



Social Economy and Sustainability Research Network
Partenariat sur l'économie sociale et la durabilité
Bridging, Bonding, and Building / Renforcement des liens et des capacités

Working Paper 2010-04

Report: 2010 Forum on Community Food Security and the Social Economy

March 23 & 24th 2010
Greenwich N.S

Kids Action Program, Annapolis Valley and Hants Counties

Sub Node Three, Atlantic Social Economy and Sustainability Research Network



Social Sciences and Humanities
Research Council of Canada

Conseil de recherches en
sciences humaines du Canada

Canada



About the Authors

- Kids Action Program of Annapolis Valley and Hants Counties, in partnership with Sub Node Three of the Atlantic Node CSERP was primarily responsible for planning and hosting the 2010 Forum on Community Food Security in Greenwich, NS. Debra E. Reimer and Rachel Rowsell of Kids Action Program are the primary authors of this report.
- The forum planning committee: Rachel Rowsell, Debbie Reimer, Joanne Llewellyn, Satya Ramen, Patty Williams should also be acknowledged as well as Noreen Millar, Julianne Acker-Verney, Jeff Harper, Lisa Woodrow and Heather Hunter for reviewing and editing the report.

About the Network

The Social Economy and Sustainability Research (SES/ESD) Network is the Atlantic Node of the Canadian Social Economy Research Partnerships (CSERP) – one of six regional research centres across Canada, funded by the Social Sciences and Humanities Research Council of Canada (SSHRC), 2005-2010. The Network has a wide variety of academic, community and government partners representing Nova Scotia, New Brunswick, Prince Edward Island and Newfoundland and Labrador. www.msvu.ca/socialeconomyatlantic/ For more information, contact us: Social Economy and Sustainability Research Network, c/o Research House, Mount Saint Vincent University, Halifax, Nova Scotia B3M 2J6

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About the Working Paper Series

The SES/ESD Network will periodically publish research papers about our research in Atlantic Canada. The papers will be written by both academics and social economy practitioners. The SES/ESD Network hopes these papers will contribute to the theory and practice of social economy within the Atlantic Region. Noreen Millar is the Network Coordinator and Managing Editor of the Working Paper Series. Papers in this series are not formally peer reviewed, but are products of Network-approved and managed research projects.

About CSERP

The Canadian Social Economy Research Partnerships (CSERP) is a collaborative effort of six regional research centres (nodes) across Canada, their community partners, and the national facilitating research hub. CSERP reaches out to practitioners, to researchers and to civil society, through the regional research centres and their community partners. It undertakes research as needed in order to understand and promote the social economy tradition within Canada and as a subject of academic enquiry within universities. www.socialeconomyhub.ca

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Food Forum on Community Food Security and the Social Economy

March 23 & 24th 2010
Greenwich N.S

Background

The Atlantic Social Economy and Sustainability (SES) Research Network has been divided into 6 smaller sub nodes, each focusing on different aspects of the Social Economy. Sub-node 3 (SN3): Community Mobilization around Food Security and Community Economic Development is one of the six research groups. The Social Economy Research Network is dedicated to research partnerships between universities and community organizations involved in the social economy. For further information on SES visit:

<http://www.msvu.ca/socialeconomyatlantic>

SN3 is committed to issues of improving community food security (CFS). The research carried out in this sub-node is rooted in Participatory Action Research (PAR). Team members include academic researchers and community partners who develop specific research questions collaboratively and to effect positive change in the partner organizations and their communities.

SN3 is committed to facilitating projects that:

- Are driven, guided and approved by our community partners
- Involve an element of university and community collaboration
- Contribute to building food security at multiple levels and with diverse groups
- Benefit the social economy in Hants, Kings and Annapolis Counties
- Are relevant to and impact the wider social economy

A Forum on Community Food Security and the Social Economy took place in the fall of 2007. This forum brought together research partners, community members and those involved SN3 research and other initiatives related to food security and the social economy. The purpose was to reflect upon the data, create greater understanding of the issues and provide a medium for dialogue regarding deployment of the results and open a discussion for potential future projects for the sub node. From this forum, the SN3 put out a call for proposals that led to funding of several projects.

The March 2010 forum was held to further explore what community food security looks like in Annapolis, Kings and Hants Countries. Projects funded and developed after the

November 2007 forum on community food security as well as other innovative projects in the area were presented. Other objectives for the March 2010 Forum included:

- Working together to build a shared understanding through conversation, collaboration & skill share
- Determining what we need in order to advance community food security in Annapolis, Kings and Hants Counties
- Contributing thoughts and/or organizational experiences around:
 - What resources we need
 - How we can work together
 - What else might need to be considered

There were also opportunities to share information regarding successful local food security projects and ongoing work including:

- ✓ Development of tools for sustainable eating
- ✓ Community and school gardens
- ✓ Local food box program
- ✓ Capacity building and food policy initiatives

In the following sections, you will see photos of participants and speakers as well as graphic representations of ideas discussed at the forum. The graphic representations were provided by facilitators from “See What You Mean” who take participant’s ideas and discussions and combine them into hand-drawn graphic representations. Images of the drawings are seen throughout this report. Photos were taken by Jeff Harper, multimedia coordinator from the Participatory Action Research and Training Centre on Food Security at Mount Saint Vincent University.

Catering



In keeping with valuing our local producers, the organizing committee decided early in the process that all the food used during the forum would be in-season and sourced locally. It was also decided that *Kids Action* participants would be invited to work with the project coordinator and a member of the SN3 Steering Committee to plan and undertake the meal preparation and catering for the two days. Each participant has had experiences with food insecurity and had something special to bring to the forum. There were a series of cooking workshops for the six apprentice caterers to test the recipes and gain some practice. **For a copy of the recipes served at the forum, please see Appendix A.**



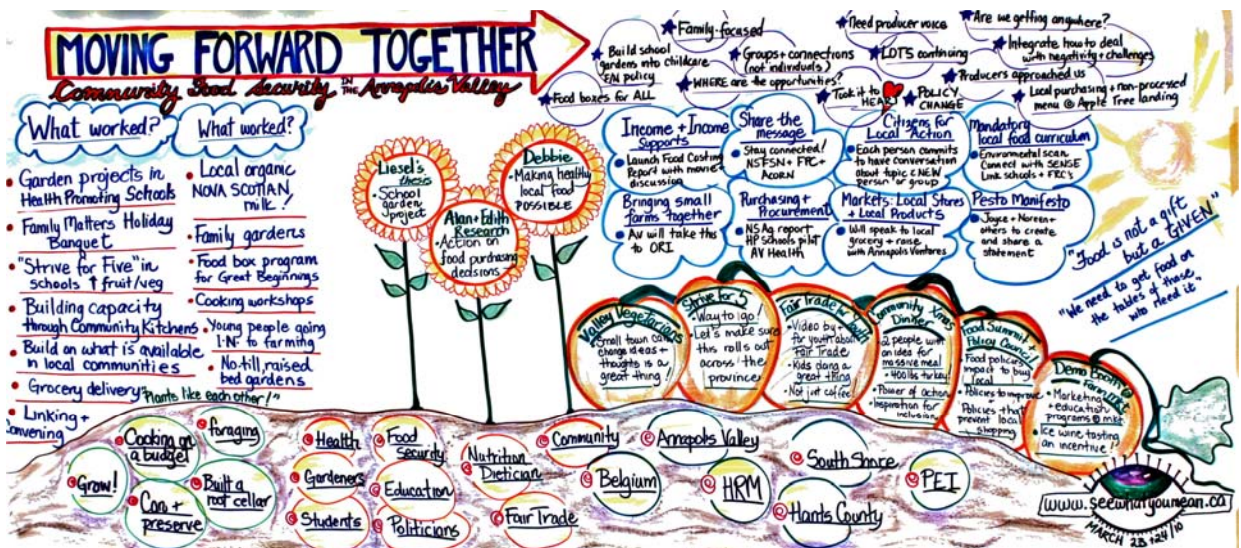
Forum

The forum brought together individuals from diverse perspectives - community groups, community members (including those experiencing food insecurity), food producers, researchers, students and public health staff. Each representative attending the forum had a different experience with food security; stories were encouraged and supported during discussions.



As an introduction to the forum, Noreen Millar, Coordinator of the *Atlantic Social Economy and Sustainability (SES) Research Network*, was able to share some information about the background and structure of the *SES Research Network* and the sub nodes within the group.

A skill share icebreaker followed to help participants to get an idea of who was there and what each person brought to the gathering. Each forum participant was asked to write a skill related to food security on his or her name tag. When everyone had a skill written down they were asked to mingle, share where they were from, what organization they were with and their skill. Everyone then shared a story related to their skill and connected it back to food security.



As an important first step for the two day forum and in order to move forward in a cohesive manner, it was important to ensure that everyone understood the definitions of *food security* and the *social economy* that the planning committee was working from when organizing the forum.

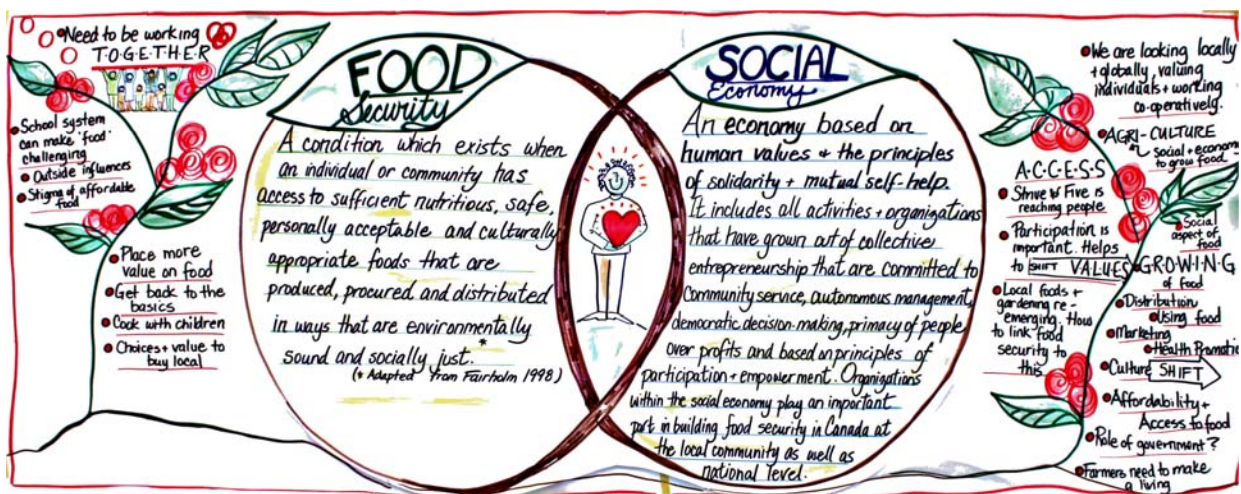
Food Security

Community food security (CFS) “exists when all community residents obtain a safe, personally acceptable, nutritious diet through a sustainable food system that maximizes healthy choices, community self-reliance and equal access for everyone.”¹ The CFS movement strives for health, sustainability, democracy and justice in our food system.

Social Economy

The Social Economy is an economy based on human values and the principles of solidarity and mutual self-help. It includes all activities and organizations that have grown out of collaborative entrepreneurship and are committed to community service, autonomous management, democratic decision making, primary or people over profits, and based on the principles of participation and empowerment. Organizations within the social economy play an important role in building food security in Canada at the local community, provincial and national levels.

¹ Adapted from Fairholm 1998



Once the definitions were offered, participants organized into smaller tables to discuss the projects they had been working on, why they thought the projects had worked and how they related to the food security definition presented. See Appendix B for original notes.

Summary of highlights of initiatives from each table back to the larger group:



1. The *School Garden Project* has been useful in integrating components of food security into the curriculum. Children are able to see where food is coming from and how it grows. There have been a few challenges sustaining volunteers as the garden needs to be maintained during the summer when there is no school. The project also requires coordination and in-services for teachers.

2. *Family Matters* in Bridgetown made sure everyone in the area had a nice holiday meal without stigma. Staff and volunteers prepared the food and about 150 people attended.
3. *Strive for Five at School Program* has developed a guide to be used in schools to promote local fruits and vegetables. The provincial launch was March 10th and has received very positive feedback.
4. At one school, there has been a lack of support to have a community garden in their area of the province.
5. *Gaspereau School Garden* is trying to provide children with taste tests.
6. The Fair Trade coffee business *Just Us* is hoping to get organic dairy to NS by summer 2010.
7. The *Kids Action Program* has an outreach garden in Kings County and provides transportation for those who do not have it. In Hants County there are backyard gardens that have been developed in containers made from hemlock and placed in peoples' yards. These gardens help families see where food comes from and how to maintain a garden. As well, Kids Action Program has been instrumental in developing vegetable gardens at a local early childhood education centre (Apple Tree Landing in Canning). Great Beginnings, the prenatal and early infancy program under the Kids Action Program umbrella in both counties provides a Food Box to young women from the time they find out they are pregnant until their babies are 6 months old. Food used for the food box is as local and as in season as possible; there is also literature on breastfeeding, parenting and recipes in the box each month. Cooking workshops are held once a month using foods that will be in the food box so families can experiment with new recipes.
8. Community Shared Agriculture in Comox Valley, Vancouver developed about 50 no till gardens. By layering compost, fish scraps, fur chips, seaweed, etc. they are able to "grow soil". There are plans to bring this information and technique to N.S. for use in raised beds.

How do your stories connect to the definitions? See Appendix B for original notes

Focussing on the school system

Several people identified being connected to *Strive for Five*, a program targeted at elementary students which promotes preparing in-season, locally grown fruits and vegetables. The goal of this program is to make it easier for students to eat five servings of fruits and vegetables at schools each day. This has proven to be a very successful tool that is reaching the target audience. Some schools have been disallowed gardens or dinners because of contracts with outsourced food service. This is an example of removing children from the social economy and allowing outside sources to determine what our children eat.

Value local foods

Community participation is important to shift values back to local food production. Value needs to be placed on where food comes from, family meals and preparation. Families need to value local farmers over the supermarkets. Availability is an important part as well; families need to be able to afford and access these “valuable” foods. After a break featuring local foods there was a review of the 2007 forum and a brief discussion on what stood out from previous forum. This was followed by presentations from the projects that had been funded by SN3 in 2008 following a call for proposals based on the priorities identified at the forum. Liesel Carlsson presented her thesis on the school garden pilot project. This was followed by Edith Callaghan and Alan Warner presenting “Great Meals for a Change”. The presentations ended with “Making Healthy, Local Food Possible: Rural Community Solutions”, a project of Kids Action Program.

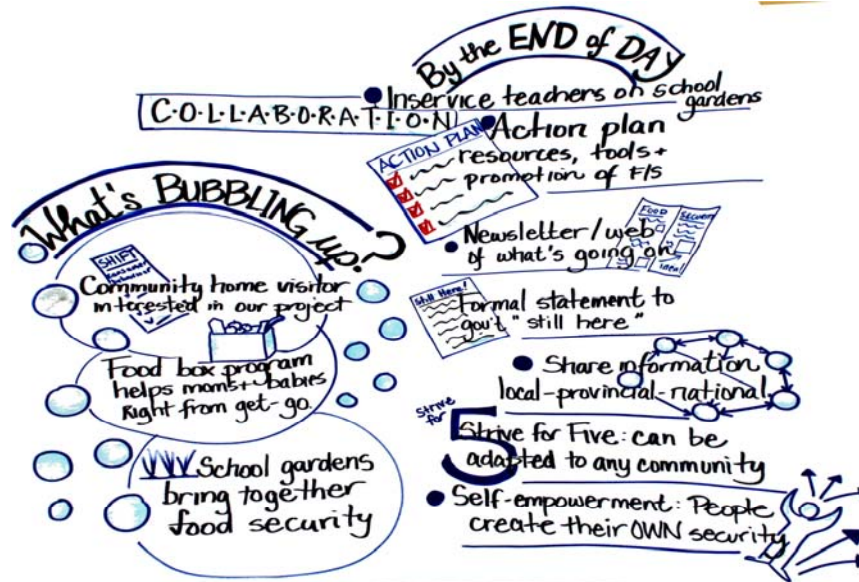


Day 2

Reflection of Day 1

Everyone was asked what they would like to get out of the day:

- Want to have an action plan (even if it is just resources) to promote food security
- A website or newsletter
- A statement for the government saying "we're still here"
- See how local things could be shared across municipalities
- How to encourage self-sufficiency (teach how to take control)
- Teach teachers about school gardens (in-service)
- Collaboration
- Action planning



This session was followed by informal conversations about other innovative projects people were aware of in the area.

Project Share

Valley Vegetarians

Valley Vegetarians is a program that travels around the province and holds potluck dinners. There are approximately 20-25 people at the gathering each month. Each dish has a recipe card describing the food item. There will be a website launched May 1st for vegans and vegetarians in the province to connect and converse. There is also a vegetarian restaurant opening in Bridgewater that will focus on in-season, local foods.

Bridgewater Community Christmas Dinner

On Christmas Day 2009, over 180 people volunteered and provided a meal to about 425 people. This was an event open and promoted to everyone so there was no stigma attached. The “key ingredients” for this event were: motivation to act, core values, asset-based community development and social networking. The core intentions for the project were: celebration, inclusion and service.

Demo booths and the Wolfville Farmers Market

Last year the demo booth partnered with the Acadia Nutrition and Dietetics Department and Public Health Services and used *Strive for Five* resources and training to develop a themed tasting service. This is a growing project, and in the coming years it hopes to form more partnerships and eventually become a series of workshops.

Strive for Five

Strive for Five focuses efforts on promoting and preparing in-season, locally grown fruits and vegetables to make it easy for students to eat five servings of fruits and vegetables at schools each day. The guide includes three parts; a calendar highlighting what produce is grown in the area, a facilitator’s guide for workshops and large quantity recipes. With this information, schools strive to work with the resources available. Public Health and local family resource centres are partnering to offer parent-child cooking workshops using *Strive for Five* recipes adapted for family cooking.

Fair Trade for youth

Fair trade is not just for coffee; kids can make a difference too and it important they know. *Fair trade for youth* creates skits addressing fair trade chocolate and gets at the idea of school fundraisers selling chocolate developed by child labour. Videos are being developed to increase the dissemination and children are learning the impacts of fair trade.

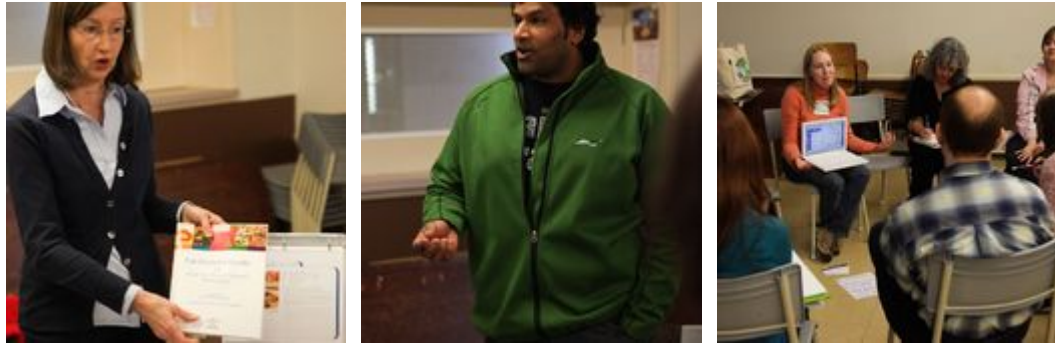
Food Summit and Food Policy Council

In Nova Scotia we grow only 8.4% of the food we consume². Fifteen years ago it was closer to 15%.³ With climate changes and possible changes in resources, food security is about everyone. One natural disaster could make everyone in N.S. food insecure. Transportation of all the food decreases nutrient content, affects the environment and

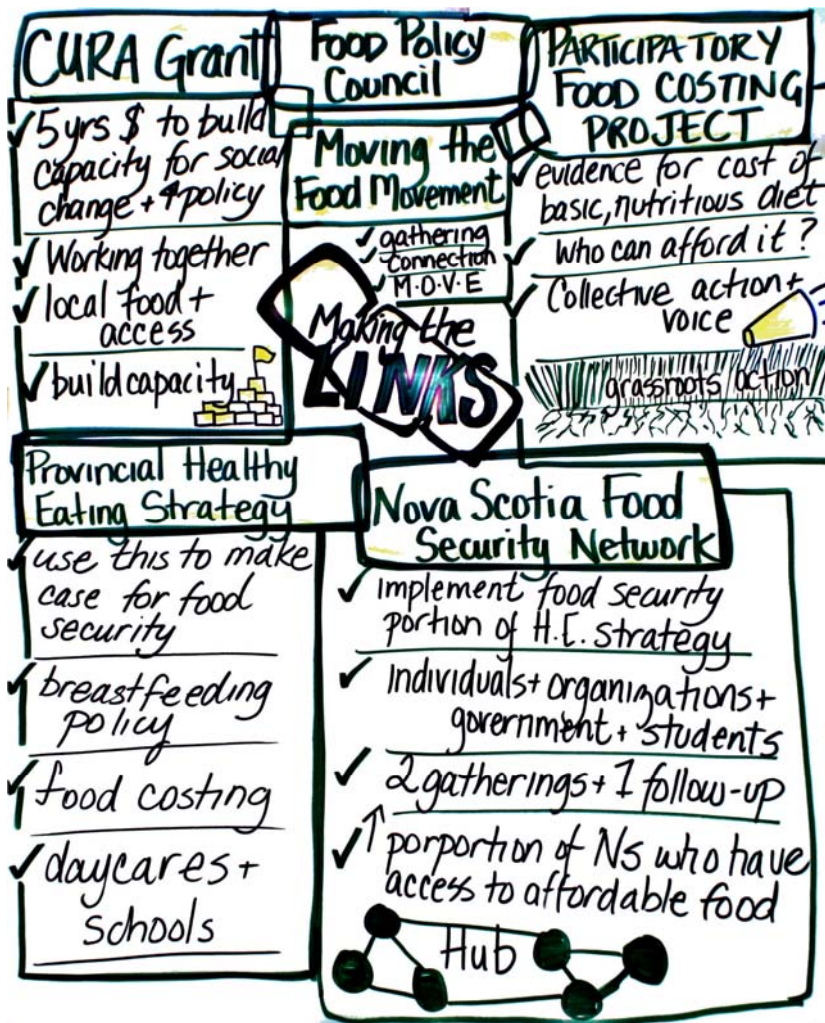
² Nova Scotia Federation of Agriculture, 2007

³ Nova Scotia Federation of Agriculture, 2007

hurts our local economy. The recent Food Summit discussed these issues along with issues of health and inadequate access to healthful food for many Nova Scotians.



In a brief presentation back to the larger group Patty Williams “made the links” and discussed several projects in the area and how they are all related to the topic of food security.



World Café Sessions - What can we do to advance food security in this region?

In small groups, priorities were discussed at each table and a few from each small group were shared. See notes for more ideas from that were not shared with the larger group.

- Community food boxes/ community co-ops/ food buying co-ops
- Early hands on education
- Clarify food security; issues of low income, accessibility, local production, etc.
- Market mechanisms for use of local foods
- Purchasing or procurement policies
- Impacting local grocery stores to carry local foods
- Challenging Dieticians of Canada to get better sponsors (not Pepsi, Nestle, etc.)
- Finding out what communities want and need
- Join CSA (Community Shared Agriculture)
- Continue to do things ourselves at a personal and a local level

These ideas were then divided and categorized and discussed further by those who were interested and/or involved. Action plans were then developed and presented to the larger group after lunch.



For lunch everyone participated in a “Food Experience” presented by Edith Callahan, Alan Warner and Cate Truman from *Great Meals for a Change*. People ate in groups of 8 – 10 people and participated in activities developed by the program that were intended to facilitate discussion about local, sustainable food.

Action Plans from World Café session

Income supports: Increase awareness of models already in use.

Opportunities with Nova Scotia Food Security Network, Community University Research Alliance “Activating Policy Change for Community Food Security”, Food Policy Council (FPC), Provincial Participatory Food Costing, etc. need to be explored. Further, governments at all levels need to be held accountable.

Purchasing or Procurement Policies: Need government support, infrastructure (ensure a set of principles), food distribution for producers. Need representation from institutions, those responsible for government procurement.

Opportunities: Food Policy Council, Annapolis Valley Health purchasing pilot program linked with local schools getting free local seasonal produce. No current infrastructure to transport local produce to schools.

Bringing small farms and farmers together: Farmers need to get together in the same room and discuss food security and social justice. They need to coordinate so the community can come to them for what they need. Explore fair trade market.

Opportunities: Food Policy Council and Agrapoint

Sharing the message: Personal commitment (links to all websites) - everyone should participate. Thought about Food? (www.foodthoughtful.ca) workbook and DVD could be used.

Market Local stores and products: Demand that stores have local products, make stores accountable for having local products available. Need stores, consumers, governments, and researchers involved. Map local food to fix distribution problems.

Opportunities: Atlantic Canada Opportunities Agency (ACOA), governments, universities, Community Business Development Corporations (CBDC). Need feasibility study and business plan, FPC. Talk to MLAs and convince them to buy local food.

The Pesto Manifesto: Communiqué to the government. Form a small committee from group here today to draft a statement & communicate to audiences. Get all supporters to sign.

Participants: Public Health, Liesel, Department of Health Promotion and protection (DHPP) (3-5max). First step is to get volunteers onboard.

Local Action: Start at the kitchen table, find out what motivates citizens, community food boxes, anyone interested should participate, need leadership

Opportunities: Community-University Research Alliance CURA





Appendix A

Lasagne

Ingredients:

- 4 Cans tomato sauce, 8 oz each
- 2 28-oz cans whole or diced tomatoes
- 3 tsp dried oregano
- 2 tsp salt
- 1/3 cup olive oil
- 2 cups minced onions
- 2 minced medium garlic cloves
- 2 lbs ground beef
- 2 tsp salt
- ¾ lb ricotta cheese
- 1/3 lb crumbled mozzarella cheese
- ½ lb parmesan, grated or crumbled.

Instructions:

- Combine in a large saucepan: tomatoes, tomato sauce, oregano and 2tsp salt.
- In a separate pan on medium heat, sauté onions and garlic in olive oil, until golden.
- Add beef to onion mixture after it is golden brown. Add 2 tsp of salt and cook until meat loses its red colour.
- Add to tomato sauce above.
- Simmer for as long as possible (2.5 hours is great!).
- Prepare ¾ lb lasagne noodles according to the package.
- Add 2 tbsp cooking oil to the water so that they don't stick together.
- Premix the three cheeses into a bowl.
- Preheat oven to 350 degrees C.
- Building the lasagne:
 - Put a thin layer of sauce in the bottom of the dish.
 - Add layer of noodles.
 - Add layer of cheese mixture.
 - Repeat layers of sauce, noodles and cheese.
 - Final layer should be cheese, sauce on top, and dusting of parmesan.
- Bake for 40 minutes (or more for larger pan).
- Remove and let stand for 10 minutes before cutting.

Makes two 9x13" pans of lasagne. Serves 30.

Winter Root Vegetable Soup

A medley of root vegetables — including celery root, parsnips, turnips, and carrots — lends a delightful sweetness to this dish. Cooking the vegetables together under pressure until they are soft allows you to easily puree them into a creamy, smooth consistency. Top this hearty soup with a dollop of sour cream and a sprinkling of chives.

Ingredients:

- 5 1/2 cup(s) onions, coarsely chopped
- 1 cup garlic, finely chopped
- 7 cups parsnips, diced
- 5 cups carrots, diced

- 1 cup tablespoon(s) olive oil
- 2.3 litres chicken stock
- 1 cup tablespoon(s) apple cider vinegar
- 10 cups celery root, diced
- 9 cups baking potatoes , diced
- 9 sweet potatoes, diced
- 8 cups turnips, diced
- 2 teaspoon(s) fresh gingerroot, minced
- 2 teaspoon(s) salt
- 1 teaspoon(s) cumin
- 1 teaspoon(s) curry
- 1 teaspoon(s) cinnamon
- ½ teaspoon(s) cayenne pepper

Instructions:

Directions

- Make the soup: Heat the oil in a pressure cooker over high heat. Add the onions and sauté until soft, about 3 minutes. Add the garlic and sauté 1 more minute. Add the remaining ingredients, seal the pressure-cooker lid, and bring the cooker to high pressure. Reduce the heat just enough to maintain high pressure and cook for 8 minutes. Release pressure using the quick-release method and carefully remove lid.
- Puree the soup: Transfer the soup in batches to a blender or food processor and blend until smooth. Serve hot.

Confetti Salad

Ingredients:

- ¼ cup lemon or lime juice
- 2 tablespoons orange juice
- 1 tablespoon honey
- 2 cups carrots
- 2 cups apples
- 1 tablespoon fresh mint
- 1/8 teaspoon salt or to taste
- ¼ cup cranberries

Instructions:

- Mix together first three ingredients in a large bowl until honey is dissolved.
- Grate carrots and chop apple.
- Add to juice mixture immediately (juice will prevent apples from turning brown)
- Snip mint into small pieces and toss into salad.
- Add cranberries and serve.

Apple Cardamom Cake

Ingredients:

- 1 cup white sugar
- ¾ cup brown sugar
- 2/3 cup melted butter, cooled
- 2 eggs
- 1 tsp vanilla

Topping:

- 2/3 c brown sugar (packed)
- ¼ c milk or cream
- 1 tbsp flour
- 1/3 c powdered (icing) sugar

- 2 cups flour
- 2 tsp baking soda
- 2 tsp cinnamon
- 1 tsp each nutmeg and cardamom
- 1/2 tsp salt
- 1 cup chopped walnuts or pecans
- 4 cups chopped, peeled apples
- 3 tbsp icing sugar

Instructions:

Grease a 10 inch Bundt pan. Blend together sugars, beat in butter, eggs and vanilla to make a smooth batter. Sift together flour, baking soda, spices and salt. Measure out 1/4 cup and dust nuts. Mix dry ingredients into butter batter. Quickly stir in dusted nuts and apples. Bake at 350°F for 50 minutes or until done. Let cake cool in pan. Store for 1 day before cutting. Sprinkle with topping. Serves 20.

Yogurt Dill Dip

Ingredients:

- | | |
|--|---|
| <ul style="list-style-type: none"> • 8 cups plain yogurt • 4 cups mayo • 2/3 cup minced onion • 16 tablespoons chopped parsley | <ul style="list-style-type: none"> • 8 tsp. Dill weed • 1 teaspoon salt (optional) <p>Assorted vegetables, cut up in pieces (carrots, celery, cucumber, broccoli, etc.)</p> |
|--|---|

Instructions:

- Mix all ingredients and chill.
- Even better if made a day in advance.

Company Muffins

Ingredients:

- | | |
|---|--|
| <ul style="list-style-type: none"> • ½ cup unbleached white flour • ½ cup whole wheat flour • 1 cup rolled oats • ¾ cup brown sugar • 1 tbsp cinnamon • 2 tsp baking soda | <ul style="list-style-type: none"> • 2 large apples, peeled, shredded • 1.5 cups carrots, shredded • 1 cup flax seed meal • ½ cup cranberries
<ul style="list-style-type: none"> • 2 eggs, slightly beaten |
|---|--|

- 1 tsp baking powder
- ½ tsp salt
- ½ cup milk
- ¼ cup canola or vegetable oil (not olive)

Instructions:

- Preheat oven to 375 degrees C.
 - Combine dry ingredients (first column) in a large bowl.
 - Add carrots, apples, flax meal and cranberries to dry ingredients and stir to coat.
 - Mix together eggs, milk and oil.
 - Pour over flour mixture and stir **until just moistened** but not more than that, otherwise muffins will be tough!
 - Fill muffin tins with muffin papers, or grease them.
 - Fill muffin tins ¾ full.
 - Bake for 18-20 minutes, or until knife inserted comes out clean.
- Makes 18 muffins.

Tangy Garlic Hummus

Ingredients:

- 2 cups of cooked chickpeas
- 3 cloves of garlic
- 2 Tbsp olive oil
- 3 Tbsp lemon juice
- 2 Tbsp water
- ½ tsp cumin (powder)
- ½ tsp salt
- 1 Tbsp tahini (optional, depending on your taste)
- 1 Tbsp fresh parsley, coarsely chopped
- Pita bread (whole wheat)

Instructions:

- Add all ingredients (except parsley) to a food processor.
- Blend for 2-4 minutes until smooth (no lumps).
- Add parsley and blend for another 30-60 seconds.
- Makes about 2 cups, or enough for an appetizer for about 10-15 people.

Hearty Chili (Meat or Vegetarian)

Ingredients:

For vegetarian version:

- 2 lb any combination of dried beans (kidney, pinto, black, etc)

For meat version:

- 2-3 lbs ground beef
- 1 lb any combination of dried beans (kidney, pinto, black, etc)

For both versions:

- 1 small butternut squash or turnip (or combination), peeled and cut into 2cm chunks
- 3-4 carrots, cut into 2cm chunks
- 2 tbsp chili powder (adjust to taste)
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tsp dried oregano
- salt, to taste

- 1/4 cup olive oil
- 2 onions, chopped
- 4 garlic cloves, grated or very finely chopped
- 2 to 3 28-oz cans diced tomatoes
- 1-2 tbsp honey or molasses
- 1 cup frozen sweet corn(optional)
- 1 cup fresh mushrooms, chopped (optional)
- fresh chili peppers (optional)

Instructions:

- Soak dried beans overnight. Cook in a pot of water until they are tender. Drain.
- In a large Dutch oven or thick-bottomed pot, heat the oil. Add the onions, ground beef (if using) and garlic and cook over high heat, stirring, until onions are slightly softened or beef is cooked (3-5 minutes). Add the squash/turnip, carrots and chili pepper (if using) and cook, stirring occasionally, until the vegetables are lightly browned in spots, about 5 minutes. Stir in the chili powder and cumin and season with salt. Cook for 1 minute.
- Stir in the tomatoes, honey, mushrooms (if using), corn (if using) and beans and bring to a boil. If the chili is too thick, add water as needed and stir it in well.
- Cover the pan partially and let the chili simmer over a moderate heat until the vegetables are tender, about 20 minutes. Reduce heat to low and let simmer until ready to serve. Season with salt. Serve with corn bread.

Slow cooker version:

- Brown ground beef with onions and garlic in a large frying pan.
- Add beef mixture and all other ingredients (except mushrooms and corn) to a large slow cooker. Cook on low for about 8 hours. During the last hour, add mushrooms and corn, if desired.

Serves 8-10.

Classic Corn Bread

Ingredients:

- Butter or margarine (to grease pan)
- 1 c cornmeal
- 1 c white flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 c buttermilk or yogurt
- 1 egg
- 3 tbsp sugar or honey
- 3 tbsp melted butter or margarine

Instructions:

- Preheat oven to 350F. Grease an 8-inch square pan (or a 9-inch cast iron skillet) with butter or margarine.
- Combine the dry ingredients in a medium-sized bowl. Combine the wet ingredients (including sugar or honey) in a separate bowl. Stir the wet ingredients into the dry, mixing just enough to thoroughly combine. Spread into the prepared pan.
- Bake for 20-25 minutes, or until the edges are golden and the centre is firm to the touch. Serve hot, warm or at room temperature. Serves 6-8.

Fruit Crisp

Ingredients:

Crisp topping:

- 1 cup brown sugar
- 1 cup oatmeal
- ½ cup flour
- 1 ½ tsp cinnamon
- ½ cup butter (melted) or oil

Fruit filling:

- 5 to 6 cups fresh or frozen (thawed) fruit (e.g. blueberries, strawberries, apples, cranberries, rhubarb, peaches, etc.)
- 2 Tbsp flour
- 2-5 Tbsp of sugar or honey (adjust amount depending on tartness of fruit)

Instructions:

- Preheat oven to 375F (190C).
- Combine sugar, oatmeal, flour and cinnamon in a medium-sized mixing bowl. Add melted butter and mix well.
- Cut fruit into bite-sized pieces. In a separate mixing bowl, combine fruit, flour and sugar/honey.
- Add fruit to an ungreased 8-inch square baking dish. Spread evenly. The fruit will fill most of the dish, but will settle as it bakes.
- Using your fingers, crumble the crisp topping evenly over the fruit. Do not compact the topping.
- Bake for 40-50 minutes, or until fruit is tender and bubbling.
- Serve warm with vanilla ice-cream on the side.

Table discussion – Story Share about projects that worked

- Square foot Gardening – Everything is in raised beds. This is cost effective way to grow foods with less weeds.
- Local food security is when you are able to go out pick a tomato and go inside and cut it.
- Nature deficit – lack of knowledge about where food comes from. Engaging young children should prevent the next generation from experiencing food security. We need to make sure education is done in schools.
- Need to focus more on urban gardening.
- Gardens are going in by Spring Garden Rd. Disappointment that there are no farmers here. We need to be more resilient in the global economy and they're our best resource in Food Security.
- New farmers gathering last year in Black River. Help farmers and those interested to network and learn about how to overcome obstacles. There was an incredible amount of information.
- Gardens in schools and daycares
- Parent/child workshops – promoting families cooking and eating together. Cooking is at the base of food security and children need to be exposed to cooking and different foods. This will increase the likelihood of healthy eating and develop skills for future meal planning, teach meal planning with recipes together.
- Community Kitchens – building meal planning and cooking skills, teaching how to grocery shop.
- Transportation is an issue – in order to get local food farm markets are not accessible. - Is delivery possible? Community organizations like the Lions Club could take on the transportation.
- In Mahone Bay they have a project called *Mahone Grown*. They offer to go to people's lawns and develop garden lots.

How do the discussions relate to food security?

All of the stories we related to different aspects of the definitions.

Small table notes:

- Balance of buying and eating local food but making it affordable.
- Food should always be accessible; the need to drive to get food; why do we not sell local food in the local, market.
- Seasonality; what can farmers grow and make profit from; farmers would grow more if there was a market; need farmers to grow as much as they can; how do we get this process started?

- Problems with food banks: e.g., food is years past expiration, open product is rotten, dented cans. Discussion about problems with food banks and the lack of response when concerns have been raised with the local individuals involved and Feed N.S.
- Food banks work with farmers
- How to extend to communities what we teach in school; how do we get them to take it home past the school day?
- Parents need to support what children learn. What supports can we put in place so what kids get from school is also what is in their home?
- Dietitian resources, cheap easy solutions; what to send kids for lunch at school where things have changed (no peanut butter and no microwaves)
- Educating around how to prepare food and how healthy eating can be viewed more as affordable.
- Getting away from being a “community”; people no longer rely on other as they used to.
- Funding for programs is difficult to obtain even when a pilot project has been successful.

Inspiring ideas from 2007

- We are not hearing voices of producers (reflecting on agriculture part)
- Metrics of success: where do we want to go, has anything been accomplished
- Could we get more detail on facing challenges of communities who don’t know what they are doing
- How to capitalize on the “tipping point” we have reached
 - How do we collaborate to move forward
- After last forum producers came forward to give donations
 - Apple tree landing is as local as possible, menu with almost no processed foods, having ability to make these changes as organizational (this is a shift that the last forum brought about)
- Making food boxes more accessible to everyone (way to move forward)
- Policy change is critical

Setting Priorities: Action Planning

What can we do to advance food security in this region?

- Approach town hall meetings with the idea of community gardens
- Approaching schools and school boards along with other stakeholders
- Have conversation within communities- help organize so what we hear today engages more of the population; group or individual contact.
- Connect with community; have community events
- Gather information on what resources are available in the communities
- Need more inclusiveness, careful of how things are put forward/ how they are perceived so that people want to access

- Perception/ clarification of what food security is; unlinking it with just income (people with access but not to “healthy” foods)
- Policy, Public awareness, education
 - Children are key for education- daycares, gardens, cooking workshops with young children and parents. Could there be government incentives and grants to start these programs?
 - Community green spaces need to be easily accessible – within walking distance because transportation is an issue.
 - Public transportation needs to expand
 - Mandatory school gardens
 - Marketing of community and school gardens
 - Need to stop marketing of big corporations like McDonalds to children
- Challenge Dietitians of Canada to find responsible sponsors
- Changing perceptions
- Market Mechanisms - actively support infrastructure for local foods in institutions and for individuals

Notes from group posters

The Pesto Manifesto

Communiqué to government commending actions on food security and voice support for at least one further action.

What needs to happen to move this opportunity forward?

- Form small committee from those participating in forum
- Decide upon content of communiqué and audience/s
- Draft communiqué on behalf of forum participants
- Verify message(s) in communiqué with participants
- Communicate to audience

Who will make sure each action happens?

- Forum organizers commit to support this
- The committee for this action will draft a communiqué
- Commit to review with participants and ensure forum organizers send out final product to audience(s)

Who should participate in this action? (from those present at forum)

- Public health professionals
- Strive for Five proponents, school garden folks, etc.
- Other government professionals (Department of health/ health promotion etc)
- 3-5 people max to draft communiqué and forum participants to support it
- Forum organizers to send out communiqué to audience

What is the first step to take and who will make it happen?

- 3-5 volunteers from today’s participants agree to have a maximum of 2 one hour teleconferences to draft communiqué
- One person to chair who will link with the forum organizers and send the communiqué to participants for verification, finalization content and send to audience(s) with support from organizers.

Noreen and Joyce will work together to move this forward.

Possibly involving: Noreen, Joyce, Ismay, Caroline Whitby Annapolis Valley School Board – schools and health

Procurement

N.S. Department of Agriculture, Local committee – suggested that Patricia Bishop and Caroline Whitby should be involved.

What needs to happen to move the opportunity forward?

- More government support and institutional for local production infrastructure
- Set of principles and fair trade
- Food distribution for small producers to facilitate local food in large institutions

Who will make sure that each action happens?

- Local Champaign can be key to launching the effort
- H.P Schools and suppliers- donated produce pilot
- School boards but all on own
- Universities

Who should participate in this action?

- Institutions
- Government procurement
- Customers requesting local
- Annapolis valley purchasing
- Food Policy Council

What is the first step to take and who will make it happen?

- Food Policy Council
- Identify champions
- Procurement officers need to take lead
- Pilot project to see cost/benefit (evaluation)
- Co-op Atlantic

Bring Small Farms Together

What needs to happen to move forward?

- Bring farmers together (physically)
- Social justice discussion – why am I in farming

- Explore fair trade model

Who will make sure that each action happens?

- Someone (a farmer) commit to regular meetings
- Organic and Rural infrastructure (Agra Point)

Who should participate in the action?

- Producers and Consumers
- Food Policy Council
- Av Singh

What is the first step to take and who will make it happen?

- Av Singh will commit to bringing initiative to ORI (Agra Point)

Share the message – link you efforts with Nova Scotia Food Security Network (NSFSN) and Food Policy Council (FPC)

What needs to happen to move forward?

- Personal commitment to become more involved
- Links between group (FAC/NSFSN/MSVU/KAP etc)
- FOCUS

Who will make sure that each action happens?

- NSFSN
- MSVU's Participatory Action Research and Training Centre on Food Security
- Kids Action
- Media

Who should participate in the action?

- Everyone here
- 10% more each day
 - Tell others about websites i.e. www.foodsecurityresearchcentre.ca
 - Facebook
 - Twitter
 - You tube
 - Newsletters

What is the first step to take and who will make it happen?

- Share info from this forum with your group and others (friends and coworkers)

Income and Income supports

What needs to happen to move forward?

- Create ground swell to make and keep government accountable to documents, statements and strategies already in place.

- Maintain focus on food accessibility and affordability and affordability
- Look at other support models nationally and internationally

Who will make sure that each action happens?

- Participatory Food Costing report
 - Patty Williams
- Movie and Facilitation of discussion
 - Debbie Reimer/ Family resources centres
 - Heather Cress
- Organization of event
 - Wendy and Bill Knowlton
 - Family Matters
 - Heather Cress
- Time line
 - Next spring

Who should participate in the action?

- People who have food security issues and success stories
- PFC – Participatory food costing
- FPC – Food Policy Council
- CURA – Community University Research Alliance “Activating Policy Change for Community Food Security
- NSFSC – Nova Scotia Food Security Network

What is the first step to take and who will make it happen?

- Partner and support the CURA research project
- Release of participatory food costing report with movie *Four Feet Up*

Market: Local Stores and Local Product – getting local, organic and sustainable food in grocery stores, public institutions community meeting places and homes

What needs to happen to move forward?

- Stop outsourcing
- Demand %'s of local product
- Create explicit policies
- Make stores accountable or we will not support
- Local food distribution club

Who will make sure that each action happens?

- Approach farmers/ producers to supply
- Department of Agriculture – government agencies
- Consumers!!!

Who should participate in the action?

- Rotary clubs, fire halls, Auxiliaries, farmers, church groups, community buying clubs
- ACCOA
- Universities/ colleges
- DHPP – Department of Health Promotion and Protection
- Department of Agriculture/ Farmer's Associations
- CBDC and Annapolis Ventures

What is the first step to take and who will make it happen?

- Feasibility study/ research...MONEY
- Business plan...MONEY
- Proposal to government to support building infrastructure and large stores

Local Action – Mobilizing citizens in grassroots projects

What needs to happen to move forward?

- Start at the kitchen table
 - Find out the needs of different demographic groups
 - What project(s) are they motivated to take part in?
- Utilize social networks
 - Enthusiasm and involvement will spread through friends and organizational networks

Who will make sure that each action happens?

Who should participate in the action?

- Anyone interested – there are lots of people who want to help. They just don't know about opportunities

What is the first step to take and who will make it happen?

- Each person who came to this conference commit to conversation about food security.

Mandatory local food curriculum

School vegetable gardens (including preschool)

Education (local seasonal food - growing, cooking etc.)

What needs to happen to move forward?

- Government to change policy
- Increased community awareness
- Funding
- Buy-in from community organization
- Ecology Action Centre (EAC) - Community school gardens
- HRSB Home-Economics curriculum
- Students in Ontario – garden and Cafe

- Bring this to licensed CC consultations

Who will make sure that each action happens?

- School boards
- Community organizations

Who should participate in the action?

- All children
- Teachers and school boards
- Government
- Parents
- Chefs
- Nutritionists and dieticians
- farmers

What is the first step to take and who will make it happen?

- Take successful projects to develop a provincial model.
 - Get a committee together to do this and bring to MLAs and school boards
- Getting people on-board

Working Paper Feedback

A. Please let us know what you found helpful in this Working Paper.

Include Paper # _____

B. How could the Working Paper Series be improved?

C. Is there anything that needs to be changed in this Working Paper?

D. Your name and contact info (optional)

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SES/ESD Network Research Goals

- . Contributing to the theory and practice of social economy in the Atlantic region
- . Internal bridging, bonding, mentoring & capacity building
- . Encouraging use of the “social economy” as a framing concept in the region
- . Linking Atlantic partners with other parts of Canada and the world

SES/ESD Network Research Themes and Questions

Conceptualizing & describing the social economy in Atlantic Canada

- . What does the social economy look like? What needs does it address?
- . How can we best capture this sector conceptually?
- . What, if anything, makes it distinctive or innovative? How interconnected are its facets, & to what effect?
- . What are the characteristics of social economy organizations?
- . What are the implications for government policy?

Policy inventory and analysis

- . How are different understandings of “social economy” reflected in government policy?
- . What needs are not being met, & what changes are needed in regulatory environment?
- . What indicators can we develop to aid in policy development?

Community mobilization around issues of common concern (natural resources; food security; inclusion and empowerment)

- . Do social economy organizations contribute to social inclusion, the democratization of the economy, & empowerment?
- . What inputs are needed to overcome obstacles & build capacity?
- . What can we learn from research on mobilization around food security, empowerment & inclusion, community management of natural resources & energy?

Measuring and Financing the Social Economy

- . What can social accounting, co-operative accounting, social auditing, & other techniques contribute towards a better understanding of the work and contributions of social economy organizations?
- . Where do social economy organizations obtain the financing that they need?
- . What do social economy organizations contribute toward financing the social economy?

Modeling & researching innovative, traditional, & IT-based communication and dissemination processes

- . How can social economy actors best communicate?
- . What can our Network team members contribute by developing & modeling processes and techniques?
- . What can be gained from exploring technology as an equalizer vs. technology as a barrier?



Social Economy and Sustainability Research Network
Partenariat sur l'économie sociale et la durabilité
Bridging, Bonding, and Building | Renforcement des liens et des capacités

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A multiple partner, Atlantic-wide research project | Un partenariat de recherche au Canada atlantique