

# 2011 Waterloo Region Food Summit

## **Priority Area 1: Food Sovereignty**

The first priority identified by the roundtable is Food Sovereignty. Food Sovereignty is defined by the roundtable as, **“giving people greater knowledge about, engagement in, and control over the food in their communities”**.

Food sovereignty includes three areas: food democracy, food skills, and food education. Food sovereignty is linked to every other food system priority. Through food sovereignty we are able to achieve food security.

## **Who is doing what in our community and beyond?**

- 1. Food Democracy** – when communities have democratic control over all aspects of their food. In a truly democratic food system, people know where their food comes from and how it is produced and distributed, and have influence over those factors.

### ***a) Organizations/Projects***

The following organizations are providing information to help institutions and individuals make food choices based on where their food comes from and how it is produced.

<b>Organization</b>	<b>Food Democracy Work</b>
Foodlink Waterloo Region <a href="http://www.foodlink.ca">www.foodlink.ca</a>	Produces the Buy Local Buy Fresh map and helps link people with local farmers, through outreach and events such as Taste Local Taste Fresh.
Canadian Organic Growers – Perth-Waterloo-Wellington <a href="http://www.cogwaterloo.ca">www.cogwaterloo.ca</a>	Produces a directory of certified organic products available in the region and where you can get them (farm, farm gate, markets, CSA etc); Produces a food strategy guide for regaining control of your food choices.
Canadian Coalition for Green Health Care <a href="http://austin.directrouter.com/~greenhea/">http://austin.directrouter.com/~greenhea/</a>	Exploring the feasibility and benefits of incorporating local foods into Ontario’s healthcare system; using food origin audits to advance collaboration and purchasing arrangements between Local Food Suppliers, a Health Care Facility and a Group Purchasing Organization.
The Working Centre <a href="http://www.theworkingcentre.org">www.theworkingcentre.org</a>	Has offered a CSA for over 10 years; has been running an online market for the past 2 years (The Commons Market), which supports 10 local farms in the region and has expanded this season to providing 2 local workplaces with food boxes for employees; added an urban greenhouse to supply micro greens to the café year round.
WPIRG <a href="http://www.wpirg.org">www.wpirg.org</a>	Recently held the event Our Food, Our Bodies, which was a critical look at our food system with a

	focus on equity, justice, community and sustainability.
Transition KW <a href="http://www.transitionkw.ca/">http://www.transitionkw.ca/</a>	Currently hosting the Mayor's Forum Series on Building Resilient Communities, and engaging community members in envisioning a sustainable Waterloo.

Here are a few organizations beyond Waterloo Region that are relevant to the work in the region. Check out the websites for more details:

Food Secure Canada	<a href="http://foodsecurecanada.org/">http://foodsecurecanada.org/</a>
People's Food Policy Project PFPP (umbrella group representing several other orgs) organized kitchen table talks (including both Kitchener and Waterloo) across Canada for the past two years, and engaged with over 3500 people across the country. The talks resulted in the creation of a national food sovereignty policy roadmap. The report on this was launched on April 18 <sup>th</sup> and is called "Resetting the Table: A People's food policy for Canada".	<a href="http://www.peoplesfoodpolicy.ca/">http://www.peoplesfoodpolicy.ca/</a>
Growing Power	<a href="http://www.growingpower.org/">http://www.growingpower.org/</a>
Food Not Lawns - Turning Yards into Gardens and Neighbourhoods into Communities	<a href="http://www.foodnotlawns.net/">http://www.foodnotlawns.net/</a>
Beyond Factory Farming Has launched a new campaign website called <a href="#">Think Eat Act!</a> It features timely topics that need to be addressed in order to build food sovereignty in Canada.	<a href="http://beyondfactoryfarming.org/">http://beyondfactoryfarming.org/</a>

### **b) Local Businesses**

The following businesses are modelling and providing democratic control of food.

Bailey's Local Foods <a href="http://www.baileyslocalfoods.ca/">http://www.baileyslocalfoods.ca/</a>	A local buying club sourcing and providing a wide range of foods for its members all within a 100 mile range.
Oakridge Acres <a href="http://www.oakridgeacres.ca/">http://www.oakridgeacres.ca/</a>	The home of well fed food, representing over 40 family farms and producers from around the region.
The Healthy Butcher <a href="http://www.thehealthybutcher.com/">http://www.thehealthybutcher.com/</a>	The Healthy Butcher aims to restore an area of the food industry that has wrongly disappeared – the local butcher shop where you can buy fresh meat grown locally by a farmer who cared about his animals.
Pfennings Organics	Pfennings is a business based on growing healthy

<a href="http://www.pfenningsorganic.com/">http://www.pfenningsorganic.com/</a>	soils, healthy food and healthy local communities. They work with numerous local farmers to buy and sell products throughout the season, and then store, pack and ship the products to local stores.
LOFT Organic Food Box Program <a href="http://loftorganics.ca">http://loftorganics.ca</a>	The Loft Organic Food Box Program grew from the idea of connecting our communities with local, sustainably grown, organic food from family farms in the Perth, Waterloo and Wellington Regions of Southwestern Ontario.

**c) Community Supported Agriculture (CSA)**

CSAs are at the very essence of food democracy. Members have a share in the farm and receive a share in the bounty of the farm. Waterloo Region is blessed with a number of CSAs in the region, or that deliver to the region, including:

Fertile Ground CSA	<a href="http://www.fertilegroundcsa.com/">www.fertilegroundcsa.com/</a>
Transpire Organic farm	<a href="http://www.transpireorganic.ca/">www.transpireorganic.ca/</a>
Garden Party	<a href="http://www.gardenparty.ca">www.gardenparty.ca</a>
Plowshare Farm CSA	<a href="http://plowsharefarm.wordpress.com/">http://plowsharefarm.wordpress.com/</a>
reroot	<a href="http://reroot.ca/">http://reroot.ca/</a>

**d) Neighbourhood Action**

Some may argue that food democracy starts in the individual kitchen, garden or neighbourhood. Here are a few projects within the region, bringing local sustainable foods closer to people.

<b>Neighbourhood Buying Clubs</b>	
Riverbend Local Harvest	An urban organic farm in Cambridge that offers their farm produce, as well as local organic grains and other products to the local community through a weekly ordering system.
Neighbourhood Food Hub	A Cambridge resident sourcing local organic produce from a few local farms for a small buying club on a weekly basis in the summer, and bi-weekly/monthly basis in the winter, through a weekly ordering system.
Mary Jane and Jan Petter	Sourcing integrated pest management soft fruits (peaches etc.) from Niagara and distributing through pre-orders and local drop offs throughout the region.
<b>Neighbourhood Markets</b>	
Preston Towne Centre, Mill-Courtland Community Centre and Centreville Community Centre.	In their 4th year of operation. The markets were started as a pilot project by Public Health, and are now being operated by the Highland-Stirling

	Community Group, based at the Mill-Courtland Community centre.
<b>ONFC Buying Clubs</b>	
Ebytown <a href="http://www.ebytown.ca/">http://www.ebytown.ca/</a>	Members can pre-order through the club or through the Commons Market downtown Kitchener.
Nothing Beets Organic	Cambridge based club

**2. Food Skills** - Food sovereignty requires that all people have the skills to grow, cook, and preserve food.

Peer Health Program, and the Community Nutrition Program (Public Health)	Focuses on building cooking skills in participants, cooking healthily on a budget, and also cooking in a new country. The groups focus on building food security for those involved, and their families.
Community Garden Network <a href="http://region.waterloo.on.ca/web/health.nsf">http://region.waterloo.on.ca/web/health.nsf</a>	
Little City Farm <a href="http://www.littlecityfarm.ca/">www.littlecityfarm.ca/</a>	Model of an urban homestead; as self-sufficient as possible (incl growing their own food) Food (and other) skills workshops: urban ag, permaculture, simple living, and other traditional homesteading skills, + annual seedling sale coming up on the 21 <sup>st</sup> of May.
Sarah's Kitchen Gardens <a href="http://sarahskitchengardens.com/">http://sarahskitchengardens.com/</a>	Sarah's Kitchen Gardens offers seedlings, planters, and workshops on urban food growing.
Everdale Organic Farm and Environmental Learning Centre <a href="http://www.everdale.org">www.everdale.org</a>	Offers canning workshops in the region; offers an on-farm internship program; gardening and food growing workshops
COG Perth-Waterloo-Wellington <a href="http://www.cogwaterloo.ca">www.cogwaterloo.ca</a>	Delivers The Organic Backyard workshops for community gardeners and backyard growers on applying the principles of organic farming on a small scale (resource guide as well); Hosts an annual Organic Stone Soup event, which is a local food skills event.
Waterloo Hen Association <a href="http://groups.yahoo.com/group/WaterlooHenAssociation/">http://groups.yahoo.com/group/WaterlooHenAssociation/</a>	An association of Waterloo Residents supporting small scale urban hen raising. Spring Chicken Coop Tour is scheduled for May 28 <sup>th</sup> .

**3. Food Education-** We need much greater citizen literacy about food issues. We need to put a priority on sharing information with as many people as possible about how our food system works, what are the consequences, and how we can improve things together.

<b>Locally</b>	
WR Food System Roundtable <a href="http://www.wrfoodsystem.ca">www.wrfoodsystem.ca</a>	Online forum, foodie finder, food summit, Healthy Food System series
COG Perth-Waterloo-Wellington <a href="http://www.cogwaterloo.ca">www.cogwaterloo.ca</a>	Outreach at events, food strategy guide, COG Blog
All of the CSAs listed above	Most of these CSA farmers are sharing information about the food system, food issues in blogs, newsletters etc.
WPIRG <a href="http://www.wpirg.org">www.wpirg.org</a>	Food Action Collective
<b>Beyond</b>	
Food Forward <a href="http://pushfoodforward.com">http://pushfoodforward.com</a>	<ul style="list-style-type: none"> <li>- Educating - through public forums, workshops, web and social media;</li> <li>- Advocate - making the case for policy change, educating local politicians, mobilizing public interest;</li> <li>- Connect - identifying networking and collaboration opportunities in the food movement and doing capacity building, linking and social events.</li> </ul> <p>All with a policy change focus.</p>
Climate Change Action Group of Erin <a href="http://www.anythingittakes.ca/Climate_Change_Corner.html">http://www.anythingittakes.ca/Climate_Change_Corner.html</a>	<p>“Taking A Healthy Bite Out of Climate Change” is a new five-session unit for Ontario Grades 5 and 6, created by local organic farmers, teachers and kids themselves in Wellington County. It connects our food choices with taking action on climate change, in a fresh, positive, student and teacher friendly way! (available soon at <a href="http://www.cogwaterloo.ca/beeOrganic.php">www.cogwaterloo.ca/beeOrganic.php</a> )</p>
Sustain Ontario <a href="http://www.sustainontario.com">www.sustainontario.com</a>	Ontario Food Act, Ontario Good Food Map, Good Food Ideas for Kids, Bring Food Home conference
Food Net Ontario <a href="http://www.FoodNetOntario.ca">www.FoodNetOntario.ca</a>	working together to achieve a food secure Ontario
Ecological Farmers of Ontario <a href="http://www.efao.org">www.efao.org</a>	Why Our Food Choices Matter brochure; working groups on farming and energy