

RESULTS AND IMPACT

of the Community Food Security Sub-Program (2018-2019)



Community Food Security involves all of the steps in the food production system, and the ability of communities to control and influence those steps to ensure wellbeing with respect to healthy, safe and nutritious foods. It is a concept that also raises questions about how to support local food, local producers and the local food industries in one's community.

Community food security impacts. The projects completed **81 activities** which resulted in over **118 outcomes**. This included the following types of outcomes:

- 26 Promoting good nutrition and healthy food choices
- 15 Promoting community collaboration
- 15 Linking farmers to consumers
- 23 Enhancing the pride and joy of growing, preparing, and eating food
- 32 Enhancing the capacity for people to create change through education and empowerment; and
- 7 Creating multi-sector partnerships and networks that work toward community food security

SOME OF THE PROJECTS THAT PROMOTED COMMUNITY FOOD SECURITY IN PEI:

Farm to Fork (Abegweit First Nation Early Childhood Centre)

Charlottetown Rural Gardens Project (Charlottetown Rural High School)

Local Food for Better Health in West Prince (O'Leary Community Health Foundation)

Improving Access of Local Food for Lower Income Diabetic Patients (PEI College of Family Physicians)

OVER \$100,000

invested in **18 projects** that promoted community food security in PEI.



INDUSTRY INVOLVEMENT

Some local producers that engaged with projects include:

- Island Hill Farm
- Shepherds Farm
- Schurman Family Farm
- Rollo Bay Holdings
- Wymans Blueberries
- McPhee's Apple Orchard
- Fortune Bridge Farms
- McNally Berries
- Barnyard Organics



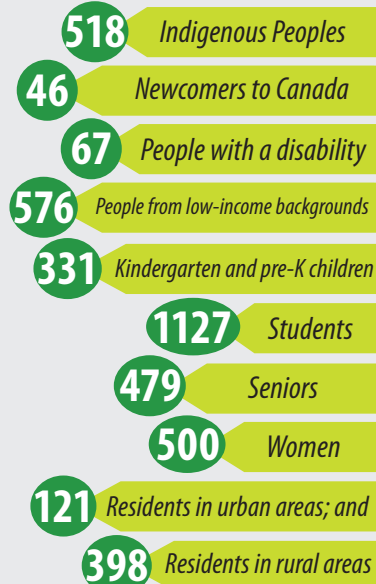
"This whole project has been a huge success. We have developed new partnerships with our local producers, gained an insight into the benefits of buying locally and exposed our children to a wider understanding of what our small town and province has to offer."

Project Coordinator

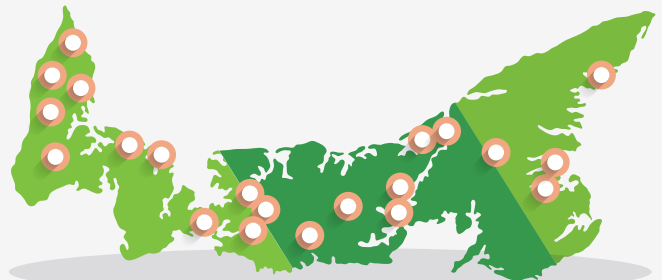
Local Food Impact

Community project coordinators identified over **42 activities** which had a direct impact on access to local food. Some of these activities included:

- *Integration of local food into daily menus (Eastern Kings Early Learning Academy).*
- *Increasing project participants' knowledge of local farming and growing initiatives (The Native Council of PEI).*
- *Increasing awareness of local product options that can be included in institutional menus (O'Leary Community Health Foundation).*
- *Using local food to develop participants' meal preparation skills (West Prince Sports Council).*



OVER 2250 people participated in projects.



The program's geographic impact

19AG43-52222

Canadian Agricultural Partnership Results:

- 19 training and knowledge transfer events
- 2440 participants at knowledge transfer events

PROGRAMMING COMMUNITY FOOD SECURITY

Alignment of Program Theory and Activities

Theoretically, Community Food Security (CFS) has a broad scope. CFS emphasizes comprehensive approaches to promote food security for everyone, and implicitly recognizes the role of the larger food system in ensuring food security. CFS involves long-term planning with a wide range of stakeholders working toward a healthy, just, and sustainable food system.¹ CFS exists when all community residents obtain a safe, personally acceptable, nutritious diet through a sustainable food system that maximizes healthy choices, community self-reliance and equal access for everyone.²

The Dietitians of Canada (2007) references the following elements as some of the characteristics of CFS activities: promoting good nutrition and healthy food choices; building community self-reliance and collaboration; linking farmers to consumers; enhancing the pride of growing and preparing food; building the capacity for people to create change; and creating multi-sectoral partnerships that work towards CFS. The model below further defines these characteristics in terms of specific examples of project-level activities.

COMMUNITY FOOD SECURITY					
Promote Good Nutrition and Healthy Food Choices	Build Community Self-Reliance and Collaboration	Link Farmers to Consumers	Enhance the Pride of Growing and Preparing Food	Build the Capacity for People to Create Change	Create Multi-Sector Partnerships and Networks that Work Toward CFS
ACTIVITIES					
Educational projects that help people learn about food and nutrition ³	Community-supported agriculture ⁶	Farm to cafeteria activities ^{9,10}	Activities that increase cooking skills ¹²	Activities which increase groups' knowledge of the food system ^{14,15}	Food policy councils ¹⁸
Guidelines for institutions to purchase produce from local growers ⁴	Community garden opportunities ⁷	Activities which increase knowledge about food production and preparation ¹¹	Activities that increase gardening skills ¹³	Activities which build infrastructure necessary for CFS ¹⁶	Collaborative CFS decision making processes ¹⁹
Activities which increase knowledge of food purchasing, handling and storage ⁵	Activities which promote social connections ⁸			Activities which provide opportunities for groups to impact public policy ¹⁷	Projects which are delivered through community partnerships ²⁰

References (Note: Included here only for additional information regarding the activities listed in the chart above)

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(Endnotes)

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| 1 Dietitians of Canada. (2007). | 6 Kaiser, M. (2017). | 11 Kaiser, M. (2017). | 15 Martinez, S. (2016). | 18 Koski, C., Siddiki, S., Sadiq, A., et al. (2016). |
| 2 Hamm, M. & Bellows, A. (2003). | 7 Kaiser, M. (2017). | 12 Thomas, H. & Irwin, J. (2011). | 16 Andrée, P., Langille, L., Clement, C., et al. (2016). | 19 Koski, C., et al. (2016). |
| 3 Castellanos, D. (2015). | 8 Kaiser, M. (2017). | 13 Sarti, A., Dijkstra, C., Nury, E., et al. (2017). | 17 Andrée, P., Langille, L., Clement, C., et al. (2016). | 20 McCullum, C., Pelletier, D., Barr, D., et al. (2002). |
| 4 Martinez, S. (2016). | 9 Powell, L. & Wittman, H. (2017). | 14 Andrée, P., Langille, L., Clement, C., et al. (2016). | | |
| 5 Perry, E., Thomas, H., Samra, H., et al. (2017). | 10 Andrée, P., Langille, L., Clement, C., et al. (2016). | | | |

