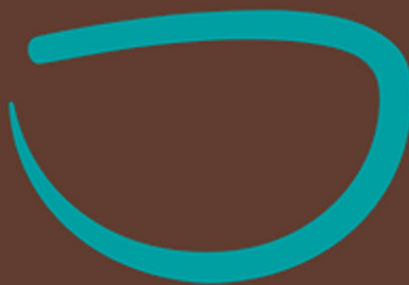


L'Association
canadienne des études
sur l'alimentation



Canadian
Association for
Food Studies

INFOLETTRE | VOL. 24 | AUTOMNE 2017

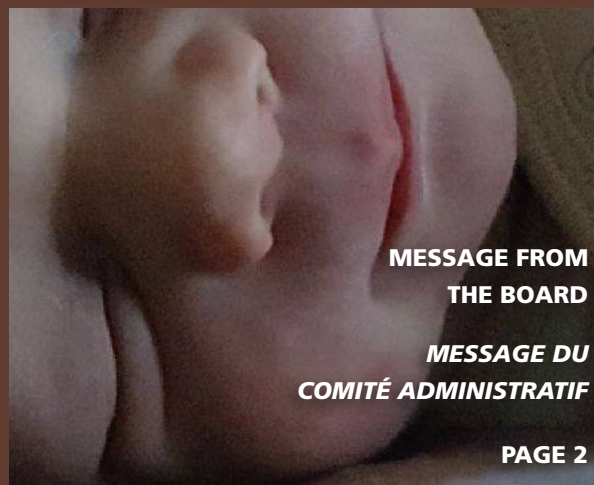
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Greetings CAFS Community,

Where does the time go? As busy as we all are, it is important to share our stories and successes, and we are pleased to have so many submissions to share with you in this issue. One story I can share is the birth of our current president Rebecca Schiff's daughter,



Acacia (photo: proud mama)

Acacia Lee Kitson, born August 7. Rebecca is on parental leave until the end of May, but keeping up with CAFS board business just the same. As vice presidents, Irena Knezevic and I have been tending the flock, so to speak, working with a stellar board and conference committee. We can all celebrate young Acacia when we meet again for our next conference.

As conference co-chairs, Andrea Noriega and I are planning for a diverse conference experience. Held



Andrea Noriega

in Regina in 2018, the conference will allow us to enjoy the Prairie hospitality and wide-open spaces. Our very own André Magnan is the Academic Convenor for Congress 2018. Congress and the University of Regina are working hard to make it a smooth, entertaining and educational experience. There will be an all-women

line-up for the Big Thinking Lectures, to highlight women's leadership. Additionally, there is a focus on responding to the Truth and Reconciliation Calls to Action. Indigenization is a big part of the academic activity in Saskatchewan, and we anticipate a focus on Indigenous food sovereignty as part of the gathering this year.

The CAFS board has been focusing on financial stability for the association and to better support the CAFS journal, *Canadian Food Studies / La Revue canadienne des études sur l'alimentation*. The journal has instituted modest open-access fees to ensure we can adequately compensate editors and continue to provide a high-quality product. We are also piloting a sponsorship policy (focusing on government agencies and academic presses) and have had interesting conversations about the role of business or corporations in funding CAFS activities. I would like to hear your opinion on sponsorship, if you think we have shared values that can align with business interests, or if it is too much of a quagmire where we could become lost in a sea of commercialization.

The board and conference planning are fantastic opportunities to engage, and I look forward to seeing each of you put your name and ideas forward in the future. Our strength is in our community. We look forward to sharing in person again from May 27 to 29, 2018, with a preconference and tour day on May 26.

Until then,

Wanda Martin
CAFS VP



Wanda Martin



A Food Policy for Canada and CAFS

[Irena Knezevic](#), Carleton University

The House of Commons' [Standing Committee on Agriculture and Agri-Food](#) invited CAFS to testify at the hearings related to the effort to develop *A Food Policy for Canada*. The Board had to prepare a statement quickly, but we did so keeping in mind the broad interests and varied positions of our membership. Whereas most organizations testifying before the Committee had very specific contributions, we opted to offer some general, process-related recommendations. They were: (1) to include social and environmental innovations equally with technological innovation; (2) to engage policies that can adapt to place and to small-scale enterprise; and (3) to ensure that we consider the needs of people and communities with vulnerabilities over the desire to grow our exports.

The statement was delivered before the Committee on October 3, 2017. Vice President Irena Knezevic represented CAFS and answered committee questions related to scale-appropriate innovation, food technologies, and carbon sequestration. For a copy of our complete statement, please [email her](#). For the complete list of hearing meetings, briefs, and recordings, please visit the [Committee's Food Policy for Canada page](#). Several CAFS members also participated in the hearing, representing other organizations or research initiatives, and a good number of CAFS members also attended the Ottawa Food Summit in June, which was the early consultation process for *A Food Policy for Canada*.



Manon Boulianne (photo : Josyane Proteau)

VERS UNE ALIMENTATION TERRITORIALISÉE ET DURABLE

UNE RECHERCHE PARTICIPATIVE POUR
COMPRENDRE LE SYSTÈME ALIMENTAIRE
DE QUÉBEC



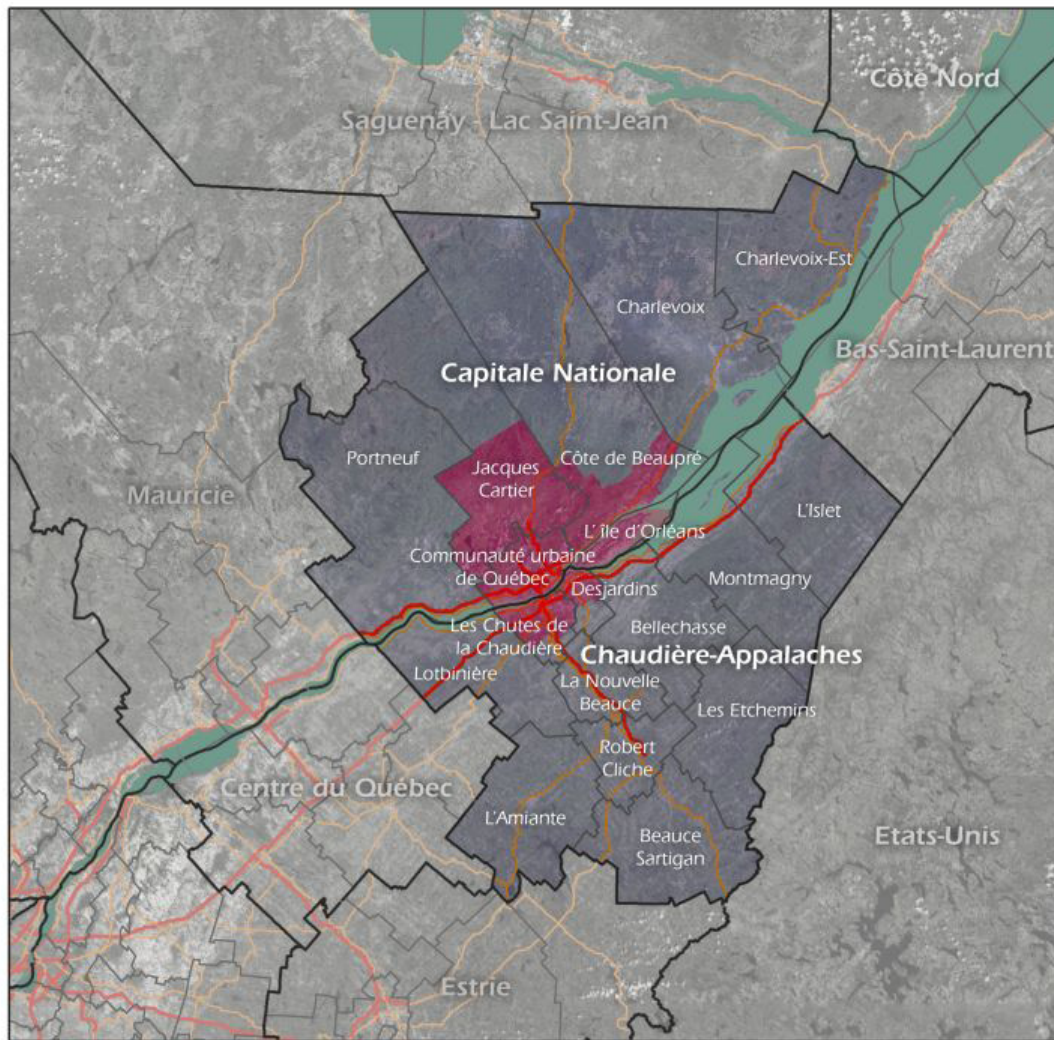
Le projet REPSAQ (2016–19)

[Pauline Bissardon](#) et [Manon Boulianne](#), Université Laval

Vers une alimentation territorialisée et durable : une recherche participative pour comprendre le système alimentaire de Québec (REPSAQ) est un projet de partenariat intersectoriel et interdisciplinaire qui vise à favoriser la transition vers un système alimentaire territorialisé et durable pour la grande région de Québec.

Né d'un constat collectif sur la nécessité d'une démarche concertée afin d'appréhender le système alimentaire régional, le projet REPSAQ allie recherche et mobilisation des connaissances. Son objectif premier consiste en la réalisation d'activités de recherche participative devant aboutir à un portrait et une caractérisation des acteurs, activités et dispositifs en place. Parallèlement, le projet vise à contribuer au développement d'une gouvernance alimentaire territoriale, en contribuant à la réflexion et aux actions des parties prenantes du système alimentaire local.

Coordonné par la professeure Manon Boulianne, le projet REPSAQ a officiellement démarré en mai 2016, avec le soutien financier du Conseil de recherche en sciences humaines du Canada (CRSH, Subvention de développement de partenariat) et de l'Université Laval. Il rassemble des chercheurs et des étudiants en agroéconomie, en aménagement du territoire, en anthropologie, en nutrition et en droit. Le projet s'inscrivant dans une démarche participative, quatorze organisations parties prenantes du système alimentaire régional collaborent également au processus de recherche ; cinq d'entre elles font partie du comité d'orientation du projet.



Territoire à l'étude :

Bassin de consommation :
Communauté métropolitaine de Québec (CMQ)

Bassin de production :
Régions de Capitale Nationale et Chaudière-Appalaches (Incluant la CMQ)

Légende :

□ Régions administratives

□ Municipalités régionales de comtés (MRC)

— Réseau routier principal

— Hydrographie



La recherche se décline actuellement en sept volets :

- le potentiel agronomique du territoire et le rapport entre ce qui est produit et consommé localement ;
- l'étude juridique des cadres réglementaires de l'agriculture urbaine ;
- l'organisation des secteurs de la transformation et de la distribution ;
- les routes empruntées par les aliments, des lieux d'acquisition à la ferme ;
- les habitudes d'achat des ménages et les freins à l'approvisionnement de proximité ;
- la production sociale des déchets alimentaires au sein des ménages ;
- l'analyse des enjeux juridiques liés au gaspillage alimentaire.

Le 4 octobre 2017 s'est tenu le premier *Rendez-vous des partenaires* du projet REPSAQ. Ce Rendez-vous avait pour objectifs de faire le point sur les avancées des travaux de recherche entrepris depuis le printemps 2016, de donner

l'occasion aux partenaires et parties prenantes intéressées d'y réagir et de contribuer à la concertation locale en lien avec les enjeux du système alimentaire régional.

[Le site web du projet](#) a été rendu public lors de ce Rendez-vous. Il a vocation à devenir un espace d'échange autour du projet, ainsi qu'un outil de mobilisation des connaissances et de diffusion des résultats de la recherche. Les présentations des différents volets, effectuées par l'équipe de recherche lors du Rendez-vous, sont disponibles sur le site du [Système alimentaire de Québec](#).



au *Rendez-vous des partenaires* (photo : Josyane Proteau)

Taking the Pulse of Canada's Industrial Food System

Jodi Koberinski, University of Waterloo

After twenty years in the social and ecological justice movement in Canada, I have undertaken a research project at the University of Waterloo under the guidance of Dr. Steffanie Scott. I am delighted to have this time to deepen my research and writing skills to critically evaluate the underlying drivers shaping our food systems. Industrial food systems produce cheap calories, reinforcing a homogeneous food science/productivist view of food and agriculture. This view obscures the role of industrial systems in creating multiple socio-ecological pressures, including climate change, nutritional deficiencies, and water insecurity. Scholars are challenging that homogeneity, offering a food systems/multifunctional view that reveals the ecological and human rights costs of cheap food. (Weis 2007; Winson 2013). Shifting diets away from meat towards protein-rich pulses—lentils, beans, favas, chickpeas, dried peas—reduces some socio-ecological pressures, such as nitrogen use and water consumption (FAO 2016). Critics argue slotting pulses into unsustainable industrial systems simply trades one set of socio-ecological issues for another (Shiva 2016). For example, pulse proteins require less water to produce than meat proteins. However, industrial pulse producers rely on pre-harvest use of glyphosate, recently declared a probable carcinogen (WHO 2015). Socio-ecological costs of industrial food are well documented (Clapp 2016; Ericksen 2008). Yet this evidence has not resulted in adoption of agroecology. Critics identify several political and economic 'lock ins' perpetuating industrial food systems (Frison 2016; Rotz 2017). I ask how these lock-ins favour industrialization within Canada's food system using pulses as a case study. Applying Causal Layered Analysis (Inayatullah 1998), I unpack conventional narratives about 'choice', 'efficiency' and 'safety' derived from a food science/productivist view. My research to date suggests these narratives are derived in part from valuing one food dimension (food as commodity) at the expense of other

food dimensions: food as a renewable resource; essential for life; a human right; a cultural determinant; and a public good (Vivero Pol 2017). In the final product, I will discuss the role of four hidden drivers—consolidation, incentivization, nutritionism, and financialization—in perpetuating lock-ins. In light of these, I will explore possible transition pathways towards diverse agroecological systems to achieve ecological and social justice. This project contributes to the understanding of the role key inter-related socio-political obstacles play in slowing transition. The project involves, in addition to writing the thesis, formatting and writing the results of the research in an accessible book format aimed at an educated but diverse audience interested in the process, politics, and possibilities of transitioning towards sustaining, regenerative economies.

Building University-Community Partnerships for Sustainable Food Systems in China

Steffanie Scott, University of Waterloo

Waterloo researchers and students co-hosted a workshop with Chinese agroecology practitioners and academics in Beijing to strategize sustainable transformations for China's food system.

In mid-August 2017, my research team and I co-organized a two-day workshop with forty-five Chinese researchers, students, farmers, community partners, and NGO leaders in Beijing. This dialogue highlighted drivers of and barriers to the transition from uniform industrial food systems to diversified agroecological ones. Participants shared their perspectives on ecological agriculture, underscoring its diversity in China and its contributions to equity and the environment.

Mr. Zhou Zejiang, president of the Asia division of the International Federation of Organic Agriculture Movements (IFOAM), spoke about Organic Agriculture 3.0: "Organic agriculture is commonly known by what we exclude. But IFOAM defines it as what conserves soil and health,



and respects natural laws and biodiversity. Let's focus less on the external inputs and more on what organic means, especially the four principles of health, justice, ecology and care."

Balsillie School postdoctoral fellow Zhenzhong Si and I adapted for a Chinese context the framework from a [2016 report of the International Panel of Experts on Sustainable Food Systems](#) (IPES), and identified eight key obstacles, or 'lock-in factors', that impede a sustainable transition in China's food system. These include, among others, an overemphasis on modernization and productivity, and discrimination of the peasantry.

Dr. Song Yiqing from China's Centre for China Agricultural Policy differentiated industrialized, industrializing, and pre-industrialization agricultural zones in China, and called for policy approaches to be catered for each region. Dr. Wang Songliang from Fujian Agriculture and Forestry University spoke of how to incorporate ecological values into economic analyses. These suggestions demonstrate the value of balancing social justice, ecological integrity, economic assessment, and regional differences. Keynote speaker Hannah Wittman from the University of British Columbia provided examples of farm to school programs in Brazil and British Columbia.

Farmers and social organization representatives at the workshop shed light on transformations on the ground in China. Two farmers spoke of their difficulties in introducing ecological farming to rural communities where chemical farming has become the norm. After completing university studies in the city, they returned to their villages to start farming. In a moving testimony, one farmer explained how, rather than perceiving farming as hard work, he saw it a process that made him peaceful and confident. Yet, even though they have learned to farm ecologically, they found it hard to justify their practices to fellow farmers and family members. Organizers from two new farmer training centres observed that although technical training for ecological agriculture is gaining momentum, we need inclusive networks to develop solidarity among ecological farmers. To overcome the destructive effects of rapid urbanization on villages, a [Devotion to Homeland centre](#) has been created that aims to rekindle rural culture.

The partnership between participants has continued

to grow since the culmination of the workshop. Participants are keen to seek opportunities to bridge people-centred thinking with technical expertise to scale up and scale out sustainable food practices in China. To facilitate this, I am working with several [partner organizations](#) in China to prepare a SSHRC Partnership Development Grant application.



at the Little Willow Farm, outside Beijing (photo: Zhenzhong Si)

Distributed Organizing for Food System Transformation: Looking for Canada's 'Cyber-activists'

[Theresa Schumilas](#), Laurier Centre for Sustainable Food Systems

I am developing a conceptual map of how new digital technologies are having an impact on social change and food system transformation. I am interested in how emerging technologies are changing the dynamics of 'protest' and evolving new repertoires of contention that are not characterized by "co-presence" (physical togetherness) (cf. Earl & Kimport 2011). To help me get a better understanding of this space, I plan to follow a group of Canadian individuals (or small networks) we might call food system 'cyber-activists'. These are people who are engaged in diverse e-tactics (i.e., boycotts, petitions, letter-writing campaigns) through blogs, Twitter, Facebook, websites, and so on. In a preliminary way, I have been thinking about these individuals as

organizers without organizations, whose contention is enabled by digital spaces. These individuals (or networks) may or may not be aligned with a formal social movement organization. Indeed, they may not even think of themselves as activists.

At this point I am collecting names of websites, blogs, Facebook pages, and Twitter handles of individuals or small groups in Canada that are engaged in online, politically inflected protest toward food system transformation. Their actions could be directed toward government(s), other institutions, or private actors. I am starting with a broad lens on the issues, so these could include anything pertaining broadly to food sovereignty, for example: unpasteurized milk; promotion of small or family farmers; anti-GMO; anti-pesticides; 'big food'; global food trade; animal rights; hunger.

Please [email me](#) with suggestions and any other thoughts or comments.

Ryerson and Vietnamese Researchers Head South for the Summer to Learn about Food Security Models in Brazil

[Melody Mendonca](#), Ryerson University Centre for Studies in Food Security

During the summer of 2017, researchers from Ryerson's School of Nutrition headed south to facilitate a knowledge exchange between the National Institute of Nutrition (NIN) in Vietnam and key food security actors in Belo Horizonte, Brazil. The delegation learned about urban agriculture, the role of government in implementing food security programs, and the active participation of farmers in Brazil.

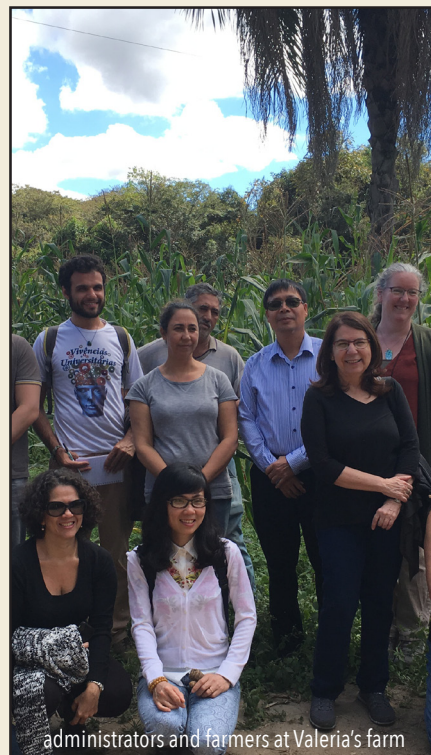
A part of the Ministry of Health in Vietnam, NIN is actively involved in developing a National Nutrition Strategy and Nutrition Action Plan for Vietnam. As they are constantly in search of best practices and evidence in food security and nutrition from other countries of similar income levels, the exchange trip to Brazil



gave the researchers the opportunity to identify some best practices and models to take back home. They appreciated seeing the various approaches in inter-sectoral partnering at the grassroots level, particularly in education, agriculture, and women's empowerment.

The delegation met with municipal administrators and visited a variety of food security programs run by the municipality of Belo Horizonte, some of which included the Popular Restaurant (a canteen-style eatery open to all citizens, but subsidized for food-insecure individuals), the Food Bank, School Meals Program, and a Straight from the Farm stall (a municipally run permit program that lets individual farmers set up stalls in residential neighborhoods to sell their products directly to consumers). The counterparts from NIN were especially impressed by the array of food security programs run by the municipality. "Programs like the Straight from the Farm minimize the migration from rural to urban areas and integrates urban food security into nutrition policy," noted Dr. Huy, Director of the Food and Nutrition Training Center at NIN.

The group also visited a farming community about two hours outside of Belo Horizonte, where they met with Valeria, a farmer leader in the community who teaches farm settlements about crop diversification and agro-ecological practices. "Although it had been difficult to get farmers to switch from conventional farming techniques



to agro-ecological practices, showing farmers it works and demonstrating the benefits convinced



many to switch,” Valeria told the group. Valeria also gathers women farmers who struggle to sell their produce and helps them form agricultural cooperatives to supply fruits and vegetables to school meal programs.

Valeria and her farming peers were curious to know about farming in Vietnam. NIN shared with them some of the challenges, including the use of chemicals and pesticides, food safety, and the government’s role, such as providing free irrigation during years when there is less rain.

The exchange was conducted as part of the [ECOSUN—Healthy Farm, Healthy Food Healthy Kids project](#), which is a two-and-half-year collaboration between NIN and Ryerson. It tests a food systems approach to produce complementary fortified foods for malnourished children in northern rural Vietnam, by sourcing raw materials from local female farmers and partnering with a local private business to scale up production. ECOSUN is funded by the International Development Research Centre and Global Affairs Canada.

Ruffled Feathers: Case Study on Urban Hens in Saskatoon, Saskatchewan

[Wanda Martin](#), funded by the President’s SSHRC, University of Saskatchewan

Urban hen keeping is increasing in popularity, yet many groups struggle to have this practice accepted, facing unsubstantiated claims of potential problems. The purpose of this research is to understand those claims and the desire to have hens, identifying places to intervene for change. Specifically, we ask why there is a problem with introducing urban hens in backyards of Saskatoon neighbourhoods. We will explore the system of regulations and operations, and the drivers of supporting and opposing forces.

The objectives are: (1) to understand why people support raising urban hens against current bylaws and continue to argue for changes; (2) to explore the concerns of people who are adamantly opposed to urban hens; and (3) to identify what barriers exist in bylaw and zoning changes.

This research contributes to discourse on controversial changes to regulations, as more cities work to build

resilient communities through local food production. This knowledge will contribute to understanding the root problem that urban hens are addressing and explore what different stakeholders perceive and value. It will also provide insight on how to decrease tensions when facing polarizing actions. By examining the case of urban hens in Saskatoon, we will extract themes, issues, and challenges with respect to urban food production and provide insights and recommendations to civic leaders who are facing similar situations, as people become more engaged with community-based food systems.

Dr. Martin, chicken whisperer



La santé, soluble dans les pesticides ?

[Louise Vandelac](#) et [Marie-Hélène Bacon](#),

Université du Québec à Montréal

Dans le cadre des travaux du Collectif de recherche écosanté sur les pesticides, les politiques et les alternatives (CREPPA), Louise Vandelac, professeure titulaire à l’Institut des sciences de l’environnement et au département de sociologie de l’UQAM et Marie-Hélène Bacon, chercheure au GRETESS à l’UQAM, ont présenté [un avis d’objection](#) à la décision de Santé Canada de renouveler pour 15

ans l'homologation du glyphosate, principe « actif » des herbicides à base de glyphosate (HBG).

Le document *Glyphosate: Projet de décision de réévaluation PRVD2015-01* de l'ARLA, censé fonder l'évaluation de cette décision est, au chapitre de la santé, si daté, partiel et partial que sa crédibilité en est minée. Ainsi, le volet toxicologique s'appuie sur 118 références non publiées et secrètes de l'industrie, et sept autres non identifiables alors que 98% des 340 références sur les risques alimentaires proviennent de l'industrie, essentiellement avant l'an 2000, alors que la majorité de la littérature scientifique sur le glyphosate et la santé a été publié au cours des 10 dernières années.

Cette évaluation ignore la hausse phénoménale des épandages d'HBG qui, dans le monde, de 1974 à 2014, sont passés de 3200 tonnes à 825 000 tonnes par an. Au Canada, les HBG, dont le Roundup, produit phare de Monsanto, constituaient 56% de tous les pesticides agricoles en 2014 et 44% des pesticides au Québec. L'introduction, en 1996, des OGM de soja, maïs et canola, conçus pour absorber ces herbicides sans en mourir, a fait exploser l'usage des HBG, désormais autorisés dans pratiquement toutes les cultures et à tous les étapes.

Comment alors s'étonner que le glyphosate soit présent dans tous les cours d'eau des zones agricoles intensives, dans plus de 30% des aliments analysés par Santé Canada et qu'on en retrouve y compris dans la crème glacée et le jus d'orange? Quand le CIRC de l'OMS, considère le glyphosate comme cancérigène probable chez l'être humain, quand 1400 poursuites ont été intentées en Californie contre Monsanto par des victimes de cancers non hodgkiniens attribuées au Roundup, quand les co-formulants des herbicides à base de glyphosate sont jusqu'à 1000 fois plus toxiques que le glyphosate (Mesnages et al. 2014), et quand les scandales de corruption et de collusion révélés par les « Monsanto Papers », annoncent le retrait des HBG en Europe d'ici cinq ans, Santé Canada n'a d'autre choix que de réviser cette décision plus que discutable !



What Are Canadian Children Eating at School (and How Can Eating Habits Be Improved)?

[Claire Tugault-Lafleur](#) and [Jennifer Black](#),
University of British Columbia

Schools can be an important place to foster healthy eating habits since children consume one or more meals at school on weekdays. There is a groundswell of interest in Canada in developing policy and programs to improve children's eating habits. In June 2017, the Government of Canada also launched a consultation process to develop a national food policy with a focus on improving health and access to affordable food. However, no nationally representative studies have examined what children eat at school or whether foods consumed at school contribute to (or reduce) children's overall diet quality. Understanding what children eat at school and the contribution of these foods to a child's daily dietary intake is needed to help policy makers weigh the evidence about if and how schools should play a role in national food policies and dietary interventions.

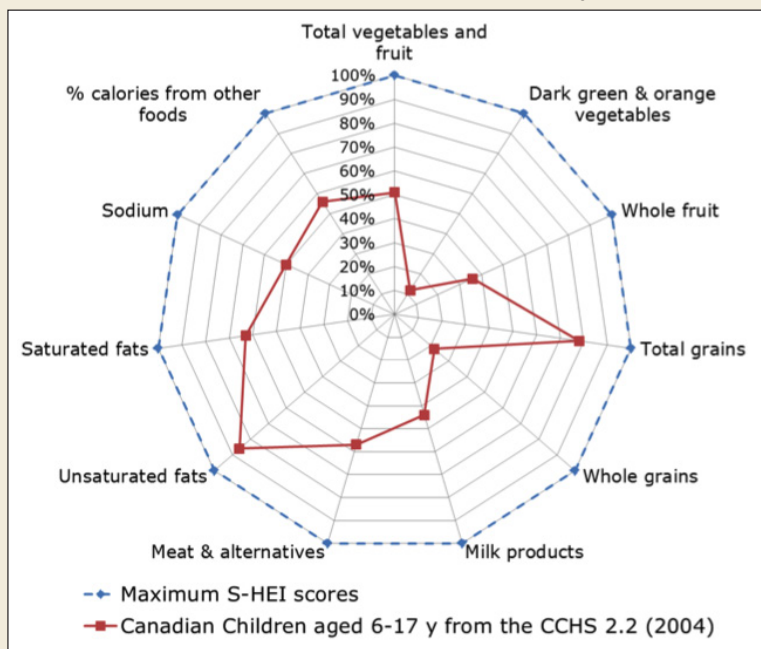
[Our study published in *Applied Physiology, Nutrition, and Metabolism*](#) in August 2017 used dietary intake data from the 2004 Canadian Community Health Survey (CCHS) to examine the diet quality of foods and beverages consumed by Canadian school-aged children (n = 4827). We developed a School Healthy Eating Index (S-HEI), a measure based on eleven key components of a healthy diet (see Figure). We also compare nutrient intake profiles between school and non-school hours on school days.

Children reported consuming on average, 746 calories during school hours or about one third of their total daily caloric intake. The overall quality of children's diet during school hours was sub-optimal. The average S-HEI score was 53 points (out of a possible maximum score of 100), suggesting substantial room for improvement. Lowest S-HEI scores were observed for dark green and orange vegetables, whole fruit, whole grains, and milk products (see Figure), whereas students scored highest on scores relating to intake of saturated and unsaturated fats, total grains, and meats and alternatives. When we compared dietary intakes between time periods, children consumed relatively more of minimally nutritious foods (for example, sugar-sweetened beverages, candy bars, and salty packaged snacks) but fewer dairy products and



nutrients such as vitamin A, D, B12, and calcium during school hours compared to non-school hours.

This is the first Canadian study to describe the contributions of foods consumed during school hours relative to daily dietary intake. Given that foods eaten during school hours are relatively poorer in quality compared to those outside of school hours, the school environment provides an important opportunity to improve dietary practices of Canadian children. Evidence from our study suggests that nutrition policies and programs are warranted to improve consumption of vegetables, whole fruit, whole grains, and milk products for Canadian children, particularly while they are at school. Next steps in our research are to explore changes in school-hour diet quality from 2004 to 2015 across different Canadian regions, drawing from the recent release of the 2015 CCHS Nutrition survey.



School-Healthy Eating Index (S-HEI) scores for Canadian children aged 6 to 17 years. Each score is scaled as a percentage of the maximum score for that component. Lowest S-HEI scores were for dark green and orange vegetables, whole fruit, whole grains, and milk products. "Other" foods are foods that are typically minimally nutritious foods, such as sugar-sweetened beverages, candy bars, and salty packaged snacks.

For more, see our [Canadian Science Publishing blog post](#) on this theme, as well as our articles in the [Journal of Human Nutrition and Dietetics](#) and [Advances in Nutrition](#).

13th Annual CAFS Assembly

University of Regina, May 26 to 29, 2018

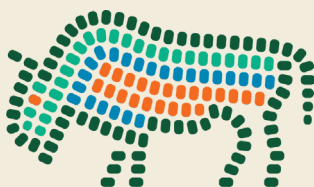
[Submissions for paper presentations](#), panels, pedagogy sessions, pecha kuchas, posters, and pieces for the Exploration Gallery are now being accepted through the CAFS website. The deadline is January 15, 2018 (February 12 for the Gallery). To use the web form, you will have to [log in](#) (if you are a registered CAFS member) or [register as a member](#), and then go to the 2018 Conference Submissions tab on the website.

Complete all the required fields, including keywords and presentation style you intend to use. This is a new submission process for us, so we appreciate your patience if you should face challenges, but we anticipate a smooth process, and greater efficiency for the conference committee. [Andrea Noriega and Wanda Martin](#) are the conference co-chairs and appreciate ideas or feedback you may like to share. We look forward to seeing you in Regina!

13^e Assemblée annuelle de l'ACÉA

Université de Regina, 26 au 29 mai 2018

[Pour tous les types de présentation](#), veuillez soumettre un résumé avant le 15 janvier 2018 en vous connectant ou en vous inscrivant sur [le site web de l'ACÉA](#) et ensuite à l'onglet de soumission de la conférence 2018. Remplissez tous les champs requis, y compris les mots clés et le style de présentation que vous avez l'intention d'utiliser. Si vous proposez un panel ou une table ronde, n'oubliez pas de fournir les noms des participants! Pour la Salle d'exposition, envoyez vos propositions et vos questions à [Andrea Noriega](#) (date butoir : 12 février 2018). Pour tout autre demande ou renseignement, [contactez les organisatrices](#).





communities, as well as an organization dedicated to advocacy for female chefs. A workshop on sourdough bread offered a way to think through (and practice) embodied knowledge in a collective environment. The keynote speakers were Stefanie Fishel (University of Alabama), Alissa Overend (MacEwan University), and Lauren Fournier (York University). [Videos of the presentations are on YouTube.](#)

Food, Fermentation, and Feminism

This inaugural conference-event, *Leavening the Conversation: Intersections of Food, Feminism, and Fermentation*, was held over the weekend of Sept. 29 to Oct. 1, 2017, at McGill University’s Institute for Gender, Sexuality, and Feminist Studies. The three-day, bilingual event hosted over 155 participants from across Canada, the United States, and Ireland. It was organized by [Alex D. Ketchum \(McGill University\)](#) and [Maya Hey \(Concordia University\)](#).

The weekend’s events began at the Osler Library of the History of Medicine with a vernissage for the exhibition, “The Gendered Cultures of Beer and Cheese: the Regulation of Human and Microbial Bodies on the Home and Industrial Scales, 1616–2017,” curated by Alex Ketchum. [A digital version of the exhibit](#) was also produced.

The main event brought together scholars and makers with the goal of integrating the thinking and doing of fermentation. Panels ranged in theme from ecofeminism to thinking across micro- and macro- scales, purity politics to the gendered rhetoric of industrial food production, epistemologies of food knowledge to fermentation as agitation and praxis. Panels were also grouped by topic, with talks by craftspeople in the local beer and coffee



Select papers will be published in two forthcoming special issues of *CuiZine, the Journal of Canadian Food Cultures*. This conference was made possible by the generous support of twelve sponsors, a full list of [which is available on the website.](#)

B.C. Food System Policy Database

[The Kwantlen Polytechnic Institute’s Sustainable Food Systems database](#) is a centralized resource for planners, policy makers, community advocates, local organizations, and the policy-curious to search for policy precedents and to better understand how local government policy in B.C. is addressing local food systems. Search by a range of characteristics to find food system policies that have been adopted by local governments across B.C. For more information about using the database and how it was developed see [How to use the Database.](#)

From Seed to Plate

[USC Canada](#) and its regional partners in Québec recently hosted a unique event for farmers, chefs, seed growers, and community members to learn about and exchange a diversity of ecological seed varieties. For this regional tasting event, we convened chefs, restaurants and influencers in the food sector to evaluate rare seed varieties and promote agrobiodiversity. Over 100 people joined us for this pilot event and we couldn’t be more thrilled about the enthusiasm and feedback!





"From Seed to Plate" at the Cardinal Tea House

Boulangerie); and James MacGuire. Participating seed growers and farmers included: la Coop Agrobio du Québec, le Club des producteurs de noix comestibles, Ferme Samson et Fils, Jardins de Tessa, la Société des plantes, le Moulin des Cèdres, Le Noyau, Terre Promise, les Jardins de l'écoumène, les Semences Nourricières/Seeds for Food), les Semences du batteur, Ferme Coopérative Tourne-Sol, Fruition Seeds, Potager Africain Coopératif, and Ferme Val-aux-Vents.

An album of photos from the event is available on [the USC Facebook page](#).

[From Seed to Plate](#) was a farm-based demonstration pilot project to celebrate regional seed diversity, showcasing 45 regionally adapted vegetable varieties grown by farmers and seed producers across Quebec. This project grew out of the work done with a dozen ecological seed growers in the region. The event took place on October 2, 2017 at the [Cardinal Tea House](#) in Montreal. The tasting event brought together several projects taking place currently in Quebec and across Canada. Potatoes, corn, wheat, and nuts were all sourced from the plant breeding program in partnership with farmers and researchers. Several unique heritage varieties, Indigenous crops, and other newer breeds were supplied by a dozen seed savers and farmers, and currently grown by farmer Samuel Oslund in a demonstration plot in Montreal's West Island region.

A number of chefs from renowned Montreal restaurants also participated: Etienne Huot and Léandre Rémond-Desjardins (La Récolte – Espace Local); John Winter Russell (Candide); Adrien Renault (Labo Culinaire de la SAT); Aaron Fetherston (Kiffin); Marin Aurellano (Maurin Cuisine / la Centrale Culinaire); Janice Tiefenbach (Nora Grey). Five bakers worked with unique grain varieties provided by the University of Manitoba and Moulin des cèdres: Marc-André Cyr (Le Gout du Grain); Jeffrey Finkelstein (Hof Kelsten); Daniel Desrosiers (Boulangerie Des Rosiers); Eddy Mysliwiec (Breddy

Updates from Food Secure Canada

a busy summer campaigning on national food policy

After what felt like months on end of "hurry up and wait," the federal government finally opened its consultations on a *Food Policy for Canada* over the summer, which closed on September 30. Plans aim to release a first iteration of the policy sometime in the spring of 2018. Agriculture and Agri-Food Canada has said they will also produce a *What We Heard Report*, synthesizing the feedback obtained through the online survey and consultation events. Food Secure Canada has engaged in a range of activities to build the capacity of the food movement to participate in this consultation process and have their voices heard. This included the *What's Your Recipe for a Better Food System?* events, over twenty of which took place between July 15 and September 30, and the development of numerous briefing notes and policy documents.

FSC's final [submission to Agriculture and Agri-food Canada](#) outlines our key recommendations. You can also check out [submissions from other food movement organizations and academic partners](#), as well as the [Right to Food brief](#), endorsed by a range of non-governmental organizations and legal scholars.



an experimental loaf



strengthening community-academic collaboration in the food movement

FSC continues to partner with CFICE (Community-First: Impacts of Community Engagement) to explore how best to bolster, cultivate, and support collaboration between academics and food movement practitioners across Canada. Our current activities include editing an upcoming special issue of *Canadian Food Studies/La Revue canadienne des études sur l'alimentation* on building an Integrated Food Policy for Canada (forthcoming), and drafting an Intellectual Property and Data Management Policy for community-academic collaboration.

We are also planning a symposium in March at Carleton University, bringing together academics and practitioners on the theme of innovative food policy and governance. This symposium builds on a recent webinar organized by Food Secure Canada on Social Innovation in Food. [A recording of the webinar is online.](#)

save the date: FSC's 2018 Assembly in Montreal, November 1–4, 2018

Resetting the Table, FSC's 10th Assembly, will bring together food thinkers and innovative organizations to share and develop practical solutions to national and global issues related to food—climate, equity, health, and sustainability. The Assembly is being organized in partnership with the [Concordia Food Coalition](#) and Concordia University. The program will include tours, plenaries, and workshops on a diversity of topics, with lots of opportunities for learning and networking. The Assembly is a great opportunity for academics to connect and build relationships with food movement practitioners and food activists working on similar issues and research questions.

There are also several ways for academics and researchers to collaborate with Food Secure Canada for the Assembly and help to ensure it is an inclusive and diverse gathering:

- Propose a panel session to bring your research into conversation with community voices. (The call will be issued shortly.)
- Apply for a knowledge mobilization grant to support community and student participation in the Assembly
- Create service-learning opportunities within your Fall 2018 courses to encourage students to volunteer and participate in the Assembly.

For more information on how to collaborate with FSC for their 2018 Assembly, or any of the other updates, [please get in touch.](#)

From Seed to Seed

This documentary by Katharina Stieffenhofer, about the growing momentum of ecological agriculture, follows small and large-scale farmers for a season and features a blend of age-old traditions with cutting-edge science. The film features [Dr. Martin Entz](#) (University of Manitoba) who, along with his team of scientists, is dedicated to working with farmers to develop improved methods and technologies to advance organic agriculture. Climate scientist Dr. Ian Mauro and activist Dr. Vandana Shiva also appear, addressing issues of farming in a changing climate. The film provides a Canadian perspective on a global social movement toward the regeneration of the land, farming, and communities. You can [watch the trailer here.](#)



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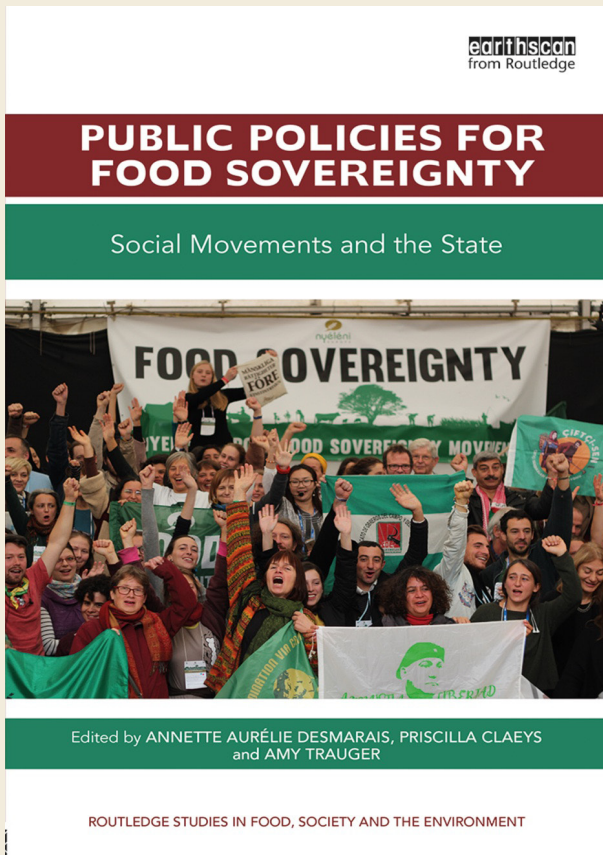


BOOKS | LIVRES

Desmarais, A. A., Claeys, P. and Trauger, A., eds. *Public Policies for Food Sovereignty: Social Movements and the State*. New York: Routledge. 2017.

An increasing number of rural and urban-based movements are realizing some political traction in their demands for democratization of food systems through food sovereignty. Some are pressuring to institutionalize food sovereignty principles and practices through laws, policies, and programs. While the literature on food sovereignty continues to grow in volume and complexity, there are several key questions that need to be examined more deeply. These relate specifically to the processes and consequences of seeking to institutionalize food sovereignty: What dimensions of food sovereignty are addressed in public policies and which are left out? What are the tensions, losses, and gains for social movements engaging with sub-national and national governments? How can local governments be leveraged to build autonomous spaces against state and corporate power?

The contributors to this book (several of whom are CAFS members) analyze diverse institutional processes related to food sovereignty, ranging from community-supported agriculture to food policy councils, direct democracy initiatives to constitutional amendments, the drafting of new food sovereignty laws to public procurement programmes, as well as Indigenous and youth perspectives, in a variety of contexts including Brazil, Ecuador, Spain, Switzerland, UK, Canada, USA, and Africa. Together, the contributors to this book discuss the political implications of integrating food sovereignty into existing liberal political structures, and analyze the emergence of new political spaces and dynamics in response to interactions between state governance systems and social movements voicing the radical demands of food sovereignty.



Agyeman, Julian, Caitlin Matthews, and Hannah Sobel, eds. *Food Trucks, Cultural Identity, and Social Justice: From Loncheras to Lobsta Love*. Food, Health, and the Environment. Cambridge: MIT Press. 2017.

The food truck on the corner could be a brightly painted old-style lonchera offering tacos or an upscale mobile vendor serving lobster rolls. Customers range from gastro-tourists to construction workers, all eager for food that is delicious, authentic, and relatively inexpensive. Although some cities that host food trucks encourage their proliferation, others throw up regulatory roadblocks. This book examines the food truck phenomenon in North American cities from Los Angeles to Montreal, taking a novel perspective: social justice. It considers the motivating



factors behind a city's promotion or restriction of mobile food vending, and how these motivations might connect to or impede broad goals of social justice.

The contributors investigate food trucks as part of community economic development;

food trucks' role in cultural identity formation; and the discriminatory implementation of rules, with gentrified hipsters often receiving preferential treatment over traditional immigrants. They describe, among other things, mobile food vending in Portland, Oregon, where relaxed permitting encourages street food; the criminalization of food trucks by Los Angeles and New York City health codes; food as cultural currency in Montreal; social and spatial bifurcation of food trucks in Chicago and Durham, North Carolina; and food trucks as a part of Vancouver, Canada's, self-branding as the "Greenest City."



On October 30, 2017, the book was launched in Montreal at the offices of the Quartier de l'innovation. A panel discussion was hosted by McGill University's [Angelique Mannella](#), featuring [Julian Agyeman](#) (Tufts University), [Jean-François Archambault](#) (La Tablée des Chefs), and [Alan Eric Nash](#) (Concordia University), as well as remarks from [Jayne Engle](#) (McConnell Foundation) and [Richard Shearmur](#) (McGill University).

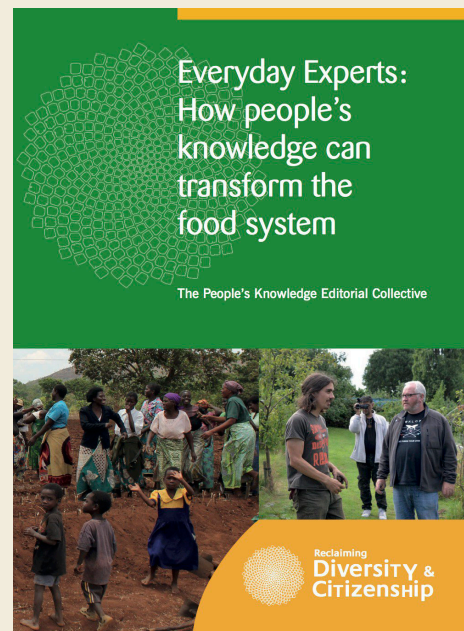
Everyday Experts: How People's Knowledge Can Transform the Food System. People's Knowledge Editorial Collective (eds). Reclaiming Diversity and Citizenship Series. Coventry: Coventry University. 2017.

Everyday Experts explains how knowledge built up through first-hand experience can help solve the crisis in the food system. It brings together fifty-seven activists, farmers, practitioners, researchers, and community organizers from around the world to take a critical look at attempts to improve the dialogue between people whose knowledge has been marginalized in the past and others who are recognized as professional experts.

Across twenty-eight chapters and using a combination of stories, poems, photos, and videos, the contributors demonstrate how people's knowledge can transform the food system towards greater social and environmental justice. Many of the chapters also explore the challenges of using action and participatory approaches to research. The authors share new insights, analyses, and stories that can expand our imagination of a future that encompasses:

- making dialogue among people with different ways of understanding the world central to all decision-making
- the reaffirmation of Indigenous, local, traditional, and other knowledge systems
- a blurring of the divide between professional expertise and expertise that is derived from experience
- transformed relationships amongst ourselves and with the Earth to confront inequality and environmental crises

This book is available as [an open-access, free download from the Coventry University website](#).



ARTICLES

Laforge, J.M.L., and McLachlan, S.M. (2017) "Environmentality on the Canadian Prairies: Settler-Farmer Subjectivities and Agri-Environmental Objects." *Antipode*, doi: [10.1111/anti.12362](https://doi.org/10.1111/anti.12362).

State and institutional actors have been shaping settler-farmer subjectivities in order to transform the landscape and thus the history and geography of the Canadian Prairies. This paper expands the application of environmentality from its origins in colonial forestry to interrogate agriculture on prairie landscapes. The Canadian state used the technologies of environmentality to influence 'common sense' attitudes and behaviours, which acted to deterritorialize Indigenous communities and then manipulated their subjectivities to guarantee settler-farmer access to land. Later, institutions and states moulded settler-farmer subjectivities of correct farming behaviour in an effort to convert soil, water, and seeds into economic resources. These environmental objects, in turn, acted upon settler-farmer subjects by setting biophysical and genetic limits such as soil fertility, water quality and quantity, and plant hardiness and disease resistance. Resisting environmentality requires understanding processes of subjugation while also creating counter-narratives of 'good' farming behaviour and Indigenous-settler relations.

Martin, W. & Vold, L. (in press). "Building capacity through urban agriculture: Report on the askiy project." *Health Promotion and Chronic Disease Prevention in Canada*, 38 (1). doi: [10.24095/hpcdp.38.1.06](https://doi.org/10.24095/hpcdp.38.1.06)

Many North American cities have a built environment that provides access to energy-dense food and little opportunity for active living. Urban agriculture contributes to a positive environment involving food plant cultivation that includes processing, storing, distributing, and composting. It is a means to increase local food production and thereby improve community health. The purpose of this study was to understand how participating in urban agriculture can help to empower young adults and build capacity for growing food in the city. This was a qualitative study of seven participants (five Indigenous and two

non-Indigenous) between the ages of 19 and 29 years, engaged as interns in an urban agriculture project known as "askiy" in Saskatoon, Saskatchewan in 2015. We used a case-study design and qualitative analysis to describe the participants' experience based on the sustainable livelihoods framework. A collaborative approach had a great effect on the interns' experiences, notably the connections formed as they planned, planted, tended, harvested, and sold the produce. Some of the interns changed their grocery shopping habits and began purchasing more vegetables and questioning where and how the vegetables were produced. All interns were eager to continue gardening the following season, and some were planning to take their knowledge and skills back to their home reserves. Urban agriculture programs build capacity by providing skills beyond growing food. Such programs can increase local food production and improve food literacy skills, social relationships, physical activity, and pride in community settings.



Martin, W. & Wagner, L. (under review). "How to Grow a City: Cultivating an urban agriculture action plan through concept mapping."

Urban agriculture is a means to reduce poverty and improve health equity. It encourages civic participation in food system governance and offers citizens opportunities to explore concepts of food sovereignty within an urban setting. This paper reports on a study designed to engage civic participation in developing an urban agriculture action plan for a Canadian prairie city. Using a combination of Concept Systems™ concept mapping and group discussions, 66 participants contributed to developing a plan to advance urban agriculture. Through a combination of education and growing more food within public spaces in order to make urban agriculture more visible, participants felt there could be a cultural shift to strengthen the local food knowledge. A systems approach to building a resilient food system and strengthening food sovereignty will require strong municipal leadership.



DE L'ÉQUIPE DE L'INFOLETTRE ACÉA...

...FROM THE CAFS NEWSLETTER TEAM

Merci à toutes et tous qui ont contribué à ce numéro de l'infolettre. Bonne continuation de recherche et n'oubliez pas de nous envoyer vos nouvelles !

Thanks to everyone who contributed to this issue of the newsletter. Keep up your good work and keep these great submissions coming!

Vos commentaires et questions sont toujours bienvenus au newsletter@foodstudies.ca. Suivez-nous !



Your comments and questions are welcome. Email us at newsletter@foodstudies.ca. Like and follow us, too!

And have a happy end o' 2017!

Bonne fin de l'année!

Manon Boulianne
Irena Knezevic
Kristen Lowitt
André Magnan
David Szanto

