

Food Summit 2009



Complex issues

- Canada spends only 10% of income on food
- Geography is important - where you stand determines a bit about what you think
- 1/7 of NS employed in food-related industry
- 200,000 species suitable for food - less than 300 used

FACILITATE DISCUSSION FORM A FOOD POLICY COUNCIL
 FOSTER UNDERSTANDING DISSEMINATE INFORMATION & OUTCOMES
 KNOWLEDGE & UNDERSTANDING OF FOOD SYSTEM



- Supply management's direct marketing making a difference
- Diversifying crop to suit market needs
- Chinese markets being dumped in Cdn. market



- Individual & collective wisdom being lost
- Education has to be hands-on & experiential
- Farmers need to be able to control their own decisions
- Re-think relationship between what goes in our mouth & what comes out of our bodies ~ sewage
- Need an approach to education that respects diversity



NOVA SCOTIA FOOD SUMMIT

Securing food for our healthy future

- NS has significantly ↑ rate of food insecurity compared to rest of Canada
- Average family of 4:
 - on minimum wage - deficit of 497/month
 - on income assistance - deficit of 393/month
- Transportation & childcare - barriers
 - Need to link research's outreach
- Food travels 2400-4000km from farm to table



- Need for agri-environmental indicators to manage & understand our effect on environment
- We can't manage what we can't measure
- Demand for local food will drive industry
- Climate change → speed at which temp. changing is key factor
 - ↑ in extreme events
- Local is about where food comes from - not production methods - need local & sustainable production



- Policies need to allow people to make healthy choices
- Community Health Boards in NS identified poverty as #1 priority
- Need to continue the discussion of what "healthy" means
- Add healthy food choices to schools, hospitals, etc.
- These choices need to be affordable, local & organic



- Correct social issues, food system will follow
- Think about farmers, NOT agricultural industry
- Locally owned success stories
- Think NON food products
- Farmers who have adapted are the future
- Pay attention to consumers + markets



- Co-op Atlantic, owned by members, wholesale + distribution system + put Atl. Can. products 1st
- Organic, CSA + markets = 4% market, rest is 96% Consider an approach like eco-label to reach 96%
- Food is connected to employment + health
- Farmers have been working to create products, meet regulations, build value added but undermined by large stores + trade agreements



- Farmer-centric system
- Produce + eat local beef + lamb
- Think full circle schools - grow, cook, share
- Get people to farms
- Look back!
- Farmers know best
- Traditional systems
- Challenge consolidation + corporate control
- Put farmers back in food equation
- Farm land is new gold - watch out for this in NS
- Network/solidarity globally



We come together as friends so we can have healthy food.





Food Summit 2016

Secure Food for our Healthy Future





Welcome

Welcome everyone and thank you for being here.

I would first like to acknowledge that we are on the traditional territory of the Mi'kmaq First Nation Community.



Food: It's a Puzzle

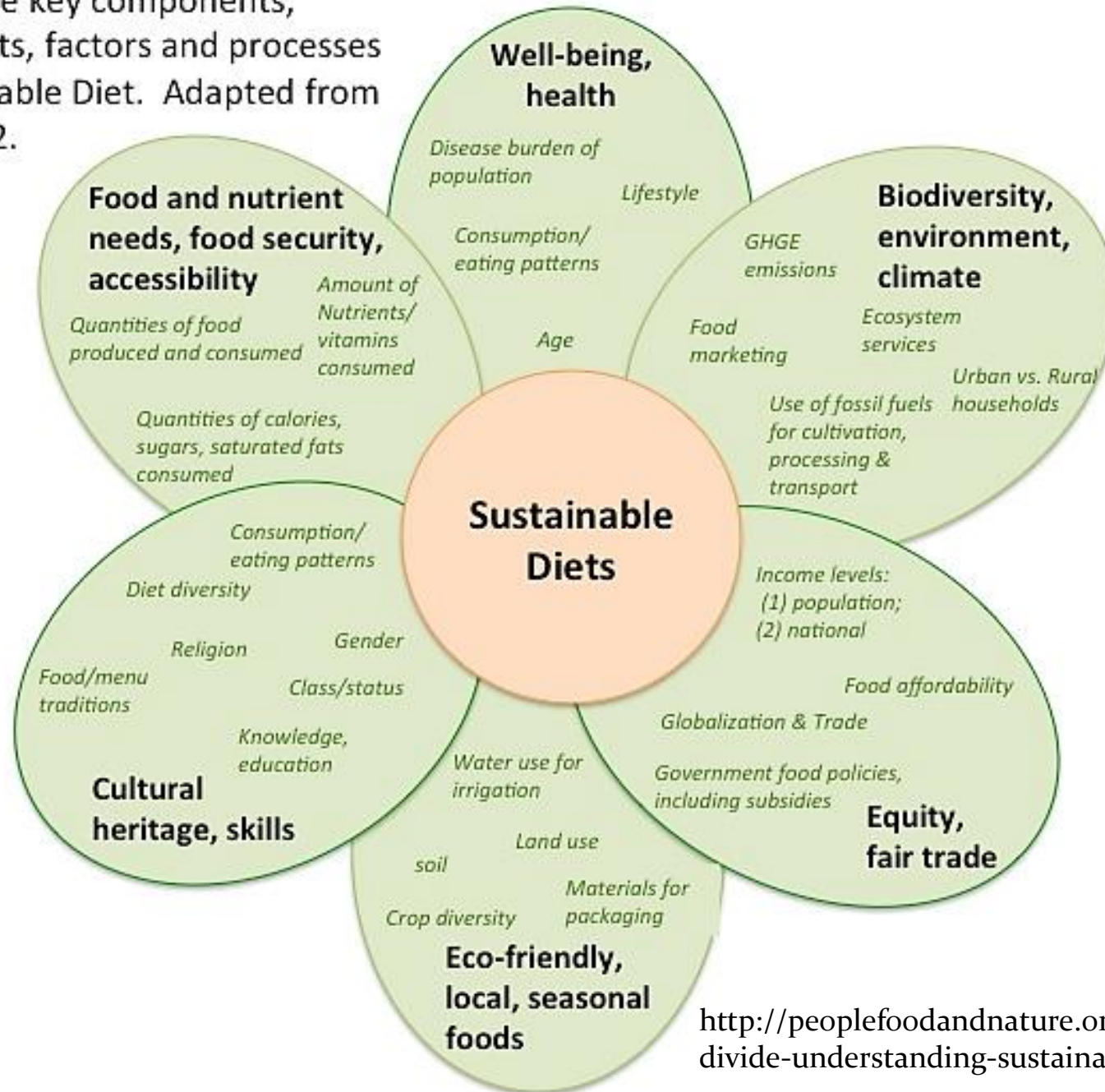




Thank You for Attending and Helping Put the Pieces Together!

- Producers
- Processors
- Distributors
- Wholesales
- Retailers
- Chefs
- Eaters
- Government
- Regulators
- Taxpayers
- Accountants
- Lawyers
- Bankers
- Communities
- Restaurants
- Tourism
- Mechanics
- Builders
- Suppliers
- Arts
- Culture

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



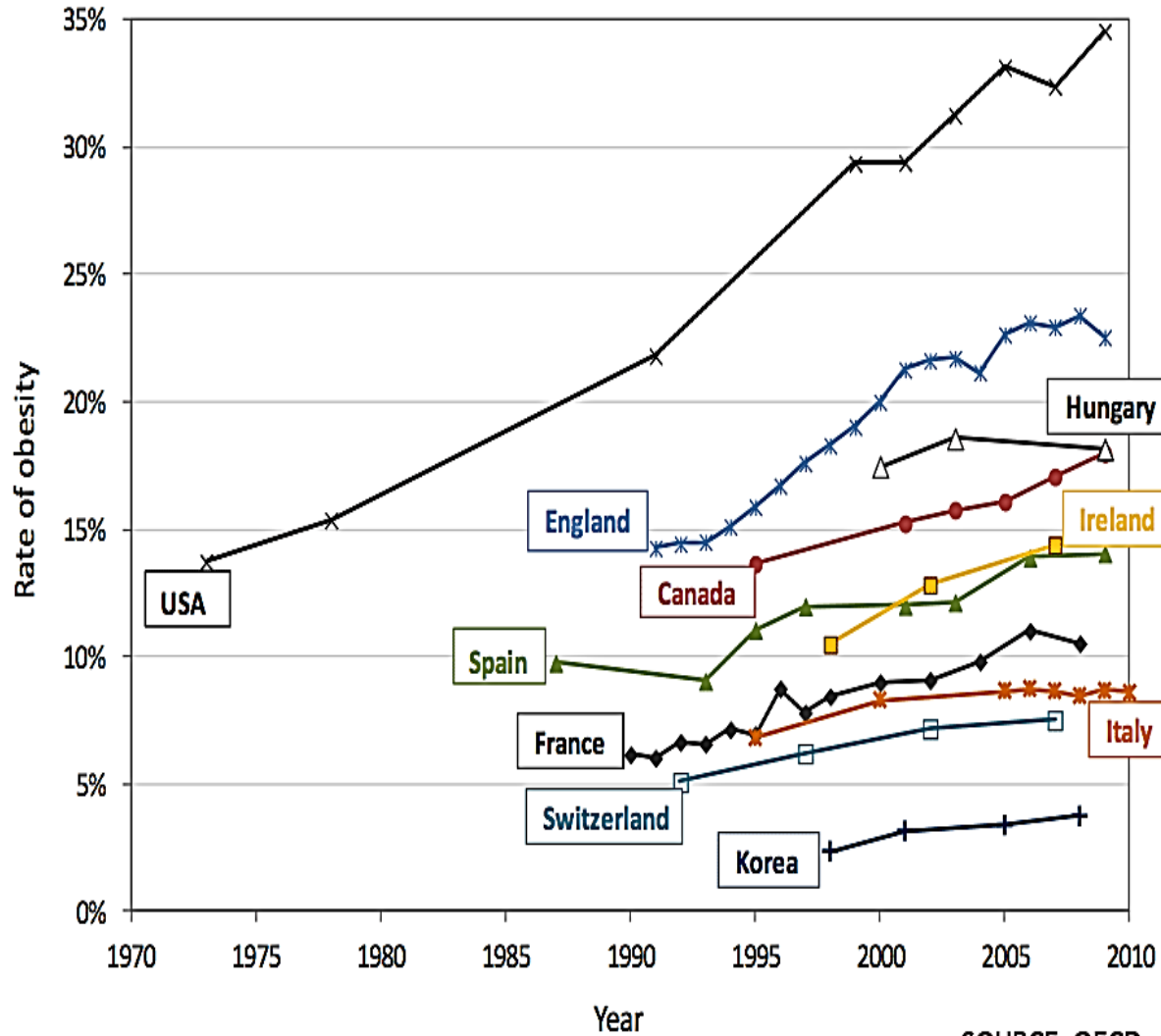
<http://peoplefoodandnature.org/blog/reaching-across-the-metaphorical-divide-understanding-sustainable-diets-and-food-systems/>

Healthy Food and the Determinants of Health

Making the Case for Healthy, Community-based Retail Solutions to Food Access

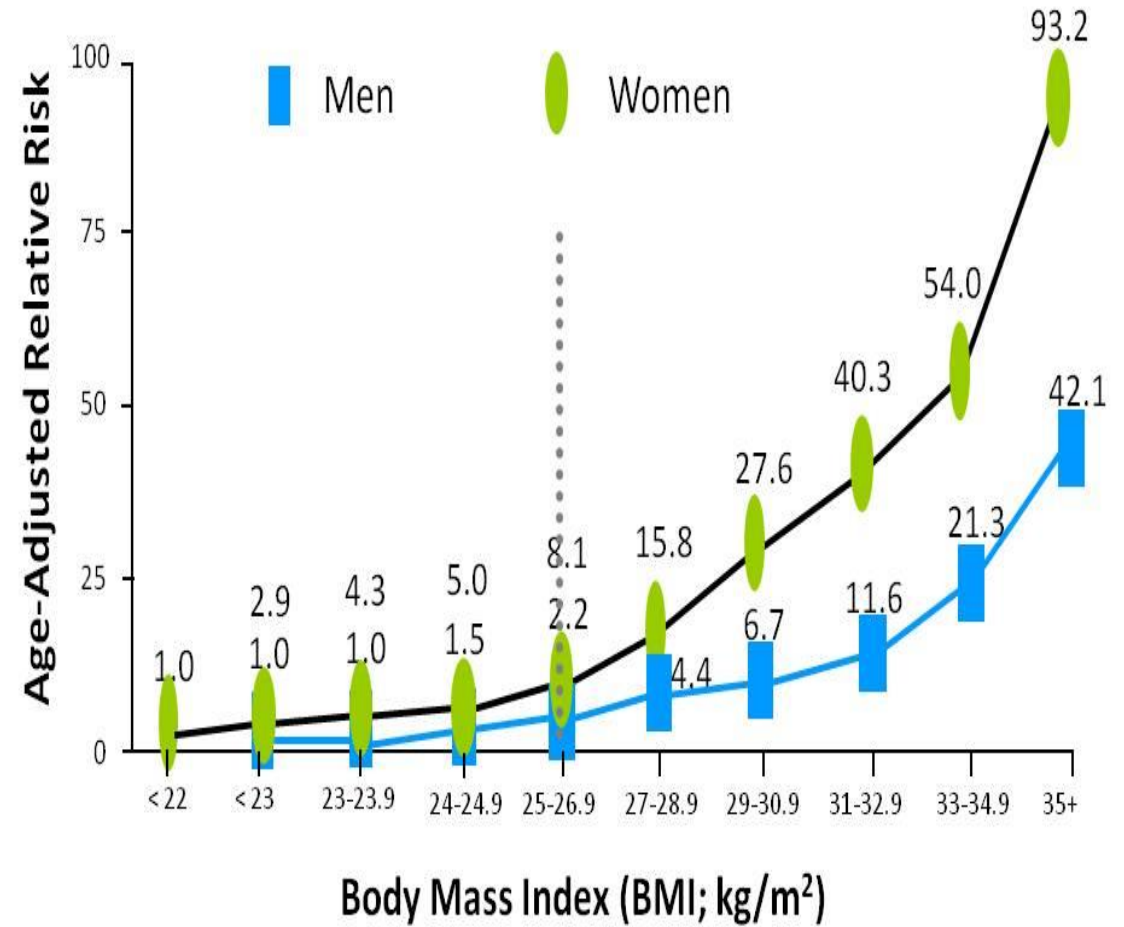
- ❖ Better Access Corresponds with Healthier Eating
- ❖ Access to Healthy Food Is Associated with Lower Risk for Diet-related Diseases
- ❖ Economic Impacts
- ❖ Healthy Food Retail Creates Jobs
- ❖ Healthy Food Retail Increases nearby Property Values
- ❖ Healthy Food Retail Contributes Food and Profits to Community
- ❖ Healthy Food Retail Brings Federal Dollars to the Local Economy

Obesity Rates



SOURCE: OECD

Relationship Between BMI and Risk for Type 2 Diabetes Mellitus



Chan J, et al. *Diabetes Care*. 1994;17:961-969.

Colditz G, et al. *Ann Intern Med*. 1995;122:481-486.

“If we look at the consumption of a family of four of every single fresh market item of produce through every channel—whether it’s food service, fresh market or grocery store use—the average **family of four would have to pay an extra \$68 per year to double the wages of every farmworker in America.** That’s less than \$1.25 per week. We’re talking about pennies on the dollar.”

<http://www.theatlantic.com/entertainment/archive/2014/11/the-hidden-labor-behind-food-how-to-read-a-tomato/383186/>

Poor nutrition is the leading cause of poor health in the United States and globally, causing more deaths and disability than any other factor. For anyone who has seen their doctor recently, or who cares for patients themselves, just pause to consider the irony: nutrition, the number one cause of illness, is largely ignored by the health system, whether in medical education, the electronic health record, reimbursement priorities, quality standards, or many other facets.

Our food system is also the leading cause of environmental impact on the planet. How we grow our food accounts for 70% of water use, 90% of tropical deforestation, immense challenges to the oceans and fish stock, and as much greenhouse gas emissions as all of the world's transportation - cars, trucks, buses, planes, trains, and ships - combined. Whether for water, land, oceans, or climate, our food system is the crucial foundation for either harm or positive change. We need a secure, sustainable food system for our children and theirs.

What is the Standard American Diet?

- 63% of America's calories come from refined and processed foods (soft drinks, packaged snacks like potato chips, packaged desserts, etc)
- 25% of America's calories come from animal-based foods
- 12% of America's calories come from plant-based foods

Unfortunately, half of the plant-based calories (6%) come from French fries. That means only 6% of America's calories are coming from health-promoting fruits, vegetables, whole grains, nuts, and seeds.

http://www.forksoverknives.com/standard-american-diet-sadder-than-we-thought/?fb_ref=pBFxx3dXDi-Facebook

#Recipe4Health

60% of the calories Canadians consume
come from ultra-processed food.*



Unhealthy diets cause heart disease, stroke, hypertension, diabetes, obesity, high cholesterol, mental disorders and up to 40% of cancers.

Healthy diets need to be part of the recipe for a healthy Canada

* source: Moubarac JC, Martins AP, Claro RM, Levy RB, Cannon G, Monteiro CA. Consumption of ultra-processed foods and likely impact on human

Visual by Food Secure Canada

DIABETES IN CANADA

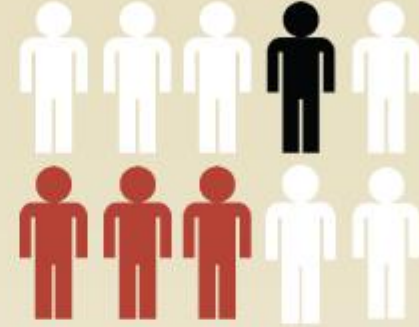
Every **3 minutes** another Canadian is diagnosed with diabetes.

29% of Canadians are currently **living with diabetes or prediabetes.**

This will rise to **33%** by **2025** if current trends continue.

TODAY 3.4 million Canadians are estimated to be living with diabetes.

Diabetes is costing the country **\$14 billion** per year



At least **1 in 10**


deaths in Canadian adults was attributable to diabetes in 2008/09.

2025 That number is expected to reach more than **5 million** people in the next 10 years.

In 10 years it will cost approximately **\$17.5 billion** per year

diabetes.ca | 1-800-BANTING (226-8464)

 Canadian Diabetes Association



Anybody interested in solving, rather than profiting from, the problems of food production and distribution will see that in the long run the safest food supply is a local food supply, not a supply that is dependent on a global economy. Nations and regions within nations must be left free and should be encouraged to develop the local food economies that best suit local needs and local conditions.

Wendell Berry

#Recipe4Health

A healthy local diet could boost the Canadian economy

Ontario population 13.3 M
NS population < one M



An Ontario research study shows that replacing 10% of the top 10 fruit and vegetable imports with Ontario-grown produce would result in a \$250 million increase in provincial gross domestic product*.

We need government to invest to a food systems approach to address unhealthy diets.

* Source: McConnell Foundation. 2015. Dollars and Sense: Opportunities to Strengthen Southern Ontario's Food System

Visual by Food Secure Canada

Operators of small and mid-sized farms selling locally put in more hours working onfarm than operators who do not have local food sales

Operators' full-time equivalent jobs per farm



Note: A full-time equivalent job equals 2,000 hours worked annually.

Source: USDA, Economic Research Service based on data from USDA's 2008 Agricultural Resource Management Survey.

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



TPH identified six themes:

- Support food friendly neighbourhoods
- Make food a centerpiece of Toronto's new green economy
- Eliminate hunger in Toronto
- Connect city and countryside through food
- Empower residents with food skills and information
- Urge federal and provincial governments to establish health-focused food policies

<https://www1.toronto.ca/wps/portal/contentonly?vgnextoid=778a044e17e32410VgnVCM10000071d6of89RCRD>

"THE FOOD YOU EAT
CAN BE EITHER
THE SAFEST
&
MOST POWERFUL
FORM OF MEDICINE
or
THE SLOWEST
FORM OF POISON."

Ann Wigmore

Eat less CRAP:
C - carbonated drinks
R - refined sugar
A - artificial sweeteners & colors
P - processed foods

Eat more FOOD:
F - fruits & veggies
O - organic lean proteins
O - omega 3 fatty acids
D - drink water

"THE POWER OF COMMUNITY TO CREATE
HEALTH IS FAR GREATER THAN ANY PHYSICIAN,
CLINIC OR HOSPITAL."

MARK HYMAN

© Lifehack Quotes

“ Food can be a
vehicle for social change.
It brings people together
in a way that very few
other activities can.

ANIM STEEL

“ There's camaraderie
and the family bonding
that goes into sitting
down and talking about
your day over dinner in
the evening.

NADINE BURKE



<https://foodandhealthnetwork.org/news-and-events/growing-health-conference/>

HEALTH

Health Services

Income and
Social Status

Education

Employment
and Working
Conditions

Social
Support
Networks

Physical
Environments

Biology and
Genetic
Endowment

Social
Environments

Healthy Child
Development

VALUES

Culture

Personal
Health
Practices and
Coping Skills

Gender

BELIEFS

ASSUMPTIONS

<http://en.healthnexus.ca/topics-tools/health-equity-topics/social-determinants-health>

30%
Fitness

70%
Diet









SUSTAINABLE FOOD IS

ECOLOGICALLY RESPONSIBLE



Low greenhouse gas emissions

Soil and water quality is maintained or improved

Biodiversity and ecosystems are protected and preserved

Livestock are treated humanely

FAIR AND ACCESSIBLE



Farmers, fishers & food workers have a livable income

All people have access to a basic, affordable, nutritious diet

People live with dignity in sustainable rural communities

Promotes justice and fair trade in countries in the global south

LOCAL



Provides high quality and freshness

Minimizes food miles traveled and greenhouse gas emissions

Supports local farms, fishers, producers, businesses and community development

NO WASTE



Packaging and waste kept out of landfills
Fewer resources used to meet needs
Reusing keeps materials in circulation

HEALTHY



Healthy Food is a key foundation for healthy humans



Food Summit Donations and Sponsors

- **Victoria's Inn, Wolfville**
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- **Donna Keddy**
- **Jayn Kenny**
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- **Valerie VanOostrum**
- **Linda Best**



Student Assistants and Organizers

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- **Stephanie Miller**
- **Brianna Graham**



Food Grows Here!

FRIENDS OF AGRICULTURE NOVA SCOTIA