of Food Sovereignty. Food sovereignty includes the fundamental recognition of Indigenous Peoples as nurturers of food systems that have been sustainable for thousands of years. Indigenous food sovereignty understands food as sacred and part of a web of relationships with the natural world that sustains culture and community. Food, water, soil, and air are not viewed as "resources" but as sources of life itself. Based on an understanding of what food sovereignty means in Canada, this perspective has been emphasized by the addition of a seventh pillar of food sovereignty – Food is Sacred (please see box).

In the years since the concept of food sovereignty was first advanced by the global peasant movement, it has gained both strength and currency. It has been widely adopted and food sovereignty networks and organizations can be found all over the world. Countries with references to food sovereignty in their constitutions or national legislation include Bolivia, Ecuador, Mali, Nepal, Nicaragua, Senegal, Uruguay and Venezuela. It has also been recognized at the level of global institutions.



For instance, food sovereignty is now part of the official discourse at the United Nations Committee for World Food Security (CFS), with the formal participation of the International Planning Committee for Food Sovereignty. The People's Food Policy is the first Canadian policy to be advanced based on food sovereignty principles.

Seven Pillars of Canadian Food Sovereignty

1. Focuses on Food for People

2. Values Food Providers

3. Localizes Food Systems

4. Puts Control Locally

5. Builds Knowledge and Skills

6. Works with Nature

7. Recognizes that Food is Sacred



The People's Food Policy Platform

The People's Food Policy is based on the work of ten policy teams who have each produced a policy discussion paper:

- Indigenous Food Sovereignty
- Food Sovereignty in Rural and Remote Communities
- Access to Food in Urban Communities
- Agriculture, Infrastructure and Livelihoods
- A Sustainable Fishery and Reasonable Livelihood for Fishers
- Environment and Agriculture
- Science and Technology for Food and Agriculture
- International Food Policy
- Healthy and Safe Food for All
- Food Democracy and Governance

The policy discussion papers are summarized in the next section, with priority recommendations for each one. For a more detailed analysis of these topics and complete sets of recommendations, please refer to: www.peoplesfoodpolicy.ca

Indigenous Food Sovereignty

(Written by the People's Food Policy Indigenous Circle)

CHALLENGES

There are many challenges currently facing Indigenous food sovereignty. These go as far back as when the colonialists arrived in the Indigenous lands now known as Canada. At that time nation-to-nation agreements were



developed based on a sacred provision to shared caring for the land as guided by Indigenous knowledge and ways of knowing. These agreements have not been upheld, and our land, water and air is being heavily polluted by mining, industry, sprawling development and much more. At the same time, hunters, fishers and gatherers have been confined into smaller and smaller areas due to the creation of land reserves, national parks, private lands, etc. This affects not only the ability of Indigenous people to make use of customary foods found in nature, but it undermines the very fabric of Indigenous communities and the foundations of traditional knowledge. Indigenous communities now face widespread poverty, hunger, lack of affordable housing, eroded culture and language and other social difficulties, both on reserve and off. The ability to access traditional foods has been pushed aside by mainstream economic interests in many sectors, including: forest management planning; hydro development that prevents the migration of fish species; and roads, industrial and housing developments. All this has impeded the preservation and growth of traditional medicines as well as the natural migration of large animals, water fowl, and other animals that are traditional food and medicine sources and which represent deep cultural relationships for Indigenous peoples.

WAYS FORWARD

We work with non-Indigenous food sovereigntists throughout the nation and the world, but we stress that Indigenous peoples speak for ourselves. The principles of mutual respect and understanding must be at the heart of all of our collective work. This will be necessary to face the challenges posed by building food sovereignty, including addressing the critical state of foods, lands and sovereignty on a larger scale. As the original peoples of this land and holders of traditional knowledge, we believe that Indigenous food sovereignty will be realized



when the conditions of unsustainable over-exploitation that currently impact Indigenous communities are recognized as human rights issues and dealt with accordingly. Further, food sovereignty will be achieved for all when the sharing of traditional and western knowledge are met with mutual understanding and respect.

PRIORITY RECOMMENDATIONS

1 Land reform and redistribution: Return to the original nation-to-nation agreements as expressed in wampum belts, treaties, and other instruments which expressed our willingness to share the grand resources of the land. Allocate adequate land for the exclusive use of hunting, fishing and gathering reserves in areas currently designated as crown land, national or provincial parks, and other public lands.

2 Environmental degradation: Share in the urgent need to heal Mother Earth by integrating Indigenous customary law, which is harmony with natural law, with western science and legislation at all levels of government. Allo-



cate adequate resources (time, human, financial, technical) to adapt existing Canadian legislation to include holistic Indigenous methodologies in assessing, preventing, monitoring and mitigating cumulative risks associated with the environmental, cultural, spiritual, and social health of Indigenous land and food systems.

3 Address social determinants of health that are negatively impacting the ability of Indigenous Peoples (on and off reserve) to respond to their own needs for healthy culturally adapted Indigenous foods, i.e.: poverty, lack of affordable housing, culture and language, family healing, etc.

4 Responsibility and relationships: Heal and rebuild (reconcile) contemporary relationships between Indigenous peoples and stakeholders (Canadian citizens and their government), and others who share the gifts of this great land we know as Canada. This will be accomplished by clearly integrating our shared world views and outlining and articulating responsibilities, while also supporting the protection, conservation, and restoration of Indigenous and other land and food systems.

■ Food Sovereignty in Rural and Remote Communities

CHALLENGES

Although rural and remote communities are primary areas for food production, hunting, gathering and fishing, food insecurity is a daily reality for many rural Canadians. In the Yukon, Northwest Territories and Nunavut, for example, food insecurity affects between 11% and 32% of the population.[19] Poverty is more widespread in rural and remote communities than in urban areas,[20] and is compounded by reduced availability of fresh produce and other nutritious foods as well as long distances to reach high-priced grocery stores. At the same time, agricultural land is being lost to recreational use, resource extraction, and industrial activities. These activities also negatively impact surrounding food producing lands and waterways as well as local wild food supplies.

WAYS FORWARD

The People's Food Policy envisions rural and remote communities with the capacity to access and produce nutritious food within a resilient food system. The central role of food in building healthy and strong rural and remote communities must be recognized as a key priority that guides all land use policy discussions. Since human actions and decisions occur within an interconnected web of human and ecological systems, an ecosystems management approach for rural and remote communities is proposed, ensuring a sustainable management of food ecosystems.





PRIORITY RECOMMENDATIONS

1 Increase protection for agricultural and forest land to prevent loss to industrial, residential and recreational activities. All land protection must be inclusive of traditional food sources including hunting, gathering, fishing, and agriculture.

2 Localize and decentralize the processing, inspection and storage of food destined for the local market. Develop approaches for inspection, processing and storage that are flexible, responsive, and bureaucratically streamlined so that the unique needs of less industrial, more seasonal, and variable approaches of small-scale local producers are accommodated.

3 Support the emergence and mobilization of local knowledge related to food production and preparation. Establish community-based knowledge exchange hubs that facilitate the exchange of food knowledge, information, and ideas across cultural and generational lines.

4 Strengthen rural economies with supports for sustainable and innovative economic development initiatives (e.g., green energy, local living economy initiatives). Identify food as a priority area for small business development and employment training (e.g., Community Supported Agriculture, market gardening, local food co-operatives, etc).

5 Provide infrastructure and support for research and post-secondary training in food production that reflects the diversity of rural and remote bio-regions and is inclusive of a range of food sources (e.g., traditional or forest food) and non-industrial production methods.

Access to Food in Urban Communities

CHALLENGES

Healthy food, like healthcare and education, must be available to all regardless of income. However, close to two and a half million Canadians are currently food insecure.[21] People in cities mainly obtain their food by purchasing it, but one in ten urban residents experience limited or inadequate food access due to financial constraints.[22] Low-income urban residents often rely on Canada's 900 food banks and other charitable agencies. Food bank use is on a historic rise, with a 28% increase in the last two years alone.[23] Even so, studies show that only between one-fifth and one-third of people who are food insecure make use of food banks,[24] so food insecurity is likely far more widespread than even these numbers represent. At the same time, many people experience loss of dignity making use of food banks, and are met with a lack of food choices with which to fulfill cultural or health considerations. People should not have to compromise their needs, agency, or sense of self in order to access food. In addition, as large retailers prefer to expand into suburban areas, fewer and fewer full service grocery stores remain in low-income communities, further undermining access to healthy food. Communities are not designed or planned to encourage healthy food choices and as a result, unhealthy foods are the most conveniently available.

WAYS FORWARD

To build food sovereignty in urban communities, the People's Food Policy focuses on removing economic barriers to food provisioning, ensuring dignified food access for low-income and other marginalized populations; strengthening urban food production and access to local



food; and dissolving geographic, physical and cultural barriers to accessing healthy food resources within the urban environment.

PRIORITY RECOMMENDATIONS

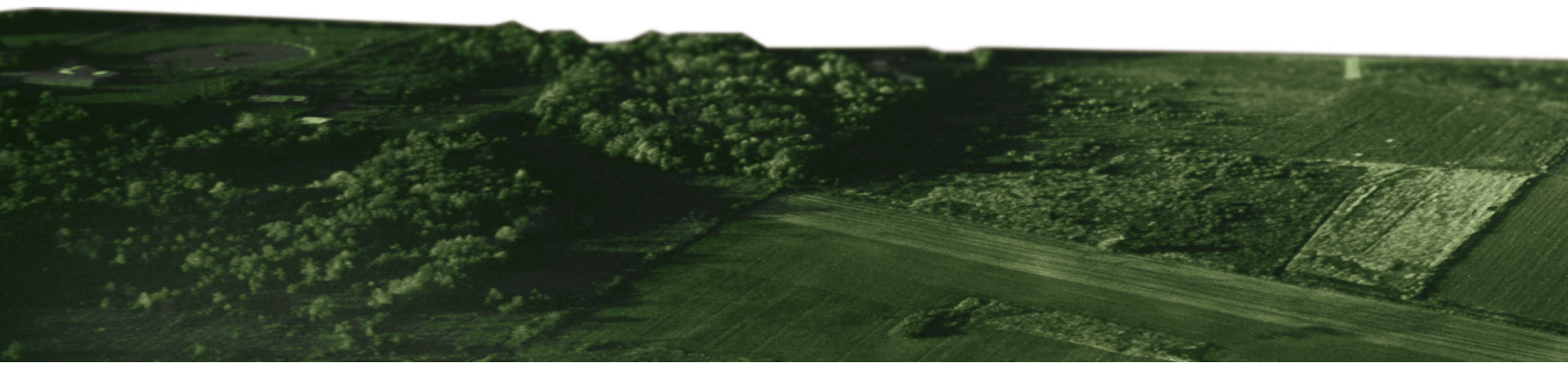
1 Enact a federal poverty prevention and elimination strategy featuring a guaranteed livable income for all Canadians. This includes a guaranteed livable minimum wage, and a systematic review and recalibration of both federal and provincial/territorial income assistance programs to ensure all Canadians can afford to access nutritious, healthy food that meets cultural choices and other basic needs. This strategy, with measurable targets and timelines, should be developed in consultation with municipal and provincial/territorial governments, business, the non-profit sector, and individual Canadians. The program must include an effective affordable housing strategy to ensure that Canadians no longer have to choose between paying rent and buying food.[25]

2 Devote resources to research and development for a public food system that guarantees universal access to adequate amounts of healthy, safe, and appropriate food for all. This may include, for example, the establishment of local procurement policies (from urban agriculture and nearby farms) for institutions such as hospitals, schools, universities, correctional facilities, care homes, legislatures, and government offices. Mandates would eliminate inner city "food deserts" by ensuring that locations for new grocery stores are determined by housing density, socioeconomic demographics, and current food access. Community initiatives such as food centres, collective kitchens, community gardens, and so on, would also be supported and funded.

3 Increase and strengthen urban food production by incorporating policy and program support for urban agriculture into provincial/territorial ministries of agriculture, supported by federal agricultural policy frameworks and resources. Enact policies to strengthen urban food production programs, such as assisting gardeners/farmers to access land in urban areas; providing education on small scale food production such as gardening, agriculture, and animal husbandry; linking gardeners/farmers to appropriate resources and equipment, researching small-scale food production, etc.

4 Support regionally-based research and extension centres to provide regionally-appropriate information on seeds and breeds to both households and urban agricultural communities that meets the interests within those communities, and supports diverse food choices.





Agriculture, Infrastructure and Livelihoods

CHALLENGES

Canada's farm sector is one of the world's least profitable. Net farm income from market sales for the period 2003-2010 is at its lowest in history – below depression-era levels – to well under zero dollars per year, per farm.[26] Farm credit is the number one source of income for farms, and family farms that have survived have done so based largely on credit, off-farm income, and government support. At the same time, Canada's food production system is one of the world's most export-oriented. Over the past two decades our governments have quadrupled food exports creating policies that ship Canadian food worldwide to be traded and speculated upon in global commodity markets for the primary benefit of international business, while our food producers struggle to stay in business and keep their lands.

WAYS FORWARD

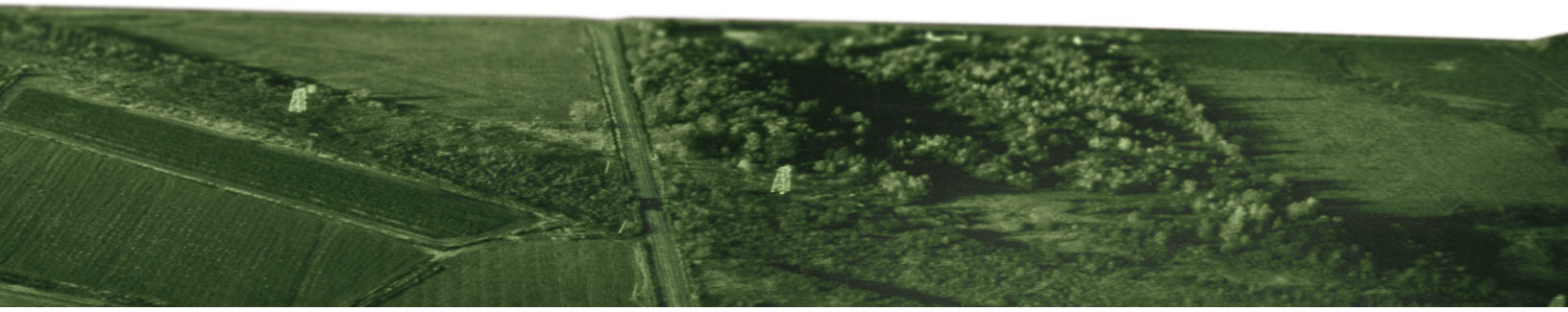
The People's Food Policy calls for an agricultural policy that functions within a context of democratic participation in decision-making, that prioritizes eating food as close as possible to where it was produced, and that ensures decent livelihoods for food providers, This is sometimes called the "feed the family, trade the leftovers" approach. More and more Canadians are realizing that we need a resilient Canadian farm sector, and are echoing global calls for a significant shift to local food systems. One after another, urban and rural, Indigenous and non-Indigenous Canadians told the People's Food Policy teams that they want to serve their families food produced and processed closer to home. Re-localizing food maximizes benefits to farmers, eaters, communities, and economies, all the while increasing the availability and accessibility of fresh, healthy foods.

PRIORITY RECOMMENDATIONS

1 A key priority is to ensure that farmers are able to earn a decent living, and to enable the entry of new farmers into farming. Policy success should be measured by net farm income rather than by export volume. Governments must set net income targets, craft strategies to attain those targets, and report on success. Farm policies should focus on supporting small farms (where young farmers and new farmers often start out); provide farmer training programs in rural and urban communities along with measures such as partial student loan forgiveness for those going into farming; work with new immigrants who have farming and food production experience to help them find a place on the land; and implement a retirement savings plan for farmers.

2 The food processing system should: be designed for human-scale and community-scale processing equipment; support and encourage community-owned, sharable infrastructure; encourage more co-operative models; focus on creating skilled workers. It must also include a scale-sensitive, processing-speed-sensitive meat inspection system that ensures food safety and quality for all Canadians without creating unmanageable burdens on small processors.

3 Agriculture Canada should shift significant resources away from commodity-based, export-focused agriculture and toward a community-based, sustainability-focused agriculture that prioritizes healthy eating for all Canadians. Provincial, territorial, and municipal governments must replicate that shift. Better integration is required in planning and budgeting, and between our departments of Agriculture, Trade, Environment, and Health. For instance, the Agriculture and Agri-Food Canada's Growing Forward II policy framework for 2013-2018 and the



Health Accord must support each other in re-orienting agricultural policy towards greater health for all Canadians.[27]

4 Canadian food land must be owned and controlled, as much as possible, by the citizens who live on and work that soil, with prohibitions enacted on foreign, corporate, investor, and absentee ownership. Additionally, new ways of getting land into the hands of those who want to farm are required, such as community-owned land trusts, debt-free or interest-free land transfer mechanisms, and government agencies that support seller-finance options. Controls should be placed on the conversion of food land to other uses such as subdivisions, quarries, golf courses, etc.

5 Enforced legislation is required to ensure that non-citizen workers on farms are fairly treated; given decent housing and wages; enjoy safe and humane working conditions; have access to health care and citizenship rights, all without reprisals.

■ A Sustainable Fishery and Reasonable Livelihood for Fishers

CHALLENGES

Fish are an important part of the human diet, cultures and economies. Fishing has long defined the culture, social fabric and local economies of Canadian coastal communities. For many Indigenous Peoples, fish harvesting represents an intimate and sacred relationship with their traditional territories and an integral part of a way of life. Though the east coast fishery has been exporting fish since its inception, in 1977 Canadian policy shifted to



insist that fish be treated primarily as an export commodity. In return, much of the seafood we eat is imported. Marine resources, once part of the commons, are being increasingly privatized by Department of Fisheries and Oceans management policy. The deleterious effects of privatization and industrialization in the fisheries were made clear by the collapse of the cod fishery in 1992. Turning fish quotas into a marketable asset has only intensified the drive to catch the maximum number of fish, further undermining the sustainability of the fisheries. The current de facto policy framework values Canadian fisheries for their wealth generation, and not for their role in supplying Canada with seafood, or for their role in the culture and economies of Indigenous, lakeshore, riverine and coastal communities.

WAYS FORWARD

The People's Food Policy calls for a fisheries policy that respects the local knowledge of fishers and supports them in managing their own fishery. This would result in fish once again becoming a local and sustainable food, strengthening cultures, communities and economies.



PRIORITY RECOMMENDATIONS

1 The conservation, protection and restoration of fish populations and the ecosystems that sustain them must be viewed as central to maintaining the food security and livelihoods of coastal communities.

2 Rebuilding local markets for fish products is crucial. This involves support for wharf-gate sales, increased marketing of Canadian fish within Canada, and supporting value-added fisheries such as via local, sustainably caught, and fair trade certification.

3 Policy should recognize Indigenous jurisdiction over traditional lands and waters and support both Indigenous fisheries and other community-based livelihood fisheries.

4 Independent family fishers, owner-operator fleets, and fishing with the lowest impact gear type must be prioritized. Where quotas exist, especially quotas that are meant to be sold to the highest bidder, measures should be taken to develop strict transferability clauses that protect fisheries and marine ecosystems and ensure that these are kept within coastal communities.

5 The labeling of fish for sale must be clear and honest: the species of fish, the place where caught, and the method of harvesting. Traceability measures should provide a link back to the fisher.

6 Open-pen salmon farming should be banned and closed containment enforced. Salmon and other types of fin-fish aquaculture should only be allowed when coastal communities are the direct beneficiaries and the managers.

Environment and Agriculture

CHALLENGES

The agricultural choices we make as a society are of critical importance to our environment. Agriculture affects, and is in turn affected by our natural surroundings. Ecologically sound agriculture ensures the ongoing health of the ecosystem and depends upon a healthy ecosystem in order to function. In contrast, the fossil-fuel dependent industrial sectors of the food system treats inputs, (such as energy, fertilizers, pesticides, and water) as though they are of limitless supply and the environment as though it is limitless in its ability to absorb waste and pollution. We know that the foundations of the global food system, are, in fact, limited in supply and progressively compromised.

WAYS FORWARD

The United Nations Special Rapporteur on the Right to Food has recently released a major report outlining how a wide-spread global shift to ecological agriculture would not only be environmentally superior to continuing an extensive reliance on chemical fertilizers, but that it would double food production in key areas of hunger in less than ten years, while strengthening resilience to respond to climate change. The People's Food Policy supports this call for a global shift to ecological agriculture. It is crucial that we move away from industrial linear systems that are reliant on purchased inputs and environmentally harmful practices and result in severe waste problems. Instead, food production must move toward more integrated circular ecological systems where "wastes" become nutrients. We must focus on the sustainable use of renewable resources, on production based on society's needs, and work with, rather than against, nature's nutrient, energy and water



cycles. This includes respecting wilderness and learning from the complex Indigenous foodways which reject the notion of "natural resources" and build instead on relationships with their traditional lands and the animals and plants that inhabit them.

PRIORITY RECOMMENDATIONS

1 Because agriculture affects, and is in turn affected by the natural environment, policy measures must ensure that soil, water, air and biodiversity of the environment are protected for agriculture and that agricultural practices contribute to the ongoing health of the environment. For example, if an industrial practice (such as emitting toxic particulate matter) harms surrounding agricultural land or has deleterious effects on the food produced, the industry must be required to alter its process so it is safe for agriculture. In turn, if an agricultural practice (such as applying manure at excessive rates) harms the surrounding environment by impacting on its integrity and sustainability, those practices must be altered to ensure that the environment is protected.

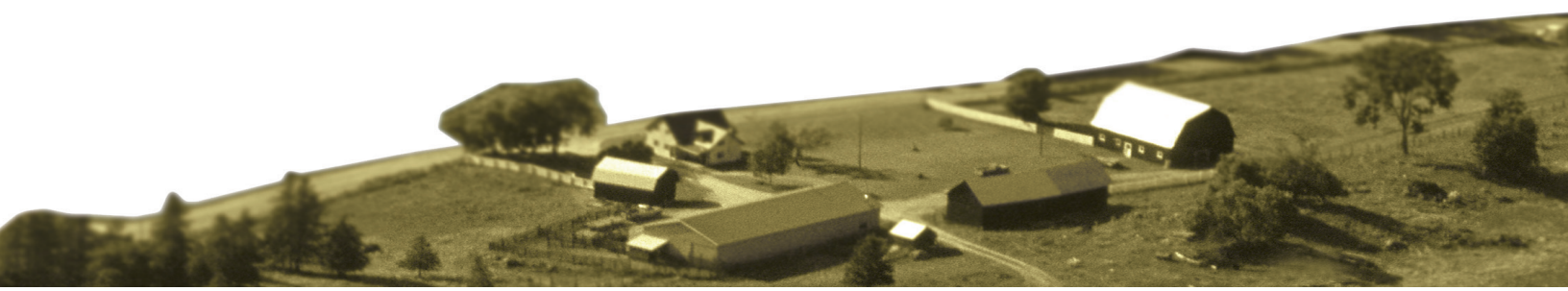
2 Agriculture and the global food supply are exceedingly vulnerable to the impacts of climate change. At the same time, ecological agriculture provides a number of significant benefits: the increased capacity to sequester carbon in soil; improved energy efficiency due to reductions in fossil fuel derived pesticides and fertilizers; and a lowering of greenhouse gases emissions, particularly nitrous oxide and methane. Consequently, agricultural policy and climate change mitigation policy must actively promote the shift to ecological farming methods.

3 Program, policy and regulatory measures must promote transition to more ecologically sustainable methods of farming, removing financial and fiscal incentives



that support ecologically damaging farming practices. Currently, safety net programs encourage specialization, concentration and increased scale of production, increasing both environmental costs and the risks of catastrophic failure. At the same time, farmers who convert to certified organic production shoulder the burden of carrying all the economic risks during their transition period. Policy should provide effective "carrots and sticks" to promote the uptake of ecological agriculture.

4 Education is key to ensuring broad public support for environmental sustainability. With that in mind, knowledge and understanding of the ecology of agriculture and the impacts of agriculture on the environment must be promoted through formal and informal methods. As



food becomes an ever more significant factor for global social stability, the need for populations to have a fuller understanding of food production is increasingly important. School curricula at every grade level needs to incorporate both practical and academic lessons about ecological agriculture. Community colleges, universities and informal education providers should be supported in providing research, training and skill-development to educate the upcoming generation of ecological agriculture producers.

Science and Technology for Food and Agriculture

CHALLENGES

Our food system is based on thousands of years of knowledge and innovation by indigenous peoples, farmers, fishers, and cooks. This rich and diverse knowledge is being marginalized as risky technologies facilitate greater concentration, industrialization and industry control in food and farming. Potential threats (often originally introduced as technological fixes for problems caused by previous technologies) range from the more widely-known platforms of synthetic chemicals and genetic engineering to the emerging applications of nanotechnology, synthetic biology, and climate engineering technologies. These are occurring in the context of a global land grab to feed biomass-intensive "green" technologies, and at the expense of food production and ecosystem health. The parallel erosion of biodiversity and community resilience severely undermines people's capacity to strengthen local food systems, as well as respond to the increasing challenges posed by climate change.

WAYS FORWARD

Decision-making processes regarding science and technology need to be democratized and guided by precaution and common interest if we are to strengthen our ability to feed ourselves, ensure sustainable livelihoods, and protect biodiversity and healthy ecosystems into the future. 'Science' should be acknowledged as including all forms of useful knowledge (codified and tacit) coming from diverse forms of learning and practice including indigenous and farmer knowledge and people's everyday experience of food. By helping to strengthen and expand ecological agriculture, science and technology can play a particularly positive role in facing present and future challenges in food and agriculture.

PRIORITY RECOMMENDATIONS

1 Democratize science and technology policy and integrate the precautionary principle into all stages of decision-making.

2 Genetically-Modified Organisms (GMOs) are living pollution that self-replicate. They cannot be recalled or controlled once they have been released and can spread and interbreed with other organisms, thereby contaminating ecosystems and affecting future generations in unforeseeable and uncontrollable ways. Genetically-Modified (GM) crops threaten agro-biodiversity which is fundamental to global food security, as well as threaten the future of organic food and farming through contamination. Existing GM crops should be phased out and there should be no further approvals of GM crops and animals. A just transition process, including financial and technical support, needs to be established to assist farmers to shift back to non-GM seed sources and to adopt ecological agriculture practices.



3 The power over seeds, and potentially breeds, represented by monopoly control has become a mechanism for transferring wealth from farmers and rural communities into the hands of corporations and their shareholders. Canada's patent legislation should be amended to explicitly disallow the patenting of life, including living organisms and genetic sequences.

4 Protect and support the open and free sharing of non-transgenic seeds and breeds as a fundamental practice of agriculture.

5 Establish a national ban on "terminator" technology and actively support the existing international ban at the United Nations Convention on Biological Diversity.



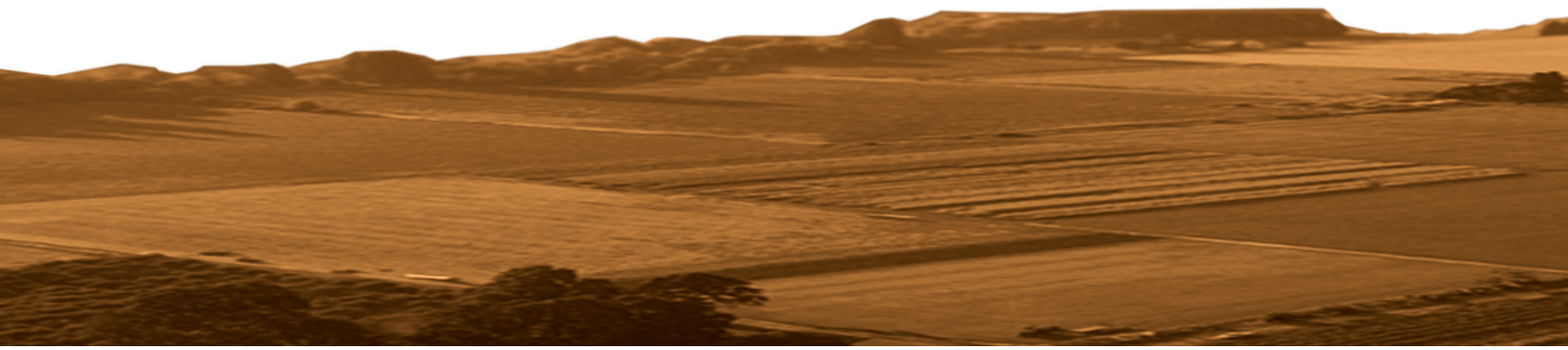
■ International Food Policy

CHALLENGES

In a globalized economy, Canadian policies on food and agriculture are affected by and have an impact on the rest of the world. Canada's food exports, trade and investment relationships, foreign aid (both short-term humanitarian assistance and long-term development assistance), corporate land acquisitions abroad, and role in multilateral processes all have a direct impact on global hunger, livelihoods, and environmental sustainability. These policies remain anchored in a commerce-oriented paradigm that privileges industrial agriculture for export to the significant detriment of the global majority.

WAYS FORWARD

The People's Food Policy calls for a new approach to international relations and agreements that enables countries and communities to protect their food systems from the encroachment of powerful industry and government actors and to prioritize people's health and livelihoods over shareholder returns. This requires, first and foremost, a shift away from free trade and investment agreements and towards international cooperation focused on the support for local, national and international food sovereignty policies and programs. It has never been more vital for international policy and cooperation to ensure resilient and equitable food production systems, access to healthy food for all, and long-term environmental sustainability. These must be the guiding objectives of Canada's international policies.



PRIORITY RECOMMENDATIONS

1 Ensure policy coherence and consistency using a whole-of-government approach based on the seven pillars of Canadian food sovereignty; work with like-minded states and organizations to bring this perspective to multilateral forums and governance.

2 The World Trade Organization and the various bilateral free trade and investment agreements that Canada has entered into and continues to seek undermine core elements of food sovereignty (for example, the Canada Europe Trade Agreement prohibits purchasing policies that favor locally grown or Canadian grown food, and impede farmers rights to save and re-use seeds). Food and agriculture should be removed from all such agreements and negotiations.

3 Pursue policies that safeguard small producers' access to and control over biodiversity (for example, the right to save and control seeds and animal breeds) and adopt legislation to prevent patents on life.

4 Ensure that aid and trade policies and practices do not undermine international environmental conventions (Convention on Biodiversity, Biosafety Protocol, climate change accords).

5 Develop solid and coherent policy to promote just land reform and prevent foreign investors and financial speculators from acquiring agricultural land.

6 Use aid to support locally-developed food sovereignty initiatives such as agro-ecological approaches to food production, taking into account their contribution to local economies, ecosystem health and resilience, and social equity.

Healthy and Safe Food For All

CHALLENGES

There is growing and compelling evidence that Canadians of all incomes experience chronic health problems and sometimes premature death due to poor quality diet, less than optimal nutrition, and occasional exposure to unsafe food. This starts with inadequate perinatal nutrition and breastfeeding, premature weaning, and reliance on processed commercial infant and baby foods. About 70% of Canadian children and adults do not eat the recommended amount of vegetables and fruit, milk and milk alternatives or whole grain products. In addition, there are disturbing trends in the prevalence of overweight and obese adults, adolescents and children. In the latest figures from 2009, nearly one quarter of adults were obese.[28] Due to their inability to purchase high quality nutritious food, Canadians who are poor are the most vulnerable to chronic physical and mental health problems. In 2007-2008, close to two and a half million Canadians were food insecure.[29] Food insecurity brings with it with chronic disease including type II diabetes and high blood pressure, and is associated with higher levels of depression, stress, anxiety, social isolation, eating disorders, impaired cognitive abilities, and increased use of clinical services. Food insecurity also affects families. It is linked to lower levels of positive parent-child interactions, poorer infant feeding practices, poorer psychological health among children, and depression and suicidal tendencies in adolescents. Students with decreased overall diet quality are more likely to perform poorly in school, and have more behavioural and emotional problems.[30]



WAYS FORWARD

The People's Food Policy calls for a whole-of-government commitment to policies and programs that guarantee universal access to healthy and safe food. This recognizes that Canadians' food choices are mediated by their surroundings, opportunities and conditions of life. These policies and programs should feature the implementation of a federal poverty prevention and elimination strategy, and a host of supportive measures to ensure access to healthy food in workplaces, schools, municipalities and low income neighbourhoods. The People's Food Policy also calls for a reshifting of Canadian agriculture to support domestic production and consumption of healthy food, and to rethink the food safety regulatory agenda to ensure appropriate protection from food borne illness, exposure to environmental contaminants and the additions of other substances to food.

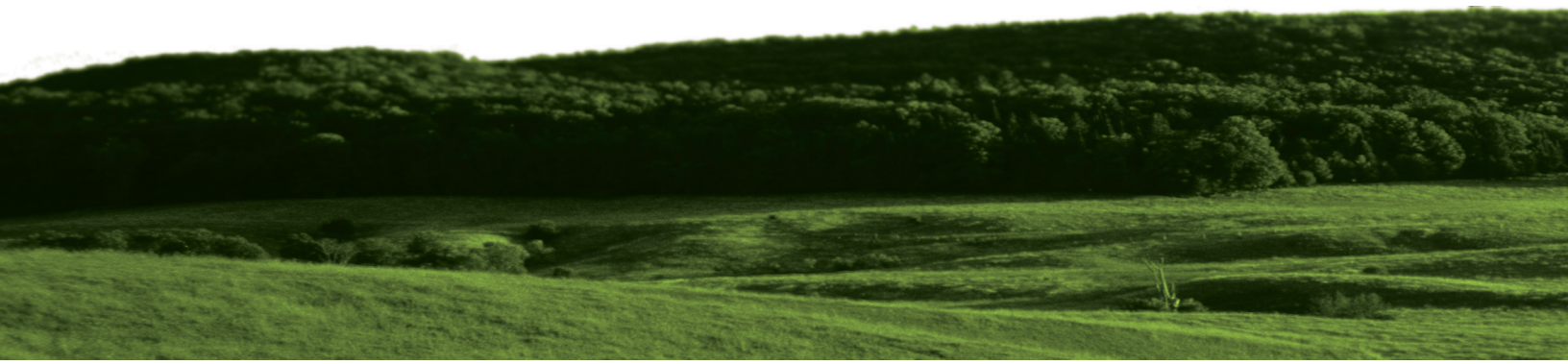


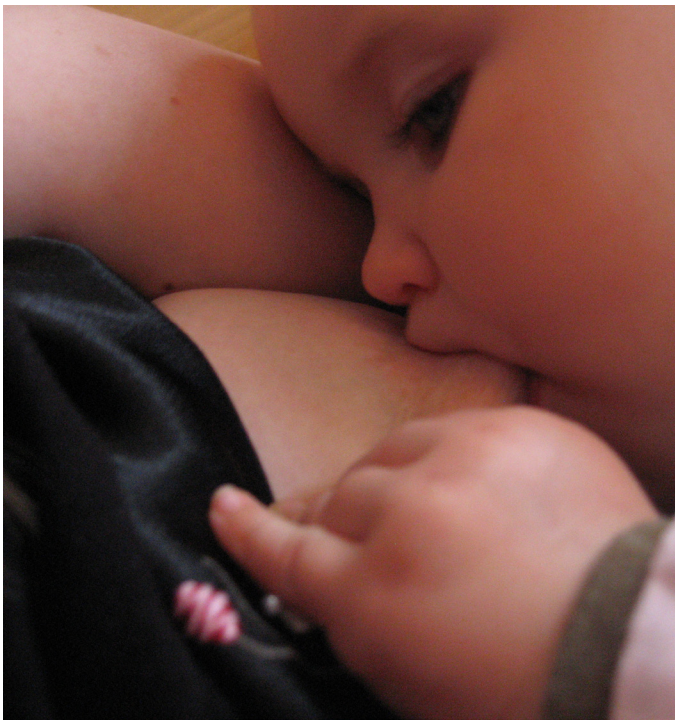
PRIORITY RECOMMENDATIONS

1 Enact a federal poverty prevention and elimination strategy featuring a guaranteed livable income for all Canadians. This includes a guaranteed livable minimum wage and a systematic review and recalibration of both federal and provincial/territorial income assistance programs to ensure all Canadians can afford to access nutritious, healthy food that meets cultural choices and other basic needs. This strategy, with measurable targets and timelines, should be developed in consultation with municipal and provincial/territorial governments, business, the non-profit sector, and individual Canadians. The program must include an effective affordable housing strategy to ensure that Canadians no longer have to choose between paying rent and buying food.[31]

2 The federal government should work in partnership with provincial and territorial governments to create a cross-Canada Children and Food strategy to ensure that all children have access to the food required for health at all times. A hallmark of this strategy would be the provision of at least one meal during the school day providing foods that are locally, ecologically, and ethically produced, safe to consume, nutritious, and culturally appropriate. The strategy would also promote "healthy school food systems" (including student gardens, processing and composting programs) and would feature food and agriculture literacy programs beginning in preschool to ensure students graduate with an understanding of healthy food and how to access and prepare it. Once the strategy has been articulated, the federal government needs to allocate financial resources for its implementation. This strategy would also feature a ban on all forms of marketing of unhealthy food and beverages to children.

3 Community programs that enhance food security should be supported with stable public funding for core





operations. Funding that supports capacity building and system redesign should be the top priority. The relationship between food, health, and education would support such funding being allocated through health and education agencies via federal-provincial transfer payments.

4 Government policy at all levels must be re-oriented and harmonized to support healthy eating for all Canadians, from breastfeeding onwards. Better integration is required in planning and budgeting, and between our departments of Agriculture, Trade, Environment, and Health. For instance, the Agriculture and Agri-Food Canada's Growing Forward II policy framework for 2013-2018 and the Health Accord must support each other in re-orienting agricultural policy towards greater health for all Canadians.[32]

Food Democracy and Governance

CHALLENGES

Food and agriculture policies are fragmented and "siloed" among government jurisdictions and food and agriculture sectors. This means interactions between the various parts of the food system are routinely overlooked. Consequently, many proposed solutions to existing problems neglect or ignore root causes. Furthermore, there are few formal processes, particularly at the federal level, to ensure public participation in the ongoing development of food policy. A systems-based approach requires a diversity of voices in all policy development, and emphasizes the values of interdependence, ecology, health and justice over those of profit and individualism. It also demands an independent research base for policy, to take into account the 'externalities' which are currently ignored in food systems cost-accounting.

WAYS FORWARD

Achieving the goal of a participatory, ecological, and just food system that provides enough healthy, acceptable and accessible food for all requires open, democratic, and transparent governance processes. These processes will acknowledge current barriers to participation and strengthen mechanisms to overcome them. Recognizing that the food system is an interactive, interdependent web of relationships, it is necessary to engage government at all levels, including current municipal, provincial and federal decision-making processes, as well as international and global forums. Food policy councils and roundtables are models of inclusive systems-based approaches to food policy and programs. They work to increase collaboration across government jurisdictions, social sectors and geographies; develop and implement



multi-level organizational structures; recognize and support initiatives contributing to "diverse economies"; and include community-based, traditional and scientific knowledge. The governance structure of a food sovereignty-based policy for Canada will be grounded in systems-based, participatory models such as these.



PRIORITY RECOMMENDATIONS

1 Establish food policy councils/roundtables to work with governments at all levels (municipal, provincial/territorial, and federal) on policies to achieve social justice, ecological resilience, and sustainable livelihoods in Canada's food system. They must include representation from all food-related sectors, including health promotion, education, housing, environment, community-governed food programs, and the business of food from farmers to retailers, and must ensure full participation of dispossessed and marginalized people. Each council must be able to organize itself autonomously and establish its own working structures in line with the values and principles of accessibility, transparency, inclusivity and equality. Internationally, one of the most effective examples of food policy councils has been in Brazil. In Canada, food policy councils have been established by municipal governments in Toronto and Vancouver. There is a clear model for inclusiveness in the Committee on World Food Security of the UN Food and Agriculture Organization that ensures participation of the full range of people concerned about and affected by hunger and food insecurity, while balancing gender, regions, constituencies and sectors.

2 All food policy needs to be grounded in an integrated analysis of the food system in its entirety. This is to ensure that solutions address root causes and avoid creating further challenges due to silo-based thinking. An example of food systems analysis can be found in the cross-fertilizing approach of the Region of Waterloo's Healthy Community Food System. Work has included building capacity to link local farmers to local consumers, local policy development, cultivating partnerships to ensure access to healthy food, the creation of a food systems network and of "A Healthy Community Food System Plan." Outcomes include provisions to protect agricultural lands, to ensure farm viability, and encourage neighbourhood markets and community gardens in urban areas. The Region also works in schools, workplaces and with a myriad of community partners to ensure access to healthy food.

3 Initiatives contributing to a diverse economy must be recognized and supported, including new economic approaches that value ethics of interdependence, sus-



tainability, health and justice over those of profit and individualism. For example, Canada's hundreds of food-coops create better markets for producers and provide higher quality food for consumers.

4 Knowledge based on community experience as well as scientific knowledge must be included in public education, training, and capacity building efforts. The policy environment and broader public knowledge base can only be strengthened and improved by taking into account the contributions of urban and rural farmers, fisher folk, hunters and gatherers, gardeners, and Indigenous Peoples. Three current food-related Community-University Research partnerships which include people from local communities, non-profit organizations and academia demonstrate how it is possible to bring together knowledge from various sources towards a common vision.



Conclusion

Through country-wide kitchen-table conversations, policy meetings, conferences, online discussions and working groups, 3500 people across Canada shared their ideas for a People's Food Policy. These have been compiled into the recommendations outlined above. This vision lays the groundwork for a food system where all Canadians can afford to buy and/or produce safe, nutritious, and culturally acceptable food that sustains the environment, economies, and communities. The People's Food Policy is part of an ongoing, interactive, and participatory process that models the kinds of relationships through which a food sovereignty-based food system would be built in Canada. It is rooted in the work of the food movement and brings together examples of existing initiatives that are already changing the way people grow, raise, catch, harvest, process, package, access, eat, and understand food.

The People's Food Policy is being launched in collaboration with Food Secure Canada, the voice of the food movement in Canada, uniting groups and individuals working towards a food system that is healthy, ecological, and fair for producers and consumers. The membership of Food Secure Canada and other organizations and individuals are already campaigning on a wide variety of policy options outlined in this document. In the coming months, further strategic alliances will be developed to strengthen and expand policy initiatives based on the People's Food Policy. Participation is welcome from anyone interested in building a better food system for Canada. Please refer to our website for up-to-date campaign and other information:
www.peoplesfoodpolicy.ca



Acknowledgements

The People's Food Policy Project
was initiated by members of Food Secure Canada,
with core funding for the project from Heifer Canada International.
We are also grateful to Inter Pares, the Assembly of First Nations and
USC Canada for their financial contribution.



Graphic design: www.graphidome.com
Landscape photography and photos on pages 3, 10, and 25:
www.mikebeedellphoto.ca

Endnotes

1 "Household food insecurity, 2007-2008", Canadian Community Health Survey, Statistics Canada. Available online at: www.statcan.gc.ca/pub/82-625-x/2010001/articla/11162-eng.htm. See also "Household size, by province and territory (2006 Census)", 2006 Census of Population, Statistics Canada. Available online at: http://www40.statcan.ca/l01/cst01/famil53a-eng.htm

2 "Household Food Insecurity in Canada in 2007-2008: Key Statistics and Graphics," Report, Food and Nutrition, Health Canada. Available online at: www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/insecurit/key-stats-cles-2007-2008-eng.php

3 "Hunger Count 2010: A comprehensive report on hunger and food bank use in Canada, and recommendations for change," Food Banks Canada, 2010. Available online at: www.foodbankscanada.ca/documents/HungerCount2010_web.pdf

4 "Canadian Health Measures Survey: Adult obesity prevalence in Canada and the United States, 2007-2009," Report, Statistics Canada. Available online at: www.statcan.gc.ca/daily-quotidien/110302/dq110302c-eng.htm

5 "Household Food Insecurity in Canada in 2007-2008: Key Statistics and Graphics." Op. cit.

6 "NFU Participates in 'Agriculture 2020' Consultations: Tells AAFC to stop distorting farm income figures," Press release, National Farmers Union, 26 May 2010. Available online at: www.nfu.ca/press_releases/2010/05-26-2020_consultations.pdf

7 "The financial picture of farms in Canada," 2006 Census of Agriculture, Statistics Canada. Available online at: www.statcan.gc.ca/ca-ra2006/articles/finpicture-portrait-eng.htm

8 "Facts Blast: Global Impact on Hunger," Report, United Nations World Food Program, March 2010. Available online at: http://documents.wfp.org/stellent/groups/public/documents/communications/wfp187701.pdf

9 "Business and Water," *The Economist*, 21 August 2008.

10 "The climate crisis is a food crisis: Small farmers can cool the planet," GRAIN, November 2009. Available online at: http://www.grain.org/m/?id=275

11 "The international food system and the climate crisis," GRAIN, October 2009. Available online at: http://www.grain.org/seedling/?id=642#_ref

12 "Rising food prices: Policy options and World Bank response," Background report, World Bank. Available online at: http://siteresources.worldbank.org/NEWS/Resources/risingfoodprices_backgroundnote_apr08.pdf

13 "Food prices remain high in developing countries," FAO (Food and Agriculture Organization of the United Nations), 23 April 2009. Available online at: http://www.fao.org/news/story/0/item/12660/icode/en/

14 "Hunger and the Pursuit of Profit: Food System in Crisis," Development and Peace, June 2008. Available online at: http://www.devp.org/devpme/eng/advocacy/doc/DPFood.pdf

15 Ibid.

16 http://www.ft.com/cms/s/0/51241bc0-18b4-11e0-b7ee-00144feab49a.html#axzz1ITcA1PvN

17 “Agriculture at a Crossroads,” IAASTD (International Assessment of Agricultural Knowledge, Science and Technology for Development), April 2008. Available online at: www.agassessment.org/

18 “Eco-Farming Can Double Food Production in 10 Years, says new UN report,” Press release, United Nations Human Rights, Office of the High Commissioner, 8 March 2011. Available online at: www.srfood.org/images/stories/pdf/press_releases/20110308_agroecology-report-pr_en.pdf

19 “Household Food Insecurity in Canada in 2007-2008: Key Statistics and Graphics.” Op. cit.

20 Burns, A., Bruce, D., & Marlin, A. “Rural Poverty Discussion Paper,” Rural Secretariat, Agriculture and Agri-Food Canada, 2007.

21 “Household food insecurity, 2007-2008,” Canadian Community Health Survey, Statistics Canada. Available online at: www.statcan.gc.ca/pub/82-625-x/2010001/article/11162-eng.htm

22 Kirkpatrick,S. and Tarasuk, V., “Food Insecurity is Associated with Nutrient Inadequacies Among Canadian Adults and Adolescents,” Journal of Nutrition, March 1, 2008, Vol. 138, No. 3, pp. 604-612.

23 “Hunger Count 2010: A comprehensive report on hunger and food bank use in Canada, and recommendations for change.” Op. cit.

24 Letters, Canadian Medical Association, March 11, 2008. Available online at: www.ncbi.nlm.nih.gov/pmc/articles/PMC2263083/pdf/20080311s00024p730.pdf

25 This is also recommended in Healthy and Safe Food for All, this document.

26 “NFU Participates in ‘Agriculture 2020’ Consultations: Tells AAFC to stop distorting farm income figures.” Op. cit.

27 This is also recommended in Healthy and Safe Food for All, this document.

28 “Canadian Health Measures Survey: Adult obesity prevalence in Canada and the United States, 2007-2009.” Op. cit.

29 “Household food insecurity, 2007-2008.” Op. cit.

30 Pollitt, E., & Jacoby, ER. “Fasting and cognition in well and undernourished school children: a review of three experimental studies,” American Journal of Clinical Nutrition, 1998 67 (suppl), 779S-84S.). See also Florence, M. D., & Asbridge, M. “Diet quality and academic performance,” Journal of School Health, 2008 78(4), 209-214.

31 This is also recommended in Healthy and Safe Food for All, this document.

32 This is also recommended in Agriculture, Infrastructure and Livelihoods, this document.



People's **Food**
Policy Project

www.peoplesfoodpolicy.ca