

Food Summit 2016



We believe that a healthy and sustainable food system is necessary to meet the challenges facing Nova Scotians. Our food system must support the health of people, communities, economies and the natural world. We will act to create a resilient food system to help insure against rising costs, the changing climate, hunger and obesity.



Support for Student Researchers assisting with the Food Summit is being provided by the *Food: Locally Embedded, Globally Engaged (FLEdGE)* Partnership with helpful guidance from Dr. Irena Knezevic. FLEdGE builds on more than five years of evolving research partnerships with over seventy Canadian and International participants.

Introduction:

We're eating lots of processed foods – highly processed foods – with additives including preservatives, lots of sugar and salt and taste enhancements. These foods are easy to buy and prepare quickly to provide calories. They're also easy to waste.

Taste buds may accept these foods but our health doesn't. What we eat can cause obesity and diabetes and heart disease and cancer and overall poor health. And that affects the way we live, work, play, earn - affects our health, determines our future.

There's good news. When we eat better, we live better.

When we were eating food that was grown, not built to withstand the rigours of a worldwide supply chain; when a tomato was a seasonal delicacy and a potato was stored locally for year-round consumption, rates of food-related illness were much lower. It's notable that as other countries adopt processed food their illnesses come to mirror those of fast food nations.

We can choose, and eat, and cook our way to better health and a more equitable, sustainable food system. We can find the balance between processed and unprocessed and between locally grown and imported.

Food businesses exist to sell food, which means they follow the trends determined by consumers. If we demand more local vegetables, stores will stock them. If we decrease our consumption of commodity food and buy foods that are grown by people who care about customers and the planet, if we promote policies that encourage local production that supports local economies, if we demand a health care system that fights obesity the way it did tobacco, changes will follow.

Many Nova Scotian farmers and producers are swimming upstream in the global marketplace, not because their food is too expensive, but because many imported foods do not reflect the true cost of production in countries where subsidies permit lower cost of production or where workers may be poorly paid. Loss of income across the food production sector is costing us more than we're gaining by choosing less expensive food: loss of money that leaves the province to pay for imported food that could be grown here; of employment (many processing plants have closed), of rural residents, of the tax base; of the amenities of the countryside and, importantly, of the entrepreneurial mindset that typifies small and medium size business people who can grow the economy.

But, growing our agricultural and food production sector (farming, transportation, wholesale/retail, processing, preparation) will provide good local food and keep money in the province, thus increasing employment, building social connections and communities, improving individual and the wider determinants of health. These benefits are consistent with the We Choose Now! Directions that follow the One Nova Scotia Report by Ray Ivany et al which noted that "the single most significant impediment to change and renewal is the lack of a shared vision and commitment to economic growth and renewal across our province and among our key institutions and stakeholder communities."

The 2016 Food Summit on May 28th and 29th at Fountain Commons, Acadia University, was sponsored by Friends of Agriculture in Nova Scotia to address these issues.

We were pleased to host two days of conversations with inspiring speakers and participants who are working to make a difference in the lives of the people who produce and eat food. Sincere thanks to everyone who gave generously of their time to help us discover *healthy food now and for the future*.

Sincere thanks to our Students and FANS Board Members for their ideas and assistance with the Summit.

Linda Best
Chair, Friends of Agriculture in Nova Scotia

NOVA SCOTIA FOOD SUMMIT 2016 - PUTTING THE PIECES TOGETHER

GOALS

- Celebrate food providers
- Describe barriers and identify solutions
- Establish a shared vision of Food for Nova Scotians



Bringing Back Food – Joshna Maharaj

- Food culture is the connection to food in a pure and deep sense...it is the conversation we have around the table three times a day
- This is more than just about eating, this is about a relationship about food, individually and collectively
- We can only rebuild a food culture by revaluing all of the people involved
- Culture gets extinguished when we think about automation
- Good food culture involves access and community and cooking, and celebrating food
- The human connection is the point
- Good food policy = good everything policy (good health policy, good agricultural policy, good trade policy, etc.)
- If you focus on food and do it sustainably, everything else will fall into place
- There is a leap of faith required that a lot of politicians really aren't excited about, but you have to trust and invest in community
- Economic impact - a tiny little tweak can help an institution to really invest in local small business
- When I started working with hospitals we had four or five walk in refrigerators; not one with produce in it.
- Of every roadblock that could exist, purchasing was the biggest
- A lot of the small producers don't have HACCP certification (Hazard Analysis and Critical Control Points), which is about the traceability and holding at every point in the process, which is fair and necessary but HACCP certification is quite expensive."
- Farms - I was blown away by the farmer to patient relationship that developed: the farmers were amazed to have the opportunity to produce food for patients in a hospital and production in turn had an impact on their farms. "The connection between the farm and the institution was made"
- Labour - because we wanted to put more local food into these institutions we had to procure more primary ingredients because processing wasn't available
- Menu – we started providing food in season
- Chef wrote "get well soon" notes to patients so they knew the person downstairs cared about their health and was cooking with them in mind
- Gave recipes out to patients on prescription sheets and at the bottom it said "Enjoy as needed for good health"
- Programming - other parts of the hospital started to change
- You can still serve delicious, beautiful, fresh food and it doesn't have to cost a lot
- You just have to do a bit of thinking, and be creative, and you can make it happen
- Local food was only 33 cents more at the hospital per patient than what we were spending before; it's an incremental investment required for an exponential impact
- On university campuses, there are lots of stressed out people. We decided to use food for a vehicle for their health and for encouragement – to nurture and support them
- We wanted to connect people to growing and a rooftop garden grew 8,000 pounds last year
- Perhaps most importantly, we share food together
- Every season, we have a meal, it is a pay what you can meal, locally sourced, it was almost always vegetarian as that is how you make the pay-what-you can work, and it was always well attended
- The exciting thing is that this is possible; our culture is about our identity and a food tells a story about who we are. What does your food choices say about who you are?
- The food culture, specifically in Nova Scotia, tells us about who we are. And I'm sensing by the conversations that I am having that there is space and a gap that needs to be bridged, so hopefully in the next couple of days we can think about ways to bring those two things together

The Story of Food - Part 1 – Chloe Kennedy, Chair

What is the current status of our food system, where does our food come from, how is it grown and distributed, how is it used and not used, how does it affect individual and societal health, what needs to change?

Johanna Kwakernaak

- Community Health Boards see that there are pieces of the puzzle that are critical to ensuring healthy communities
- CHBs in NS are mandated through Bill 1, there are 37 CHBs, 5 in the Annapolis Valley, 5-15 members per board
- We take a population health approach
- Our vision is healthy people, healthy communities for generations to come
- CHBs are both the eyes and the ears of the community with regard to health issues
- Every three years CHBs must complete and submit a collaborative health plan
- The five Annapolis Valley boards submitted their most recent plan in June 2015
- The recommendations to NS Health Authority are based on four main priorities our group felt was important: physical activity and healthy eating, preventing chronic disease, mental wellness, and health services
- We provide no services, but instead develop networks in our communities and collaborate with groups in our communities that are taking community based action
- An individual's health is determined by factors outside of the health care system, known as the social determinants of health (SODH)
- These are: income and social status, social support networks, education and literacy, employment conditions, social environments, physical environments, personal health practices and coping skills, healthy child development, biology and genetic endowment, health care services, culture, and gender
- Access to healthy food and the viability of our farm industry are components of the SDOH
- So as volunteers, one of our roles is advocacy by lobbying municipal councils to change healthy food policies and the provincial the government to tax food donations
- We also work towards health promotion by collaborating with community groups and service providers to identify needs and gaps
- We have at our disposal, a very small fund called the Wellness Funds and through those funds we provide money to community groups to advance the priorities identified in the health plan. Examples are breakfast programs and community gardens.

Dr. John Burka

- Central Kings Community Health Board held a conversation with stakeholders about community kitchens
- VON brings in frozen food from Ontario for Meals on Wheels - we have a surplus of food in the Annapolis Valley
- So through the Wellness Funds, VON started testing food prepared here in the Valley, so there's one project that developed from this
- A workshop facilitated by "Common Good Solutions" was held at the Louis Millet Centre in New Minas, and included a discussion on the study on Food Security done by the Acadia School of Nutrition students.
- With regards to food security, our direction has changed towards social enterprise.
- How can we not just provide food, but how can we create jobs and develop this?
- The solution is not just the food banks because that was meant to be a band aid
- Getting people to work to help build their self-esteem and change their food culture is so much more important
- We had a conference a few months ago called Taking a Bite out of Food Insecurity
- We advocated for a tax credit for farmers who donate to the food banks
- We want to get the government to go beyond the food banks and start to set up small companies to process some of the food because jams and other products can be made from the excess fruit
- There are factories such as Oxford food and others closing - why aren't we filling those places up with people who need job? We need some of these initiatives.
- So where are we going in the future? Asset-mapping, what are our strengths, what are our weaknesses and where do we go from here?
- We want now to branch off from the CHB and have a Food Security Network in order to have more impact by coordinating initiatives and build in policy changes as well.

Sarah Hiltz

- I wanted to start with a question: when is the last time someone told you they were hungry?
- I work for the Mental Health Association: we help with job development, we help with shelter when people need it, we have clubhouse opportunities, and in some instances we are able to help with food – which is extremely important for our people
- If we look at the newest food insecurity rates, we are at 18.6%. That means that almost one in five Nova Scotians are not able to access nutritious food.
- Who can identify with their own hunger or body response? We know that hunger controls our mood.
- HALT: a mental health check in. How do you feel right now? It means Hungry, Angry, Lonely, and Tired and hunger of course is the biggest issue
- Mental health is a state of well-being, which means you can cope with daily stress, work productively, and make positive contributions to the community.
- Hunger is not just a hunger for food. We also hunger to be accepted, and to be wanted, and for someone to listen, so hunger stands for many things. But anger, psychosis, depression, delirium, and dementia all have significant links to nutrition
- We know hunger causes anxiety: If I have an addiction problem and I'm anxious, I'm not going to think I need to sit down for a good meal so I may make poor choices. If I've eaten well, I'll feel better and think more clearly
- We know that about 40% of what we grow is being wasted and 20% of the population is not eating, and this does not make sense
- If we could save this food, through gleaning and storage and distribution, we could help change food insecurity statistics
- Currently, with one contract with a major distributor, we take 1% of 100 tons of food that's going to waste that could be made available as good, nutritious food
- What we get goes to Henny Penny's Farm Market where someone is hired to sort it and store it for us for use in whole food bags or in soup
- Tap Roots give us the produce that they don't use for their Community Supported Agriculture boxes
- The food literacy work that we do can be done anywhere.
- Food literacy, as we're learning with our partnership with Acadia, means a multitude of things.
- When we had our first community kitchen conversation, we found that there are many kitchens, but it is difficult to find the people to provide programming to make it possible for people to cook together.
- For our Save Our Ugly Produce – SOUP – program our home base is the Salvation Army kitchen in Kentville and a chef comes in on Saturday and we have a lot of fun.
- You get to see the change in people that you may never have seen before.
- The CMHA participants are fantastic, we prepare the food together. Everyone there is able to take home food we make together. We share skills and we talk.
- Think how good it is to eat and talk together at suppertime. It's not necessarily what's on the plate, but how was your day, what's the best thing that happened today?
- We work closely with many organizations and there is diversity in who comes to have a meal with us. We offer life skills, we can offer behaviour modification, there's also peer support and resource referrals.
- Since our program started, we've worked, grown, cooked and learned together and we've had over a dozen participants find work.
- I also believe that in order to reduce our food insecurity rates, we need to redesign our landscapes to be beautiful and productive and support small scale agriculture. Horticulture is my secret therapy.
- We are finding lots of volunteers to help fill and plant the Town of Kentville planters with food and flowers. We have 40 more to do and we will be planting all of the open spaces as free food in Kentville. We are making wheelchair accessible keyhole gardens; we have five scheduled to be built.

Richard Melvin

- Key elements for making a successful farm community: access to productive land in a suitable climate and access to water.
- The zoning and maintaining of access to land is a challenge for farmers in Kings County.
- We can support the Annapolis Valley Land Trust that has a mandate to preserve agricultural land for perpetuity

- Having access to customers for our products is essential for successful farm communities. Over the past 5 or so years, we've sensed an increase in consumer interest in locally produced food products. This has led to increased demands across all markets for NS food.
- Year by year, this is helping NS farmer's ability to be economically sustainable.
- NS is the only province in Canada in the last census to have an increase in farms in the past 5-year period.
- Another issue is access to young people to want to become farmers and become involved in agriculture.
- Now, most farms are traditionally family owned and operated.
- The challenges to this model is the demographic issue for the age of people able to farm.
- Farming has a fair bit of risk involved because we work in an outdoor environment with biological systems, we work in an open marketplace, with a lot of things going on.
- It is a bit daunting for a young person to walk into that and engage with that.
- One thing to do is to work with organizations such as FarmWorks that provide this support.
- The next item is related to public policy. The reality is that policy has a large role in shaping the agriculture sector both locally, internationally, and nationally.
- In Canada, we have the Growing Forward programs that renew every five years.
- The key is here that this is globally a very competitive environment on policy to ensure a competitive situation.
- Some provinces have put in enriched or top-loaded agricultural programs, which means that the farmers in Quebec have more support than we would in the Maritimes.
- The Waste No Food concept is imperative. On our farm, cauliflower is our main production item. The bad news is that about 600,000 pounds of perfectly edible cauliflower is wasted because it does not meet industry standards.
- Another item is research and innovation and agriculture is underpinned by science.
- As an example, it has been said there is as many bacteria and fungi in one handful in soil as there are people on the face of the earth.
- Currently, on a provincial scale, publicly funded agricultural research has declined. This vacuum globally is being filled by the corporate players like Monsanto and the pharmaceutical companies.
- We need to encourage more publicly funded, unbiased, peer-reviewed science on agriculture.
- We need to build our systems around life-cycle assessment based and science based programs.

Dr. Sally Miller

- The City Region Food System (CRFS) Assessment Project is going on in 7 cities around the world; two in the global north and five in the global south. They are looking at the issues in the city regions. One of the ones in the North is Toronto. The whole project is funded by a number of international organizations, including the FAO and the Carasso and RUAF Foundations. I am the research coordinator for Toronto.
- It's a new way of looking at what's happening in cities. More people are congregating in cities.
- Cities typically have about 3 days of food, so if they are dependent on 3 days of food, this is not national food security. This is not a system that's going to work well for the people.
- CRFS is looking at urban linkages and planning on developing stronger more resilient food systems.
- Farmers are exporting because the regional markets are not there. It's not that the consumption isn't there. They are exporting products that are also being imported to regional markets in Toronto, which is redundant trade.
- The Food: Locally Embedded, Globally Engaged (FLEdGE) Project has five years of funding to work with organizations across Canada that are looking to change food systems.
- The core goal is to shorten supply chains...how do we get regional production into regional markets
- In shifting the food system, you can make jobs more fulfilling.
- We're looking at things like democratic engagement and education.
- We tell farmers that they need to have a voice, but their voices won't help unless they're listened to.
- What we're really looking for is the linkages that make an agriculture system powerful, so we're looking at webs of action, we're looking to all of the people that a farm has to work with to make things happen
- Farms need farm supply, they need large animal vets nearby, they need to be able to move their farm machine down the road without the road rage of the commuters
- There's a joke that most farmers can tell and it goes, what happened to the farmer that won the lottery? They said, I am going to keep farming until it's gone. We're hoping that's a joke that we don't have to tell anymore.
- Processing is a significant and high GHG emitter, so there needs to be also a focus on processing in ways that could save farms money

Joan Baxter

- I've just returned from Kenya - I was working with an International Agricultural Research Organization where I've been watching bad things happening, while knowing that in Canada good things are happening.
- Who's writing the story of food? I think we should be writing it, but unfortunately Nestlé and many other large multinational corporations are doing a lot of the writing.
- I think this Food Summit and the things I'm hearing here are testament to the fact that Nova Scotians are waking up to the need to rewrite our story of food.
- But elsewhere, in Africa, food and farming systems are rapidly being taken over by corporations and processed food is being promoted and increasingly consumed. In some places, mayonnaise is now used on just about everything. Industrial grade margarine that you could use on the wheels of your car is on every piece of the unhealthy bread that looks a lot like "Wonderbread", which is replacing ancient grains.
- Family farms in the tropics involve trees, mixed crops, livestock, agro-ecological, risk averse, bio diverse, resilient systems and they promote food and nutritional security and they embody food and seed sovereignty.
- But that is at risk now in much of Africa, and there is a push for large monocultural farms and industrial agriculture, which threatens those and that could lead to debt for small family farms, which is what happened in North America in the 20th century, and led to many farms being lost to bankruptcy and banks.
- Fortunately, there are some groups trying to protect small family farms and agro-ecology, including La Via Campesina and such farmer associations, and also some NGOs such as USC Canada, GRAIN, Oakland Institute
- There are 16 international agricultural research centers that are driving agricultural development in the tropics. They work hand-in-hand with the United Nations and more and more public money is going into private hands. Many of these research centres are partnering with corporations like DuPont and Monsanto that are pushing GMOs, pesticides, and large farms.
- The World Economic Forum have a new vision for agriculture which is pretty much the same old, same old industrial farming and food model.
- G7 New Alliance for Food Security and Nutrition in Africa partnered with 60 of the world's biggest multinational organizations to get African producers to produce commodity crops.
- Kids in Africa are told by their parents if you don't do well in school, you'll be a farmer. So that's the attitude towards farming, so as a result the attitude towards traditional foods is also diminished.
- Vandana Shiva calls it a war on family farmers.
- The Bill & the Melinda Gates Foundation supports GMOs and supports all kinds of "silver bullet" technologies with the new "Green Revolution" in Africa, involving bio-fortification of traditional crops, commodity crops for the global market, pesticide and fertilizer use, and large scale land investments which will mean taking land from small scale farmers and turning it into plantations.
- The reason that they've gotten away with it is because we can't all be on the ground to see what their work, presented as benevolent, looks like on the ground but can only see all their so-called "noble" intentions on their websites. They diminish and ignore the productivity of family farms.
- Yet African small farm holders produce 80% of the world's food and it is good food.
- These corporations, billionaire philanthropists and development agencies claim they intend to deal with malnutrition by food fortification, but in fact malnutrition and food security are generally caused by poverty and a lack of access to a healthy, diverse and nutritious diet, not because traditional diets and crops are not nutritious.
- Food insecurity is not caused by a lack of food production, is it caused by poverty and people's lack of access to diverse diets and you find that in the urban areas, in the shanty towns, and in regions affected by conflict and climate change.
- Much of the migration in Africa is the result of conflict and climate change, and those are also often related.
- Of the top 10 most nutritious diets in the world, 9 are in Africa. Three of those are in the three least developed countries (based on the United Nations Human Development Index) in the world because they have less development systems so they are eating more traditional foods. The only non-African country on that list is Israel. And yet Africa is often portrayed as a continent that doesn't know how to farm and feed itself.
- There are now more overweight people in Africa than there are people who are hungry, but they are still malnourished because they are not eating well.
- It is a local struggle, but it is also a global one and there are lots of partners out there to make sure that we are writing our own local food story.

Food for Community and Culture – Dr. Leslie Brown, Chair

What are the community and cultural effects of food production and availability on individuals, farmers, and food entrepreneurs, and business' and related sectors?

Dr. Leslie Brown

- In this panel there are three areas of focus: food, community and culture – prioritizing agriculture and changing the ways we think about food and considering just, inclusive, and sustainable communities
- We're thinking about culture in terms of how food preferences are shaped – the forces that affect our food preferences and build food security.
- We'll hear about community hubs where food, community and culture, broadly defined, not just food culture, bring people together.
- In this panel we're not starting with economic and health aspects but rather with social, cultural and environmental sustainability, to the values we hold and the priorities with relation to food.
- This contributes to what's building here today – a different slant on the way we think about food and the way we position food in our culture.
- For example, local food is not only a market niche – farming is about making a living in the broadest sense. It's about living, community and quality of life.
- Work that's been done recently in Canada shows that community wellness and wellbeing cannot be predicted by GDP. It's much more complex.
- Community vitality, opportunity for leisure and culture, environmental quality, living standards, relationships with neighbours – these are some of the factors that contribute to our wellbeing.

Dr. Av Singh

- We've got almost 30 craft breweries, more than 15 wineries, a few cideries, we've got distilleries popping up everywhere and I think this speaks to our culture in Nova Scotia! We have a lot of amazing slow food Chefs. We've got artisanal butchers that are using the whole animal. NS is pretty dynamic (NS).
- We've got 40 farmers' markets in NS, I think that's probably more per capita than anywhere else in Canada.
- I googled some wordles and typed in the words food, community, and culture, and these are the first four that popped up. In these wordles, it was very difficult for me to find the words farmer, and to find the word agriculture. These are not the big words that you see there and so I think that presents a little bit of a disconnect.
- When I talk about reshaping a food culture, it's because we now have a very different vision of what's going on in society. In my opinion this is what we want: we want to look at society in a way where we see our economy based on our natural resources, on our seeds, our oceans, our forests, our soils, and the people who work this in a sustainable way; farmers, foresters, and fishers. And from that natural economy we get a social economy.
- Wendell Berry said we need to create a society in which we are mutually beneficial - that's the social economy. And in that you see the multiplier effect and that's one of the greatest things about FarmWorks – it keeps money in Nova Scotia where it works for awhile before it leaks out of the province.
- We do have a market economy and we need that - if we like coffee, or chocolate, or avocados, we need to trade.
- Nova Scotia is great at many things. We have a great fishery, forages, blueberries. We can export products when we have a competitive advantage for things we produce in sufficient quantity.
- But we kind of focus on this fictitious economy that we have, which minimizes the social economy, which indicates that you shouldn't be looking to buy from your neighbour – which would be mutually beneficial, rather you should be buying from wherever you can get the cheapest costs and that's going to increase your bottom line and your profit and you need to increase your efficiency. And all of this is done with the mindset that nature doesn't matter and so our wealth is being made through this exploitation of the natural economy. But when you look at a triangle like that - you know it's going to tip over. Many of us know that we could be building the social economy now.
- We need to reshape our vision of food and agriculture. Many of us know our doctors, our dentists, our mechanics, etc. right? But do we know who our farmers are? No.
- Tap Root farms is an example of Community Supported Agriculture....I think the idea that community is supporting agriculture is fundamentally flawed. It is agriculture that's supporting community, and we need to change that mindset because it agriculture, and fisheries and other natural resources that are in fact supporting our communities.
- Many people have a wrong notion about what's really important. Before we can make sure that food is truly accessible to all people, is truly sustainable and truly can be celebrated we have to have that understanding.

- Quote: “If only we farmed as if we really did intend to produce good food for all, without destroying the rest, and if only people reacquired the skills to turn what grows best into great cooking, as shown over centuries in Italy, France, Turkey, India, China, and so on, we could all live well”.

Camelia Frieberg

- Thanks to the organizers for bringing us together – so many people need to have these conversations.
- I’m going to talk about how food defines us as individuals and as members of a community and how food shapes who we are in the world.
- I was a vegetarian for over 30 years and it was, at least in part, a way to define myself as perhaps someone ‘other’ than the world I was growing up in, which included many delicious home-made meals, each of which included meat in a starring role.
- My vegetarianism came to an abrupt end after moving from downtown Toronto to rural Nova Scotia. I owned a really nasty rooster. After he attacked my two-year old daughter I figured he had it coming – he was delicious.
- Then there was a slippery slope with my own boundaries: either I had to know the animal’s name or I had to know the name of the person who raised the animal
- For the last seven years, I have been raising sheep and chickens and ducks and turkey and occasionally buying some beef from friends.
- I can’t pinpoint the reason for some new self-imposed boundaries, but I started to keep kosher: I don’t eat shellfish, I don’t eat anything that comes from a pig, I don’t mix milk and meat. It comes out of my own need to self-identify with my own cultural background in a place that is so far removed from anything else that could tie me to my culture.
- For all of us in fact, food, both what we enjoy and both what we choose to avoid, is one of the most potent and universal means we have of identifying ourselves.
- I fully recognize that way too many of don’t have the ability to make those choices about food.
- But we can change that in all sorts of ways, both in how we understand and how we make food available.
- I also want to talk about how our tastes themselves are changing. The ways our ancestors ate and the cuisine that defined them, those are all disappearing so incredibly rapidly. First of all, who has time to eat that way when it actually involves real thought processes and time in preparing something. You can just heat up something in the freezer that was made by someone else and it’s really easy or you can stop on the way home and pick up something quick and we’re living in a world where everything is ready at the same time. You can get asparagus all year long! Of course that means that it might have been shipped half way around the world.
- When we’re losing these ties that once married us to this place, or community, or tradition, we must also think of the seeds because that’s where the food starts from. If you can’t actually find the seeds of the foods that are a part of your own history, what do you do about it?
- Someone brought me some 60-year-old seed catalogues: so many more varieties than I could even imagine.
- Most varieties are now completely extinct. Each of those varieties represents a treasure trove of human ingenuity, and years, centuries of patient farmer know-how that brought them about and now they’re gone.
- But some of them have been saved through the efforts of people who understand the risk of losing these varieties. Seed banks, including major ones such as the Doomsday vault Norway, and the much more active and local banks, are operated by a fantastic network of caring people who cherish the notion that resilience depends on diversity. They join groups like Seeds of Diversity, Seedy Saturday, they swap seeds, they grow them again. That way they are keeping those seeds, those foods, those traditions, those memories alive.
- There are also seed libraries including ones in Bridgewater and at the Wolfville Library.
- I am also on the Board of USC Canada. They recognized early on that the key to food security and good health is wrapped up around access to good seeds and the simple skills around sustainable farming techniques. This is called SOS: Seeds of Survival. They are actively building up the capacity of farmers to save seeds that are adapted to our own needs, whether its specific climates or organic and smaller scale growing operations. We’re helping to build up a whole new generation of farmers who care about seeds because they can connect the dots and the know that most of our food starts with access to good seeds.
- The tastemakers of today are the new superstar chefs.
- Michael Pollen noticed that the attention we seem to pay to food in the last decade is inversely related to the time we spend cooking it.
- Like so much else in our lives, we’ve left it up to the experts to do it for us. It’s become a spectator sport. Whether it’s vicariously in front of the TV or at a restaurant or in the frozen food aisle at the supermarket.

- We have abdicated our role in nourishing ourselves and our loved ones to others who seem to be so much more adept at it than we are.
- But I would argue that so much is lost when we do this. We're raising kids who can't even scramble an egg.
- I spend a lot of time in schools and with kids at my farm. A lot of these kids are only one generation removed from a time when their grandparents had a garden that supplied them a lot of food, but a lot of them still don't know where a potato comes from, whether it's a bush or a tree.
- Fortunately, a lot of the superstar chefs - Dan Barbour 'Third Plate', Michael Pollen – are teaching the reintroduction of traditional foods.
- So if we want to adopt my premise - that food is the most universal means by which we can find ourselves - start at home, ask your parents and grandparents what they ate and why, ask for their recipes, teach kids to cook, teach them where the food they eat comes from. Plant seeds and share the bounty.
- Think about how food defines us, about the fact that every choice we make is loaded with meaning
- Make eating a celebration - eating alone is never as much fun.

Annabelle Singleton

- In 2009 Robie and I decided we needed a change so we travelled for nine months through three countries and when we returned we knew we didn't want to settle in the city. We found our new home in Mill Village. We renovated the farmhouse and built gardens but we still felt that we lived in a food desert – finding local food was a challenge.
- In 2013 the idea of buying the old store in Port Medway began to come together. We took our business plan to about 16 lenders – all of them said “never going to happen”.
- And then we found FarmWorks. And FarmWorks has pretty much the same vision we have – promoting rural economic development and making local food accessible.
- The Port Grocer in Port Medway was established in April of 2014
- My partner, Robie Sagar, is a builder and he's done a lot of work on the building, with lots of help.
- Most of the people are in walking distance of the Port Grocer – two of them have moved back to Port Medway
- We have 5 part-time staff and two full-time staff
- This is our vision: a healthy sustainable community centered of food, music, art and education
- Core values: to be a business with a conscience, to protect and respect the environment, and to lead by example, to create a community hub of sustainability, to provide healthy and wholesome food.
- There are many definitions of sustainability. Mine is that you are giving back more than you are taking away.
- We strive to use whole food ingredients and prepare everything on site. We make some frozen prepared foods.
- We have a Wednesday lunch box, and anyone including businesses in Liverpool can have lunch delivered.
- We do a pub night every Friday night. We do a brunch on Sunday and we have a cafe 7 days a week and we do lots of catering as well.
- To be a center for art, every wall of the Port Grocer has local art from the many local artists.
- We also do Port Jam, and the last two Summers, we've held a big backyard get together. Last year we had about 500 people – this year it will be on September 24 and you're all invited.
- Port Medway was established in 1760 - you can imagine the community and culture it takes to be in existence for all those years!
- The Port is feeding other hungers as well: the need for acceptance and companionship
- It is such an amazing community, it is full of seniors and part of our job at the Port Grocer is not just to be there to take their cash across the counter, but to pick up the phone and spend an extra couple of minutes talking to them because they're at home alone. Or they come in for lunch or they need lunch delivered to them.
- We are still working to be able to offer our staff anything more than minimum wage, but we definitely work with them to make sure that their schedule meets their needs and that they get a lunch or supper during their shift.
- Buying local is definitely a priority for us. We buy from probably 100 different producers. Most of them are from outside Queens County, but we also buy from local such as Millennium Gardens and community members.
- We support other small businesses, we opened our upstairs to Shelly Stevens for her Crow's Nest Gallery - a consignment shop full of art, and we've also had yoga classes upstairs. We're also the Post Office. The Port Medway Art and Design Shop just opened.
- The Port Grocer has become the anchor and now we're seeing spin offs because of it.

- We provide space for other businesses – there's a community market in our side yard. We've built a community garden. It's pretty simple, if you participate in the gardening then you are welcome to a share of what's produced there – already 12 active members.
- We provide space for community activities and wellness either upstairs or on our porch.
- Anyone who attended the Local Prosperity Conference in Annapolis Royal last April heard Michael Shuman talk about Local Economy solutions, and he highlighted FarmWorks and their support for the Port Grocer which is a Pollinator business.
- We are creating opportunities in our communities for other small businesses and entrepreneurs.
- Summer business is fine but without the support of the local community we wouldn't have made it through the last two winters.
- We have a huge volunteer force. Every day we have volunteers coming, what do you need, what do you need help with. We have volunteer bartenders on pub nights, Irving next door cuts the grass.
- We've won two business excellence awards in two years. We're continuing to build – our three season porch is providing more space for guests and for storage – volunteers have helped build it.
- Build it and they will come. If you live it with passion and you put yourself out there, the community is ready for this kind of development.

Food for Health – Joshna Maharaj, Chair

How does food and food production in Nova Scotia affect the Determinants of Health with regard to equity, retail availability, childhood nutrition, school gardens and cafeterias as classrooms, cooking, food as medicine?

Dr. Catherine Mah

- I'm a physician and public health researcher and we talk about the bad foods but I like to talk about changes.
- Most of our food that we have available to us is being funneled to us through an increasingly small number of large supermarket purchasing desks worldwide.
- Even the things we produce really well, we are good at sending away as commodities, so this creates this gap where we have to bring everything back in, especially in Newfoundland and Labrador.
- We have a disconnect between the food system and food at the household level: in Canada 1 in 8 households are food insecure and this affects 1 in 6 children, and slightly more in Atlantic Canada – and that number is growing.
- We've now have this strange system that considers food system to be discretionary relative to everything else.
- And 70 cents of every household dollar spent on food is spent in a retail store.
- Those who cannot afford food reduce the quality, quantity, and frequency of eating to make ends meet – has to do with overall material deprivation, including income, assets, credit, debt and expense.
- Adults in severely food insecure households consume more than double the health care costs of those who are food secure. Since health care consumes such a large portion of budgets this is a critical issue for everyone.
- Being food insecure also increases the likelihood of being a high cost health care user – that category makes up 70% of our health care costs.
- My research group is interested in the solutions and we're looking at the retail environment and the potential for stores to oases where people can access quality, healthy, local, and affordable food.
- In the retail environment we think about things like accessibility, the availability of both healthy and less healthy food options, and we also look at affordability of food in those retail food environments.
- Food deserts are referred to certain areas that are geographically remote but then there's poor access.
- Increasingly in Canada, we are realizing that we don't have a lot food deserts, but a lot of food swamps, which is a really high proportion of unhealthy food options just kind of drowning out the healthy options that are there.
- So we look for examples of things that are working, then we test them and scale them up- solutions that are good public policy based on evidence. This is important because public policy fundamentally determines the distribution of resources in our society for both businesses and consumers. Think about the policy barriers and advocate for solutions, for examples - poverty reduction strategies and guaranteed income.
- We also need to connect global networks with local innovation. Just this week in Geneva the World Health Assembly is discussing the connections between obesity, malnutrition, sustainable food production and sustainable development and we're having this same conversation here in Wolfville.
- Finally, it's about working across sectors to align those health, economic and social priorities. This is why we're so interested in working with small, independent retail stores.

- As an example, a pharmacist in Baddeck pulled all the sugar sweetened beverages from his pharmacy because he said this wasn't part of his morality in being a pharmacist.
- Our focus is really on stores and store owners in health promotion instead of just the public – we want to help them to be health promoters in their communities.
- We're thinking what the corner store model looks like in an urban environment.
- We're also thinking about healthy corner stores in Newfoundland and Labrador, where the closest supermarket is 62 kilometers away. NL has the most corner stores per capita of any Canadian province and the vast majority are independent and rural. So it could be possible to have stores like the Port Grocer with improved quality, healthier products, local, affordable, but we talk about all of these things together.
- We are also working internationally with a research team in Northern Australia where the nearest distribution hub is 500 km away and they have changed to healthier options.
- So the bottom line is in public health, we usually talk about making the healthy choice the easy choice, but I think the healthy choice needs to be the rewarding choice for every single actor across the food system in order for us to really have a healthy population and a healthy society.

Dr. Kathleen Kevany

- This event reminds me of a pot luck and I'm going to bring a different dish to the table.
- On your table I've left cigarette packages. Why aren't we smoking? When we stop smoking on planes? 1990s.
- For decades we've been looking at evidence-based decisions, including smoking and lung disease. There were 7000 journal articles before the surgeon general publicly made the connection. The tobacco industry was contributing money – there are connections between public policy and economic interest.
- 5 million Canadians smoke and would prefer not to, and 79% would participate in cessation programs if the support were free. They don't want to be addicted to harmful substances and systems.
- We can find parallels with food production. People care more deeply about our social and environmental challenges than we realize.
- What are the behaviours and beliefs around food and what do the data say are the implications? How can we optimize well-being through systems reorientation?
- What do the data say about our food production and consumption habits? What might be lacking in the data set – what gaps can you identify? What might be some next steps for more sustainable food production and consumption?
- Climate Change and GHG the most pressing justice, health, environmental and political issues of our time – this is the Anthropocene Era
- Over 40 years - 1961 and 2001, the production of dairy increased by 70% while meat production increased more significantly by 245%
- Within these last 20-40 years, levels of obesity, diabetes, and cancers have been rising to epidemic proportions
- North American diets—high in refined sugar, animal fat, and animal protein—have been linked to greater prevalence of obesity, diabetes, cardiovascular disease, Alzheimer disease, and the development of some cancers
- For better health follow plant strong diets. Judge Sarokin, "All too often in the choice between the physical health of consumers and the financial well-being of business, concealment is chosen over disclosure, sales over safety, and money over morality"
- The Canadian Faculties of Agriculture and Veterinary Medicine recommend in a discussion paper that governments ensure research supports to improve nutritional quality of agricultural products to prevent ill health and to address gaps in the fields of agriculture, food, and well-being
- Public health efforts must address determinants of health and disease at the societal level not merely at the individual behavioural change level.
- When systems reach a 'critical point' – when they are 'at the edge of chaos', this may be the juncture for substantive system change
- Extensive findings indicate a healthy dietary pattern is higher in vegetables, fruits, whole grains, low- or non-fat dairy, seafood, legumes, and nuts; moderate in alcohol; lower in red and processed meats; and low in sugar-sweetened foods and drinks and refined grains.
- Large body of research reveals that plant-based diets could prevent 20-50% of all cases of cancer
- Whole foods are 'nutrients' working together to prevent disease, treat illness, restore health. Nutrition is greater than the sum of its parts, it's a biological symphony

- “If we can be well, if we can be healthy and happy without causing undo harm, why wouldn’t we?”

Dr. Dan MacDonald

- There are two groups of people: there’s some who have already blown their health to pieces – that’s not to say people are to blame because health is multi-factorial but so many of our health dollars are spent on problems that didn’t necessarily have to happen. The other group of people haven’t yet gotten into trouble.
- It would make a huge difference if people could access resources that address the social determinants of health.
- As you look to the folks that still have a chance, which often means the youth in our world. How can you engage kids in healthy behaviours, and particularly, healthy food so they have a sense of ownership?
- In Tatamagouche, interested parents started a garden at the local school. At first the principal said, you can do it, but we can’t help because the teachers are busy. once they got started the teachers were all for it.
- Classes at different times went out to work on the garden, and the teachers became all for it.
- And the kids liked the taste of it because they were a part of it. So part of my job is to emphasize things like this.
- If there is a solution, it is how do we engage and how do we make a change? So the quick answer for me is that we make it one person or one situation at a time.
- My hidden agenda is that I want help from you.
- I’m an old-school country doc. I work at a ten bed hospital in Tatamagouche. Five years ago they took away our kitchen, we don’t produce our own food there anymore. The kicker is that I didn’t even think about it at the time. I was too busy trying to make it in my day-to-day job that I didn’t think about it. So now that I’m here thinking about it - I’m taking it back! I need help and I know you’re going to help me when I give you a call.
- How do you get local food providers to be able to give you food in the form you can use in your local kitchen?
- The problem I’m worried about is how do you do that? The people who make those policies are making money off of those policies. But - once we do it, every other small hospital will also do it!

Dr. John Ross

- The hospital in Halifax still flies its food in from Toronto – bland pabulum. They have a huge industrial kitchen there and they make jello. It’s quite pathetic.
- You remember the recycling program in NS it started in the schools. I remember my kids came home and would freak out if the wrong container was in the wrong place. The kids trained my wife and me and to this day we have three bins and we dutifully separate recyclables. I think that’s what we need to do with food. We need kids to learn about food and teach the rest of us.
- I would like to take another layer and bring in some elders from the community who are sitting in their lazy boys wasting their lives away, more rapidly developing joint and bone density disease.
- If you get these elders, (not elderly, it changes the frame of reference and the respect), get them into communities, into schools, working with kids, showing kids how to prepare food, thinking, moving – engages them increases neuroplasticity – they will all be healthier.
- There’s multiple easy, easy things we can do that doesn’t cost a lot of money, but would actually save us money that we can use elsewhere.
- If I was 20 years younger, I would take up farming right now. Maybe I should anyway
- The neoliberal, corporate industry packages foods in certain ways to attract our taste buds and everything has to look perfect.
- I come from the healthcare world. I am actually a reactive disease care provider. I’m an emergency doctor. I don’t see healthy people, I only see sick people, so I am not a healthcare provider, I am a disease care provider.
- I work within a hospital that is disease-care oriented.
- Equipment managers and pharmaceutical companies are part of a disease care system that is run by big corporations and I am a part of that problem. Part of the reason I’m here is that I’m trying to fight that
- I am a part of another kind of organization that is a part of the big corporate process that profits from your misfortune and your illness, so I am not going to be super highly motivated to talk about prevention because then no one will come to me and I won’t get paid, which is why there aren’t a lot of doctors talking about this.
- It’s a bizarre construct that we all accept.
- We are food consumers but we’re also healthcare consumers – of corporate products.
- We’ve never really questioned this construct because we live within it.

- But I'm so heartened when I hear about The Port Grocer, Millennium Garden, small bakeries – these are all small businesses that are entrepreneurial, also the Community Health Boards – that's where our solutions are going to come from – they're not going to come from big corporations that aren't connected to Nova Scotians.
- Solutions are coming from people asking questions and supporting local, networking, giving seed funding.
- I'm so excited to hear people saying here's what my business is doing – that's awesome, and then I go back into my business and it's as depressing as hell.
- You're the folks who have to go out there and spread the word, shake the tree, encourage others.
- This room should have a thousand people, and where are the people from government?

Food for People - Food Security and Sovereignty – Dr. Bruce Wright, Chair

What are the issues, and what solutions will ensure that all Nova Scotians have the ability to produce and eat appropriate foods? What needs to change with regard to support for producers, regulations, accessibility, policy, public awareness?

Dr. Bruce Wright

- Real food for real people – how do we do that?
- My idea of food security is that I have enough money in my wallet to go to the grocery store and there's food at the grocery store and I can take it home and eat it
- But I am more concerned about food sovereignty so that we have more control over what we grow.
- How do we get more local food on the tables in NS? In discussion last night with my brother-in-law who's an apple farmer – he said "who cares? You and I care but how do we get the message out?" People need to care.
- Is there a problem with our food supply? We are all a wonderful experiment that has been forced on us by scientists and Monsanto and we eat GMOs that haven't been tested for safety. And the studies that are published show that we don't know if it's safe.
- We have an epidemic of diabetes, we have an epidemic of obesity, we have an epidemic of autism spectrum disorder, are these related to GMOs? We don't know. See Stephen Drucker – Altered Genes and Twisted Truths
- I think if we grow local and avoid GMOs, then we're half way there.
- In 2015, Coca Cola made 7.1 billion dollars' profit selling colored sugar water in a plastic bottle. Our hard-working farmers would love a billionth of that as a profit.
- Bayer organization has just bid 62 billion dollars to buy Monsanto.
- Is there a solution? I think there is. We need to educate people: to educate young people about preparing food from scratch; to educate politicians on the barriers for us moving forward on providing more local food; to educate people on the economic benefits of growing local food. We need to understand the increased nutrient density of foods that are not shipped from miles away. Very few people will take the time to make food from scratch. We need to advocate with politicians to decrease the barriers that are interfering with the production of local food, we need to make these foods accessible for everybody, not just the people in this room.
- We need to work together to make this all happen. Educate, advocate, and team up together.

Elizabeth Faires

- I operate HumbleBee Farm near Kingston. We farmed in BC and moved here with our teenagers five years ago.
- We had livestock for the first several years to help prepare the land which had been a hayfield for about 35 years and now we grow mostly vegetables.
- We have an old trailer and a small mortgage and when our kids grow up and move out we'll build a small house.
- I'm going to talk about some of the hurdles that farmers face so that we can work on some solutions together because when you're a farmer it's easy to get caught up in the bad things that happen.
- Here are responses to my question about why people don't farm or why they get out of farming:
- "To much work, people want to just buy it at the store, they have no idea where their food comes from, they're concerned about animal rights but then go buy KFC"
- "We live in a society that values convenience and low prices over quality and local economic sustainability. People who want to farm for a living are idealists, dreamers and stark raving lunatics".
- According to my children: It's hard work in bad weather, you have to work even when you're sick and you never get a vacation – which is true especially if you have animals, little pay, bureaucracy, rules and regulations, it's not glamorous or a good way to pick up babes. People don't know or appreciate where their food comes from.
- Small farms don't have crop insurance so farmer is always at risk of loss of income. Good thing we're optimists.

- Community Supported Agriculture helps take out some of the volatility and it gets people interested in the farm.
- It's expensive to start farming, and if young people have student loans they may not be able to even get started.
- Young friends are hoping to get into the dairy entry program – they had to have a professionally prepared business plan which cost \$6,500.
- Paperwork. We have lots of skill but book keeping may not be one of them.
- Licences. None of us have received our Farm Registration for 2016 yet despite paying on time. We got Farmers' Market licences last year after markets closed and we don't have them yet for 2016.
- My kids hear me complain about production rules in NS. Rules are much more relaxed in BC – I feel they are unfair to small producers.
- We pay the same \$150 fee to the Turkey Marketing Board for 75 as someone with 10,000. The quota producers take whatever portion they want and what is left is divided up among small producers.
- Food safety rules are really important but more needs to be done to help small farmers understand their options.
- I think there should be commercial kitchens for rent, equipment rentals, classes. There are people who could be producing if they had access to approved kitchens.
- Farming isn't the best way to attract a spouse, and likely someone will have to work off the farm – and if you don't it's very hard to get credit.
- One thing we notice is the expression "that's how we've always done it" and that attitude does not encourage growth or experimentation and I think that may be one of the causes of people leaving the Province.
- Cheap food due to economies of scale on commodity-sized farms does make it difficult for small farms to compete. How do we educate consumers about eating seasonally and locally again? How do consumers learn what's in season and the benefits of buying products when they are at their best?
- How do we get to the 95% of people who only shop at the chain stores? Or how do small producers gain access to these markets? There are gradual changes, but I would be very happy to see changes speed up.
- Local farmers are a small but mighty group and our work has far-reaching consequences in terms of economic stability in our neighbourhood, in terms of jobs, our health, and the quality of life in our rural communities.
- All these things matter. Food really does matter.

Chris De Waal

- Getaway Farm is operated by a family of 8 near Hall's Harbour on the top of the North Mountain. We moved here in 2009 from Southern Alberta with everything we owned in a 40-foot container.
- Things have gone well in large part due to lots of hard work to grow our small grass-fed beef farm to the point where we have two butcher shops in Halifax employing about 14 people and operating the farm. It can be done.
- Being that I'm from away, I'm going to deal with something that we, as a Province, need to deal with.
- Something needs to be done about this defeatist attitude, culture of no.
- And being that I am from away, and being that the farm has grown quickly, and that it seems like we have had some success – let alone that we've never had a profit and that we've invested a significant amount of money - we have had other producers in this province - who have worked hard and who have been here far longer - tell people absolute lies about what we are, and who we are, in order to protect their own little piece of the pie. It happens time and time again
- If we don't defeat this culture of defeatism, we're not going to succeed. I know those of you in this room care, so I want to encourage you, when you go home, when you go to the grocery store, to the farmers' market – that you challenge people when necessary.
- Because if we don't get over ourselves, it's over. No amount of policy, no amount of regulation, nothing's going to fix it if we don't stop cutting each other's throats. It's that simple. And I see it happen to us and I see it happen to other producers. And you know what? No one is winning except the supermarkets. It's that simple – it's happening to us it's happening to others: when we shoot each other in the back the big guys win.
- We fight over our 1 or 2% market share and nothing happens, nothing grows. And if you want to look at an example of how to do it right, look at what the brewers are doing. They're getting together, they're working together - even though they are each other's competition - and look at how their market share is growing. When people talk about beer in NS it's about what these guys are doing, they got together even though they're competitors to grow their market share. So instead of fighting over 2% now they have 5 or 6% - they all benefit from the rising tide.

- So I'm worried for us all. Is it dangerous for a CFA to get up in front of a bunch of Nova Scotians and say "stop"? I know a lot of people don't like me, but so be it, because I'm convinced beyond a shadow of a doubt that Nova Scotia could be the best example of what a local, sustainable, secure food system could be.
- Ponder this...there are more Calgarians than Nova Scotians. And we have land, we have orchards, we have the fishery, we even have melons, and we're even growing bananas in the city.
- But folks, we can be the best in the country – we can do it - policy isn't going to fix it. We can't look to legislators, look to committees, look to the department of agriculture and ask them to fix it. I sit on those committees; I am in that room. They are trying, but its bureaucracy. And it's not going to be the consumer because for the consumer it's about cost. It's going to be people just like you in this room who go out and make a difference.
- People who talk and listen and challenge and say: "stop - you don't need to be allergic to someone else's success, celebrate it. Celebrate it and go do the same"
- Just because we haven't done it doesn't mean we shouldn't try. Just because, we've never done it that way, that's not how we do it - guess what! that's why we're dying, that is why we're in the mess we're in. We need to do something different. What we need to do is not a new thing, we used to feed ourselves, we used to have robust agriculture here, we used to have a thriving local economy. There's a lot of people in Halifax that need to eat.
- How are we going to get it for them? Relationship. Cultural shift is going to come through relationship."
- It means getting out of our boxes, it means being vulnerable, it means getting into a position where you might actually be wrong, it means living a rhythm of life with the people around you.
- We need to come together, support each other, encourage each other, build each other up, celebrate each other, and we need to go out and be engaged with the 98% that are in the grocery store.
- We need to go in there and say look at these specials, they're from a local farmer isn't that cool.
- We need to find someone who goes to the grocery store every week and take them to the farmers' market to buy some ingredients, buy a growler, go home and cook with them or go get some stuff and can something. We need to be in relationship with people, with people who are different, with people who adhere to the culture of no"
- We need to show them what the culture of yes looks like - and it's harder.
- Cynicism is easy. Its super easy to be cynical. What takes courage, what takes devotion, is the culture of yes. We need to say 'he's doing better than me, that's amazing.' I don't hear that, but I am going to start saying it, I'm going start lifting up the people who are making a difference – and there's a bunch of them in this room.
- So, join me as we go from here today – take the things you hear from the people on these panels – they have amazing things to say – take the things you're hearing and become a part of the culture of yes.
- Get into relationships with people who are different, who don't care, and help them get there, help them get to yes – because if we don't, nothing's going to change and local food will continue to be an isolated little trend.

Emily Tipton

- I asked to speak after Chris because when we were planning to start Boxing Rock in Shelburne we heard - that's not going to work, stupid idea, etc, so thank you, it takes a lot of courage to talk about it.
- I'm here as a brewer but also as the President of the Brewer's Association of Nova Scotia, and I can say without a doubt that we are an incredible industry made up of incredible people who appreciate the strength that we get from working together, and we do that all the time.
- I want to present a really simple challenge that we face, but a big challenge as food producers. I know beer isn't food but it's a lot like food – we have an image problem. Beer is blue collar – we're not white collar, we're not sexy, we're not the one big thing.
- We're not going to provide an instant fix for the ns economy – but we are growing at 30% a year, which is incredible right?
- We employ more than 300 Nova Scotians. We are a year-round industry, not a seasonal industry.
- We're not urban-focussed – we have more rural than urban locations.
- So we are like the poster child for the Ivany report and One NS, because we are like the best shining example of that sort of economic development.
- So although we aren't food, we are a lot like food, and one of the challenges that we face is that beer has a short shelf life. It is best consumed fresh, unpasteurized, and it is best kept refrigerated.
- I am so looking forward to the day when I can buy all my hops from NS producers, when I can buy all of my malted barley from NS producers. We can do that.

- But the challenge we face I think is that we are all in love with the concept of export which is stupid when it comes to food and when it comes to craft beer. It makes no sense. I'm looking forward to having that conversation with people who strongly advocate export.
- Government is focused on export. They are not interested in us unless we are exporting. If you fill in a form they want to know how much you're exporting. Well you know what, I don't care about export, I don't think it's important for us. Export is important for Nova Scotia - there are a lot of other products that should be exported, like the FizzWizz my husband invented to put carbonation in beer. That is a perfect export product – I hope he sells hundreds of those to brewers all over north America
- Most beer, food; not export products.
- Jane Jacobs coined the term import replacement. So you are probably wondering what that means. It means rather than bring in stuff that we consume everyday, we make it ourselves like beer and food. And that is where the growth in our industry needs to come from. It's not in exporting beer or food, it's from replacing our imports.
- So the piece of the pie that craft brewers used to fight over is 7%...This means that 93% of the beer consumed in NS comes from outside of NS and that's crazy.
- So I challenge us all to challenge the concept of export. I do not want to export any of my beer until we have replaced the imports. I think that should be the case with most food production.
- We should not accept the fixation on export any longer, but the challenge we face is that the Superstores, and the Sobeys, and the NSLCs are set up for imports, they're not set up for our fresh, local produce – the NSLC has a huge, unrefrigerated warehouse – so if you're not at the right scale, and your beer would go stale – then it doesn't work. How do we get access to these distribution systems? That is one of the challenges for small and local producers.
- So – how do we stop our love affair with export and import?
- We should be replacing our imports with things that we make locally.

Stephanie Hughes

- Atlantic Canadian Organic Regional Network was established in 2000 to help grow the sector for organic sustainable food in Atlantic Canada.
- My role at ACORN – I work with the Bauta Family Initiative for Seed Security which began in 2013 to help strengthen regional seed systems.
- Seed is the foundation of food and seed sovereignty is the foundation of food sovereignty.
- The program was developed to address the current gap in our food system – much of the delicious food we get from organic farmers was grown for seeds obtained from way beyond our borders.
- So we have a fundamental vulnerability in our food system if we don't have seed.
- Seed, as a core agricultural input is made visible in the larger discussion about food systems, food solutions.
- One of the core challenges in the course of our work is called loss of biodiversity
- In the last 100 years or so, across the globe, we've lost 75% of our agricultural biodiversity which is massive.
- Biodiversity matters for us as eaters because it's the basis of really tasty and diverse and nutritious diets.
- For farmers it means even more than that.
- Planting different crops and different varieties of crops is more resilient than monocrop farms; one failure means the farmer takes a hit but can bounce back.
- Farmers also have the potential for diverse income streams and their crops giving back to the land – some plants fix nitrogen; some attract pollinators – every plant reacts differently with its environment.
- When we talk about losing biodiversity, we are actually losing access to seeds and genetics that hold the key of the agricultural challenges of tomorrow. We don't know what all those challenges may be.
- Varieties that have existed for a really long time hold genetic traits that might solve those problems and we will never know if we lose them.
- Biodiversity is nature's insurance policy and is the best way to fight climate change that we have on our farms.
- Thinking globally and acting locally - one of the things that we have done in the past couple of years was to establish a seed bank called the Atlantic Canada Regional Seed Bank at the Dal agriculture campus in Truro. We currently store approximately 50 varieties of 20 different crops, that's about doubled from our starter collection from Seeds Diversity Canada.
- The seed collection is curated by the farmers who ultimately use the bank using a biodiversity grow out program. Farmers across Atlantic Canada decide what they want to grow, and what they want to grow for seed and what they want to keep on farm for seed. They keep really detailed records and they give some to me for the bank. They

also get paid per variety to contribute it to the seed bank. It's not a perfect solution and there are a lot of ways to improve it, but we are diversifying seed sources and varieties available to farmers. They are also regionally adapted, which you can say for every seed in a catalogue.

- Seed saving isn't very lucrative so by paying farmers in this transition period we're helping them to not lose money
- All of that input that farmers are collecting is going into a database which will tell us what crops grow well in which areas of the country.

Jeremy White

- My colleague from Boxing Rock says that beer's not sexy – I say it is sexy, glamorous, you can pick up babes – unless you're like me with an 11 month old in your arms.
- Everybody here says that food matters – I'd like to say that beer matters even more because it helps you enjoy that food!
- I am also a *Here By Choicer* – even though come from away status gets pointed out, we've embraced it. My wife and I bought a 75-acre former dairy farm sight unseen over the internet in 2008. We'd been here only for two weeks on our honeymoon.
- We were living in Nicaragua - couldn't afford BC or Ontario so decided to make CB our home and now have two kids, a certified organic farm and a brewery in the middle of a former hayfield.
- We thought we could sell about 60 growlers a week, something we could make an income from – we sell about double that per day in the summer.
- We hit our three year projections in about five weeks – we've gone from two little fermenters to eight in three exterior buildings, seven conditioning tanks - 140,000 litres of beer last year.
- I say all this because, yes, I'm proud of it, but I think it's an example of where this province needs to go. We can't go back or any further down – we've got to choose something and stick to it.
- Niche, original business ideas: stuff that people look at you and tell you you're crazy to be doing - if someone tells you you're crazy, you charge wholeheartedly forward.
- We have to differentiate ourselves: my differentiation was such an unintended success for us. We wanted to build an organic brewery on our farm – it's 40 yards from my house.
- What we didn't realize was that that gave us a story and a brand – so no longer was it just the Big Spruce tap handle being pulled in places around Nova Scotia – it was hey, have you heard about them, they're certified organic, they're growing hops up in Cape Breton – it's that story that people want.
- If as a province we focused on telling our stories – there's a lot of them in this room – there's a special sort of magic that differentiates us – that attracts people, as we see with the people who chose to come here to live.
- We have a truly unique advantage here, especially when we look at all the possibilities for food production and food security – it really matters.
- Another astounding feature of our business was that last year we received the Sustainable Tourism Award, and I mention that because it wasn't part of our business plan – but when tourists come and say that they couldn't have this experience anywhere else – that's the sort of thing we have food and beverage opportunities for - all across Nova Scotia.
- Shaun Gallagher (Local Source and Lion and Bright) and I were talking and he said "we've got to chose what we're going to be as a food destination, and he compared what we're doing here with what he's seen in his travels in places like Tuscany. Some of those ideas – people would say "that's crazy", but we want the crazy stuff because that's what's going to differentiate us, to make people want to be here, to enjoy our food.
- Here's a challenge for us: about three months ago in the lead up to Craft Beer Week we were having a Craft Beer Association meeting and NSLC asked if they could come as they had something they wanted to pitch to us.
- They attended and told us they were going to support Craft Beer Week by buying beer from breweries that were too small to be listed, like mine, and they were going to feature them as selected stores, giving people the opportunity to get beer they don't usually get to try. When they described the amounts they needed I thought – my goodness, they put all this thought into this – don't they realize there are only three breweries in NS that can supply this much?
- There's a disconnect - between bureaucracy and business. Overcoming that disconnect with stuff like this meeting is fundamental.
- I don't want my beer to go and sit in that hot warehouse. I don't want them to build up seven weeks of inventory.

- I do want a Nova Scotia Craft Beer Store that has refrigeration so that beer goes from my cooler to their walk-in cooler so that top quality beer goes into the hands of the consumer. My beer is not Coors Lite! It won't ever have preservatives; it won't ever be filtered.
- If we all work together – business owners, bureaucrats, consumers, everyone – we can make this place a better place for us all

Dave Herbin

- Fifty years ago I was working in the kitchen over there when this building was the Acadia Dining Hall
- Many years ago I realized I liked being a produce clerk – doesn't pay a lot of money, but does pay in satisfaction.
- Listening to the speakers today, there's one thing I would take exception to is the indication that the market is small. The thing that's been most eye-opening to me is that there's a huge demographic – and I've worked on the sales floor in three businesses – of people that care about their food and the products that they eat.
- Food, beverages – people want to know where it comes from, and they want those of us who are selling it to know where it comes from.
- Every day at Stirling's Farm Market we have people – from strollers to walkers, from rubber boots to high heels – coming to purchase local food.
- When people say 1 or 2% - that's not what I see, but maybe in the city.
- I'm encouraged by what's being done, there's a long way to go, but when I look at our customers – people with our shared interest – we can build on that. If you look at the craft brewers – that's what they're doing. People get interested and they're bringing their friends along.
- I'm very optimistic and I think we undersell ourselves.
- What I'm seeing at Stirling's – and I've worked there off and on for 25 years – is that we need to cooperate. Don't forget that our customers want your produce all week – not just when you're selling direct. We have lots of customers who come four or five times a week – they want it fresh.
- And we need more producers – we can't find enough, and producers need help getting to the point where they can grow more if they want.
- Producers need mentoring like the kind of support brewers provide for one another.
- Stay positive, support one another – there's unlimited capacity for more growth in Nova Scotia.

Sarah Pittoello

- We've been growing food for seven years in Nova Scotia and I work with the Just Us Food Centre growing food for the Café and supporting the volunteers. I'm a counsellor, I teach yoga and sustainable systems at Acadia.
- I want to talk about education because no matter which of these roles I'm in I spend most of my time talking about food and relationships with food.
- Thinking about what I would like to see change – I would like shopping at the Farmers' Market to become more ordinary. Sometimes market shoppers are a little uncomfortable, not used to the exchange with farmers, not fully aware of the benefits of the food that's available there.
- While the food system is complex, whatever is of interest to an individual is the best way for them to have an effect – any input from any direction will help. Participating has a positive effect on the system.
- How can we change habits? Even when we know the options we're likely to default to what we've done before.
- Three ideas: mindfulness practices, experiences of nature, and celebration.
- How do we encourage people to pay attention, to be mindful, to listen, to care for things, to concentrate on the food they're eating, to more deeply understand their actions?
- Time in nature: use school and community gardens to re-contextualize food, to help people see food in ways other than as something to consume, to increase awareness of the world around them, to be aware and to think.
- Celebration and community-building, art, creativity, traditions, skills, grounding, seasonality
- We're all educating people in our work and in the way we live our lives.

Carrie Poyser

- We moved here about two and a half years ago because we wanted to close to family and we have a passion for farming. We have four children – the youngest was born here.
- We previously farmed grass-fed beef in Alberta but until recently there wasn't the same interest in local as we've found from consumers in Nova Scotia.

- Once we got here we found there was a lack of support from financial institutions – we weren't big enough even though we had money, cash flow, business plans.
- When you're trying to work with someone at a desk in Toronto there's no recognition of your abilities and passion.
- We're currently raising lamb for Getaway Farm and raising crops because that's what we can afford to do at this time. We looked at increasing to 400 lambs because we have a market for all of them but that's still not enough for the banks. They just don't get it.
- We met FarmWorks and they believed in us. It's been emotional for us because as young people trying to farm the challenges are overwhelming.
- So I've obtained my real estate license so we'll have a secondary income for our farm so that my husband can continue to do what he loves to do and that we can raise our children this way.
- We want our children to know what hard work is, where their food comes from, how to care for what they have. Our kids are involved with everything we do and they love it.
- We're going to fight to continue to farm for our kid's sake. What we're doing isn't easy but it is worth it. It's the best life we can give our family.
- When we moved here we had difficulty finding someone knowledgeable about farming to help us find a farm so as a real estate agent I want to use my farm knowledge to help others find the kinds of properties they want. There are many people from other provinces who want to move here and we need to make it easier for them. I can tell them where to find information. I can put them in touch with FarmWorks because if the banks are telling you no, FarmWorks will sit down with you, they'll see your passion and abilities, they'll believe in you and work with you.
- I would love to see more supports for new and young farmers, rather than the "go big or go home" attitude.
- We should be encouraging younger generations to keep the passion alive. I fear for what will happen when my father-in-law's generation passes away because there aren't enough people to carry the torch and those who do want to farm are being discouraged from continuing or starting.
- We need more education and connections between people and we need to show that farming can work.

Duncan Ebata

- I'm a food community builder. I'll talk about what we can learn from local food enterprises – community supported agriculture - CSA, Slow Food, Harvest Hand software, community food centre.
- Difficult to start food enterprise without cash flow, need equity or debt capital.
- Context – most of our food is imported, too few people know how to cook, purchase cheap food, loss of connections with neighbours, not physically active.
- CSA model is clear – money for farmer to grow for customer. Initially many were shareholder co-ops, now most are farmer owned. Freshly harvested food, no middleman, building of relationships.
- CSAs lower risks and costs for farmers, provide income between January and March when other income may be low, thus farmers may have less debt. Easier with online subscription and billing. Most CSA customers pay \$600 to \$3000 annually.
- Engagement for CSAs – potlucks, dinners on the farm, workdays, deliveries to schools, information and sharing online – creating stronger connections and bringing their communities closer together.
- CSAs can be natural business hubs as other businesses supply CSA with additional products
- Community hubs - The Port Grocer is a good example of the points Sarah Pittoello made about what makes people happy: being in a place where people meet regularly, being in nature, and celebration.
- Community based models increase food sovereignty and security, biodiversity – the average CSA grows over 70 crops, help modify habits as people adopt better diets.
- Financial aspects haven't been widely addressed here but we need to look at how to make good food more accessible. Since they do deliveries they could be delivering food to food deserts.
- There are other community supported models – kitchens, fisheries, energy – and we need to support them and create more.

Local Capital for Rural Economic Revitalization – Peter Hicklenton, Chair

What effect does capital, or lack of, have on businesses and what options are available to those seeking to start or grow agricultural and food businesses in Nova Scotia? What are the socioeconomic benefits of local production?

Dr. Peter Hicklenton

- Access to capital is probably the most significant impediment to starting food and agriculture businesses here.
- As others have pointed out there's been a huge decrease in the number of farmers and the amount of food produced here, although there were a few more farms in the last census.
- While supply managed sectors seem to have more access to capital it is still very difficult for new farmers to find the equity to purchase quota.
- For restaurants it's almost as dire – even those providing local food and ones that are well-established are finding it increasingly difficult to access capital.
- We continue to value and promote entrepreneurship in NS – as a means to support the local economy.
- We can draw a direct line between locally produced food, our carbon footprint, health outcomes, greater employment, particularly in rural NS
- How can we make it easier for highly motivated entrepreneurs to succeed? The simple answer is to provide them with the tools they need to do what they do best, which is grow food and market it.
- This leads us to the discussions we're going to have about capital and how to get it into the hands of the people who want to start or grow their businesses.

Linda Best

- When I was growing up 60 to 70% of the food we ate was grown here. From early on I went to the city with Dad when he delivered his and other farmer's produce to restaurants, stores and individuals. We now need to go back to the future – to aggregate and deliver local food to Nova Scotian customers.
- The number of food producers is not increasing significantly although there has been an increase in the number of farms. As we've been hearing today - the number of farms has got to increase.
- There is ample opportunity for food production to help rebuild our economy and provide multiple benefits.
- Food is a lens; food is a key to getting NS to where we need to go. After four years of travelling around this Province hearing your stories, sharing your frustrations, and listening – I'm committed to doing everything I can to help. And while a lot of challenges are financial, it's also about providing support, about encouraging people to work together.
- We try very hard to get people to cooperate and sometimes it seems we're on a sinking ship and everyone is reaching for that last piece of food, but we've started to move in the other direction, so let's not stop.
- About 15% of the money that is invested in stocks and bonds actually puts boots on the ground. Money is chasing money. As an example someone working for an airline had the job of moving money around the globe to make money on margins between currencies.
- The farm population has decreased from 12,500 about 50 years ago to 5,800. Those were the people who were building and living in small communities and keeping those schools full. That's what we've lost and that's what we need to change, to recreate.
- All of the people that are now working in agriculture, every time we all buy and encourage others to buy, don't tell people to buy local, suggest to them that they buy a little more local. Every 10% change in these numbers is of significant benefit to this province.
- Van City's parameters for lending start with the impact of local food and second is the ability to repay the loan, third the ability to create an impact on the local economy beyond the loan and to fill an area of food production that is not being filled.
- The important thing is the 325 shareholders believe in NS, the \$100 shares, and that money is then loaned back to businesses in NS
- The CEDIF program across NS – by now there are about 80 CEDIFs and about 8500 Nova Scotians have invested more than \$80 million in these businesses. This program has not been promoted as much as it should be. That \$80 million by now should be \$800 million because Nova Scotians have sent in excess of \$200 billion of their money outside the Province where it's building other people's economies and making money for other people.
- So If we're not supporting one another by investing and buying locally we're not helping ourselves.
- Every time a truck load of food comes into this province, a truck load of money goes out of this province.
- FarmWorks provides a means for citizens to effectively and efficiently invest in sustainable agriculture and local food production and all of the other benefits, the community associated benefits and the socioeconomic benefits, that go along with it.

- We do that by providing loans to well managed businesses that are scaling up or starting agricultural or food-related enterprises in Nova Scotia.
- The program has been celebrated outside the province, recognized by the World Economic Forum, I've been invited to speak a number of times outside the Province, and yet there is very little promotion by government of this wonderful opportunity for us to make a big difference in our own economy.

Chris Atwood

- CBDC is a not-for-profit, a community economic development agency, we are locally incorporated bodies, we have more than 30 years of success. There are 41 CBDCs in Atlantic Canada, there are 13 in NS, and we are a part of a national network of Community Futures Organization of which there are 269 across Canada. These provide access to capital that helps stimulate local rural economies.
- We are rural-based so there aren't CBDCs in urban areas.
- We do local community economic development by supporting local business primarily through our lending program. We can lend up to \$150,000 and provide counselling services for our clients, and training for our business clients as well.
- We are not a government agency, we are not a credit union, we are not a bank, and we are not a charity.
- In order for CBDCs to survive the money has to come back so we can lend it to other businesses.
- We are not limited to businesses; we can support social enterprises as well.
- How are we different from the agencies that we are not? We are locally driven by a volunteer board of directors. Local business people decide who gets the loan or not.
- Unlike a bank or other financial institutions, we are not formula based, instead it is based on the character of the person and the strength of the application. We consider ourselves developmental and character lenders.
- We are not in competition with the banks.
- We do not finance 100%. Again, we want to believe in the businesses people bring forward to us, but it's important for business owners to believe in themselves, so if they are investing in themselves, it's easier for us to lend them money. We want them to believe in themselves.

Richard Bridge

- The relationship between the philanthropic world and food isn't well developed and has potential for more development, more connection, and more collaboration.
- Four basic themes
 - The scale of the philanthropic sector, a small slice of that redirected to the agriculture challenges could have a tremendous impact.
 - The second is grants and impact investment. How can the philanthropic resources be invested more creatively to have greater impact?
 - The third theme is the question of existing and potential new charities. We have some philanthropic infrastructure that works well for agriculture in our communities, but I think there is room for more.
 - The final point is around the CRAs approach to lending by charities as a charitable act itself.
- The scale: there are about 87,000 charities in Canada, 10,000 of those are foundations and are divided about 5,000 each for private and public foundations. Most every successful business has a foundation. There are public foundations with billions of dollars under management.
- Some measures say 8-10% of the Canadian GDP is in the hands of charitable organizations – bigger than automotive and many other sectors.
- Think of the significance of the 14 billion dollars in receipted donations to charities each year.
- The 10,000 foundations have 45 billion dollars under management, that is capital that generates income to then be granted. The granting number is big, \$5.4 billion dollars each year.
- Some Foundations are wondering how they can invest in, for example, NS local agriculture instead of diamond mines and provide capital that's more effective for the purposes for which they were established
- The increasingly entrepreneurial nature of charities means that they generate \$17 billion in sales and services through social enterprises
- Grants versus impact investing – two sides of the same coin: We should increasingly view our philanthropic organizations as potential investors in business activities. Because if you are a trustee in a \$50-million foundation, your obligations are to manage those resources prudently, but that doesn't prevent you from looking at innovations in the Annapolis Valley or Cape Breton that are sound business opportunities.

- We should be thinking of ways to reach out to enlightened foundation managers.
- We could be engaging with them to raise awareness that they could, for example, invest 20% of their capital in the food sector for all the impacts that would have that support their missions.
- Existing and potential new charities - there is room for additional educational, research, land trusts and other charitable organizations.
- Fourth point – a quote from Canada Revenue Agency: *Organizations established to promote agriculture generally – not established to further the interests of the person engaged in it – can qualify as a charity under the fourth purpose of a charity, a purpose beneficial to the community.*
- That's so far an undeveloped opportunity – how far can we take that – promoting agriculture as a charitable pursuit. There hasn't been much case law and it's something I'd like to pursue. Gatherings like this might generate ideas to expand the possibilities.
- My final point is about lending as a charitable activity. CRA point show opportunities and constraints: charities can lend to eligible beneficiaries – eg. poverty relief or skills development which could include agriculture; startup loans to sole proprietorships or collective enterprises – eg. augment other capital sources; loan can't be a subsidy; and there is a \$10,000 limit.

Questions:

1. Examples of funds in NS from foundations?

Answer from Bridge: There are some looking to do this, but I can't think of one in NS.

Answer from Linda: Events like the Food Summit could not be done without FANS which is a society and we're looking at turning it into a charity for all of the reasons that Richard is describing.

Answer from Alan Warner: NB has the NB Environmental Trust and that came about from lobbying politicians.

2. Social enterprise definition

Answer from Bridge: It has no legal definition. It's a concept with 1000 definitions. It's doing business for the common good in a nut shell. It can be a nonprofit, a registered charity, a for-profit business, it can take many forms. The question of how big it is, there's some interesting work being done by Common Good Solutions and I think they have good information on their website.

3. How do we do a better job as the first step of converging different funding options together? People need multiple things to get started. How do we do a better job of whatever institution that person hits first, how do we help bring those things together better?

Answer from Linda: FarmWorks still has \$400,000 in the bank and has helped create or maintain over 150 jobs. There are a lot of people who want to be a part of FarmWorks because of the community of interest, the links that we are able to make between organizations to try to digress the things Chris was talking about this morning. We are almost looked at as a far bigger solution than what we have in our pocket, so we want to keep building on that.

Answer from Sean: I think just for myself, I'd like to speak from experience. FarmWorks did a very good job at helping us create the seed capital that we needed to promote our business. I was a bootstrap entrepreneur from the get-go with an idea to help the local economy open through food and I think there's a cycle that's happening right now with start-up fever. There's a political kind-of flavor of the month, entrepreneurs are going to save the planet, self-efficacy's what's going to get people out of the depressive cycle of poverty and help people become a little bit more self-reliant. I came to it at a little bit of a backwards way where I was studying international business and entrepreneurship and history and decided to start a business here instead of being a CFA. I stayed here because there was great surf, a great school and I stayed because there's super interesting people doing amazing things. This weekend has been crazy for me because there's like so many brilliant stories and it's like going to university in a day. The amount of momentum that has been built in ten years in this province is incredible. So everyone is doing their own little thing and are off in their own little silos trucking along, their culture is catching on and people are eating local food and we are seeing the results with job creation, with the craft beer movement just taking off, and it's blindsiding the mainstream and they're now sitting around water coolers at work being proud of eating local food again, being proud of their heritage again, and saying this is what my grandmother used to do, this is how I want to raise my kids. I want to make a lifestyle choice to live in this province and call together as many people as I can to maintain that lifestyle.

Here's my caution about financing, it's a lot of weight to bear as a young person to create jobs. Last night I raced home to Lion and Bright, one of our chefs was playing a blues show and people were living it, it was happening, it was a community hub, people were celebrating that they could come back in the morning and have some local food and I had to run outside and break up a fight between two crack heads. These are the little snippets of a day in the life of running a local food business that I thought I was going to try to help the local economy generate some momentum and get

behind a healthy lifestyle choice that's good for your health, that's good for your mental health, you're hanging out with people, you're slowing the fork down. You're contributing every day, you're making a conscious choice, you are voting with your bucks. You are putting your money where your mouth is literally. My customers are super appreciate of all of the hard work that it takes to bring this to the table, what's kind of not recognized is the start-up frenzy and right now the flavour of the month is tech start-ups and app companies and we need to export that, and all of that. Someone connected with me on LinkedIn from Deloitte and said I want to study what's happening with entrepreneurship, why are we pumping so much money into young people and they are burning out and they are losing their minds and they are going out of business and we are losing the opportunity. Look at the brains in this room, look at the know-how, look at the connections, look at the potential mentorship from all of these brilliant human beings who are studying food systems across the world. What's going to work in Toronto, what's going to work in Newfoundland? What is the grocery store science that can actually get people thinking about healthy food choices? Can convenience food actually be healthy, can a convenience food product be made with heirloom seeds that are planned ahead through a community supported restaurant that does a CSA but does an RSA, Restaurant Supported Agriculture, and can the people that buy that food see all of the connections that it makes along the way? And have a healthy lifestyle where they are still being able to tell stories to their kids and being able to encourage them to eat healthy food by pairing it with fresh local food. It's complicated to say the least, how to solve this problem. Linda has done an incredible job at being someone with vision in this province and to answer the question about this panel discussion, the answer is already here. The CEDIF program is incredible, the ability to actually invest and get all of your money back plus extra if you keep it in for how many years. I think the trick is making a CEDIF that is a bank to support start-ups and business expansion within a network of a local food economy that is thriving, that bank is making money for the investors, and there has to be a benefit because they have access to this network of courageous entrepreneurs who are farming or making beer or whatever. It will be a community hub and it already has to a degree but it's out there and kind of on the fringe. And all the people in this room and all the academics who are studying what works in other communities and other societies that have a food history that they're proud of. Hearing the doctors speak yesterday really clicked.

I think the public is finally ready to understand the connectivity between health and wellness, to start fixing some of the societal problems of the elderly being segregated, bored, isolated and wasting away, and the kids are our hope for the future. We have to connect the dots with the local food economy. Making decisions everyday about what you put in your mouth is actually your civic duty to support a healthy future for yourself and everyone.

Lunch - The Peddler's Pot Mobile Food Truck Joe MacEachern *(Veggie Pad Thai, Korean Beef Bulgogi, Red Curry Chicken, Rice, Homemade Lemonade & Ice Tea Infused with Local Berries)*

Joe MacEachern: I met Linda at a sustainability fair at Saint Mary's University and we had many conversations and became friends. I became a Director of FarmWorks but then I decided to cross over, become a client and start selling local food from a food truck. My passion is cooking, although my career is with First Nations health. With the food truck we do mostly special events and we try to use 95% local which is sometimes difficult but we continually develop new ideas and connections. We're getting a wonderful response to our local food – we sell out quickly and I'm booked right through to October. I couldn't have started my business without the FarmWorks loan. Having three months to build the business before making payments was important as well as the low interest. The ongoing support is really what FarmWorks is all about, we talk often, I've connected with many other clients – you don't see this kind of support system elsewhere. We attend food truck rallies and Farmers' Market fundraising events. Food truck people are big supporters of local food.

The Story of Food - Part 2 – Stephen Anderson, Chair

We will take the information gained at the Summit to help rebuild a resilient food system now and for the future. Providers of healthy local food hold a key to the future of Nova Scotia.

Stephen Anderson

- Eighteen years ago Jennifer and I together with other colleagues formed the Food Economy Group with a core mission of using knowledge of how people survive to drive decision-making
- It is not good enough just to produce information, you have to do something with it.
- Given all the challenges, I aim to be a pragmatic optimistic, keeping my eyes open but not being afraid to get dirty and muck in. It is really messy.
- Community-led initiatives are the absolute foundation, but the problem is they get celebrated and they stay there.

- One of the big challenges is how do we take these great examples around us and muck into the messy, political, difficult arena? And speaking of that, how about the fact that MLA Keith Irving is here listening today and we thank you for that.
- So how do we leverage we're doing? We have to engage.
- I want to use the analogy of silos. We are set up and designed to work in silos. We have silos within the silos. We have the health silo and then we have our own silos. It is really difficult to break out of silos, but we need to reach out across silos.
- To get out of poverty you have to have access to the right social services, nutritious food, protection from shots, protective service, it's difficult, but it's got to be addressed.
- I want to talk about is bar room diplomacy as a way to fight cynicism. I can think of some of the worst institutions I've encountered, the FAO being one of them, where they researched post-storage losses for 35 years and then you find that the number one problem is that farmers are still losing 50 percent of their food. Research hasn't translated into action, but then I'll go to one country where there is a dynamic person in charge of that organization and things are happening.
- So, for my money what really works is when people from different institutions get together and have a drink – bar room diplomacy – and gain a little bit of trust and figure out how to make things work. I've seen that emanate upward in these institutions – that's often what really works.
- What I want to do is get engaged in these really depressing complex environments and keep working with people in a way that makes things happen.

Dr. Sally Miller

- Key question for Nova Scotia: How will we know when we are successful in making food system change, and what are the key actions we need?
- I'm hearing extraordinary stories about innovations and about barriers and this is a juncture moment when we need to think about what things we need to support, what things are replicable, scalable, what is sustainable?
- In my work we are now in a research phase where we're talking to people who are making changes.
- One of our cases is Sheldon Creek Dairy. Since it's difficult to start in supply management these people started their own dairy – they use bottles, low-temperature pasteurization, they don't homogenize. Is this system change or just excellent adaptation to the existing system?
- We found that in each area there are indicators of resilience such as this, such as grants for cover crops, establishment of retail food co-ops such as one in Sudbury that bought a truck and started picking up produce.
- I helped start the West End Food Co-op which has producer-owners, consumer-owners, worker-owners and community partner owners. We have community partner members to facilitate work with people who have food-access issues.
- The energy use, GHG emissions from retail is actually huge. We put a little too much focus on the agriculture issue, and we need to look at retail and processing. Europe is way ahead with appliances that save energy.
- Consumption. We're hearing about eating things closer to the sun, so more vegetables, more fresh food, things that are less processed, reducing the need for their processing
- The challenge is: what kind of change affects more than one food system area? We can think of a way to make really good sustainable agriculture, we can think of ways to make the retail stores work better, but we need to think about change that moves the entire system.
- A solution is shorter supply chains and that seems to be part of the solution for NS.
- How do we judge success? By how many organic farms we have, or how many organic farms we have working with other organic farmers, how many are a part of developing a hub?
- One of the things that makes a food producing region really powerful is an entire system: the community, access to farm supply, to distribution, to markets that they can get to easily. So when we are talking about system change we need to think about the whole system.
- Demand for organic dairy became so large it is now being done as a commodity - the big dairies started to have their own private label on organic. This has put pressure on the original organic producers in Ontario.
- We need to think ahead. Think ten years ahead, think about the kind of market power you might have. What are the things you need to put in place in order to protect the changes you want to see?

Lil MacPherson

- What a wonderful day, what a wonderful weekend – there should be 1,000 people here, next time we're going to take over the Province.
- I'm going to talk about climate change and food – climate change changed my life, threw me into my restaurant business, it's my biggest worry. The hottest year to date was 2015 and it looks like 2016 may be hotter and it just keeps getting worse. I've become a climate change presenter to help raise awareness.
- Of all the industries in the whole world, the one that is most affected by climate change is food because it's weather driven.
- I went to the conferences in Copenhagen, Cancun and then Paris and it was all about energy, but food awareness of food aspects is really increasing.
- Agricultural activities account for 11 to 15%, deforestation and land clearing 15 to 18%, food processing, storage and transportation 15 to 20%, loss of organic soil 3% so total emissions due to food are 44 to 57% - that's huge.
- I believe that if we don't fix the agricultural system we might lose the climate change fight.
- Food security is it for Nova Scotia. We can't change the world but we can change the world we live in.
- I've been a waitress my whole life, always interested in the food system, trying to keep my kids healthy, and always feeling that I should feed my kids organic food.
- To this day, people still ask me – what's organic food? I tell them that organic food is what we've been eating since the beginning of time. Whether you believe in Christ or Buddha – they ate organic food! What we're eating now is so far removed that we had to rename our food organic. That word needs to be sacred.
- So 12 years ago Hurricane Juan hit, and I started thinking about food security - we're almost an island, we have a winter climate, and at any given time we have three days worth of food – that's a terrible business model.
- Why has this happened – why have we lost abattoirs, processing plants – so I decided I was going to do something about it. I decided to open a restaurant so I could help farmers build their farms back up.
- People thought I was crazy, I had no money of my own, I went to all the banks – I wish FarmWorks had been around – and they all said no, but I was so driven that I had to find a way to do it.
- So we did it and it's our time to move local food and beverages into the mainstream.
- When we were at the meeting in Copenhagen we were at 389 PPM of CO2 and everyone was frightened that we might go to 400 – now we are over 400.
- But going back to agriculture – I went to a session in Copenhagen that gave me hope. there were seven countries that got together and it was about small scale sustainable farmers and how they are cooling down the planet. What do you mean they're cooling down the planet? They said we can sequester carbon by the way we eat and they were talking about animals in motion, eating grasses, restoring fertility and sequestering carbon.
- It's going to be hard to convince people to eat no meat but it will be easier to convince them what meat to eat.
- So they were telling me about moving their cattle along, and when an animal chews off a big chunk of grass underneath the ground is like a mirrored root system and some of the roots fall off and makes more soil - great. In order for that grass to grow back, it's like a carbon pump. It pumps carbon from the atmosphere down to the soil, down to the plant.
- This is really exciting. We can eat our way out of climate change. It's going to taste better and cleaner and grow our economy and our air is going to be better, we are going to be happier.
- Rodale Institute - 30-year study of farming, white paper – *Regenerative Organic Agriculture and Climate Change*
 - The organic yields match the conventional yields.
 - Organic outputs exceeds conventional in years of drought.
 - Organic farming systems build rather than deplete soil and organic matter making it a more sustainable system.”
 - Organic farming uses 45% less energy and is more efficient. Conventional systems produce 40% more greenhouse gas emissions.
 - Organic farming systems are more profitable than conventional.
- So I'm really excited about this way of farming. I'm totally for local food and local and organic food and when I talk to farmers, even organic farmers I say 'I want to talk to you about this because I'm worried about your future'. I don't say they are doing anything wrong because they are trying to survive, to make a dollar, but if we grab hold of this system and become leaders in this country, grab hold of this system as a province and eat our way into this commitment to climate change and even exports, I can see down the road with someone

somewhere in the world opening a box of food and seeing the Nova Scotia stamp and saying 'Oh I'm buying this from Nova Scotia, because we know it's really healthy'.

- It's like Scotland and Ireland - their food is fabulous, they're growing their own food, there are no GMOs. Apparently Ireland supplies China with 40% of their baby food because they trust it.
- If we turn this way and change the system, I think we can become a really dynamic province and be well known as the hub of great food in this county.
- And there are many people who want to be farmers in Nova Scotia.
- And I just want to mention something about cattle because I don't think we really understand how good grass fed beef is for the climate and how good grass fed beef is for us.
- Something happened when McDonald's took over so much of the market and farmers took all their cattle off grass and onto grain. We used to get a lot of our Omega 3s from meat. Cattle take grass that we can't eat and turn it into meat. People think Omega 3s are from fish but lots of them are from meat, especially grass-fed meat, and they took all that away. Now we eat all these industrial cattle who eat grains and GMO grains and have the wrong ratio of Omega 3s to Omega 6s. So our kids – they say if you crack open a kid today they are a walking corn chip – are low in Omega 3s. And I've talked to many doctors about this and we are having an epidemic of depression because when you measure the whole body, most of the Omega 3s are in your brain and our kids are walking around with this massive depletion because we are eating fast food burgers with few Omega 3s and what happens? Depression, anxiety, mood swings and other problems.
- It's better for us, for our planet, for our kids, to sequester carbon, and eat healthier food.
- And we need to cut back on fish too because our oceans are in trouble too.
- We are in a bit of a pickle here on this planet and we do have to be really careful about what we eat.
- We can really affect everything and everyone with our food choices.

Jeremy White

- Lil's second Wooden Monkey was Big Spruce's first tap off Cape Breton Island and we had our launch party there.
- Regarding policies that can make a change in the way we do business in Nova Scotia:
- The 5 or 10 cent deposit for bottles and cans must be 30 years old, it's so outdated. The problem with only paying a 5 cent deposit on a can is that it's really easy to throw away. I point out to people that you pay a \$10 deposit for my growler bottle and you don't see any of my bottles sitting in the ditch anywhere in Nova Scotia.
- I think it would be aggressive and industry leading and province if Nova Scotia started charging 25 cent deposits on all of those bottles and cans – you may say that's ridiculous but I know that every beer drinker in the world would still pay the full deposit value of the beer and not have any problem doing it.
- The other issue with bottles: industry standards mean that most bottled beer is sold in standard 341 ml bottles and craft brewers have to pay a licensing for the "right" to use these bottles because Labatt's owns the mold.
- When those bottles are returned to Resource Recovery they sell them to Labatt's for 4 cents. But other brewers can't buy them – Boxing Rock can't buy any of those returned washable bottles – instead, they have to pay 25 cents for new bottles and those bottles in turn get sold to the big brewers for four cents.
- So something that needs to happen for the craft beer industry to keep growing, especially for the craft breweries that use bottles, is that we need, at the very least, our share of the bottles we are buying and putting into the pool coming back to us. Whether that's through a third party that washes them and sanitizes them and makes them available to us or whether it is through some kind of business that our industry creates to wash and sanitize those bottles for ourselves, it's really important because it's an unfair competitive advantage for large companies to get hold of all of those bottles when we bought them in the first place.
- I just think that, hand in hand with the much bigger deposit would create a better awareness of a lot of the inputs that go into the packaging industry.
- Thank you to everyone – I like being at one of these events, especially just before my busy season, because it's really nice to be in a room with a bunch of people who are inspiring and doing creative things.

Dr. Alan Warner

- There are lots of great things happening in Wolfville, we have the Farmers' Market, we have a lot of restaurants, we have Eos, we have all kinds of stuff but if you want to think about it how many meals get served at the Farmers' Market on a Wednesday night, on a good night? Maybe 100 people, that's great. In one day at Acadia during the year, we serve 3,500 meals. Think about that in terms of how we could make a difference."

- How close to Acadia are the places where you can slaughter and process meat? Reid's about 8 km away. There's Oulton's in Windsor about 30 km away, there's Meadow Brook in Berwick also about 30 km away. Acadia University spends more than a half a million dollars a year buying meat. How much of that meat comes from this area? Zero – or maybe 0.1%.
- We could have a huge impact if we could deal with this issue.
- Everyone here has a community college near you, a hospital near you, a school near you. It's not just \$500,00 at Acadia, it's hundreds of thousands of dollars in all these places. This is huge.
- Acadia has gotten better in the recent years. You can actually get really good, really tasty, amazing food here but you have to ask for it, you have to demand it, you have to pay for it. They can do it really well. The food Chartwells served last night was really great. So they can do some really good things here but you won't see that good stuff on a standard everyday basis. So how can we change that?
- To give you a little context, in the 1800's here at Acadia, the whole top of campus where Tower is, was a farm and the Acadia students in the 1800's, as part of their tuition, had to work 100 hours on the farm per term to provide food for the dining hall. In 1950, the President of the University closed the farm and said there was no room for farming in modern post-secondary education. Wow! Now we have the little Acadia Farm down on the dykeland.
- But Acadia still ran its own food services until 30 or 40 years ago when we contracted it out for the first time - we gave up control of our food system.
- Like other institutions, we gave up control. Why? Because we're in the business of running a University and it's getting more and more complex and the food service was getting more costly and difficult.
- So we gave it up to someone else, and the someone else's have gotten slightly better over the years. At Acadia they're good people and they're competent.
- So we have a system where basically the university has no expertise in food and the food provider gives the University a financial agreement and tries to make sure that not too many people get upset. They give a certain amount of money to the university, and they have to make money for themselves and they have to make sure no one complains a lot. That's where we are at.
- How do we change that? We're not going to totally change the way the third party provider operates because a corporation hires people with specific skills and they aren't going to hire food activists – they're not likely to hire Joshna! We cannot expect them to do it for us. Will they go along with it? Yes, if there is a contract that says they will do that.
- So, we have to take this back, and that's possible. We have to take the notion that they're going to deliver food for us back to this – we own the contract and we are going to tell them what they need to do.
- That sounds kind of simple so why aren't we saying – buy our meat at Reid's. Well, there are all kinds of complex reasons why they can't – they want it to be Federally inspected – so how do we work at this?
- We created a food policy committee to talk to students and staff. Students tell us they want fresh and local food and then we've talked to Chartwells about what can be done and they were supportive and have done a few things like placing the salad bar where the desserts used to be and students are now eating more salads.
- But when we said you could do this and this with these local producers they said whoa – this would start to affect finances and bottom line so we'll only talk about that if you reopen the contract.
- Universities don't have any extra money so we can't pay more money – in other words, the answer was no.
- We have to take control. The good news is that in the next year when the contract is up for review, we have to try and get it to include more than financials and don't upset the students. It could say lots more than that. And we are working on doing that and we need more student input.
- In your institutions, who's making the decisions on these contracts? In this institution and in most institutions, we have what is called the vice president of administration or somebody like that. And that person was not hired as a food activist, he was hired to run a university – to balance class sizes, student health issues – competing issues.
- The new VP would be impressed if Emma and Jessica walk into the office with a survey of 300 students – so that's what we have to do. We also have to realize that not all of the students here have food as a lens.
- They say they want fresh and local but they may also say it's too expensive to go to the farmers' market.
- So our challenge is to take our aspirational policy and our contract language and send the information and the students to convince the VP to make the changes we need. Those 3,500 meals a day would make a difference.
- Then there's another side to this – why would producers want to start selling to institutions that want low prices and that may change? So we need to help in that sense too – maybe a food hub for institutions – so we have to help figure out that part too.

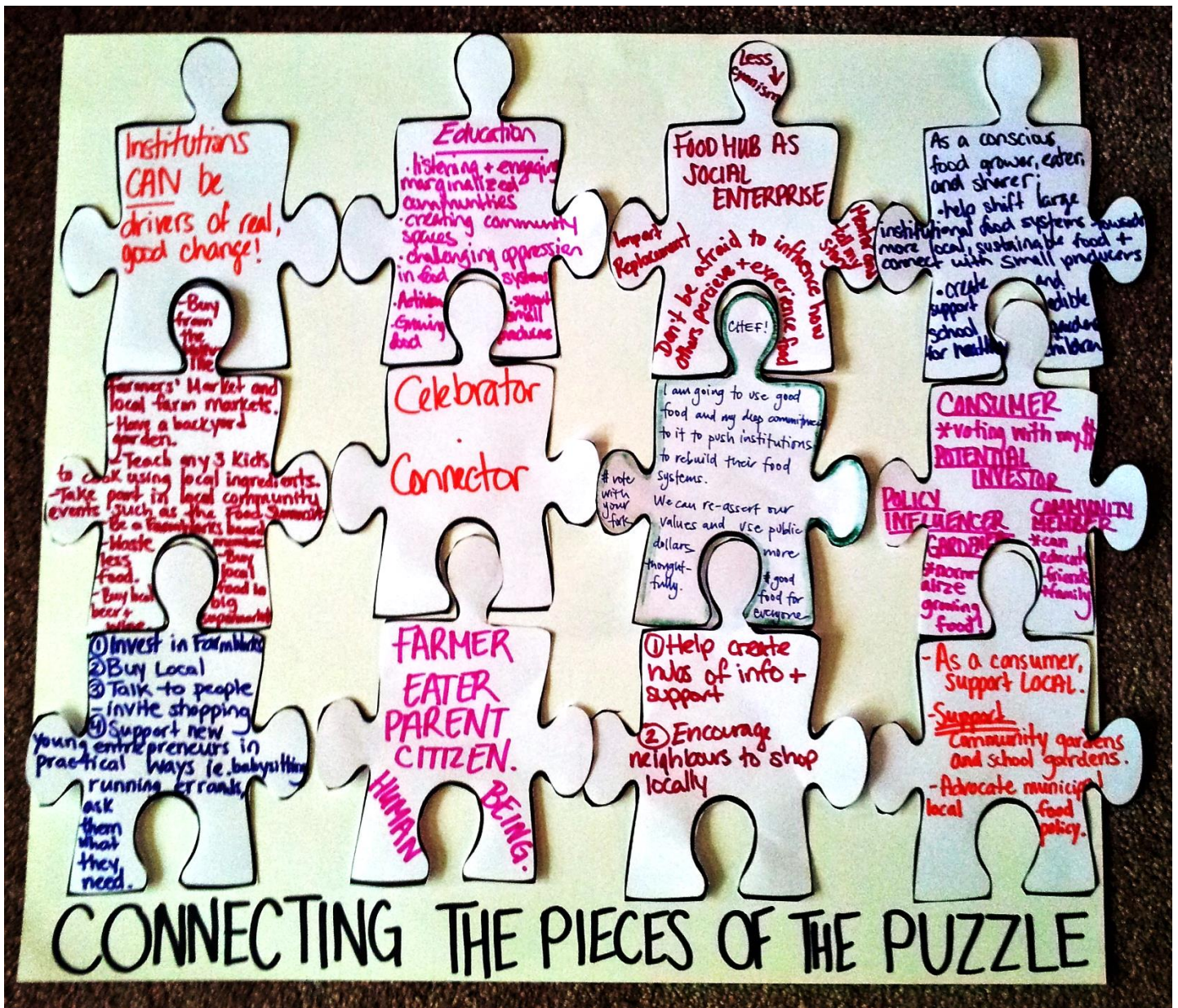
Shared Vision of Food for Nova Scotians

Emma Wallace, Jessica Wall, Stephanie Miller and Everyone in attendance

Here are the themes that were discussed throughout the Summit:

- Access to land, to good food, to capital, to markets, food waste that could provide access to food for more people
- Attitude – positive attitude towards food, farmers, change
- Education about all these topics, and also inspiration for people to learn and act
- Working together and supporting each other and celebrating other peoples' success
- Preventing negative effects rather than reacting after the fact, especially with what we eat
- Willingness to commit to make positive changes
- Mentorship, support for entrepreneurs
- Policies that will help improve ability to produce and access for everyone
- The importance of including everyone. Jessica is working with the Farmers' Market on a food voucher program to improve food access

These are some of the Participants' Pieces of the Food Puzzle



Biographies



Joshna Maharaj is a busy chef with big ideas about good food! Joshna's strong social justice and sustainability ethics flourished during her time at The Stop, where she built innovative and delicious community food programs. Since then, she has supported numerous community organizations and projects in their embrace of a more sustainable food system. Recently, Joshna has been working with institutions in Toronto building new models for institutional food procurement and production, proving that the institution is a viable tool for social change. Joshna is a two-time TEDx speaker and makes regular appearances on both CBC radio and television.



Chloe Kennedy grew up farming and gardening with her family in Pictou County. She holds an undergraduate degree in philosophy and environmental studies from Saint Thomas University, where she co-founded the STU community garden. Interest in access to healthy food and food security led to a graduate degree from Dalhousie's School for Resource and Environmental Studies where she studied Farm to School programs. During her studies, she worked with the NS Department of Agriculture assisting with the 2010 research initiative "Growing Demand: Local Food Procurement at Publicly Funded Institutions in Nova Scotia". She assisted with the NSAC Rural Research Center's "Changing Paradigms" research initiative, which focused on young farmers in Atlantic Canada. In 2012, Chloe founded the Farm to School program at the Clean Foundation, a partnership with the Nova Scotia Department of Health and Wellness that brought food and farming education to youth across the province.

Joan Baxter is a Canadian journalist, award-winning author, development consultant, researcher and writer, and anthropologist. Since 1982, she has lived and worked in seven countries in Africa – Niger, Cameroon, Burkina Faso, Ghana, Kenya, Mali and Sierra Leone – and made working trips to many others. In recent years she has written, reported and spoken widely on issues such as food sovereignty and sustainable farming, food and nutrition, foreign direct investment in Africa, extractive industries and land rights, working for the Oakland Institute, the Center for International Forestry Research and the World Agroforestry Centre. She is currently completing a manuscript on African food, farming and nutrition. She divides her time between Africa and Canada.

Sarah Hiltz is a Job Developer for the Canadian Mental Health Association, Kings County Branch. She has a degree in Environmental Horticulture from Dalhousie and has operated her own edible environmental horticulture business. She is a community food initiator, working to reduce food waste and increase the availability of good food by helping people to establish community gardens and prepare meals. She grew up in farm country and she is teaching her three boys the value of food.

Dr. Sally Miller (BA Princeton, MA, PhD Cornell University, MES York University) has worked in sustainable food and agriculture for almost twenty years both in Canada and in the U.S. She has extensive experience as a consultant and manager in a variety of organic and natural food and agriculture co-operatives and enterprises (including the Ontario Natural Food Co-op and Organic Meadow, as well as Greenstar Co-op and Finger Lakes Organic in the U.S.). She was a founder of the Fourth Pig Worker Co-op in 2007, a natural building worker co-op. In 2008-2012, she worked with Toronto's West End communities to develop one of Canada's first non-profit multi-stakeholder co-ops, the West End Food Co-op.

Richard Melvin is President and co-owner of Melvin Farms Ltd, a 5th generation family farm located near Canning that specializes in the production of fresh vegetables for sale throughout Atlantic Canada. He graduated from NSAC with a diploma in Agricultural Engineering in 1975. In 1983 he was awarded a Nuffield Scholarship to study Vegetable Production and Marketing and agricultural policy in Europe. He has served as a director of Acadia Centre for Small Business and Entrepreneurship, Feed Nova Scotia, NS Potato Marketing Board and as President of the NS Vegetable & Potato Producers Association, Kings County Federation of Agriculture, Horticulture Nova Scotia, and Kings Produce Limited and Kings Processing Limited. He is a founding Director of FarmWorks. Richard and his wife Jacqueline have 3 children, all of whom have Business Administration Degrees from Acadia University.

Dr. John Burka is a Professor Emeritus at the University of Prince Edward Island, having taught at the Atlantic Veterinary College since it first opened in 1985. He taught veterinary pharmacology and carried out research on drugs used in asthma and later examining resistance development in drugs used in fish health. He supervised over 20 graduate students and has over 100 published papers. Dr. Burka retired in 2012 and moved to the Valley to be nearer grandchildren. He continues doing volunteer work in the Valley and is presently chair of the Central Kings Community Health Board.

Johanna Kwakernaak grew up in the Annapolis Valley, the daughter of a Landscaper, nurseryman, market gardener. After retiring from a career in Health Care in Alberta, as a physiotherapist and Health Care Administrator, she and her husband (a Calgary native) settled in Berwick. Family and the environment, the opportunity to garden drew them back to the Annapolis Valley. She is currently the Chair of the Western Kings Community Health Board and actively involved with the Berwick Community Gardens, Kingston Greenwood Mental Health and Kings County Seniors Safety Society. She believes that communities through collaboration can positively impact the Social Determinants of Health and be vibrant and healthy.

Annabelle Singleton is the co-owner of The Port Grocer and Café and her passions include rural community development, environmental protection and healthy food! Her background as an environmental consultant over the last 15 years has helped to enhance her appreciation for rural living and the value that entrepreneurial spirit brings to healthy, economically sustainable communities. At The Port Grocer, Annabelle is business partner, managing director, community and musical events coordinator and gardener.

Dr. Leslie Brown has a history of volunteer involvements in the co-operative sector, especially with food co-operatives and credit unions, and is now on the board of FarmWorks Investment Co-operative. A sociologist by training, she has been active in teaching and in research – typically in collaboration with community-based groups and organizations - from her base as Professor in the Department of Sociology & Anthropology, Mount Saint Vincent University. The research themes she addresses encompass explorations of community and community development, organizational democracy, local social economies and capacity building, and social reporting in co-operatives and corporations. She often partners with retail food co-operatives and the federations of which they are a part – most recently as the principle investigator for the Social Economy and Sustainability Research Network, and as Atlantic Cluster lead for the Measuring the Co-operative Difference Research Network. Dr. Brown has been active in a range of government and NGO committees and organizations (locally and provincially) and served on a federal Ministerial committee that provided guidance and strategic direction on matters relating to co-operatives, especially in relation to the Co-operative Development Initiative Program.

Dr. Av Singh, Ph.D, P.Ag. serves as the Organic & Rural Infrastructure Specialist with Perennia in Nova Scotia, working predominantly with organic and small-scale farmers on issues of production, processing, and marketing of agricultural goods. Av emphasizes farmer-to-farmer knowledge exchange and works towards revitalizing rural communities through increasing social capital. He has had the privilege of visiting over 1500 farms across four continents, which has shaped his understanding of holistic, system-based farm management solutions. He has authored over 160 peer-reviewed papers, chapters, and extension articles, spoken at over 375 workshops, conferences, and symposia, guest-lectured at over 20 universities in Canada and the US, and is a faculty member at Earth University in India. Av currently holds the Just Us! Chair in Small Farm Sustainability and is the Vice-president of the Canadian Organic Growers.

Camelia Frieberg worked for over thirty years as a film producer, director and writer in Toronto and NS. She was the producer of “The Sweet Hereafter” and “Exotica” with director Atom Egoyan and “The Five Senses” with Jeremy Podeswa. For the past seven years Camelia has been managing Watershed Farm, a mixed livestock, vegetable, flower, herb and fruit farm using biodynamic principles. She is a board member of USC Canada, an avid seed saver and beekeeper and proud mother of two children.

Dr. John Ross has been an Emergency Physician in Halifax for 26 years, professor and former residency program director at Dalhousie University, and medical director of a telemedicine provider. He “gets to see a mix of people's poor decisions and factors beyond their control that result in injury and illness. Also, I have spent quite a bit of time teaching and working in resource-challenged countries where the determinants of health starkly manifest. Food choices for those who can afford to choose and food insecurity for those who have limited options are a big factor in public health. Furthermore, a more robust economy from growing our agricultural sector (farming, transportation, wholesale/retail, preparation) is a NO-BRAINER. It

improves the economy, employment, social connections, and other determinants of health.” He is the author of the Patient Journey Through Emergency Care report on how to improve emergency services for truly patient-centred care.

Dr. Dan MacDonald is a former Recreation Therapist and current Country Doctor who works on the front line. I am not an expert on food or food policy. I treat patients on a daily basis who have a myriad of illnesses that can be in part attributed to their unhealthy diets (hypertension, obesity, diabetes, joint disease) and I look for opportunities to promote healthier food choices and lifestyles for these patients. He is a Slow Food Member.

Dr. Catherine L. Mah, MD FRCPC PhD leads the Food Policy Lab, a multidisciplinary program of research in the policy and practice of public health, with a focus on health-promoting innovations in the food system. Her work integrates population health intervention research and policy action on environmental contexts for consumption. The mission of the Food Policy Lab is to establish the conditions for many sectors and disciplines to act as champions for promoting health, using food as a tool for dialogue, analysis, and engagement. Its aim is to learn from and scale the ingenuity of diverse food system stakeholders to create a supportive policy environment with integrated health, social, and economic priorities. Dr. Mah holds funding from the Canadian Institutes of Health Research, Health Canada, and the Leslie Harris Centre of Regional Policy and Development. She is Assistant Professor of Health Policy at Memorial University and is appointed at the Dalla Lana School of Public Health at the University of Toronto and the Centre for Addiction and Mental Health. She is a former member of the Toronto Food Policy Council and a founding member of the St. John’s Food Policy Council.

Dr. Kathleen Kevany is a Psychotherapist and a Professor - Researcher who decided to work upstream on prevention of issues of depression, alienation, illness, and interpersonal conflicts seeking to gather the best data on ways to live healthier and happier lives and increasing compassion, consciousness and creativity. She teaches a capstone and graduate course on Agriculture, Food, and Wellbeing, teaching systems thinking and recognizing food choices as a political act, health act, and an environmental act. She is a member of the Living Earth Council, the board of the Truro Farmers Market Cooperative, and a facilitator of mindful meditation.

Dr. Bruce Wright has held various Pathology positions over the past 27 years in Halifax and abroad and has recently retired from the QEII Health Sciences Centre. He has a keen interest in viticulture and has been growing grapes since 1981. In 2002 he established the Elmwood Winery Vineyard located in Pinegrove, Lunenburg Co and the winery will soon open to the public. He has written Wamboldt’s Nova Scotia Grape Growers’ Guide, 2006 edition with C. Naugler, and The Tangled Vine: Winegrowing in Nova Scotia with C. Naugler and R. Murray. In 2012 he began growing Haskap berries. He has been very active in the community holding several positions on industry association boards. Currently he is a Director of FarmWorks, Board member of the Grape Growers Association of Nova Scotia and a member of the steering committee for the Vineyard Development and Expansion Program, Past President of the Haskap Association and the South Shore Wine Growers Association. He is also on the board of South Shore Opportunities.

Elizabeth Faires – Humblebee Farm started 8 years ago as a hobby farm with my husband and our 7 children growing our own food, raising livestock, and teaching others how to do it both in BC and now in NS. We moved to Nova Scotia in the fall of 2011 and have just finished our first year of full-time farming on our 42 acres. It took us awhile to find the perfect place but we now have a lovely little farm that we love. We once again raise livestock and grow food, but we also run a bakery, grow bedding plants for retail sale and operate a seasonal weekly farmers market in Wilmot, NS.

Jeremy White – Big Spruce Brewing started after Jeremy and Melanie moved to NS and bought an organic farm in Cape Breton. He had been a home brewer for years, and they wanted to scale production up to a commercial level and felt that there was opportunity in the craft beer market here. They started with the belief that beer can be made better by using the freshest, highest quality ingredients – like hops from their certified organic hop yard. Production has increased dramatically since they opened and a large new brewery is being constructed.

Chris DeWaal – Getaway Farm began with the move of the Poyser and De Waal families from Alberta to NS after the mad cow scare caused prices to drop. Getaway Farm became a sustainable, grass-fed cattle operation and when they started selling their meat in Halifax, de Waal realized that, “we were onto something” in terms of filling a need for local, sustainable meat. The farm and Getaway Meat Mongers have grown a wide customer base and they purchase beef from other farmers. “It’s easier to do it yourself, because you control the variables but when you trust your neighbours, everyone benefits.”

Stephanie Hughes is a former SOIL apprentice and a certified Permaculture designer who started working with Atlantic Canadian Organic Regional Network after ten years’ experience in project coordination and communications with NS environmental and food movements. Stephanie is working on seed security. ACORN aims to enhance the viability and growth of the Atlantic Canadian organic agricultural community through a unified regional network.

Sarah Pittoello – Sarah’s interests connect food, farming, environmental stewardship, mental wellness, and spirituality. She is a Canadian certified counsellor, yoga and meditation student and teacher, organic farmer, and a mom. She has been farming

organically for the last five years: first at Stewart's Organic Farm, and now at her own family's farm, Rerooted. Sarah and her husband Joey are farmers-in-residence at the Just Us Centre for Small Farms this year.

Emily Tipton – Emily Tipton and Henry Pedro, engineers by training, started **Boxing Rock Brewing Company** in 2012, with both families having moved to Shelburne because of their love of sailing. Looking for local careers, Tipton and Pedro started the brewery because “Nova Scotians deserve a wide variety of quality craft beer”, and they have both the skill and the passion to make it so. They each have a background in chemical engineering, a love for the community and a love for great beer.

Carrie Poyser – A mother of four, Carrie has been involved in business management across Canada for the past twelve years. Now operating a sheep farm in the Annapolis Valley with her husband and business partner, Carrie is passionate about family and farming. She is also selling real estate and with a background as a self-employed graphic designer and marketer, she brings years of marketing and design experience to her business.

Dave Herbin – After working in produce for many years and retiring from Pete's in Wolfville, Dave decided to return to the business and started working at **Stirling's Farm Market** in Greenwich. He says that we all need to cooperate, and help producers get to the point where they can grow as much as they want – Stirling's can't find enough local produce.

Duncan Ebata is a marketing and social media advisor who works with people to build food communities online. Duncan values good food, sustainability, entrepreneurship, an active lifestyle, and continuous learning. He serves his local community by working with the Acadia Entrepreneurship Centre fostering entrepreneurial culture, with FarmWorks and with Shift! Mobile marketing local food businesses.

Dr. Peter Hicklenton is the Chair of FarmWorks and a former research scientist and National Science Director with Agriculture and Agri-Food Canada, based at the Kentville Agricultural Centre. His research focused on greenhouse crops, and later addressed crop production and physiology challenges in small fruit. From 2005 until his retirement in 2012 he directed AAFC's national effort in sustainable crop production systems, with special responsibility for programs in Winnipeg, Kentville, Charlottetown and St. John's. Peter is active in the cooperative movement in the Annapolis Valley serving on the board of Valley Credit Union and currently chairing VCU's Audit, and Social and Environmental Responsibility Committees. He volunteers with community organizations including Friends of the Kentville Ravine, Black Rock Trails Society and Out of the Cold Emergency Shelter.

Chris Atwood has been the Executive Director of the Yarmouth Community Business Development Corporation (CBDC) since 2005. For 6 years prior to this he worked for the South West Shore Development Authority as a Development Officer and was primarily responsible for coordinating the Community Access Program (CAP) and agriculture development initiatives for South Western NS. He has been involved with a number of international development initiatives. Chris grew up in Pictou County on the family sheep and vegetable farm and graduated from the NS Agriculture College in 1990 with a BSc. (Agr) in Plant Protection. He is an active community volunteer and has served as President of the Yarmouth and Area Chamber of Commerce, President of the NS Institute of Agrologists, Chair of the NS Chambers of Commerce, Chair of the Yarmouth Development Corporation and Chair of the South West Nova Community Access Society. He has also served on the Board of the Entrepreneurs with Disabilities Network and AACBDC Atlantic Canada Community Business Investment Fund Board.

Linda Best grew up on a farm in the Annapolis Valley. Since graduating from Acadia University she has been involved with the Queen Elizabeth II Hospital in Halifax as a Medical Microbiologist, Medical Researcher, author and reviewer of Gastroenterology papers and presenter at Research Conferences and as a Director of the Capital District Health Authority. For twelve years she operated Alderbrook apple orchard on weekends while working at the hospital. She founded Frame Plus Art which grew to three stores, a production facility and 10 employees. She served as a Director of Sutton Gardens Condominium Corporation for twelve years. After moving to Wolfville in 2002, awareness of food-related health issues led to research into potential solutions for the decreasing production of food in Nova Scotia. She helped establish Friends of Agriculture and is a Founding Director of FarmWorks.

Richard Bridge is a lawyer who works with charities and non-profit organizations across Canada. His work includes all aspects of the creation, registration, governance, management, finance and regulation of charities and non-profits. He also works with First Nations and co-ops, and teaches in these fields. He and his family moved from BC to a farm near Middleton in 2006. His son Owen started a business called Annapolis Seeds as a teenager in 2007 and Richard has helped him grow and sell hundreds of different heirloom seed varieties.

Stephen Anderson is a founder and director of the Food Economy Group which specializes in policy design and systems development combined with extensive technical experience in the operational and strategic management of large-scale food security programs, and disaster preparedness & recovery. He led the design and facilitation team for the Productive Safety Nets process for poverty alleviation in Ethiopia which targets 11 million chronically food-insecure people, and he has designed similar programs in Rwanda and Mozambique. Central to this effort is building the capacity of the poor to develop their own livelihoods. He designed a global conflict and livelihoods tool kit for USAID and has worked as a food security and emergency

preparedness specialist in Asia and Africa for over 28 years, including Ethiopia, Ghana, Rwanda, Mozambique, Malawi, Zimbabwe, and Kenya.

Lil MacPherson, environmental advocate and co-owner of the Wooden Monkey restaurant, is throwing her hat into the Halifax mayoral race. After attending the COP21 U.N. climate change conference in Paris where over 200 countries signed a deal to phase out fossil fuels, she felt that environmental concerns were not being addressed and green opportunities are being overlooked. After spending 25 years in the food service industry, she was inspired in 2004 to follow her life long dream to open a restaurant, The Wooden Monkey, which brings Halifax an environmentally conscious restaurant. Lil believes her business is a powerful way for her to express her values, serve her community, and make a contribution to a healthier natural environment.

Dr. Alan Warner Interests and Expertise: Environmental Education, Sustainable Food Systems, Environmental Sustainability. Community Youth Leadership, International Community Development; Community Service: Director, Mysterious Encounters Earth at Acadia, Program development with HRM Adventure Earth Centre, Board Member of the Acadia Farm; Alan has designed numerous award-winning experiential environmental education programs in partnership with the HRM Adventure Earth Centre, involving more than 60,000 children and youth, has accompanied students on fourth year community development projects to live and work with Arawak peoples in the rain forests of Guyana, and with Indian peasants in the remote Himalaya, has lived and worked with the Van Gujjars, Nomadic herders in Northern India, co-founded and lives in a small intentional community which includes an organic farm and a sustainably managed woodlot, has biked across Canada and loves to travel the world on environmental and outdoor adventures.

Emma Wallace, Jessica Wall, Ann Anderson and Linda Best have the following questions for

readers of this report, and would appreciate any responses emailed to lbest@ns.sympatico.ca



1. What specific programs and policies would be helpful to support entrepreneurs generally, and food entrepreneurs in particular, in Nova Scotia?
2. What specific and immediate steps should food producers, purchasers, government, FarmWorks, NSFA, and other stakeholders, do? What can you do?
3. How can local food improve health outcomes? What health outcomes should Nova Scotia focus on?
4. How can local food improve Nova Scotia's ability to be more self-sufficient?
5. How can local food help us adapt to climate change?

NOTES

NOVA SCOTIA - FOOD SYSTEM STATISTICS (Room to Grow!)

<http://novascotia.ca/agri/documents/business-research/agstats-NSagriculture-and-agrifood-snapshot-2014.pdf>

Figure 1.1 – Nova Scotia Farm Cash Receipts by Commodity, 2013

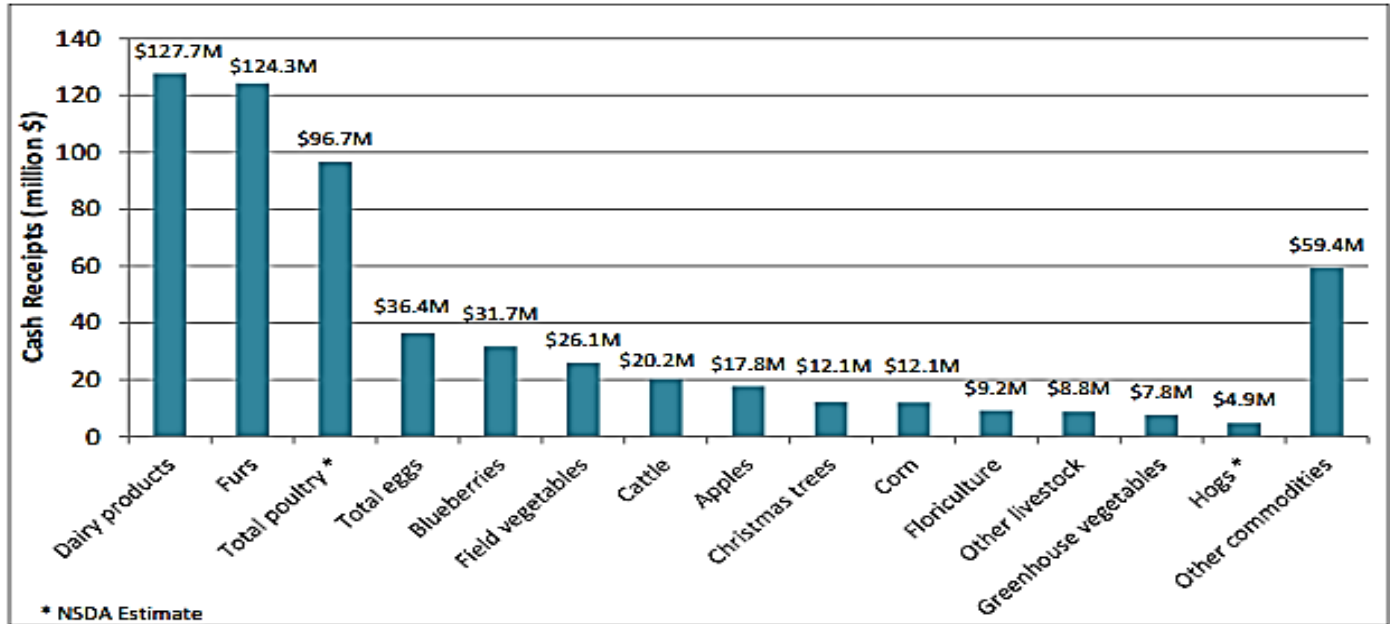


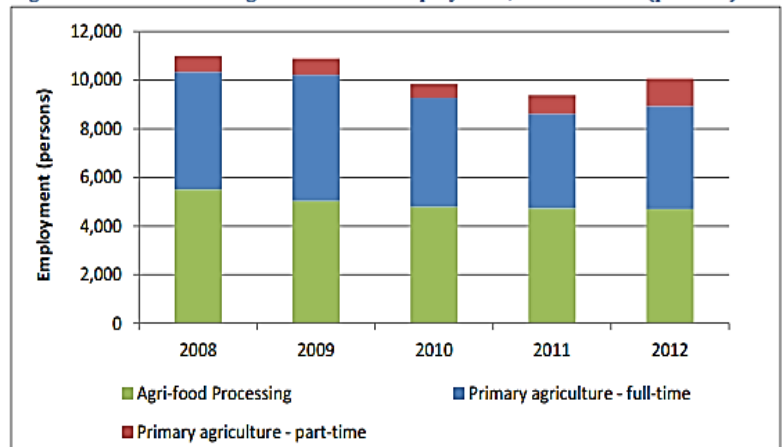
Table 3.1 - Nova Scotia Farm Operations by Farm Type, 2011

Farm Type	Number
Beef cattle	441
Dairy cattle	257
Hog	21
Poultry and egg	156
Sheep	80
Goat	24
Horse and other equine	199
Fur	128
Other animal	223
Grain and Oilseed	50
Vegetable and melon farming	140
Fruit and tree nut	971
Greenhouse, nursery and floriculture	550
Maple	36
Other crop	629
Total	3905

Table 3.2 - Number of Active Nova Scotia Agri-food Processing Operations, 2013

Processor Type	Number
Pet Food	13
Grain and Oilseed Processing	3
Confectionery	6
Frozen Food	5
Fruit and vegetable canning, pickling and drying	9
Dairy Processing	11
Meat Processing	23
Bakeries	60
Soft drink and ice manufacturing	13
Other food processing	28
Total	202

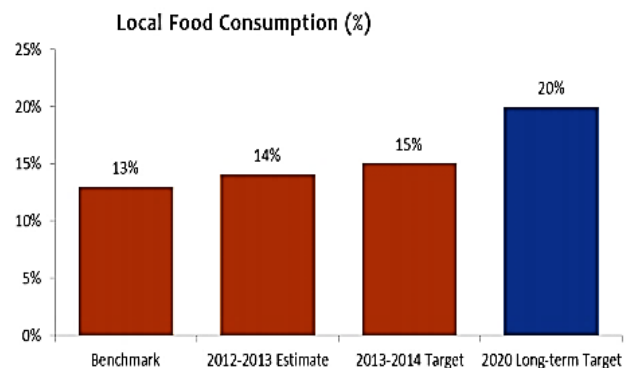
Figure 4.1 - Nova Scotia Agri-food Sector Employment, 2008 to 2012 (persons)



In 2010, the contribution to Nova Scotia's economy from primary agriculture, as measured by gross domestic product (GDP), was approximately \$222 million (0.7% of the provincial economy). • Gross value added estimates increased from \$214 million in 2010 to \$259 million in 2012, suggesting that agriculture GDP has likely increased by 20% over the same time period.

Primary agriculture employed 5,361 Nova Scotians in 2012, up from 4,651 in 2011. Of the total employed in primary agriculture in 2012, 4,238 were full-time employees. Part-time employment increased from 768 employees in 2011 to 1,123 in 2012. • Food and beverage manufacturing (excluding seafood) employed 4,700 people in 2012. • Together, the NS agri-food industry (primary agriculture plus food manufacturing excluding seafood) employed a total of 10,061 people in 2012, an increase of 7.2% over 2011.

The agri-food processing sector contributed over \$342 million (1.0%) to the provincial economy in 2010. • Given the change in published gross value added estimates, agri-food processing GDP has likely decreased 6% from 2010 to 2012. The agri-food industry plus other food service sectors employed over 56,000 people in Nova Scotia in 2012, accounting for approximately 14% of all employment. • Agri-food processing and primary agriculture paid approximately \$130 million and \$110 million in salaries and wages in 2012, respectively. Today there are 2600 registered farms, half of them supported by off-farm income, over half of the farmers are close to, or at, retirement age, and half of those cannot retire because they don't have enough equity in their farms to give them enough to live on even if they could sell.



In 2011-2012 (the benchmark year), this measure showed 13% of money spent on food by Nova Scotians being spent on locally produced food. Growth is estimated and targeted for this measure to reach the long-term target of 20% in 2020.

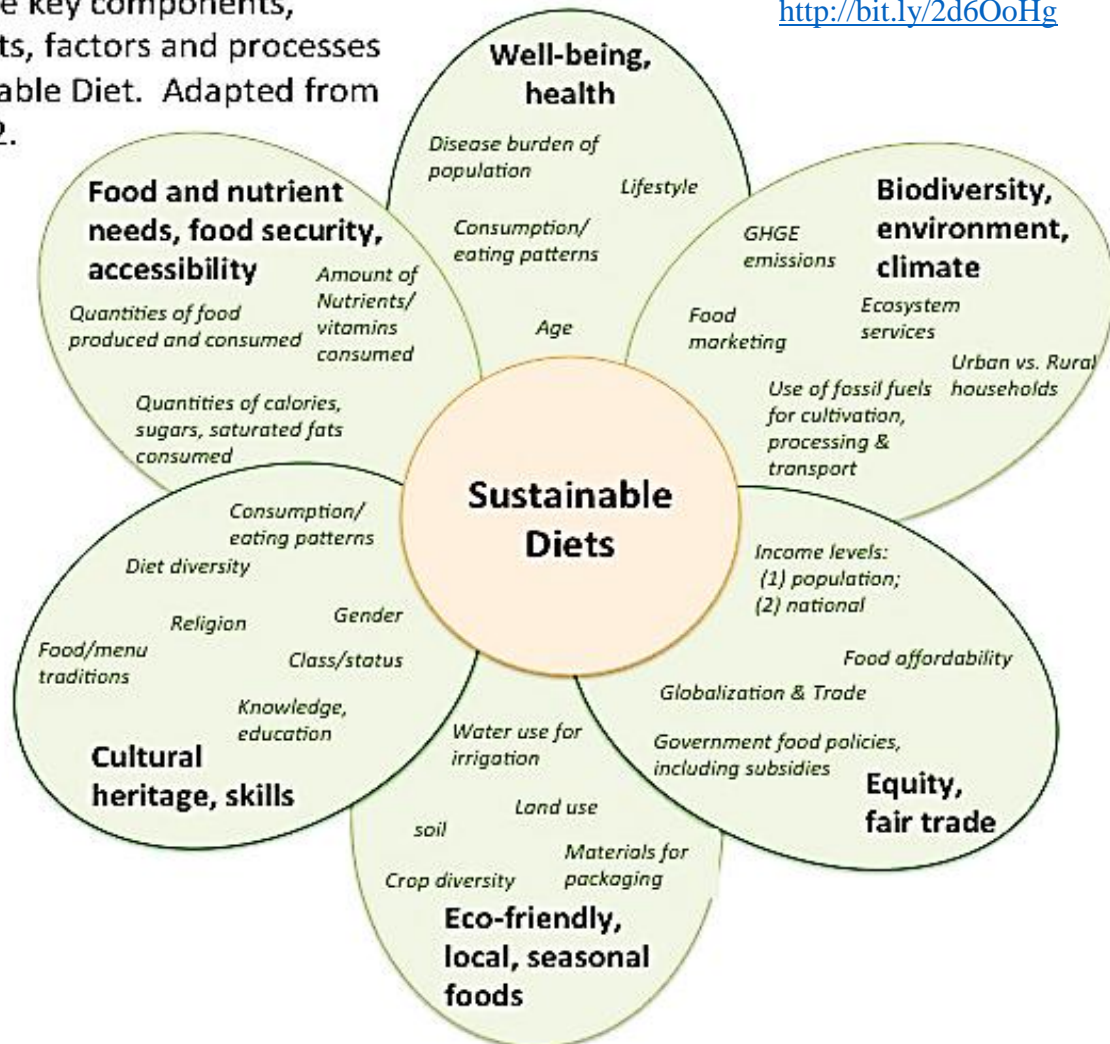
<http://novascotia.ca/government/accountability/2014-2015/2014-2015-Agriculture-Statement-of-Mandate.pdf>

We've lost local capacity, jobs, and rural economic resilience. In 1990 there were 625 dairy, 288 beef, 278 hog, 92 chicken and 12 turkey producers, 334 orchardists, 369 vegetable, 366 strawberry, and 711 wild blueberry growers. These farms were able to provide at least 60% of the food required by Nova Scotians. Today, Nova Scotians farmers produce about 13% of the food we consume. If any crisis affects either farmers or transportation into the Province, local food supplies will be limited. There are very few abattoirs remaining, making it increasingly more difficult for the farmers who need that service.

Thank You to all the Presenters and Attendees for Helping to Put the Pieces Together!

Figure 1: The key components, determinants, factors and processes of a Sustainable Diet. Adapted from Lairon, 2012.

<http://bit.ly/2d6OoHg>



Re-localizing the food system in new and innovative ways can:



- **help create jobs**
- **increase retention of local food dollars**
- **create a stronger economy**
- **improve health outcomes**

From: 2012 Economic Impacts of Iowa's Regional Food Systems Working Group

