

COMMUNITY FOOD SECURITY : THEORY AND PRACTICE IN NEWFOUNDLAND AND LABRADOR

BY
Abdul-Rahim Abdulai

MA Candidate-Environmental Policy, Grenfell Campus-MUN



Presentation at;

29th Annual Canadian Rural Revitalization
Foundation Conference; Nelson, British Columbia-
September 21st, 2017.



Outline of Presentation

- Introduction
- Methodology
- Evolution of Food Security Concept
- Community Food Security: Definitions and Overview
- Community Food Security: Newfoundland and Labrador in Perspective
- Conclusion and way forward

Introduction

- Food insecurity is threatening lives in in both developing and developed countries alike.
- This has grown to become an important issue in development discourse, especially in rural areas.
- The search for an appropriate solution to food insecurity continuous, with continuous change in focus and direction, informed by shifts in development.

Methodology

- Study based on secondary data sources-Review of existing works

Level	Engines and Databases	Journals and Sources	Search Terms	Retrieved articles	Articles used
CFS	<p>Search Engines: Google Scholar; Google; MUNOnesearch</p> <p>Databases: ProQuest; desLibris; Web of Science; Scopus; Ebscohost.</p>	<p><i>Journal of Community Health; Journal of Nutrition Education and Behavior; Canadian Journal of Public Health; Journal of the American Dietetic Association; Journal of Agriculture, Food Systems, and Community Development, Web Pages etc.</i></p>	<p>“Community Food Security”; “Community Based Food Security Strategies”; “Community Food Interventions”;</p>	42	35
CFS in NL	<p>Search Engines: Google Scholar; Google; MUNOnesearch</p> <p>Databases: ProQuest; Web Pages; Mun Respository; CURRA;</p>	<p>Web pages; <i>Ecology</i>; CURRA; etc</p>	<p>“Community Food Security in Newfoundland”; “Community Food Security Interventions in Newfoundland”; “Community Food interventions in Newfoundland”</p>	35	29
Selection Criteria: Relevance to study after reading of abstract and introduction					

- Analysis: Use of Nvivo 11 for Windows
- Content and Thematic Analysis

Evolution of Food Security Concept

Food Security is an ever evolving concept, changing in conception, approach and practice, shaped by man's desire to attain optimal comfort in the best possible way.



CFS: what does this mean?

Common Terms

When all members of the community or household have access to adequate and safe food.

Widely Used

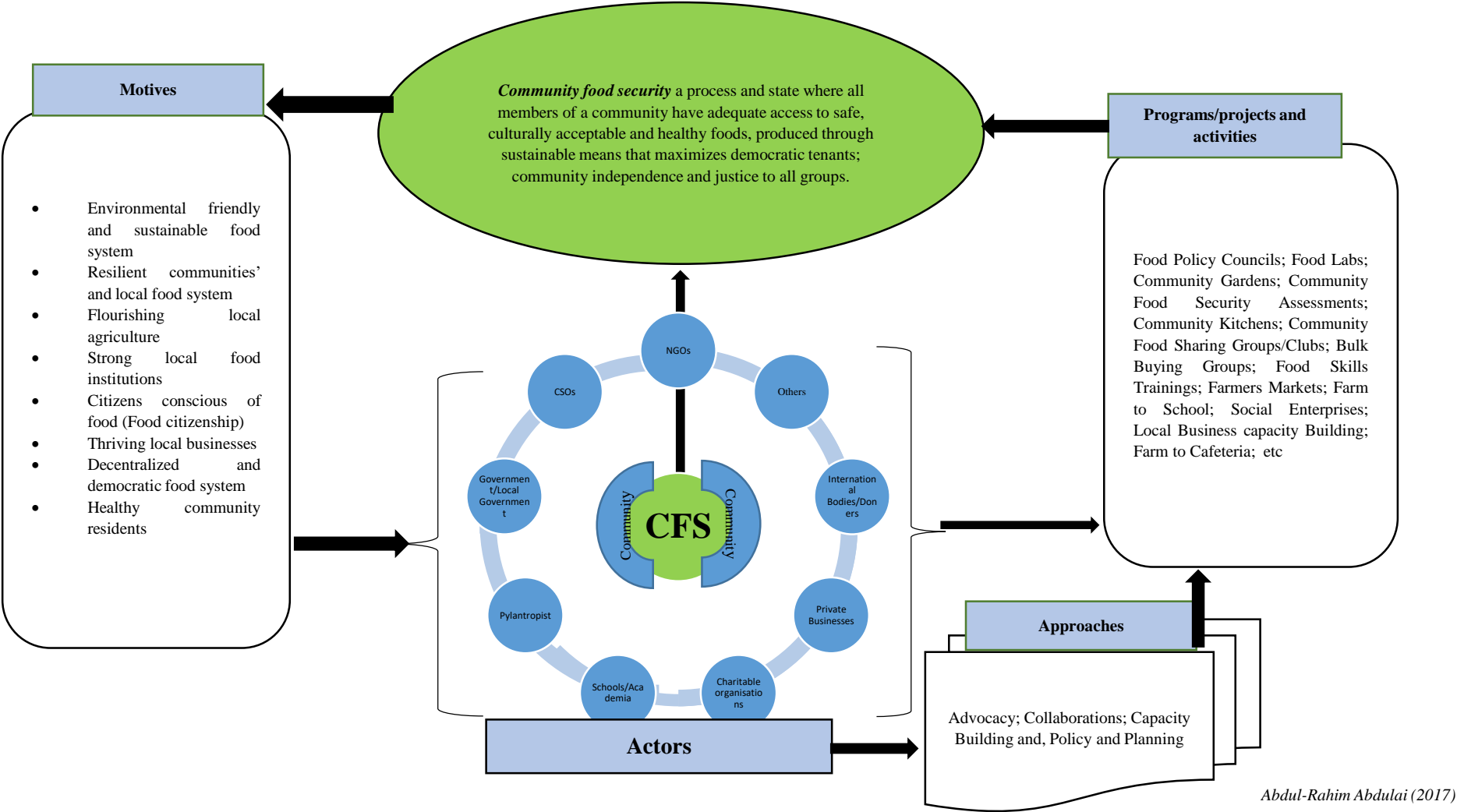
“Community food security (CFS) is defined as a situation in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice”.

Hamm and Bellows (2003: 37)

Way Forward

Community food security a process and state where all members of a community have adequate access to safe, culturally acceptable and healthy foods, produced through sustainable means that maximizes democratic tenants; community independence and justice to all groups.

Community Food Security: Overview



Sources: Community Food Security Coalition (2009: 2010); Hamm and Bellows (2003); Pothukuchi, (2004); McCullum, Desjardins, Kraak, Ladipo, and Stello (2005); McCormack, Laska, Larson, and Story (2010).

Food Security In NL



Depends largely imported fresh vegetables

Percentage of obese adults has grown from 33.9 to 38.9 % in the last in 11 years.

For every 10,000 Newfoundlanders and Labradorians, there are eight corner stores, four gas stations with stores, but only three grocery stores.

Rural communities depend on corner stores

CFS: Newfoundland and Labrador in Perspective



food	security	fish	research	bay	time	farmers	area	rural	region	many	including	family			
				people	access	communi	importa	provinc	2011	bonne	market	2012	availab		
		seafood	seniors												
	local			social	one	new	contact	policy	survey	well	resourc	insecu	system		
		fisheries				fishing	eating	consum	nutritio	small	howeve	among	eat		
		newfoundla		healthy	program					work	groups	first	report	organiz	
	market		labrador			john	income	sustain			agricult	network	fishery	used	public
		canada		support	househo	program	address	year			particip	http	econo	part	project
community			study			may	systems	permiss	develop	garder					
	health	also		may	systems						years	across	com	get	use
			household	www	709	foods	cod	based			farmers	educat	centre	two	often

Actors of CFS in NL

Actor Group	Specific Actors in NL
Communities	Nain; Hopedale; St John's; St Anthony etc
Municipalities	All municipalities where food programs are implemented
Government departments	Department of Health and Community Services and other government departments
NGOs	Food First NL; Western Environment Centre; Community Food Hub; Farm to Cafeteria Canada; Community Garden Alliance etc.
Charity organizations	Kids Eat Smart Foundation Newfoundland and Labrador; Bridges to Hope; Community Food Sharing Association etc.
Civil Society Organizations	Community Food Sharing Association; Community Garden Alliance; International Grenfell Association (IGA); etc.
Schools	St. Bonaventure's College;
Community groups	Labrador Food Hub; Northern Peninsula Family Resource Centre; Conception Bay Family Resource; Burin Peninsula Brighter Futures, etc.
Public health agencies	The six Regional Wellness Coalitions - Avalon-East, Eastern, Central, Western, Northern, and Labrador regions.
Research community	Food Policy Lab at MUN; Enactus Memorial; CURRA etc.
Media	CBC; Voice of Bonbay etc.
Farmer Markets	The St. John's Farmers' Market, the Some Good Market, the Torbay Community Market, the Grand Falls-Windsor Farmers' Market, the Wonderful Fine Market (Corner Brook), and the Community Outdoor Market (Happy Valley—Goose Bay) etc..
Businesses	Corner Stores; Grocery stores-Sobeys, Dominion, Colemans; etc.

CFS Programs; Projects and Activities in in NL

Programs and strategies	Specific Examples in NL
Food Policy Council	St John's Food Policy Council
Community gardens	Eg. Grenfell Campus community garden, Clarenville Age-Friendly Park Community Garden more than 145 community gardens in St john's area and many other rural communities
Community food assessments	CLFAs in Inuit communities, Nunatsiavut, Labrador: Rigolet, Nain; Hopedale etc.
Farmers markets	St John's farmers market; Wonderful fine market; Cormack farmers market and flower shop etc.
Community food sharing	Community Freezer in Nain; The Hopedale Community Freezer Program; Community Food Sharing Association at etc.
Community kitchens	Nain Community Cooking Program; Bridges to Hope community kitchen etc.
Farm to school programs (FSP)	Farm to School Learning Lab; Farm to School Salad Bar ; Little Green Thumbs program etc.
Food policy lab	Food Policy Lab in MUN
Healthy corner stores program	Survey of more than 475 corner stores
Seniors food celebrations	From 2014-2016, about 55 Seniors Food Celebrations were carried out across the province
Bulk Buying Clubs	Burin Peninsula Brighter Futures Program; etc
Capacity building activities (food workshops and trainings)	Educational workshops; Food skills sessions; Community cooking programs; etc
Food sharing cooperatives	13 northern food sharing cooperatives by project SucSeed

Key Features CFS in NL

- Aiming to enhance food security at the local level, CFS in NL focuses on education, using cultural heritage and strong community bonds as levers;
- CFS is collaborative, and this involves diverse stakeholders from different fields working towards a common goal, with limited government involvement;
- Though widespread across the province, CFS interventions are usually small in scale;
- Generally championed by non government organisations

Implications for Rural Development in NL

- May hold a potential for promoting food security and food sovereignty in NL, especially in rural remote areas;
- CFS approaches such as community gardens could facilitate the process of rural resilience and sustainability;
- They can be used as tools for preserving rural heritage, while making communities preserve identities;
- CFS provides some arguments for collaborations among rural communities (regional strategies to solving rural problems)

Conclusion and Way Forward

CFS has potential for rural food security promotion in NL and could lead to food sovereignty in the long run. However, if we want to solve food insecurity through these approaches, there would be the need for more aggressive strategies in that direction, as well as continuous evaluation of existing programs.

- Government support could help facilitate CFS in rural areas;
- Explore regional strategies that could help rural areas in this direction;
- More emphasis on community planning.

Further Research

- How effective have CFS strategies been in promoting rural food security?
- To what extent are these interventions sustainable?
- How do we make CFS strategies work in different context (Contextual factors needed to support CFS)?

THANK YOU

QUESTIONS

Appreciation



Dr, Kelly Vodden
Dr. Roza Tchoukaleyska
Dr. Gabriela Sabau
Dr. Daniel Nadolny
Faculty at Memorial University of
Newfoundland-Grenfell Campus



ENVIRONMENTAL POLICY INSTITUTE

Abdul-Rahim Abdulai

MA Candidate-Environmental Policy

Email: abduhrahima@Grenfell.mun.ca

Selected References

- Food First NL (2015). Everybody Eats: A Discussion Paper on Food Security in Newfoundland & Labrador, Food First NL: St Johns-Canada. Accessed on 14/11/2016 from http://www.nlpha.ca/pdf/11/nl_food_security_summary_2015.pdf
- Food Security Network of Newfoundland & Labrador, (2007). Proceedings of the Food Security Assembly, Healthy Food for All: Working toward Food Security in Newfoundland & Labrador
- Temple, K. and Carter, A. (2012). Fostering Sustainable Food Systems in Newfoundland: A Case Study of the West Coast Farmers' Market. Harris Centre's: Corner Brook-Canada. <https://www.mun.ca/harriscentre/reports/arf/2011/11-ARF-Final-TempleCarter.pdf>
- Lowitt, K. (2013), An Examination of Rural and Coastal Foodscapes: Insights For The Study of Community Food Security and Sustainable Food Systems, A Dissertation Submitted to The School of Graduate Studies, Memorial University of Newfoundland.
Available http://www.curra.ca/documents/PhD_Thesis_Kristen%20Lowitt_Final%20version_Sept%202013.pdf
- Manyara, G., & Jones, E. (2007). Community-based tourism enterprises development in Kenya: An exploration of their potential as avenues of poverty reduction. *Journal of sustainable tourism*, 15(6), 628-644.
- Torjman, S. (1998). *Community-based poverty reduction*. Caledon Institute of Social Policy.

- McCormack, L. A., Laska, M. N., Larson, N. I., and Story, M. (2010). Review of the nutritional implications of farmers' markets and community gardens: a call for evaluation and research efforts. *Journal of the American Dietetic Association*, 110(3): 399-408.
- McCullum, C., Desjardins, E., Kraak, V. I., Ladipo, P. and Stello, H. (2005). "Evidence-based strategies to build community food security". *Journal of the American Dietetic Association* 105 (2): 278–283.
- Pothukuchi, K. (2004). Community food assessment a first step in planning for community food security. *Journal of Planning Education and Research*, 23(4): 356-377.
- Hamm, M. and Bellows, A. (2003). "Community food security and nutrition educators". *Journal of Nutrition Education and Behavior* 35 (1): 37–43.
- Community Food Security Coalition (2009). Whole Measures for Community Food Systems: Values-Based Planning and Evaluation, National Research Center, Inc: Boulder-USA.
- Community Food Security Coalition (2010). Community Food Projects: Indicators of Success, National Research Center, Inc: Boulder-USA.