

L'Association
canadienne des études
sur l'alimentation



Canadian
Association for
Food Studies

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photo: Rachel Cheng
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Hello CAFS members!

Well, what to say? We all find ourselves in uncharted waters—juggling online teaching, revamped or postponed research activities and publication schedules, trying to support students who are struggling, all the while balancing a range of care responsibilities for ourselves and others. A friend recently shared the following on Facebook: “I just want to go to a real conference with bad coffee and pastries and get some pens and a tote page instead of logging into another webinar.” It brought a smile to my face, and maybe it will bring one to yours as well!

Despite the overwhelming sense of uncertainty, the CAFS board has been quite active and continues to work on several initiatives. The first is following through on commitments outlined in our June open letter, written in response to the murder of several Black men and women at the hands of the police, and the inspiring movements that rose up to fight for Black lives. In that letter we committed to a series of actions over the course of this year. They include:

- Retaining a conference theme that focuses on anti-Black and anti-Indigenous racisms in our food systems and foodways, and challenging the systemic injustices of the industrial and alternative food systems that marginalize food histories, practices, and cultures.
- Publishing a themed issue of *Canadian Food Studies/La Revue canadienne des études sur l'alimentation* (and/or a specialized collection of articles) on the theme of racism in the food system (in partnership with the journal's Editorial Collective).
- Curating and making publicly available a list of resources that attend specifically to the intersections of food systems and racialized oppression within the Canadian context.

MESSAGE FROM THE PRESIDENT

MESSAGE DE LA PRÉSIDENTE

I will leave the conference updates to our wonderful conference liaisons, but the conference will retain the theme as outlined. We are also in discussions with the journal about the next steps for the themed issue on anti-racism in food systems. Finally, the list of resources has been compiled (thank you to Michael Classens for coordinating, and to everyone who submitted items to be included); it should be posted to the CAFS website shortly.

We also just recently hosted the web discussion, “Indigenous perspectives: The place of ‘Canada’ in Canadian Food Studies,” to help quick-start a longer process of reflection on the inclusion of “Canada” in both the name of our academic association and journal. We were incredibly fortunate to have Sherry Pictou, Clifford Atleo, and Daemin Whetung sharing their insight and experiences with us, along with CAFS board member Tabitha Robin as moderator. They gave us a lot to think about in terms of being allies and accomplices in the struggle for Indigenous food sovereignty and how to make Food Studies a fertile site for that struggle. Over the coming months the CAFS board will share additional opportunities to have conversations on these issues.

Many of you have likely been following the struggles of the Sipekne'katik First Nation, in Mi'kma'ki on the east coast, to assert their treaty rights to fish for a moderate livelihood. The CAFS board and the Editorial Collective of *Canadian Food Studies/La Revue canadienne des études sur l'alimentation* have



Amanda Wilson, CAFS Board President

jointly written a public statement in support of the Mi'kmaq fishers, which is now available on our website in both French and English.

Best of luck with the rest of the Fall term. I hope everyone stays safe and healthy, and continues to find ways to build and nurture community. Now is also a great time to renew your CAFS membership!

—Amanda

NEWS / NOUVELLES

CAFS Conference 2021

Next year's conference, themed around food justice, will be held virtually from June 9 to 15. It will take place using the app, Whova, in collaboration with the Association for the Study of Food and Society, the Agriculture, Food, and Human Values Society, and the Society for the Anthropology of Food and Nutrition. Events will be held at a variety of times to accommodate participants in multiple time zones. The call for abstracts is currently being finalized and will be circulated in November. A number of CAFS-specific events will be hosted within the broader conference.

The conference team includes four subcommittees: Panels and Abstracts, Creative, Sponsorship, and Local Viewing Events. We are currently seeking CAFS representatives to join each subcommittee, and volunteers can fill out [this short Google form](#) to express their interest. The CAFS Conference co-liaisons are [Rosie Kerr](#) and [Rachel Portinga](#) who can be contacted with any conference-specific questions.



We are pleased to announce Vol. 7, No. 2 of [Canadian Food Studies / La Revue canadienne des études sur l'alimentation](#), which will be published in early November and includes a range of new research articles, perspectives, and reviews. Upcoming themed issues in 2021 include a focus on food pedagogy, and a collection of pieces focusing on the SSHRC-funded [FLEdGE](#) research partnership.

Also in CFS/RCÉA news is a virtual retreat that was held in early June 2020, bringing together journal readers and authors, editorial staff, board members, and members of the community at large. Breakout groups discussed developing a long-term finance plan for the journal (which currently receives SSHRC funding because of its open-access status), as well as ongoing promotion and outreach in order to expand the breadth of submissions and reach new readers. From this work, a subcommittee of the CAFS board was struck to ensure the journal's financial sustainability. A longer-term discussion was also initiated, addressing the journal's scope, accessibility, naming, and objectives.

Meanwhile, keep those great submissions coming! Visit the [journal website](#) for more information and submission guidelines, and follow us on [Facebook](#) and [Twitter](#).

CAFS Webinar Series

In October 2020, CAFS launched a new webinar series with a panel of Indigenous food scholars and practitioners who shared what 'Canada' means to them and their work. The participants included Dr. Sherry Pictou (Dalhousie University), Daemin Whetung (Black Duck Wild Rice), and Dr. Clifford Atleo (Simon Fraser University). Tabitha Robin (University of Manitoba) moderated the discussion, which included numerous themes and challenges related to the historic and contemporary relationships among First Nations people, Canadian governmental bodies, and the sociopolitics of land-based resources, benefits, and sustainability.

Next up, on November 12, 2020, CAFS presents "[Everything you always wanted to know about critical agri-food studies \(but were afraid to ask\)](#)." This time around, Dr. Kelly Bronson (University of Ottawa) and Dr. Michael Carolan (Colorado State University) will be in discussion with each other, addressing rural sociology, academic publishing, creative research methods, and their own work in digital agriculture. Time will also be allotted for questions from audience members. Advance registration for all webinars is required, and space is limited. To register, go to the [Eventbrite page](#).

Everything you always
wanted to know about
critical agri-food studies
(but were afraid to ask)

a conversation between food scholars
Michael Carolan and Kelly Bronson



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Su Morin Food Justice Scholarship

Su Morin was a fearless fighter for food justice. No battle was too small, and every pollinator plant and every heirloom vegetable counted on the journey to better food and better communities. Her boundless knowledge and generous sharing of seeds and seedlings leave a legacy in many gardens throughout Ontario and Nova Scotia.

This legacy is extended through the many students who had Su as a mentor and who absorbed her contagious love for seeds and nature. Her work

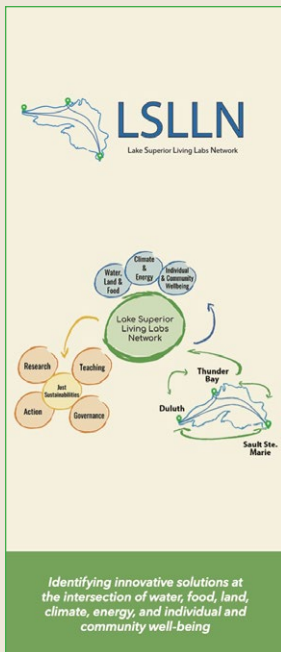


with the [Canadian Organic Growers](#) and [Seeds of Diversity](#) made her known in food justice circles across Canada. Later, Su worked with the [Ecology Action Centre](#) in Nova Scotia where she further influenced colleagues and students with her passion for community gardens, seed saving, and community food security.

In the spirit of Su, a \$500 research scholarship is being offered to fourth-year undergraduate students and graduate students for research and/or travel expenses. Applicants should submit a 250-word essay describing how they will use the funding and how it will contribute to food justice.

Please send your submission to [Irena Knezevic](#), including "Su Morin Food Justice Scholarship" in the subject line. Applications will be accepted until November 20, 2020, with a decision made by mid-January 2021.

Lake Superior Living Labs Network: Building Just Sustainabilities Across the Lake Superior Watershed



On October 22, 2020, the [Lake Superior Living Labs Network \(LSLLN\)](#) hosted its first virtual Summit. The LSLLN is a collaborative platform working with academic and community partners to increase the impact of just sustainabilities related teaching, research, and action, with a focus on issues at the nexus of food, water and land, climate and energy, and individual and community well-being.

The event included a keynote with [Dr. Julian Agyeman](#), presentations about the teaching, research, and action work in each hub (Thunder Bay, Sault Ste. Marie, and Duluth), and multiple opportunities for discussion and connection. Recordings of the event are posted on [the website](#).

Cultivating Change: A just transition to a regenerative food system

Join [Food Secure Canada](#) from November 12 to 18, 2020 for a series of online conversations and workshops to explore the intersections between food systems, anti-racism, decolonization, and environmental justice movements. Cultivating Change will showcase the work of Indigenous, Black, and racialized food leaders,



and build consciousness and capacity for anti-racist and decolonized approaches and allyship within the food movement.

As a food movement, bold change is needed from farm to fork, to regenerate Indigenous foodlands, and to ensure that everyone has access to healthy, just, and sustainable food. However, it is impossible to achieve this change without centering reconciliation, decolonization, and racial justice in the development of the policies and programs that shape our food systems. For more details, [please see the website](#).

Feeding the City

On October 28, members of the [Culinaria Research Centre](#) held a webinar featuring voices from local grocery stores and public markets. Events such as this are examples of the kind of non-academic outputs being generated as part of the [Feeding the City: Pandemic and Beyond project](#).





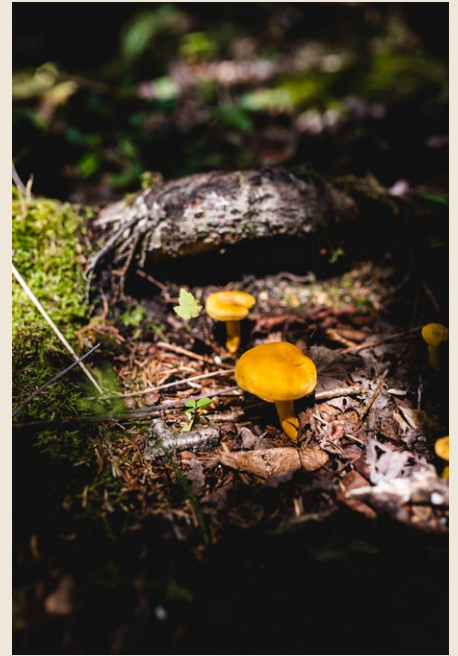
On the Cover

For a week this summer, I was at a chalet in the Outaouais, learning the languorous rhythm of vacation. The house was on acres of forest and trails, positioned on a riverbank in the traditional territory of the St-Lawrence Iroquois and the Algonquin. There was never obligation nor hurry, our days guided by sunlight and our paths by the next lookout point or a patch of chanterelles.

One of my friends is an experienced forager, and she walked us through identifying different mushrooms as we wandered. Meanwhile, my other friend spotted wintergreen and wild blackberries. What I used to ignore broadly as “forest floor” became full of hidden harvest.

Growing up in Toronto, I’ve learned to be driven by—even revel in—the frantic energy of the city, of timelines, of the constant need to be doing. But the slow, meandering rhythm of the country, like hearing old jazz standards on a record player in the other room, reminded me to switch gears. To learn the name of constellations instead of responding to emails, the smell of smoke in my hair after sitting around a fire, and the abundant generosity of the forest.

— Rachel Cheng



RESEARCH / RECHERCHES

Curating Food's Stories through Research-Creation

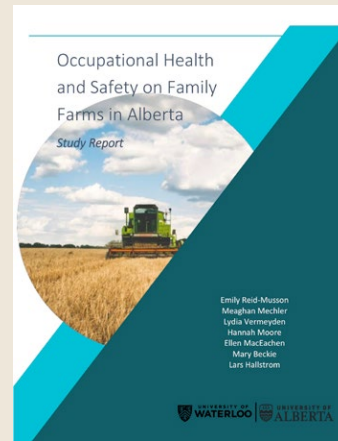
[Signes de vie / Vital Signs](#) is a newly launched, online research-creation project from Concordia University's [Geneviève Sicotte](#). A literature professor in the Département d'études françaises, Sicotte's "intimate journey into an imaginary food museum" is a visual and auditory exploration of the ways in which food speaks to us. The digital exhibition features micro-poems, short video narratives, and reflexive essays, all within a subtly designed, aesthetically rich user interface. Like many other outputs of [research-creation](#), the work is both an engaging user experience as well as a continuing exploration of the ways in which knowledge is made and translated, both about and through food practices.

In October, *Signes de vie / Vital Signs* was featured in the magazine, [Montréal en Santé](#), with a focus on the ways in which "curating" is an act of care, both for the subject matter at hand (food, in this case), and for the audience one aims to serve.



images: Michael Smart

Occupational Health and Safety on Family Farms in Alberta



Research shows that agriculture is a dangerous industry for workers, operators, and their family members. Alberta farm safety requirements have changed in recent years amidst contentious debates about how government workplace health and safety rules should apply to family farms. But these debates

are not unique to Alberta. Most Canadian provinces do not require farms without hired labour to follow workplace health and safety rules. We conducted a study on Alberta's farm and ranch health and safety rules in 2018–19, as there was a unique opportunity to understand what changes to farm safety rules have meant for the farm population, most of which is centered around family farming. We used an in-depth qualitative health research approach involving 37 interview participants in this study, including farm operators, their family members, farm employees, safety and industry organizations, worker advocates, and government regulators. The study identified: a number of dissonances between perceptions about safety values and actual safety practices; generational changes in attitudes towards safety and health within farm families; and how power imbalances between family members and between employers and employees shaped farm risks. For more, see [the Family Farms and Work website](#).



Family Farms and Work

Just Food

The [Just Food Project](#) is a teaching-and-learning open educational resource for post-secondary instructors and other educators who are interested in teaching about food justice and equity. The resource offers seven learning modules that instructors, educators and facilitators can adapt and incorporate into their classes or conduct as a workshop. Each module has an in-depth background, learning outcomes, a glossary of key terms and a range of activities to choose from.

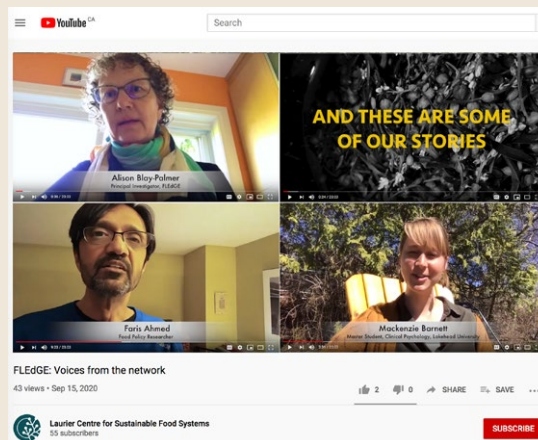
We have now launched [the website](#) and we invite you to share it in your networks! This resource will be of value to faculty, instructors, or staff who are interested in incorporating food justice content into their classes, offering workshops on food justice and equity, and/or looking for alternative pedagogical practices. The [full outreach package is available online](#), and consists of a promotional blurb and graphics.

In addition, we are hosting a [workshop with the UBC Centre for Teaching, Learning and Technology](#), aimed at educators who want to learn how to navigate the Just Food website, engage with the resources, and adapt the modules for use in their (virtual) classrooms. The workshop takes place on November 5, 2020, from 2:00 to 3:00 pm PT.



FLEdGE

The [Food: Locally Embedded, Globally Engaged](#) partnership is a multi-year research partnership spanning multiple countries and projects, including nearly 200 community and academic collaborators. FLEdGE's newest video, "[FLEdGE: Voices from the Network](#)," is created by David Szanto and shares the stories of some of these collaborators, their projects, and what FLEdGE has meant to them.



FLEdGE is also pleased to announce the launch of our fall/winter webinar series, Good Food Solutions. The series will centre our [Good Food Principles](#) and feature many of the researchers and community members who have contributed to our work.

On October 30th we launched the webinars with "Shaping Food Policies for Resilient Regions," featuring panelists Sandra Mark (Small-Scale Food Processors Association), Anna-Liisa Aunio (Dawson College), Anne Marie Aubert (C-SAM), and Johanna Wilkes (Wilfrid Laurier University), and moderated by Irena Knezevic (Carleton University). The panelists discussed the different scales of policy and action, how we can facilitate

effective cross-scale collaboration, and considered food policies for shaping a more just and equitable future. A recording of the webinar is on [our YouTube channel](#).



Our next webinar is planned for late November and will explore the “Farmer Livelihoods” Good Food Principle. Keep an eye out for [event details and announcements](#) for the remainder of our webinar series, which will continue through the new year.

PUBLICATIONS

Feeding the City, Pandemic and Beyond

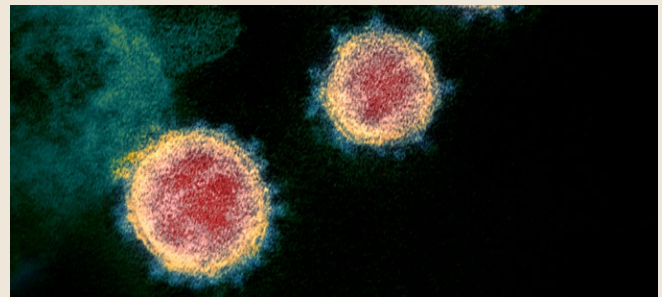
In this overview of [a COVID-19–related food system project underway in Toronto](#), we relate our research questions, methodologies, and initial findings. We focus here on two key questions: *How are food supply chains and food insecurity rates being affected within this pandemic context?* and *How are different actors—from newcomer urban gardeners and those involved with farmers’ markets to BIPOC groups—responding*

to food system-related constraints and opportunities during this time? Preliminary results from this public-facing project show that the city’s food system is not highly resilient in the face of crisis, although many grassroots initiatives are compensating for this lack of resiliency—from the coordination of food security initiatives to modified approaches to food production and marketing. Over the span of the project we are also exploring: *What experiences from other jurisdictions (nationally and globally) should be considered in informing local food system strategies?* and *What policy outcomes, and community and civil society responses, are needed to address identified challenges in both the near term and the longer term?*

Dale, Bryan and Jayeeta Sharma. forthcoming. “Feeding the City, Pandemic and Beyond: A Research Brief.” *Gastronomica: The Journal for Food Studies*.

Dismantling and Rebuilding the Food System after COVID-19

The COVID-19 pandemic has claimed hundreds of thousands of lives and cost economies trillions of dollars. State responses, while necessary, have done little to address the negative externalities of the corporate food regime, which has contributed to (and exacerbated the impacts of) the pandemic. In this



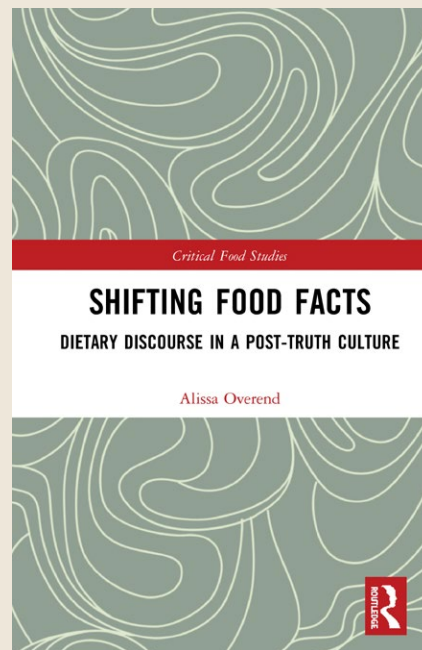
transmission electron microscope image of SARS-CoV-2 [cropped] image: [NIAID-RML](#) (CC-BY 2.0)

paper, we build on calls from the grassroots for states to undertake a strategic dismantling of the corporate food regime through a suite of redistributive policies and actions across scales, financed through reparations paid by key actors in the corporate food regime. We present a strategic policy framework drawn from the food sovereignty movement, outlined here as the “5Ds of Redistribution”: Decolonization, Decarbonization, Diversification, Democratization, and Decommodification. We then consider what would need to occur post-redistribution to ensure that the corporate food regime does not re-emerge, and pose five guiding principles grounded in Indigenous food sovereignty to rebuild regenerative food systems, outlined here as the “5Rs of Regeneration”: Relationality, Respect, Reciprocity, Responsibility, and Rights. Together these ten principles for redistribution and regeneration provide a framework for food systems transformation after COVID-19.

James, D., E. Bowness, T. Robin, A. McIntyre, C. Dring, A. Desmarais & H. Wittman. forthcoming. “Dismantling and Rebuilding the Food System after COVID-19: Ten Principles for Redistribution and Regeneration.” *Journal of Agriculture, Food Systems, and Community Development*.

Shifting Food Facts: Dietary discourse in a post-truth culture

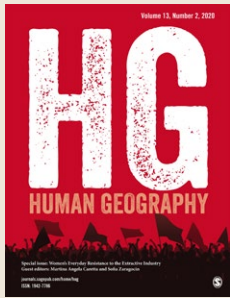
This book offers a reframing of food discourse by presenting alternative ways of thinking about the changing politics of food, eating, and nutrition. It examines critical epistemological questions of how food knowledge comes to be shaped and why we see pendulum swings when it comes to the question of what to eat. As food facts peak and peril in the face of conflicting dietary advice and nutritional evidence, this book situates shifting food truths through a



critical analysis of how healthy eating is framed and contested, particularly amid fluctuating truth claims of a “post-truth” culture. It explores what a post-truth epistemological framework can offer critical food and health studies, considers the type of questions this may enable, and looks at what can be gained by relinquishing rigid empirical pursuits of singular dietary truths. [Shifting Food Facts](#) argues that, by focusing too intently on the separation between food fact and food fiction, politically dangerous and epistemically narrow ideas of one way to eat “healthy” or “right” are perpetuated. Drawing on a range of archival materials related to food and health and interviews with registered dietitians, this book offers various examples of shifting food truths, from macro historical genealogies to contemporary case studies of dairy, wheat, and meat.

Overend, Alissa. 2020. *Shifting Food Facts: Dietary discourse in a post-truth culture*. London: Routledge.

Radical Food Geography



Guest editors Charles Levkoe, Colleen Hammelman, and Kristin Reynolds are excited to share the upcoming special issue, “Radical Food Geography” in [Human Geography](#). This issue came together over the course of a turbulent 2020 that laid bare the many injustices in food systems discussed

in the accompanying papers. This special issue presents diverse engagements with radical food geographies praxis. This praxis sits at intersections between food systems scholarship and radical geographies and makes theoretical and action-oriented contributions to resisting oppressive food systems and building viable and equitable food futures. These approaches are grounded in a critical analysis of power, oppression, and capitalist exploitation across time and space. They also go beyond those theorizations to use such knowledge for creating change in food systems through scholarship, activism, or both. Importantly, such praxis is rooted in systems of history, culture, and philosophy that impact how change is pursued and by whom.

From TheConversation.com

[More than food banks are needed to feed the hungry during the coronavirus pandemic](#)

(Elaine Power, Jennifer Black, and Jennifer Brady)

[Care is the secret ingredient in school lunch programs](#)

(Sinikka Elliott and Jennifer Black)

[Newcomers are on the fault lines of Canada’s social safety nets and food systems](#)

(Jennifer Brady and Patty Williams)

DE L'ÉQUIPE DE L'INFOLETTRE FROM THE NEWSLETTER TEAM

Merci à toutes celles et ceux qui ont contribué à ce numéro de l'infolettre. Bonne continuation de vos recherches !

Thanks to everyone who contributed to this issue of the newsletter. Keep up your good work!

—David Szanto



Hell hath no flavour like a habanero fermented.

Do you have to be so chauvinistic?

Sorry, Scotch bonnets are pretty rad, too.

Not what I meant.