



# Canadian Association for Food Studies

## Issue 16: Summer 2014 Newsletter

Greetings CAFS members,

I am so pleased to have been elected the new CAFS President! My hope over these next two years is to serve the Canadian Food Studies community in ways that will help all of us to further our work. My background is in community nutrition and I work in a department of Community Health and Epidemiology at the University of Saskatchewan, but my passion is for food and food studies in the broadest sense. What I love about food studies is how it brings people and ideas from very different backgrounds together, as we try to use food as a means to understand and change our world for the better. My goal for the next two years is to try to continue to find better ways to connect food studies people across the country, and to help us all learn from one another. On that note, I am working with a group of food environments researchers and practitioners across Canada to put together a 'Food Environments in Canada' symposium and research workshop in May 2015. I will share more about that in the next newsletter so stayed tuned!

Our conference in late May was a great success in my view. I found it stimulating and, as always, it spurred my interest in new ideas and ways of thinking about food. For those of you who contributed in any way to the meeting's success, I want to thank you! This week we held the very first planning meeting for next year's conference, which will be held at the University of Ottawa in 2015. There is still plenty of room to get involved if that is something you would like to do. Please email us at [assembly@foodstudies.ca](mailto:assembly@foodstudies.ca), or email me personally at [rachel.engler-stringer@usask.ca](mailto:rachel.engler-stringer@usask.ca) if you'd like to contribute!

This newsletter is full of everything from research updates, to event, publication and even course announcements, and I hope it will help all of you to

feel more connected to food studies across the country. I want to extend an invitation to all members to contact me if you have ideas for how CAFS can serve you better, or initiatives that you would like to share. Lastly, I'd like to thank the outgoing board members for all their hard work with CAFS in the past year, and welcome the Board of Directors for the 2014-2015 term!

**Vice President 1:** Hannah Wittman

**Vice President 2:** David Szanto

**Secretary-Treasurer:** Charles Levkoe

**Members at large:** Mary Beckie; Annette Desmarais; Evan Fraser; Priscilla Settee; Jennifer Braun; and Caitlin Colson

A warm thank-you to Steffanie Scott for all of her work as CAFS President in the 2013-2014 term.

Thank you,  
Rachel Engler-Stringer, CAFS President  
University of Saskatchewan





## Call for Submissions and Upcoming Events

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### **Book Submission call-out: Sustainable Agriculture & Nutrition**

The upcoming publication on sustainable agriculture and nutrition is now welcoming submissions. Part of the book addresses the potential for art to explain difficult terms to a wide audience, and art as a critical means to solicit discussion about sustainability, waste of resources, food culture and multiculturalism, consumption paradoxes, etc. These are some of the themes that artists all over the world have used to design their work. The concept that is being developed involves asking food studies experts (i.e. nutritionists, agriculture experts, academics, researchers, etc) to comment on artistic images in 1-2 paragraphs. The objective is:

- a) to publish the comments of various experts by collecting their points of view, and information to 'attach' to the images,
- b) to underline the limits and potentials of artistic works to encourage the public to talk about important ideas and issues tied to food.

If you would like to participate, please contact Dr. Sonia Massari at [sonia.massari@gustolab.com](mailto:sonia.massari@gustolab.com).

### **Call for chapter proposals for upcoming publication: Learning and Food in a Changing World (working title)**

This proposed edited volume will explore the intersection of learning and food both within and beyond the classroom, with the aim of learning our way out of our current unsustainable food system and learning our way into more sustainable alternatives. Taking a broad pedagogical approach to the question of food, it will focus on learning and change in a number of key sites: schools, homes, communities, and social movements. Palgrave Macmillan has indicated strong interest in this book and will be reviewing the full proposal.

Chapter proposals should be 750 to 1000 words. In addition, please include a short bio/CV (two pages maximum). For more information contact Jennifer Sumner at [jennifer.sumner@utoronto.ca](mailto:jennifer.sumner@utoronto.ca).

### **Upcoming event: Food Secure Canada Assembly Open-registration**

Hundreds of food leaders from across Canada will converge on Halifax November 13-16th, 2014, for Food Secure Canada's eighth National Assembly, Waves of Change: Sustainable Food for All. Farmers, fishers, dietitians, policy makers, activists, entrepreneurs, community organizers, students, academics and more will create three jam-packed days of programming, networking opportunities, and learning sessions. This is the first time the FSC Assembly has been held in Atlantic Canada and this edition will feature the top experts from the region as well as across the country with a special focus on fisheries.

From the 130 proposals submitted, the first set of panels and workshops have been announced. More sessions and program details will become available over the summer and a final program of activities will be released in September. Already, the menu is incredibly rich, with a wide variety of sessions on everything from fisheries to the financialization of food.

Amongst others, the assembly will feature:

- World-renown writer, activist and seed campaigner Vandana Shiva
- Award winning author of *Clearing the Plains*, James Daschuk
- Award winning writer and right to water activist Maude Barlow
- Writer, food fixer and trouble-solver, Wayne Roberts
- Author and food policy expert Rod MacRae
- Nova Scotia's Chief Public Health Officer, Dr. Robert Strang
- Fish, Food and Allied Workers Secretary General, Dave Decker
- Author and founder of Community Food Centres Canada, Nick Saul

Visit [www.foodsecurecanada.org](http://www.foodsecurecanada.org) for information on registration and special early bird discounts.



## Pre-conference Stream 1 Report

The CAFS 2014 pre-conference was a full-day pre-conference that was open to all students, post-docs and emerging researchers (including new faculty, sessionals, and community-based researchers). Participants in the 2014 pre-conference engaged in a series of panel presentations and participatory discussion-based workshops facilitated by leading food studies researchers. It took place on Saturday, May 24th from 9:00 AM to 4:00 PM, and brought together approximately 30 participants.

The sessions involved participatory discussion and workshop led by Sarah Archibald (**Sustainable Campuses Project**) and Caitlin Colson (**Meal Exchange**); a panel presentation on the theory and practice of political food studies with Mustafa Koc (**Ryerson University**), Tony Winson (**University of Guelph**) and Kathleen LeBesco (**Marymount Manhattan College**); a panel presentation and a facilitated discussion on grant and scholarship application led by Peter Andree (**Carleton University**) and Rachel Engler-Stringer (**University of Saskatchewan**); and a discussion and visioning session for the new journal, *Canadian Food Studies*, led by Ellen Desjardin.

## Pre-conference Stream 2 Report

As part of the pre-conference at the 2014 CAFS Assembly, Charles Levkoe, Jennifer Brady and Colin Anderson (the book's editors) organized the second gathering of the edited book project titled: *Conversations in Food Studies*. The book is a collaborative writing project that involves almost 50 scholars from the emerging field of food studies. The book is intended to bring diverse authors together to engage in conversations on the most pressing food issues of our time in ways that bridge disciplinary and methodological boundaries. The event brought together about 25 authors to workshop chapters and receive feedback from peer reviewers and senior scholars. Participants also spent time discussing the future of the book project and next steps.

## CAFS Assembly 2014, A Fabulous Exercise in Collaboration: Brock University, May 24 – 27, 2014

This year's assembly truly was an exercise in collaboration undertaken by approximately 160 CAFS delegates, and the countless other agents seen and unseen that made this conference a reality and a success. Dr. Kathleen LeBesco (MaryMount Manhattan University, New York) invited us to collaborate more frequently with members of the food movement that are sometimes left out of our conversations on food systems change, specifically, fat people and fat activists. Her lecture challenged us to work outside of those conventions of the sustainable food movement that sometimes problematize fatness and marginalize fat bodies, and asked us instead to forge ever more inclusive paths forward in our quest for more equitable, egalitarian, and sustainable food systems.

Presenters and audience members in our 30+ concurrent sessions actively collaborated to develop stimulating and productive conversation on a wide range of food studies issues and topics, from "Food Knowledges" and "Publically Accessible Scholarship" to "Global Agrifood Markets" and the "Boundaries and Borders of Food Sovereignty". The Exploration Gallery acted as a multi-day, active collaboration between auteurs and authors, multi-media installations and viewers passing through, stopping and interacting with the pieces in the gallery.

CAFS collaborated with several other associations hosting their annual meetings at Congress to explore and challenge disciplinary borders and boundaries in various strands of food scholarship that are not always associated with food studies. These highly stimulating collaborations explored intersections between food studies and history, studies in cooperation, sociology, women and gender studies, and theatre research. We were lucky enough to be able to collaborate in different ways with some of the most innovative local food businesses and initiatives in the Niagara Region that

made our field trips and banquet come alive including **De La Terre Kitchen**, **Southbrook Vineyards**, the tremendously talented Nicole and Jason Sawatsky of **Yellow Pear Cuisine** (who personally catered our delicious banquet spread), **Spring Creek Milling**, the **Upper Canada Cheese Company**, the **Niagara Farm Workers Interest Group** and **Start Me Up Niagara**.

Finally, the success of this conference could not have been realized without the collaborative efforts of the 2014 Assembly Organizing Committee, with the support of the **Board of Directors**. We are looking forward to another engaging and stimulating conference at our milestone 10th **University of Ottawa!**

For more on the conference or updates on CAFS, visit [www.foodstudies.ca](http://www.foodstudies.ca), or follow us on **twitter** and **Facebook**.

**Award Announcement: Lifetime Achievement Award Recipients: Brewster Kneen and Cathleen Kneen**

Brewster and Cathleen Kneen have had a tremendous impact on food organizing and scholarship in Canada, directly in their significant bodies of work and

indirectly in the way they have inspired so many food activists and scholars. They embody many of the attributes that what make Canada unique: immigrant roots, diversity, caring for community, love of nature and fine beer. They also epitomize one thing that distinguishes them from many; their passion for social justice, a sustainable and just world, and a healthy and safe food system.

Brewster and Cathleen have been an inspiration to many ‘foodies’, both in academic and civil society organizations, with their admirable research contributions. The Ram’s Horn that has passed its 300th issue has been the effort of a two-person publishing house. Since 1980, month after month, Ram’s Horn provided its readers with fine analysis, critical thinking and hard-to-find facts seeking ways to attain a just and sustainable food system. What is so striking about their work is their apt analysis that is grounded in the foundational values that place the well-being of communities (people and place) always at the centre. This perspective is complemented by their deep understanding of food systems at all scales, developed over years of farming, research, public speaking and community organizing across Canada and around the world. Brewster and Cathleen will always have a special place in the history of



*The Canadian Association for Food Studies*  
**2013 - 2014 Award**  
**for Distinguished Lifetime Achievement in Food Studies**

presented to

**Brewster and Cathleen Kneen**

In recognition of many years of outstanding contributions in the field of food studies through research, teaching, community and public service, or public policy.

*presented by Steffanie Scott, President*

the food movement in Canada for their hard work in community organizing, commitment to local democracy, fighting for social justice and commitment to research for public good.

Among many other leadership roles, Brewster was involved in the early days of the Toronto Food Policy Council and Cathleen led the BC Food Systems Network, and later Food Secure Canada. Their determination and dedication have made a difference for us all.

**Award Announcement: The Student Paper Award in Food Studies Recipient: Samuel Walker.**

Sam Walker was awarded the Student Paper Award in Food Studies for his paper titled “Urban Agriculture and the Local Sustainability Fix in Vancouver and Detroit”.

Both Vancouver, British Columbia, and Detroit, Michigan, have significant nascent urban agriculture

movements. In this paper, I investigate how urban agriculture came to be seen as a sustainable solution to the very different problems faced by these two cities. I also ask how the local state has used urban agriculture in narratives of economic development or to selectively pursue an urban sustainability fix. To answer these questions, I first provide a brief history of local and urban agriculture in each city, tracing how the movements developed in cities with different climates, cultures, and economies. Then, I address the more recent roles urban agriculture has played in local governance, highlighting the politically polyvalent character of farming the city. I will argue that in both cities, urban agriculture could be understood as a Polanyian counter-movement to social inequalities under neoliberal governance, but has also recently been enrolled as a device by the local state through which sustainability planning is seen to enhance economic competitiveness.

Sam Walker is a PhD Candidate, Department of Geography and Program in Planning, University of Toronto



*The Canadian Association for Food Studies*  
**2013-2014 Student Paper Award in Food Studies**

presented to

***Samuel Walker***

In recognition of scholarly excellence in the field of food studies

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*presented by Steffanie Scott, President*



# 2014 CAFS Assembly Photo Gallery



BREWSTER AND CATHLEEN  
KNEEN RECEIVING THE AWARD  
FOR LIFETIME ACHIEVEMENT IN  
FOOD STUDIES



CAFS MEMBERS  
ENJOYING DINNER  
AT SOUTHBROOK  
VINEYARDS



BREWSTER KNEEN SPEAKING  
AFTER RECEIVING THE AWARD  
FOR LIFETIME ACHIEVEMENT IN  
FOOD STUDIES



BOOK  
LAUNCH



SAM WALKER RECEIVING THE  
STUDENT PAPER AWARD IN  
FOOD STUDIES



BREWSTER AND CATHLEEN  
KNEEN RECEIVING THE AWARD  
FOR LIFETIME ACHIEVEMENT IN  
FOOD STUDIES



CAFS MEMBERS  
ENJOYING DINNER  
AT SOUTHBROOK  
VINEYARDS



CAFS MEMBERS  
ENJOYING DINNER  
AT SOUTHBROOK  
VINEYARDS





## Recent & Upcoming Publications

### Recent publication

*Cuizine* Volume 5, number 1, May 2014.  
Sustaining Foods and Food Traditions

We are delighted to announce the release of our latest issue, which brings us to a total of 153 articles published in *CuiZine* since its first full issue in January 2009. The launch of **CuiZine 5.1** was celebrated in Bertinoro, Italy, on 22 May 2014 as part of “The First International Conference on Food and Culture in Translation.” This was the first international venue for a *CuiZine* issue launch, something that was long overdue given the very broad and international readership of the journal.

When *CuiZine* was conceptualized in 2008, our primary goal was to provide a venue to showcase excellent scholarship on Canadian foodways and bring that scholarship to a broad reading public. At the heart of each issue are peer-reviewed articles that offer original insights into Canada’s diverse food practices. *CuiZine*’s commitment to open access has made this body of knowledge accessible to a remarkably wide audience. In 2009, the journal’s first full year of production, more than 6,800 readers browsed our articles. By 2013, annual readership reached 12,260, drawing audiences from more than 114 countries, for a journal now indexed through CAB Abstracts and World Health Databases. Do follow our [Twitter](#) feed, which offers timely information about what is going on in the world of food studies in Canada: [@CuiZineCanada](#).

We hope our new issue will pique and sustain your interest, just as historical cookbooks and longstanding

food practices have sustained the interest of our contributors. Enjoy *CuiZine* 5.1, “Sustaining Foods and Food Traditions.”

### Recent Publication

Mosby, Ian (2014). *Food Will Win the War: The Politics, Culture, and Science of Food on Canada’s Home Front*. University of British Columbia Press.

During the Second World War, as Canada struggled to provide its allies with food, public health officials warned that malnutrition could derail the war effort. In response, the state asked citizens to put their diets on a war footing through food rationing, menu substitutions, and household production. Posters asked women and children to “Eat Right, Feel Right” because “Canada Needs You Strong” while cookbooks helped ordinary housewives become “housoldiers.”

*Food Will Win the War* explores both the symbolic and material transformations that food and eating underwent on the home front and the profound social, political, and cultural changes that took place in Canada during the 1940s. Through the development of nutritional policies and official food rules and guides, the state took unprecedented steps into the kitchens of the nation, transforming the way women shopped and cooked, what their families ate, and how people thought about food. Canadians, in turn, rallied around food and nutrition to articulate different visions of citizenship.

By focusing not only on the production, consumption, distribution, and regulation of food but also on its symbolic and cultural meaning, this incisive account



of the formative years of nutrition in Canada links the gendered politics of home life to the wartime policies of the state.

Ian Mosby is currently a postdoctoral fellow in the L.R. Wilson Institute for Canadian History at McMaster University.



## Recent publication

Roberts, Wayne (2014). *Food for City Building: A Field Guide for Planners, Actionists and Entrepreneurs*. Hypenotic Publishing.

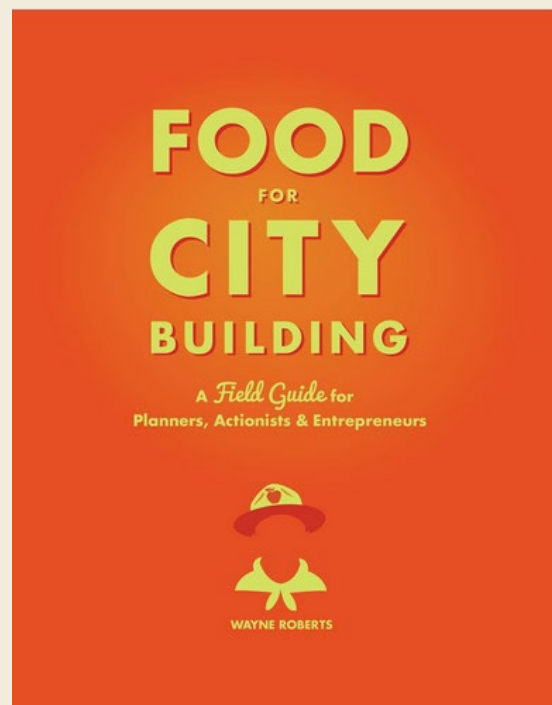
This 370-page book is part memoir of Wayne Robert's experiences as manager of the Toronto Food Policy Council during the decade prior to his retirement in 2010, and part meditation on possible futures for food and cities around the world.

Written with considerable passion and humour, the book is well-suited to students in introductory classes who want a sense of how food policy works on the day-to-day level of a practitioner and advocate. It is also well-suited to teachers who may want to assign readings on particular subjects, such as the role of city planning on urban agriculture. The low price (under \$5.00) also makes it attractive as a book for classroom use.

When Roberts started his job at the Toronto Food Policy Council in 2000, there were three known food policy councils in the world, two of them in relatively small cities in the United States. Now, it's commonly estimated that there are about 275 such councils, several of them in Europe. Roberts was an active participant in this expansion and his book shows familiarity with the issues that brought food and cities to prominence during that period. As a consequence, his book deals with a wide spectrum of issues that intersected with food policy, including food security concerns linked to possible "peak oil" and global warming scenarios, the impending impact of ageing baby boomers, the rise of creative world city economies, and so on.

Several of the chapters deal with likely ways that food will be linked to other issues of an increasingly urban world. Roberts treatment of urban agriculture, for example, proposes that urban agriculture supporters linked their campaigns to overall efforts to expand green and social infrastructure, rather than position themselves in a food silo.

The book will likely be identified as one that thoroughly urbanizes food thinking, rather than seeing cities as consumers of food or city food production as replicating patterns of rural agriculture in the city. The multi-functionality of food changes entirely within the city, he argues. For this reason, he proposes



that cities assert a more pro-active responsibility for food, and wrest powers away from what are now deemed senior levels of government.

Students or teachers interested in the life and skills of people who practice food policy will also enjoy the chapters and segments on personal survival skills needed by food organizers.

The book is available for Kindle readers at [Amazon](#), for Kobo readers at [Indigo](#) or [Barnes and Noble](#), and as a PDF through [Sellfy.com](#).

Those interested in pursuing themes in the book can join a LinkedIn discussion group called [Food for City Building](#). Roberts will speak for free by Skype to classes using the book.

### Recent publication

Weis, Tony (2014). *The Ecological Hoofprint: The global burden of industrial livestock*. Zed Books.

The Ecological Hoofprint examines the industrialization of livestock production on a world scale, which is the driving force behind the phenomenal and uneven increase in global meat consumption, and the momentous but greatly underappreciated implications of this trajectory. The central argument of the book is that industrial livestock production and the ‘meatification’ of diets constitute a large and growing vector of environmental degradation and worsening human inequality, as well as an invisible, routinized aspect of the deep systemic violence of everyday life. These interwoven dynamics are illuminated through ecological hoofprint: a new conceptual framework which helps to understand the nature of the industrial grain-oilseed-livestock complex, in particular how the scale, inequality, resource budgets, and pollution loads of grain and oilseed monocultures are greatly magnified by soaring populations of concentrated and commodified animals.

Ultimately, the Ecological Hoofprint explains why there is an urgent need to challenge the industrialization of livestock production, and why this deserves much greater attention in broader struggles to build a more sustainable, just, and humane world.



### Recent publication

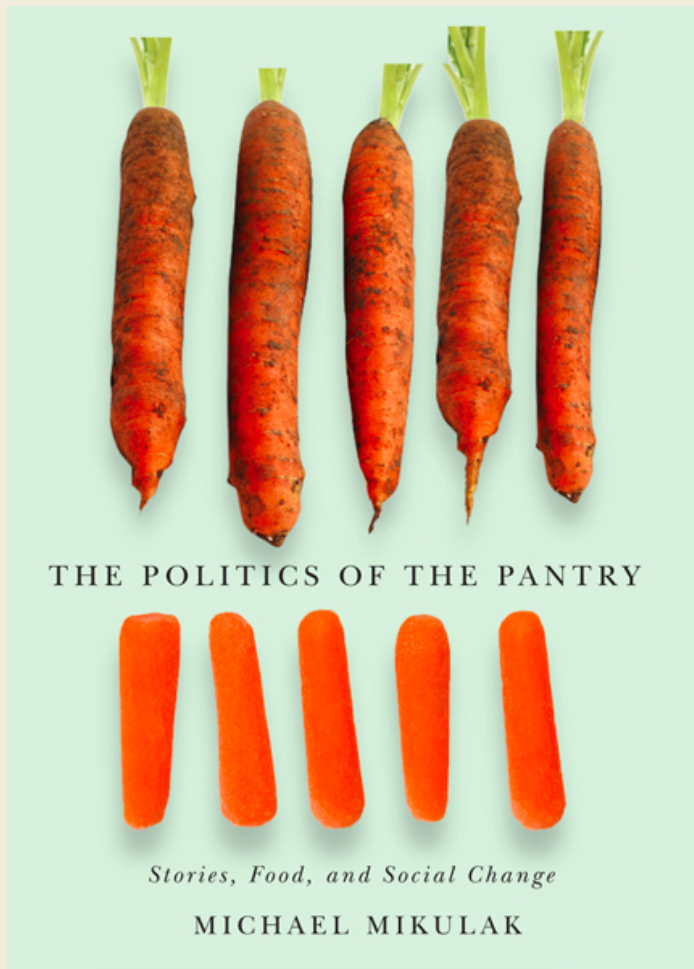
Mikulak, Michael (2014). *The politics of the Pantry*. McGill-Queens University Press.

“What’s for dinner?” has always been a complicated question. The locavore movement has politicized food and challenged us to rethink the answer in new and radical ways.

These days, questions about where our food comes from have moved beyond 100-mile-dieters into the mainstream. Celebrity chefs Jamie Oliver and Alice Waters, alternative food gurus such as Michael Pollan, and numerous other popular and academic commentators have all discussed the importance of understanding the sources and transformation of food on a human scale. In *The Politics of the Pantry*, Michael Mikulak interrogates these narratives - what he calls “storied food” - in food culture. As with any story, however, it is important to ask: who is telling it? Who is the audience? What assumptions are being made? Mikulak examines competing narratives of food, pleasure, sustainability, and value that have emerged from the growing sustainable food movement

as well as food's past and present relationship to environmentalism in order to understand the potential and the limits of food politics. He also considers whether or not sustainable food practices can address questions about health, environmental sustainability, and local economic development, while at the same time articulating an ethical globalization.

An innovative blend of academic analysis, poetic celebration, and autobiography, *The Politics of the Pantry* provides anyone interested in the future of food and the emergence of a green economy with a better understanding of how what we eat is transforming the world.



### Upcoming publication

Anderson, Colin, McLachlan, Stéphane, McDonald, Wayne, & Gardiner, Jo-lene (2014). Navigating the Fault Lines in Civic Food Networks. *Journal of Agriculture, Food Systems and Community Development* 4 (3).

Civic food networks are differentiated from other forms of alternative food networks in that they emphasize cooperation over independence, focus on

participatory democratic governance over hierarchy, and serve both social and economic functions for participants. Yet there is little understanding of the processes of cooperation, particularly among farmers, in civic food networks. In this five-year action we explore the relations among farmers to better understand the potential of civic food networks to contribute to a more resilient and locally controlled food system. Our findings highlight the tensions and power dynamics that arise through the processes of re-embedding farmers in more interdependent relations. Fractures occurred in the group when negotiating the diverse needs and values of participants, which manifested in disputes over the balance of economic and extra-economic organizational pursuits, over the nature of the cooperative distribution model, and over quality standards. Asymmetrical power relations also emerged related to gender and generational differences. In order to realize their full potential, proponents of civic food networks must confront differences in order to embrace the strength that comes from diversity in the process of building more resilient, and civic, food networks.

### Upcoming publication

Bedore, Melanie (2014). Food desertification: Situating choice and class relations within an urban political economy of declining food access. *Studies in Social Justice*, 8(2).

While food deserts create whole sets of tangible consequences for people living within them, the problem has yet to be the subject of much normative, in-depth evaluation as an urban political economy of food access. This paper provides a critical analysis of a specific food desert and its responses, drawing on a case study of the low-income, spatially segregated North End of the small city of Kingston, Ontario, Canada. The main thrust of the paper is that the food desert remains a useful yet underexplored phenomenon through which to reveal the complexities and tensions surrounding the treatment of “choice” in a classed society. Understood as an urban political economy of declining food access, the food desert phenomenon reveals capital's complex role in the promotion or violation of dignity through the urban geographies of acquiring food for oneself, family, or household. Through the data presented here, the article also argues for a collective pause among critical

scholars to radicalize, rather than reject, the role of consumer choice in a more just food system, and for further normative engagement with urban landscapes of retail consolidation.

**Upcoming publication**

Thiessen, Janis (2014). From Faith to Food: Using Oral History to Study Corporate Mythology at Canadian Manufacturing Firms. *Oral History* 42 no. 2: 59-72.

The study of corporate mythology, particularly through oral history, has received increasing attention from business historians. The role of corporate mythology is examined at two Canadian manufacturing companies: Loewen (a wooden window manufacturer in Steinbach, Manitoba) and WT Hawkins (makers of Cheezies, a cheese-flavoured snack made from extruded corn). Oral histories and Roland Barthes' writings on mythology are used to study an advertising campaign at Loewen, while corporate records and oral histories are used to explore Hawkins' corporate mythology. The author concludes that corporate mythology succeeded at Hawkins but failed at Loewen: Hawkins built a following for a single product made using outdated equipment, while Loewen reduced its workforce and was sold to a foreign holding company.

**Upcoming publication**

Edited by: Anderson, Colin., Brushett, Lynda., Renting, Henk. and Gray, Thomas (2014). Special Issue: Working Together to Build Cooperative Food Systems. *Journal of Agriculture, Food Systems and Community Development* 4 (3).

A recent emphasis on cooperation and innovative forms of collective action within the food movement invokes a community-centered approach to food provisioning where collective problem solving and democracy take center place in the development agenda. Cooperative alternative food networks are becoming powerful tools for community development and important vehicles for cultivating democratically controlled food systems at multiple scales. The articles in this special issue provide an important contribution to our understanding of the function, the challenges and the potential of cooperativism and collective action in enabling more just and resilient food systems. Visit [JAFSCD](#) for the full article.

**Journal of Agriculture, Food Systems, and Community Development**  
 Volume 4, Issue 3  
 Spring 2014

Special Topic:  
**Cooperatives and Alternative Food Systems Initiatives**

**Resources**

- INITIATIVE (orange hexagon)
- PUBLIC (pink circle)
- PRIVATE (green circle)
- INTERNET (purple circle)
- CITIZEN (yellow circle)
- FUTURE (dashed circle)
- Inputs (grey arrow)
- Activities (grey diamond)
- Assets (grey square)

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### **Project SOIL: Building Healthy SOIL**

By Dr. Phil Mount

With four grad student participant researchers on four pilot food-production projects, another student on a GIS project mapping available institutional land in the province, and a PhD student discussing feasibility with administrators at health care and educational institutions across Ontario, it is a busy summer for Project SOIL.

Shared Opportunities on Institutional Lands (SOIL) is a feasibility study of on-site institutional food production in Ontario. Funded by the Ontario Ministry of Agriculture, Food and Rural Affairs, the project is looking at the viability of growing food on-site, at (mostly) public institutions, through collaborative arrangements with local food producers. In Waterloo Region, there has been a flurry of media coverage of one of our pilot sites, **KW Habilitation**

(KWH). KWH has both an urban and rural presence. The former – a therapeutic micro-garden – was created in partnership with **Young City Growers**, who also run a CSA from their community garden on campus at Wilfrid Laurier University. The rural property has been developed through a partnership between KWH and community volunteers, called “**Our Farm**”. KWH provides services for adults and children living with developmental disabilities, and plans to process and use the food from the growing project at 23 residential facilities across the region.

For information about our other pilots, our case studies, our feasibility assessments, and our GIS project – or to inquire about the potential for collaborative or comparative work – please check out our project website at <http://projectsoil.ca> or contact Phil Mount at [phil.mount.foodsystemsresearch@gmail.com](mailto:phil.mount.foodsystemsresearch@gmail.com).



## **Campus Food Systems Project: A Resource for Professors or Students**

By Sarah Archibald

The Applied Student Research Project gives examples and suggestions of how to utilize research courses to change the operational side of your campus food system. Academic courses are fertile ground for engaging students, researching important subjects and finding innovative solutions to food systems challenges. Over the past three years, the Campus Food Systems Project has helped to support over 60 courses integrate Applied Student Research and experiential learning opportunities across the country. Through these courses, students have created healthy, local food menus, planned engagement events and integrated more sustainable land and sea products into their campus purchasing requirements. The online **Applied Student Research Toolkit** developed by the Campus Food Systems Project will help both students and faculty bring together the academic and operational sides of a campus together.

## **Research Update: The Antinomies of Non-Wage Labour in Ontario's Agricultural Sector and the Alternative Food Movement**

By Charles Levkoe

Charles Z Levkoe (Wilfrid Laurier University) and Michael Ekers (University of Toronto) are undertaking a new SSHRC funded research project that explores the phenomenon of non-waged (and non-family) labour in the form of internships, volunteers and apprenticeships on small-scale family farms in Ontario. We will trace the historical debates surrounding non-waged farm work and put them in the context of the current realities of small-scale growers, while speaking directly to farmers and labourers about their experiences. Our main objective with this research is to understand whether non-wage labour on agroecological farms is part of a transformative food movement, and/or is a reflection of a broader trend towards increasingly casual and precarious forms of employment. For more information please contact [c.levkoe@wlu.ca](mailto:c.levkoe@wlu.ca).

## **Research update**

By Janis Thiesen

Janis Thiessen (History, University of Winnipeg)

is researching and writing a SSHRC-funded social history of Canadian snack foods, including their manufacturing, advertising, and consumption. Have you ever worked at Old Dutch Foods, WT Hawkins (cheezies), Scott-Bathgate (Nutty Club), or some other Canadian snack food manufacturer? Are you a member of a Canadian producer or consumer snack food association? Are you a food blogger who writes about Canadian snack foods? Or did you participate in Canadian game shows affiliated with snack food manufacturing (e.g., Old Dutch Kids Bids)? If so, and if you're interested in participating in an oral history interview about your experiences, please email [ja.thiessen@uwinnipeg.ca](mailto:ja.thiessen@uwinnipeg.ca).

## **Research update: Think & Eat Green**

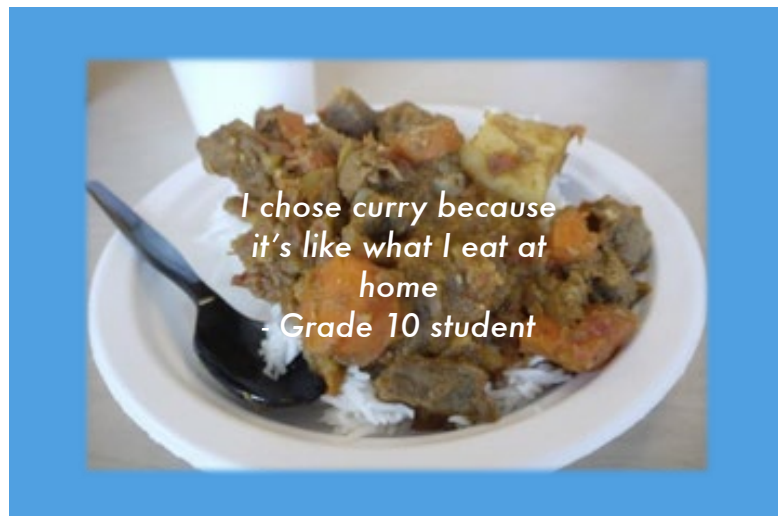
By Grace McRae-Okine

Think & Eat Green @ School (TEGS) is a Community-University Research Alliance funded by a Strategic Grant on the Environment from SSHRC to promote healthy and sustainable eating, by changing how students think and interact with the whole food system. Led by Dr. Alejandro Rojas, the project is just past the halfway mark (2010-2015). TEGS continues to connect students, educators, community partners organizations and policy-makers to better influence where their food comes from and how it is produced.

Last summer we held our third annual Summer Institute, with a focus on finding collaborative solutions to increase the knowledge and understanding of the connections between food, health and the environment across the food system in schools. The three day event provided a combination of plenaries, streamed workshops and hands-on experiential activities focusing on food gardens and orchards; food procurement, preparation and consumption; curriculum and pedagogical innovations; and school food policies; and composting and waste management. Last Summer Institute we counted with the active participation of Metro Vancouver and through them we could strengthen the youth component, and youth leaders representatives, we also had participants from Richmond, Burnaby, Coquitlam, North Vancouver and Surrey. Although very painful, we decided to cancel the 2014 Summer Institute as an expression of our full respect and understanding of the seriousness and complexity of the situation affecting the entire British Columbia school community at this time.

# Think & Eat Green @ School

FOCUS  
ON  
FOOD  
STUDY  
RESULTS



## What did we want to learn?

- How do secondary school students decide what to eat?
- What are students' opinions about topics like fast food, dieting, sustainable eating, and healthy eating?

Many students asked critical-thinking questions like, "Why exactly is organic better for the environment?"

They also noticed that "fast food is everywhere!" and that this is a challenge for healthy eating. They shared some smart tips like: keep a refillable water bottle and a healthy snack nearby - just in case.

## What did we do?

- We hosted small focus groups with sixty grade 10 students (80% girls) from four secondary schools to talk about food topics that matter to them.

## What did we find?

Many students said they would like to eat more veggies, fruits, and "real" foods in order to be healthy and feel good. They brought up topics like Genetically Modified Organisms, pesticides, animal welfare, food advertising, organic, and local food. They said that foods labeled 'organic' or 'natural' seem like good choices, but they were not always sure what these terms mean.



Think & Eat Green @ School is a

Community-University  
Research Alliance with  
the goal to support  
healthy and sustainable  
school food systems.



## Think & Eat Green @ School

works with elementary and secondary schools in the Vancouver School Board to support learning innovations and research in growing, preparing, sharing and composting food.

This is a report of what we found from a research project called **Focus on Food**

Stipend support to Stephanie Shulhan funded by the Heart and Stroke Foundation of Canada and the CIHR Training Grant in Population Intervention for Chronic Disease Prevention: A Pan-Canadian Program (Grant #53893)

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## Aboriginal Food Security in Northern Canada: An Assessment of the State of Knowledge

*A new in-depth report from the Council of Canadian Academies*

The Think & Eat Green@School Annual Report for 2012-2013 was recently published, with highlights including the continued integration of research activities using a variety of research tools such as interviews with key players in the Vancouver school food system, the School Food Environment Assessment Tool, the Individual Eating Assessment Tool, and the formation of a collaborative inquiry group. Our research has yielded interesting preliminary results, for example the one-sheets disseminated by the Focus on Food team who set out to learn about how secondary school students decide what to eat, and their opinions on topics ranging from dieting to fast food to healthy and sustainable eating, as well as from the Food Practices on School Days study. That study saw over 900 students at 26 Vancouver schools complete a survey reporting what they regularly ate and drank on school days.

We were thrilled to welcome 33 Vancouver schools who have become small grant recipient schools and that have been carrying out projects at the schools to improve their food the students eat as well as the greening of their school. The full set of posters outlining the challenges and highlights that these TEGS teams faced during the implementation of their projects have been shared with the public via [www.thinkeatgreen.ca](http://www.thinkeatgreen.ca) & to our Flickr account. We

continue to wish the best outcomes to all Vancouver schools in their efforts to improve all aspects of the food system at their schools!

### **Food Security in Northern Canada: An Assessment on the State of Knowledge**

By Laura Bennett

An expert panel report on food security in northern Canada has found that food insecurity among northern Aboriginal peoples requires urgent attention in order to mitigate impacts on health and well-being. *Aboriginal Food Security in Northern Canada: An Assessment of the State of Knowledge*, released this spring by the Council of Canadian Academies, addresses the diversity of experience that northern First Nations, Inuit, and Métis households and communities have with food insecurity. The evidence-based report provides data on the various rates of food insecurity, explores how different factors affect food security, and describes the health and social effects of rapid social, environmental, and economic transitions including the nutrition transition. The panel's report provides insights that can assist in building effective solutions for both the short and long-term. The report, a video, and related products are freely available at [www.scienceadvice.ca](http://www.scienceadvice.ca).



## **Laurier Centre for Sustainable Food Systems Celebrates First Anniversary with International Gathering**

By Erin Nelson

There was a little bit of magic in the air during the last week of June, as Wilfrid Laurier's Centre for Sustainable Food Systems hosted more than 40 scholars and practitioners from across Canada and around the world for a 3 day workshop. Coinciding with the Centre's one year anniversary, the event focused on linking theory, practice and policy to build sustainable regional food systems. Participants (including many CAFS members) visited YU Ranch and other local sustainable food projects, shared meals together, and exchanged ideas about innovative projects that bridge research and practice. They also networked with more than 40 members of the public including community partners and government representatives – who joined the group for a day. As things wrapped up, everyone agreed the experience had left them inspired about future opportunities to work together – and with the extended networks represented by those in attendance – to develop healthier, more resilient, more equitable food systems both locally and globally.

## **New Faculty Appointment**

Melanie Bedore (Ph.D. 2010, Queen's University) has accepted a faculty tutor (professor) position at Quest University Canada, effective August 1, 2014. Melanie is thrilled to begin this position in Quest's Social Sciences Division, where she will teach courses in political economy, geography and – of course! – food studies. Her first food studies course will run in December 2014, titled The Food System and Its Discontents. She will also mentor students and continue her research programme. She looks forward to building new networks on the west coast and invites all CAFS members to stop by if they are in the Squamish area.



80 SCHOLARS AND PRACTITIONERS FROM CANADA AND AROUND THE WORLD GATHER AT WATERLOO'S BALSILLIE SCHOOL OF INTERNATIONAL AFFAIRS TO SHARE INSIGHTS ABOUT BUILDING SUSTAINABLE REGIONAL FOOD SYSTEMS

## **New course announcement**

By Janis Thiessen

The University of Winnipeg's Department of History will be offering a new third year course in the History of Food (HIST-3007) in 2014-2015. Topics include: domestication of plants and animals; the spice trade; the Columbian exchange; transportation; sugar and plantation slavery; cooking; dining; food processing; food advertising; "ethnic" food; migrant agricultural labour; coffee; alcohol; snack food; scarcity; abundance. Students will present their original research (with an oral history component) at the third annual Canadian Food History Symposium in Winnipeg.

## Introducing the Tri-Cities Gleaners Guild!

By Jennifer Marshman

A new food rescue and community-networking group has taken roots in Waterloo Region. Urban gleaning can be defined as the collection and distribution of fruits and vegetables from public land and backyard gardens. This food often goes to waste when it falls to the ground or rots in place. Gleaning activities have inspired groups across North America to create a network of volunteer harvesters, and now the Tri-Cities Gleaners Guild can be included in this network!

“The Tri-Cities Gleaners Guild is not only based in food rescuing, but also in community sharing and partnerships” says Jennifer Marshman, co-founder of the Gleaners Guild. As with other gleaning projects across North America, after food is harvested, 1/3 goes to the property owners, 1/3 goes to the volunteer harvesters, and 1/3 gets donated to local organizations. “We are looking for the best way to fit local food in with local food needs,” adds Doug Jones, the other co-founder of the Gleaners Guild.

The inaugural harvest was a successful one, with five pounds of Mulberries going to a local organization for distribution to families needing access to fresh foods. More recently, 40 pounds of garlic scapes were donated by a local farmer. There are also plans to work with local organizations to provide workshops for the harvested foods such as juicing, canning, and more. The enthusiastic response from the community has

been tremendous, and the biggest need right now is for people to ‘donate’ their backyard trees and foods for harvest! It is a great opportunity to get involved with an exciting and important initiative right from the start. Anyone with fruit trees or food bearing plants in Kitchener, Waterloo and Cambridge can contact Jennifer or Doug at [GleanersGuild@gmail.com](mailto:GleanersGuild@gmail.com). Follow the **Tri-Cities Gleaners Guild** on Facebook!



## Closing Remarks

### CAFS/ACÉA Newsletter Team

Thanks to everyone that made contributions to the Summer 2014 edition. The CAFS/ACÉA newsletter is published three times annually. We look forward to more great content from the food studies community for the Fall 2014 issue.

Please send any comments, questions, concerns or future submissions to [newsletter@foodstudies.ca](mailto:newsletter@foodstudies.ca). Please also join the **CAFS Facebook page** or follow CAFS on **twitter!**

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