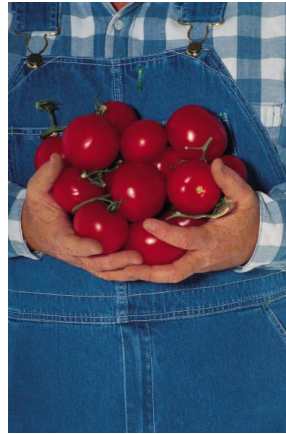


**L'Association canadienne des études sur l'alimentation
Conférence de 2010**



**Canadian Association for Food Studies
2010 Conference**

le 28 au 30 mai, 2010

May 28 – 30, 2010

Université Concordia University, Montréal

Updated May 16, 2010

Program Chairs:

Steffanie Scott and Ellen Desjardins CAFS2010@gmail.com

CAFS Program at a Glance

NOTE: Abstracts for all presentations are appended in alphabetical order by main presenter, pages 16 to 43.

Day 1	FRIDAY MAY 28			
7:30am - 5 pm	Registration			
9:00-10:30	Opening Plenary: "Rethinking what to put on our plates" Room MB S2-210			
10:30-11:00	Break			
11:00-12:30	Session 1A <i>Conceptualizing and Evaluating Alternative Food Systems</i> Room MB 5-265	Session 1B <i>Food Sovereignty and the Federal Government: Where are the openings for a shift in priorities?</i> Room MB 5-215	Session 1C <i>Food Access</i> Room MB 5-275	Session 1D <i>Farmer/Fisher Perspectives on Local Food</i> Room MB 5-255
12:30-1:30	Lunch [on your own] <ul style="list-style-type: none"> • Slow Food Tasting and Presentation: Canadian Red Fife Wheat (snacks included)– Room MB 5-245 • Video screening (Deborah Barndt), 12:30-1:30 (bring your lunch) - Room MB 5-265 Details page 6. 			
1:30-3:00	Session 2A <i>Regional Perspectives on Theory and Practice within the Canadian Food Movement – Part 1</i> Room MB 5-265	Session 2B <i>Food policy and sustainability</i> Room MB 5-215	Session 2C <i>Food Skills</i> Room MB 5-275	Session 2D <i>Food, Identity, Gender, and Bodies</i> Room MB 5-255
3:00-3:30	Break			
3:30-5:00	Session 3A <i>Regional Perspectives on Theory and Practice within the Canadian Food Movement – Part 2</i> Room MB 5-265	Session 3B <i>Food Policy: Japan, Vietnam, and Canada</i> Room MB 5-215	Session 3C <i>"Connecting the dots" and looking for the people in food policy</i> Room MB 5-275	Session 3D <i>The Geography of Eating: Food and Place in a Globalized World</i> Room MB 5-255
5:30-7:00	Launch of the 2010 CuiZine issues - Wine and cheese event sponsored by McGill Libraries. McGill University's Cyberthèque, Redpath Library Building, 3459 McTavish Street. Details page 9			
	Dinner on your own [we'll offer some suggestions]			

NOTE: Abstracts for all presentations are appended in alphabetical order by main presenter, pages 16 to 43.

Day 2 SATURDAY MAY 29				
9:30 – 12:30	TOURS: \$30 per person – for descriptions see page 10 Choose from: 1. Urban agriculture in Montreal 2. Montreal’s Markets 3. The Main: Walking/Eating Tour of Boulevard St-Laurent [Lunch on your own]			
1:30-3:00	Session 4A <i>Equiterre workshop: Scaling up the local food systems in Quebec and Ontario – Part 1</i> Room MB 5-265	Session 4B <i>Transforming Food Environments</i> Room MB 5-215	Session 4C <i>Critical Dietetics: An Invitation to Dialogue</i> Room MB 5-275	Session 4D <i>Community University Research Alliances (CURAs) that address Community Food Insecurity and Social Justice across Canada</i> Room MB 5-255
3:00-3:30	Break			
3:30-5:00	Session 5A <i>Equiterre workshop: Scaling up the local food systems in Quebec and Ontario – Part 2</i> Room MB 5-265	Session 5B <i>Neoliberal Food Regimes</i> Room MB 5-215	Session 5C <i>Beyond Nutritionism: Food Epistemologies</i> Room MB 5-275	Session 5D <i>Food Culture: Terroir and Sense of Place</i> Room MB 5-255
5:30-6:30	Keynote address: John Coveney (Flinders University, Australia) - <i>The pleasure and anxiety of eating: problems of the body and appetite.</i> Room MB S2-210			
	Dinner/banquet at Les Brasseurs www.brasseursdemontreal.ca Cost \$30, students \$25 Description: page 13			
Day 3 SUNDAY MAY 30				
9:00-10:30	Session 6A <i>Regional Food Systems</i> Room MB 5-265	Session 6B <i>Healthier Food Environments in Recreation and Local Government</i> Room MB 5-215	Session 6C <i>Community Food Security Initiatives</i> Room MB 5-275	Session 6D <i>Culinary Delineations: Home, Ethnicity, Class, and Country</i> Room MB 5-245
10:30-10:50	Break (note: 20 mins only)			
10:50-12:20	Session 7A <i>Roundtable: Defining Food Studies</i> Room MB 5-265	Session 7B <i>The Cost of Food</i> Room MB 5-215	Session 7C <i>Food, Place, and Culture</i> Room MB 5-275	Room MB 5-245 Open use of room.
12:30-1:30	CAFS Annual General Meeting -- Lunch provided – Be there! Room MB 5-245			

Detailed program: CAFS 2010

Friday, May 28, 2010

Opening Plenary: "Rethinking what to put on our plates"

Chair: Nathalie Cooke, McGill University, Montreal nathalie.cooke@mcgill.ca

Food Studies: A (Scholarly) World of Translatable Concepts?

Marc Charron, School of Translation and Interpretation, University of Ottawa

Les projets de circuits courts : Leurs bénéfices et leurs défis

Short route projects: Benefits and challenges

Isabelle St-Germain, coordonnatrice générale adjointe chez Équiterre, Deputy Director at Équiterre

Designing Edible Plates for New Sustainable Food Practices

Le concept de l'assiette comestible: étude de la matière et de pratiques alimentaires durables

Diane Bisson, Professeure agrégée, École de design industriel, Université de Montréal

Concurrent Sessions

Session 1A. Conceptualizing and Evaluating Alternative/Local Food Systems

Chair: Ellen Desjardins, Dept. of Geography and Environmental Studies, Wilfrid Laurier University

Organizational Ecology of a Food System in Change: Early Stages of the Southern Ontario FoodShed Project

Harriet Friedmann, Department of Sociology, University of Toronto Mississauga

Digital Storytelling of Local Food Initiatives: Art-based Methods in the FoodShed Project

Deborah Barndt, Faculty of Environmental Studies, York University

Co-authors: Andrew Bieler, Magda Olszanowski, and Sara Udow

Evaluating Intervention Research in Alternative Agri-food Initiatives

(Kirsten) Valentine Cadieux, Department of Geography, University of Minnesota

Growing Local Food: A Theoretical Analysis of Scalability

Phil Mount, Ph.D Candidate, Department of Geography, University of Guelph

Session 1B. Food Sovereignty and the Federal Government: Where are the Openings for a Shift in Priorities?

Chair: Peter Andree, Department of Political Science, Carleton University

Participants:

Austin Miller, MA student, Institute of Political Economy, Carleton University

Miranda Cobb, MA student, Institute of Political Economy, Carleton University

Leanne Moussa, MA student, Department of Political Science, Carleton University

Emily Norgang-Woodward, MA student, Institute of Political Economy, Carleton University

Peter Andree, Assistant Professor, Department of Political Science, Carleton University

Cathleen Kneen, Food Secure Canada/Sécurité Alimentaire Canada

Session 1C. Food Access

Chair: Jason Gilliland

Local Knowledge and Global Food: Community Food Security in Hamilton, Ontario, Canada
Sarah Wakefield, Department of Geography and Programme in Planning, University of Toronto

The Hastings Shuffle: A Foodscape of People with HIV/AIDS in Vancouver's Downtown Eastside
Eugene McCann, Associate Professor, Department of Geography, Simon Fraser University
Christiana Miewald, Adjunct Professor, Centre for Sustainable Community Development, Simon Fraser University
Francisco Ibáñez-Carrasco, Universities Without Walls, Ontario HIV Treatment Network

The Effects of Household Food Insecurity on Family, Personal and Neighborhood Relations in a low-income housing project in London, Ontario
Martha Geiger and Rachel Bezner-Kerr, Dept. of Geography, University of Western Ontario, London, Canada

Geography and Diet: Evaluating the Impacts of Accessibility to Food Retailers in Rural Ontario
Richard Sadler, PhD Student, Jason Gilliland, Godwin Arku
Department of Geography, University of Western Ontario, London, Canada

Session 1D. Farmer/Fisher Perspectives on Local Food

Chair: Kristen Lowitt

A Community Food Security Assessment in Coastal Newfoundland
Kristen Lowitt, PhD Candidate, Memorial University of Newfoundland
Research Assistant, Community-University Research for Recovery Alliance (CURRA).
- Study undertaken as part of the SSHRC-funded CURRA research program at Memorial University

"Local Food" from the Waterloo Farmer's Perspective
Meredith Davis, MSc Candidate Rural Planning and Development, University of Guelph
John Devlin, Associate Professor, School of Environmental Design and Rural Development, U. of Guelph

Building Local Food Systems: Motivations, Connections, and Challenges
Tabitha Steager, PhD Candidate, University of British Columbia Okanagan
Community, Culture, and Global Studies

Lunch

Slow Food Tasting and Presentation: Canadian Red Fife Wheat

Red Fife, a hardy and historic variety of durum wheat, is making a gradual comeback to commerciality thanks to the efforts of Slow Food's Ark of Taste project. Taste a sampling of products made with Red Fife flour and learn about this intriguing and uniquely Canadian species. (Coordinator: David Szanto, Slow Food Montreal)

Video screening

Digital stories (from a Cultural Production Workshop) about local food initiatives with 6 local food groups – as pilot projects for the FoodShed Project. Each story is about 3-4 minutes long, so after the screening we welcome discussion. (Deborah Barndt, York University, Toronto) Bring your lunch.

Details below:

Digital Stories of The FoodShed Project

These short videos were produced with local food organizations in March by graduate students in a Cultural Production Workshop at York University, and represent a pilot project of The FoodShed Project, coordinated by Harriet Friedmann, University of Toronto, and Deborah Barndt, York University .

Envisioning Food Sovereignty: Opal's Story (5 min)

Magda Olszanowski and Sara Udow, Graduate Programme in Communications and Culture, York University
An illumination of The Stop's sustainable methodologies through the eyes of a volunteer member.

Corn, Barns and Fiddleheads: Reflections on Land over Landings (9 min)

Andrew Bieler, Graduate Programme in Communications and Culture, York University

This story reflects on the intersections of dwelling and food security in North Pickering through a series of conversations with community members involved in the Land over Landings group

From Hands to Mouth: A Closer Look At the Inequities of Food Production and Consumption in Ontario (5 min)

Kellie Scanlan and Ciann Wilson, Faculty of Environmental Studies, York University and Evelyn Encalada, Justice For Migrant Workers

Starting with two residents of Toronto, this story draws connections between local food consumption/processing and the personal narrative of a migrant worker.

A Day on a Truck with Second Harvest (12 min)

Todd Barsanti, MES, Faculty of Environmental Studies, York University

Every day, Second Harvest picks up excess fresh food that would otherwise go to waste, and delivers it to approximately 250 social service programs in the Greater Toronto Area. Todd Barsanti gets an inside glimpse into Second Harvest's operations and talks to some of the people who rely on their services.

The Story of Ontario's Rare Breed Farmers (30 min)

Alexis Esseltine, MES, Faculty of Environmental Studies, York University

This film explores the traditions, practices, and stories surrounding rare breeds and their farmers, so consumers can advocate further for rare breeds, use their purchasing power to make changes in the food system, and support farmers who are trying to farm in a more sustainable manner.

Kitchen Stories (9 min)

Sama Bassidj, MES, Faculty of Environmental Studies, York University

Erin Wolfson, MEd, OISE, University of Toronto

Sama and Erin explore the roots of their own Iranian and Jewish histories, the political backdrops for the food and rituals shared with family around the table.

Session 2A. Regional Perspectives on Theory and Practice within the Canadian Food Movement-Part 1

Part I – Panel Presentations

Part II – Facilitated Discussion

Session Organizer: Charles Levkoe, University of Toronto, Department of Geography & Program in Planning

Chair: Sarah Wakefield, University of Toronto, Department of Geography and Program in Planning

Participants:

Charles Z Levkoe, University of Toronto, Department of Geography and Program in Planning,

Cathleen Kneen, Chair, Food Secure Canada/Sécurité Alimentaire Canada

Lauren Baker, Executive Director, Sustain Ontario -the Alliance for Healthy Food and Farming

Susan Roberts, Coordinator, Growing Food Security in Alberta

Patty Williams, Associate Professor and Canada Research Chair in Food Security & Policy Change and Director of the Participatory Action Research and Training Center on Food Security, Mount Saint Vincent University

Nadine Bachand, Project coordinator, Équiterre

Session 2B. Food Policy and Sustainability

Chair: Alison Blay-Palmer, Associate Professor, Department of Geography and Environmental Studies, Wilfrid Laurier University

Discussant: Ellen Desjardins, Dept. of Geography and Environmental Studies, Wilfrid Laurier University and Co-Chair, Waterloo Food Systems Roundtable

Participants:

Wayne Roberts, Manager, Toronto Food Policy Council

Steffanie Scott, Associate Professor, Department of Geography & Environmental Management, U. of Waterloo

Bryan Gilvesy, Farmer, Co-chair, Alternative Land Use Systems (ALUS) Program, Ontario

Session 2C. Food Skills

Chair: Rachel Engler-Stringer, PhD, Assistant Professor, Dept. of Community Health & Epidemiology, University of Saskatchewan, Saskatoon rachel.engler-stringer@usask.ca

Chinese immigrants, Food Safety and Lifelong Learning

Lichun Willa Liu, PhD Candidate, Department of Sociology and Equity Studies in Education, U. of Toronto

Mustafa Koc, Associate Professor, Department of Sociology, Ryerson University

Recipe for Change – Community led food planning

Ruth Silver, PhD candidate, School of Planning, University of Waterloo

To cook or not to Cook: The Significance of Domestic Cooking for Families

Dean Simmons, MSc student, University of British Columbia

The Loss and Restoration of Practical Knowledge about Food

Claire Askew, PhD candidate, Policy Studies, Ryerson University

Session 2D. Food, Identity, Gender, and Bodies

Chair: Rhona Richman

More than Nutrition: Women's Identity and Food Politics

Barbara Parker, PhD Candidate, Charles Stuart University, New South Wales, Australia

Breastfeeding, Performance and the Public Sphere

Robyn Lee, York University

Gender and the Invisible Body: Theorizing the Body that Eats

Jessica Miles, PhD Student, Department of Sociology, University of Victoria

Evolution of Quebec's Health Organisations Discourse Regarding Weight Management

Paul-Guy Duhamel, cand.(M.Sc) Sociology, RD

Johanne Collin, PhD, Professor, Health Sociology

MÉOS (Médicament comme objet social), Director, Faculté de pharmacie, Université de Montréal

Session 3A. Regional Perspectives on Theory and Practice within the Canadian Food Movement–Part 2

[See details under session 2A] Part I – Panel Presentations, Part II – Facilitated Discussion

Chair: Sarah Wakefield, University of Toronto

Session 3B. Food Policy: Japan, Vietnam, and Canada

Chair: Steffanie Scott, Department of Geography and Environmental Management, Faculty of Environment, University of Waterloo

Shokuiku: Governing Food and Public Health in Contemporary Japan

Catherine L. Mah, MD, FRCPC, PhD, Postdoctoral Fellow, School of Public Policy and Governance, University of Toronto, Visiting Research Associate, Global Centre of Excellence for the Reconstruction of the Intimate and Public Spheres in 21st Century Asia, Kyoto University

From Shortages to Prosperity: Food Policy and Food Security in Vietnam

Steffanie Scott, Department of Geography and Environmental Management, Faculty of Environment, University of Waterloo

Promoting Local Food Systems in Canada: Fostering Collaboration and Effecting Policy Change

Adam Hawley, Carleton University

Session 3C. “Connecting the Dots” and Looking for the People in Food Policy

Chair and Session Organizer: Kelly Bronson, PhD Candidate, York University

Framing the debate: how technical discourse in the Canadian courts binds public engagement with biotechnology

Kelly Bronson, PhD Candidate, York University

Food Sovereignty in International Context: European Union and the Common Agricultural Policy

Irena Knezevic, PhD Candidate, York University

Food Policy Councils: putting citizens at the centre of food systems change

Wayne Roberts, PhD, Manager, Toronto Food Policy Council

Session 3D. The Geography of Eating: Food and Place in a Globalized World

Chair and Session Organizer: Prof. Lenore Newman, PhD. Graduate Program Chair, School of Environment and Sustainability, Royal Roads University, Victoria, BC.

Neige et Citrouille: A seasonal Snapshot of an Urban Canadian Marketplace

Prof. Lenore Newman, Royal Roads University

"Nearly Local": Food Web Studies in British Columbia

Dr. Chris Ling, Postdoctoral Scholar, Royal Roads University

Social Capital Building through Neighbourhood Growing

Prof. Ann Dale, Canada Research Chair, Royal Roads University

Choosing Food Places: Relational Dimensions of Individual Food-buying Patterns

Ellen Desjardins, Dept. of Geography and Environmental Studies, Wilfrid Laurier University

Friday May 28, 2010, con't.

CuiZine 2.1 Launch

We are delighted to announce the launch of the latest installment of CuiZine: The Journal of Canadian Food Cultures/Revue des cultures culinaires au Canada, now available online at www.cuizine.mcgill.ca
<http://cuizine.mcgill.ca>

To celebrate the release of this exciting and groundbreaking issue, the CuiZine staff warmly invites you to join us for a launch party on **Friday, May 28th, 2010, at 5:30 pm**. Festivities will take place at **McGill University's Cyberthèque, Redpath Library Building, 3459 McTavish Street**.

Research in this issue includes Hersch Jacobs' study of the structural elements of Canadian cuisine and Gwendolyn Owens' exploration of the history of kitchen wallpaper, as well as Pierre Sercia and Alain Girard's study of the food practices of recent immigrants to Canada, Alexia Moyer's work on discourses of dirt and cleanliness in the supermarket, and Kristen Lowitt's study of reciprocal social ties in Nova Scotia farmers' markets. Featuring artwork by Lisa Ng, poetry by Rhona McAdam, and book reviews by Victoria Dickenson, Lana Povitz, David Szanto, and Ariel Buckley. With works by Anna Rumin and Lois Manton, we also introduce a new regular feature to CuiZine, a section devoted to creative non-fiction and food reminiscences, which we call "Petites Madeleines."

And hold on to those forks-coming this summer is a special terroir issue, guest edited by Amy B. Trubek and Jean-Pierre Lemasson. Featuring comparative pieces on Vermont and Quebec and an interview with chef Normand Laprise, this special edition is shaping up to be an informative and engaging read.

Lancement de CuiZine 2.1

Nous sommes ravis d'annoncer le lancement du dernier numéro de CuiZine: The Journal of Canadian Food Cultures/Revue des cultures culinaires au Canada, maintenant disponible en ligne à www.cuizine.mcgill.ca
<http://cuizine.mcgill.ca/>.

Afin de célébrer la parution de ce numéro exceptionnel, l'équipe de CuiZine vous convie chaleureusement à la fête de lancement qui se tiendra **le vendredi 28 mai 2010 à 17h30**. **Les réjouissances auront lieu à la Cyberthèque de l'université McGill, située dans la bibliothèque Redpath au 3459 rue McTavish**.

Ce numéro inclut une étude sur les éléments structurels de la cuisine canadienne par Hersch Jacobs, une enquête sur l'histoire du papier peint dans la salle de cuisine par Gwendolyn Owens, un examen des pratiques alimentaires des nouveaux immigrants au Canada par Pierre Sercia et Alain Girard, une analyse des discours sur la propreté et la saleté au supermarché par Alexia Moyer, ainsi qu'une étude de Kristen Lowitt sur les marchés fermiers en tant qu'espaces favorisant les liens sociaux réciproques entre et parmi les producteurs agroalimentaires et les consommateurs. Ce numéro contient également des oeuvres picturales de Lisa Ng, des poèmes de Rhona McAdam et des critiques de livres par Victoria Dickenson, Lana Povitz, David Szanto, et Ariel Buckley. Enfin, une nouvelle section permanente fait son apparition dans CuiZine avec des oeuvres d'Anna Rumin et Lois Manton: intitulée « Petites madeleines, » elle fait la part belle aux réminiscences culinaires créatives et non-fictionnelles.

Gardez bien vos fourchettes en main, car un numéro spécial consacré au terroir est à paraître cet été. Édité, pour l'occasion, par Amy B. Trubek et Jean-Pierre Lemasson, il comprend des articles comparatifs sur le Vermont et le Québec, ainsi qu'un entretien avec le chef Normand Laprise, et promet d'être une lecture instructive et stimulante.

Nathalie Cooke and Ariel Buckley,
Editors, CuiZine
McGill University (514) 398-4213

Saturday, May 29, 2010

Conference tours

(\$30 per person – Please register with cfsadmin@ryerson.ca)

Field Trip #1: Urban Agriculture in Montreal

9:30 am - 12:30 pm

Montreal is a leader in the field of urban agriculture; it is home to initiatives ranging from community supported agriculture, to city's community gardens program that serves more than 8,000 families, to numerous roof-top growing operations.

The proposed tour will include visits to:

- (a) A peri-urban farm; a typical community garden;
- (b) the Edible Campus Project, a community-university partnership project on the main premises of McGill University and
- (c) Santropol Roulant's volunteers run meals-on-wheels kitchen that delivers daily meals to mobility impaired clients.

Field Trip #2: Montreal's Markets

9:30 am - 12:30 pm

Visiting two of Montreal's principal markets – the Atwater and Jean Talon markets – this field trip will provide an opportunity for participants to learn more about food distribution issues in an urban setting.

Participants will be taken by bus to the Atwater Market, where we will have an opportunity not only to view the produce being sold by the markets various vendors, but also to be briefed by one of Montreal's authorities on the city's markets.

We will then travel by bus to the Jean Talon Market where, after another opportunity for participants to examine the market, we will have an opportunity to discuss with our accompanying expert the market's revival as part of not only a renewed interest in local purchasing, but also the "place branding" that has occurred in the adjacent area known as "Little Italy".

The bus will return participants to the conference venue by 12:30. The trip is limited to the bus capacity of 45 people.

Field Trip #3: The Main: Walking/Eating Tour of Boulevard St-Laurent

9:30 am - 12:30 pm

Starting with bagels on St-Viateur and wending its way down the city's central north-south artery to Vieux Montréal, this tour will sample many of the great immigrant foods that typify the Montréal urban foodscape, as well as many tastes of true québécois terroir. Bagels, beer, smoked meat, grilled chicken, poutine, smoked duck, rillettes, Azorean butter, sriracha, poutine, bresaola, manchego, crêpes, bánh mì, and of course maple sugar, syrup, and butter.

Light historical content on the diverse neighborhoods will be provided, along with a site map and Handiwipes. Hard-core eaters and enthusiastic nibblers are welcome, but be prepared for three hours of walking, talking, and gawking. (Rain or shine.)

Bring your own water bottle and shopping bag.

Session 4A. Equiterre Workshop - Part I

Chair: Jean-Frédéric Lemay

Scaling up the local food systems in Quebec and Ontario: conversations about comparative perspectives on barriers and public policies

Jean-Frédéric Lemay, Reseacher, Équiterre
Kausar Ashraf, Research Associate, CTPL
Lazar Konforti, Consultant, Équiterre

Session 4B. Transforming Food Environments

Chair: Rachel Engler-Stringer, PhD, Assistant Professor, Dept. of Community Health & Epidemiology, University of Saskatchewan, Saskatoon rachel.engler-stringer@usask.ca

Obstacles and Opportunities on the Road to Healthy Food Environments
Tony Winson, Dept. of Sociology and Anthropology, University of Guelph

Hospital Food Procurement
Sarah Hrdlicka, McGill University, School of Urban Planning

The Vancouver Meals, Behaviour, and Well-being Study: Interdisciplinary Research in Progress
Karen Cooper, PhD, Instructor, Corpus Christi College

Cultivating Food Security in Nova Scotia Public Schools: A Case Study of an Elementary School Garden Project
Liesel Carlsson, MSc.AHN candidate, Dept. of Applied Human Nutrition, Mount Saint Vincent University
Patricia Williams, PhD, Pdt., Assoc. Professor of Applied Human Nutrition, Mount Saint Vincent University
Daphne Lordly, MAHE, Pdt., Chair, Department of Applied Human Nutrition,
Mount Saint Vincent University, Associate Professor of Applied Human Nutrition
Jessica S. Hayes-Conroy, PhD, Assistant Professor, Environmental Studies, Wheaton College

Session 4C. Critical Dietetics: An Invitation to Dialogue

Chair and Session Organizer: Jacqui Gingras, PhD, RD, Ryerson University

The Food Violence of E-nutrition
Jennifer Brady, MHSc

Towards a Critical Dietetics: The Government and Ethics of Food Choice
John Coveney, PhD, Flinders University

A Dietetics Imaginary
Charna Gord, MEd, RD

The Cultural Politics of Critical Dietetics
Jacqui Gingras, PhD, RD

Session 4D. Alliances (CURAs) that Address Community Food Insecurity and Social Justice across Canada

Session organizer: Stephane McLachlan **Presenter:** Colin Anderson

An Exploration of Three Recently Awarded Community University Research Alliances (CURAs) that Address Community Food Insecurity and Social Justice across Canada, in Nova Scotia, Manitoba and British Columbia
A. Rojas, P. Williams, D. Gillis and C. Anderson.

Session 5A. Equiterre Workshop - Part II

Chair: Jean-Frédéric Lemay

Scaling up the local food systems in Quebec and Ontario: conversations about comparative perspectives on barriers and public policies

Jean-Frédéric Lemay, Researcher, Équiterre
Kausar Ashraf, Research Associate, CTPL
Lazar Konforti, Consultant, Équiterre

Session 5B. Neo-liberal Food Regimes

Chair: Sarah Wakefield

Canadian Food Policies and their Potential to Influence Vegetarian Food Choices
Vanessa Holm, PhD Candidate, Environmental Studies, York University

Making the World Safe for Monsanto: The Political Economy of Britain's Food 2030 Report
Jennifer Sumner, Adult Education and Community Development Program, OISE/University of Toronto

Is There Space for Sustainability? Neo-liberalism, Consumer Culture and Alternative Food Systems
Hélène M. Lawler, PhD Candidate, University of Western Ontario, Department of Political Science

Session 5C. Beyond Nutritionism: Food Epistemologies

Chair : Ellen Desjardins

Deconstructing Salad
Hugh Joseph, PhD, Friedman School of Nutrition, Tufts University

Why don't We Know?: Epistemologies of Ignorance and the Modern Food System
Nathan Harron, PhD year 2, Philosophy, York University

Making the Calorie Human: The Epistemic Technology of the Calorimeter and the Making of a Quantitative Food Culture
Jessica Mudry, Assistant Professor, General Studies Unit, Faculty of Engineering and Computer Science

Session 5D. Food Culture: Terroir and Sense of Place

Chair: Irena Knezevic

From Pubs to Publics: An Investigation of South Asian Diasporic Public Culture in London, England
Jaclyn Rohel, Doctoral Student, Food Studies, Department of Nutrition, Food Studies and Public Health, New York University

Eating Slow in a Fast World: Considering the Necessity of Global Communications to Local Food Movements
Michelle Coyne, PhD Candidate, Joint Programme in Communication and Culture, York University & Ryerson University

Produits du terroir: Salt Marshes and the Sustainable Development of an Edible Landscape in France & Quebec
Matthew G. Hatvany, Département de Géographie, Pavillon Abitibi-Prince, Université Laval

Alimentation et Identité: L'invention d'une Culture Alimentaire de la Diaspora Basque du Québec
Adélaïde Daraspe, Doctorante à l'Université de Sherbrooke et à l'Université François-Rabelais à Tours.

5 :30 Keynote Speaker :

John Coveney (Flinders University, Australia)

The pleasure and anxiety of eating: problems of the body and appetite.

7 :00 Banquet (\$30 per person, \$25 for students – Please register with cafsadmin@ryerson.ca)

The CAFS banquet is at **les Brasseurs de Montréal** (www.brasseurdemontreal.ca)
Les Brasseurs is located in Montreal's historic Griffintown district.

With two meat options and two veg options selected from the restaurant's contemporary-québécois offerings, excellent and innovative micro-brews (as well as wine and non-alcoholic beverages), and a hip and comfortable ambiance, the banquet typifies the Montreal dining experience.



Menu:

- Soup
- choice of:
 - vegetable pâté open-faced sandwich, with salad;
 - grilled smoked sausages, with fries;
 - warm goat-cheese salad;
 - beef bourguignon;
 - duck confit, with fries
- dessert (pouding chomeur, a maple steamed pudding)

Sunday, May 30, 2010

Session 6A. Regional Food Systems

Chair: Kathryn Morrison

OMAFRA and the University of Guelph Contract: The Potential for Supporting Collaborative Food Studies in Ontario

John Devlin, Associate Professor, School of Environmental Design and Rural Development, U. of Guelph
Arthur Churchyard, Masters Student, Rural Planning and Development Program,
School of Environmental Design and Rural Development, University of Guelph

Sustainable Saskatchewan? The Breadbasket's Legacy of 'Local' Food Chains and the Current Challenges and Opportunities Facing Saskaboom

Lisa F. Clark, Post-Doctoral Fellow, Johnson-Shoyama Graduate School of Public Policy, U. of Saskatchewan

Regional Clustering of Farmers' Markets in Alberta British Columbia

Mary Beckie (presenter), Assistant Professor, Faculty of Extension at the University of Alberta,

Emily Huddart-Kennedy, PhD candidate, Department of Rural Economy, University of Alberta,
Chris Hergesheimer, MA, Sociology, small farmer, teacher, activist grain miller in British Columbia,
Paul Cabaj, community development practitioner with the Canadian Centre for Community Renewal, Edmonton, Alberta.

Hannah Wittman, Assistant Professor, Anthropology and Sociology, Simon Fraser University

Melisa Zapisocky, MSc Candidate, Environmental Studies, University of Montana

Analysis of Local Food Systems in British Columbia

Kathryn Morrison, MSc (cand), Trisalyn Nelson, PhD, Aleck Ostry, PhD
University of Victoria, Department of Geography, University of Victoria

Session 6B. Healthier Food Environments in Recreation and Local Government Settings: Integrating Evaluation with Implementation to Facilitate Positive Change

Chair and Session Organizer: PJ Naylor, Institute of Applied Physical Activity and Health Research, School of Exercise Science, Physical and Health Education, University of Victoria

Collective Understanding: Connecting Local Experiences to Support Sector Change – the Case of BC's Healthy Food and Beverage Sales Initiative

Suzanne Vander Wekken, Evaluation Coordinator, University of Victoria

Connecting the Dots: Evaluating the Food Environment during the Transition to Healthier Choices in BC's Recreation Facilities

Dr. Barbara Dobson, Social Research and Demonstration Corporation (SRDC)

Connected Understanding: Using Provincial Program Evaluation to Support Planning and Implementation at the Local Level

Anna Kirbyson, Provincial Coordinator, Stay Active Eat Healthy Program, BC Recreation and Parks Association (BCRPA)

Planning for Healthy Community Food Environments: First Nations Projects within the Healthy Food and Beverage Sales Program

Anna Kirbyson, Provincial Coordinator, Stay Active Eat Healthy Program, (BCRPA)

Suzanne Vander Wekken, Evaluation Coordinator, University of Victoria

Session 6C. Community Food Security Initiatives

Chair: Patty Williams

An Examination of the Potential of Urban Agriculture to Mitigate the Negative Livelihood and Food Security Impacts of HIV/AIDS in Households in Nakuru, Kenya

Fiona Yeudall PhD, RD, Associate Professor, School of Nutrition, Associate Director Centre for Studies in Food Security, Ryerson University

Action Communautaire en Sécurité Alimentaire d'un Quartier Montréalais / Community Actions on Food Security in a Montreal Neighbourhood

Sarah Guibord-Jackson, étudiante à la maîtrise en service social
Université d'Ottawa, École de service social

What Difference does the Good Food Box Make? An Examination of the Role of a Food Box Program on Nutrition and Food Security.

Dr. Christiana Miewald, Centre for Sustainable Community Development,
Simon Fraser University

Dr. David H. Holben, Didactic Program in Dietetics, Ohio University

Dr. Peter V. Hall, Urban Studies Program, Simon Fraser University

Session 6D. Culinary Delineations: Home, Ethnicity, Class, and Country

Joint panel with the Folklore Studies Association of Canada

Organizer: Diane Tye, Associate Professor and Head, Department of Folklore, Memorial University

Chair: Laura Sanchini, PhD candidate, Department of Folklore, Memorial University

"Villanous offals": Eating, Identity and Otherness in Early English Travelers' Accounts of Their Experiences in Scotland

Joy Fraser, PhD candidate, Department of Folklore, Memorial University

Re/Creating Regional Identity through Narrations of Food and Place

Diane Tye, Associate Professor, Department of Folklore, Memorial University

Newfoundland and Labrador on a Plate: Bed, Breakfast, and Identity

Holly Everett, Assistant Professor, Department of Folklore, Memorial University

A Gleizele Varms and a Nosh: Reconstructing Jewish Domestic Foodways in Public Spaces

Jillian Gould, Assistant Professor, Department of Folklore, Memorial University

Session 7A. Roundtable: Defining Food Studies

Chair: Mustafa Koc

Mustafa Koc, Rod MacRae, Anne-Marie Hamelin, Andrea Noack, Ozlem Guclu-Ustundag, Patricia Williams

Session 7B. Cost of Food

Chair: Irena Knezevic

Does a Sustainable Diet Cost More?

Hugh Joseph, PhD, Friedman School of Nutrition, Tufts University

What is the Cost of Healthy Eating in Canada? Applying a Sustainable Livelihoods Framework

Fiona Yeudall PhD RD, Associate Professor, School of Nutrition

Associate Director Centre for Studies in Food Security, Ryerson University

75% Food Security is too High: Getting the Word Out

Shirley Thompson, University of Manitoba

Pilot Study of Participatory Food Costing Research Methods and Tools in Nova Scotia

Debbie Poirier, Nova Scotia Food Costing Working Group Cape Breton's Family Place Resource Centre

Session 7C. Food, Place and Culture

Chair: Nathalie Cooke, McGill University

Farmers' Markets and Their Practices Concerning Privilege, Income and Race: A Case Study of the Wychwood Artscape Barns in Toronto

Rachelle Campigotto, Master's of Education candidate, University of Toronto (OISE)

Sociology and Equity Studies/Environmental Studies

Mapping Class in Community Gardens

Christopher Langer, University of Toronto (OISE-AECP)

Coming out as a Vegetarian in Alberta: k.d. Lang and the 'Meat Stinks' Controversy

Valerie J. Korinek, Professor & Chair, Department of History, University of Saskatchewan

Ethical Consumption in Nova Scotia: Global Connections in Local Spaces

Anne Spice, Master's student in Social Anthropology, Dalhousie University

Abstracts (alphabetically by main presenter)

Food Sovereignty and the Federal Government: Where are the Openings for a Shift in Priorities?

Andree, Peter, Assistant Professor, Department of Political Science, Carleton University,
pandree@connect.carleton.ca

Austin Miller, MA student, Political Economy, Carleton University

Miranda Cobb, MA student, Political Economy, Carleton University

Leanne Massoud, MA student, Political Science, Carleton University

Emily Norgang-Woodward, MA student, Political Economy, Carleton University

Moe Garahan, of Just Food Ottawa.

This panel presents the results of a research project focused on identifying areas for possible movement at the Federal level on policies informed by the principles of Food Sovereignty. This project was developed as a community-based research project in conjunction with members of the steering committee of the People's Food Policy Project. This research initially focused on the areas of country-of-origin labeling, national organic standards, urban agriculture (on federal lands) and abattoir regulation. Subsequent research focused on the issue of the federal role in support in enhancing local and regional food processing capacity more broadly.

The findings of this research show that there are opportunities for "food sovereigntists" to move their agenda forward within existing federal policy networks, although it is important to acknowledge the following three provisos: First, producers, processors, retailers and policy makers speak different languages. It is important not to miss opportunities to advance common initiatives due to differences in language. Second, advocates need to take into account market forces and the financial impact on stakeholders when prioritizing initiatives. Third, although allies do exist in the federal government, it is important to have a clear understanding of the federal government's role in Agriculture policy. For example, Agriculture and Agri-Food Canada has an export-oriented mandate, while the Canadian Food Inspection Agency has a safety mandate while also maintaining a strong emphasis on export considerations.

Taking into account such considerations, this research shows that political pressure does work. Looking for opportunities to present food sovereignty issues in a way that demonstrates broad political support, such as through a strong consumer voice, will allow PFPP member organizations and allies a stronger voice at key federal policy tables.

The Loss and Restoration of Practical Knowledge about Food

Askew, Claire, askew_claire@hotmail.com

Considerable literature addresses technological and scientific solutions to food-related environmental and health issues. Much less attention has been directed at traditional food knowledge (including baking, cooking nutritious meals, canning and drying food and gardening) as a way to improve literacy about nutrition, improve personal health and alleviate the environmental impact of current Canadian food consumption practices. While the general public is increasingly willing to adopt healthier diets and lifestyles, many barriers (high among them lack of knowledge) prevent people from making substantial alterations to their daily food preparation and consumption habits. More research is required to explore the disconnect wherein health and food experts recommend dietary changes that consumers are prepared to make, but are not reflected in actual practice. Important research questions include: (a) what are the barriers to dietary shifts and (b) to overcome these barriers what social and institutional supports are needed?

Regional Perspectives on Theory and Practice within The Canadian Food Movement

Baker, Lauren, Executive Director, Sustain Ontario -the Alliance for Healthy Food and Farming,
lauren@sustainontario.com

How can we create the conditions for a regional food systems to flourish? What role can a provincial network play? Sustain Ontario - The Alliance for Healthy Food and Farming was formed in 2008 to advocate for a food system that is ecological, equitable, healthy and financially viable. This presentation will share key lessons learned about collaborating across sectors, perspectives and issues to press for food system reform.

Digital Storytelling of Local Food Initiatives: Art-based Methods in the FoodShed Project

Barndt, Deborah, Faculty of Environmental Studies, York University, dbarndt@yorku.ca

Co-authors: Andrew Bieler, Magda Olszanowski, and Sara Udow

The FoodShed Project was initiated in 2009 with thirty organizations within the Southern Ontario Foodshed who are working at various levels of food system transformation, from field to table. Based at the University of Toronto and in partnership with York University, the project aims to facilitate the recovery of histories of the innovative community of food practice in the region, focusing on organizational ecology, generational renewal, and cultural renewal. Adapting arts-based participatory action research, faculty and student researchers/artists are working with local groups on a pilot project using the method of digital storytelling to reflect on and document their work.. The paper will critically examine both the substantive and methodological frames of the project, to assess constraints and possibilities, and further refine the methodology of the FoodShed Project. *This paper is to accompany a paper by Harriet Friedmann, principal investigator of The Foodshed Project, which focuses more on the theoretical frameworks of the project.

Regional Clustering of Farmers' Markets in Alberta British Columbia

Beckie, Mary (presenter), Assistant Professor, Faculty of Extension at the University of Alberta,
Mary.beckie@ualberta.ca

Emily Huddart-Kennedy, PhD candidate, Department of Rural Economy, University of Alberta,
huddartk@ualberta.ca

Chris Hergesheimer, MA, Sociology, small farmer, teacher, activist grain miller in British Columbia,
Cph1@sfu.ca

Paul Cabaj, community development practitioner with the Canadian Centre for Community Renewal, based in Edmonton, Alberta.

Hannah Wittman, Assistant Professor, Anthropology and Sociology,

Simon Fraser University, hwittman@sfu.ca

Melisa Zapisocky, MSc Candidate, Environmental Studies, University of Montana,
Melisa_zap@hotmail.com

Farmers' markets (FMs) play a key role in the emerging local food movements (LFS) in British Columbia (BC) and Alberta (AB). The capacity of FMs to advance LFS may relate, in part, to the phenomenon of regional clustering, informal networking of geographically situated markets. The purpose of this study was to explore the nature, extent and significance of FMs clustering. Using cluster theory as a framework, twenty-nine FMs from four regional clusters in BC and AB were examined and compared. Data were gathered through surveys and qualitative interviews with market managers, board members and market societies. In brief, this study reveals that regional clustering of FMs creates opportunities for greater mobilization of products, people and knowledge, thereby enhancing collaboration, competition, and overall evolution of LFS. This study is part of a larger research project on FMs and the social economy developed under the BC-AB Research Alliance on the Social Economy.

Designing Edible Plates for New Sustainable Food Practices

Le concept de l'assiette comestible : étude de la matière et de pratiques alimentaires durables

Bisson, Diane, Professeure agrégée, École de design industriel, Université de Montréal, diane.bisson@umontreal.ca

Le projet Comestible s'inscrit à la fois dans la recherche création et la recherche scientifique. Résolument tournée vers le développement durable, il explore le concept de l'assiette mangeable comme un modèle à la fois matériel et culturel prometteur dans la réduction des déchets. Le projet propose une réflexion sur nos habitudes alimentaires et devant la prolifération de contenants jetables, relève le défi de transformer l'aliment en véritable matériau de production.

La présentation illustre le travail de validation des procédés de mise en forme et des recettes appropriées à la confection des objets comestibles. La cuisine s'attache ici à la santé nutritionnelle et fait usage d'une grande variété de légumes, de légumineuses (ainsi que leur farine) et de fruits. Dans une perspective qui se veut également prévisionnelle d'usage, sont également abordées ici les nouvelles pratiques et gestuelles que laissent présager les produits comestibles.

The Food Violence of E-nutrition

Brady, Jennifer, MHS, jenniferleebrady@gmail.com

Women are the primary users of online nutrition information; an interest that is coterminous with their roles as family caretakers and associated food work responsibilities. This paper will draw from critical dietetics to present a feminist analysis of the ways in which women's roles as those who eat and as those who feed others are constituted by e-nutrition initiatives that exhort women to quite literally, 'eat right'. I argue that e-nutrition initiatives informed by neoliberal discourse entreat users to make the right food choices with prevailing notions of food, femininity, and fatness. Eatrightontario.ca will serve as a North American example to demonstrate that subsequently, e-nutrition initiatives perpetrate acts of food violence that are experienced two-fold by women in their dual roles as eaters and as those who feed others.

Framing the Debate: How Technical Discourse in the Canadian Courts Binds Public Engagement with Biotechnology

Bronson, Kelly, session organizer, PhD Candidate, York University, CAFS, ksb@yorku.ca

Kelly Bronson will begin by evidencing the courts' increasing influence on biotechnology policy in North America. The courts set the normative and rhetorical space within which the various actors with an interest in the future of biotechnology arrange themselves; in particular the courts articulate what comes to count as valid science. Kelly will be exploring this process by focusing on *The organic farmers of Saskatchewan v. Monsanto, Canada*. Because the law's choice between alternative scientific accounts necessarily involves normative judgments, Kelly will detail the ways in which legal language and procedure may legitimate some and exclude other possible interpretations of claims in Canadian biotechnology disputes and thereby enable and/or constrain the expression of public concerns over biotechnology.

Evaluating Intervention Research in Alternative Agri-food Initiatives

Cadieux, (Kirsten) Valentine, Department of Geography, University of Minnesota, cadieux@umn.edu

This paper considers evaluation of alternative agri-food projects in academic domains, such as university farm-to-school programs and food system research projects. I focus on the relationship between three parts of food projects: first, the identification of food system needs; second, the development of indicators of change or success in meeting needs; and third, the ways in which needs and indicators are used to try to change food

systems. Analyzing the collaborative work of a group of activists and researchers in the U.S. Upper Midwest and U.S. and Canada Superior region, I review evaluation schemes in an effort to identify project evaluation methods, the degree to which evaluation is incorporated into projects, and how much evaluation protocols are considered to make a difference in the success of projects. This evaluation of evaluation is intended to spark critical discussion of the role of evaluation and ways in which it can connect different understandings of food systems and how different agents intervene in them.

La recherche intervention pour les initiatives d'agri-aliments alternatives

Ce papier considère l'évaluation de projets d'agri-aliments alternatifs dans les domaines théoriques, comme les programmes de ferme-à-école universitaires et les projets de recherche de système d'aliments. Je me concentre sur le rapport entre trois parties de projets d'aliments: d'abord, l'identification de besoins de système d'aliments; deuxièmement, le développement d'indicateurs de changement ou de succès à la rencontre des besoins; et le tiers, les voies dont les besoins et les indicateurs sont utilisés pour essayer de changer des systèmes d'aliments. En analysant le travail en collaboration d'un groupe d'activistes et de chercheurs dans le Midwest américain et la région Supérieure américaine et du Canada, je reconsidère des projets d'évaluation dans un effort d'identifier des méthodes d'évaluation de projet, le degré auquel l'évaluation est incorporée dans les projets et combien de protocoles d'évaluation sont considérés faire une différence dans le succès de projets. Cette évaluation d'évaluation est destinée pour susciter la discussion du rôle d'évaluation et de voies dont il peut raccorder de différentes compréhensions de systèmes d'aliments et comment de différents agents interviennent dans eux.

Farmers' Markets and their Practices Concerning Privilege, Income and Race: A Case Study of the Wychwood Artscape Barns in Toronto

Campigotto, Rachelle, Master's of Education candidate, University of Toronto (OISE), Sociology and Equity Studies/Environmental Studies, rachelle.soulliere@utoronto.ca

The popularity of Farmers' markets is on the rise; in Canada there are 425 farmers' markets, with over 130 in Ontario alone (Feagan, Morris, & Krug, 2004). Farmers' markets provide high quality, local produce and thus they are often considered an environmentally sustainable food practice (Taxel, 2003; King 2008). United States studies have scrutinized farmers' markets as exclusionary white spaces that are not equitably accessible, but similar Canadian studies are rare. A case study at the Wychwood Artscape Barns, located in an economically and culturally diverse neighbourhood, in Toronto Ontario has been conducted. Demographics surveys of patrons were compared with existing demographic data; interviews were conducted to discover why people shop at the market. Results were analysed using whiteness theory. Results were consistent with U.S. studies – Wychwood Farmers' Market patrons were white, high income, individuals with university educations; these individuals shop at the market disproportionately to the demographic data.

Cultivating Food Security in Nova Scotia Public Schools: A Case Study of an Elementary School Garden Project

Carlsson, Liesel, MSc.AHN candidate, Department of Applied Human Nutrition, Mount Saint Vincent University, liesel.carlsson@msvu.ca

Patricia Williams, PhD, Pdt., Associate Professor of Applied Human Nutrition, Canada Research Chair in Food Security and Policy Change, Mount Saint Vincent University, Director, Participatory Action Research and Training Centre on Food Security

Daphne Lordly, MAHE, Pdt., Chair, Department of Applied Human Nutrition,

Mount Saint Vincent University, Associate Professor of Applied Human Nutrition

Jessica S. Hayes-Conroy, PhD, Assistant Professor, Environmental Studies, Wheaton College

A small but growing body of peer reviewed research suggests that school gardens can play a role in building community food security (CFS), which exists when all community residents obtain a safe, personally acceptable, nutritious diet through a sustainable food system that maximizes healthy choices, community self-reliance and equal access for all. However, to date no research is available exploring school gardens' role in CFS. This paper explores the role of school food gardens in building CFS based on a qualitative, exploratory, single case study of the school food garden at River Valley Elementary School. Findings suggest that the *indirect* effects of school garden have important potential in building long term CFS, through developing in children the knowledge, skills and values that encourage participation in sustainable food systems. A societal culture supportive of sustainable food at schools, and key supportive policies at the provincial and school board levels, were key factors reinforcing this garden's effects.

Food Studies: A (Scholarly) World of Translatable Concepts?

Charron, Marc, U de Ottawa, Marc.Charron@uOttawa.ca

In our presentation, we will look at what we believe are or should be points of shared interest between Food and Translation Studies, and thus discuss the importance of having one field taking greater notice of what the other is doing and how it is currently expanding. On top of addressing key conceptual concerns of the *interdisciplines par excellence* that are FS and TS, we will focus on issues of representation that are highly relevant to both fields.

Sustainable Saskatchewan? The *Breadbasket's* Legacy of 'Local' Food Chains and the Current Challenges and Opportunities Facing Saskaboom

Clark, Lisa F., Post-Doctoral Fellow, Johnson-Shoyama Graduate School of Public Policy, University of Saskatchewan, lfc942@usask.ca

While Saskatchewan has the reputation as being the 'world's breadbasket' and host to some of the largest agribusiness operations in the world, it also has a rich tradition of fostering 'local' food chains and supporting small-scale agriculture. This paper discusses the evolving characteristics of local food chains within the province. It argues that cooperative movements have historically played a significant role in their establishment and maintenance. It also shows that a network of social actors with diverse identities, including *Food Secure Saskatchewan*, *CHEP (Child Health Education Program) Good Food Incorporated* and the *National Farmer's Union* continues to mobilize effectively to tackle local food security issues despite the domination of export-oriented agriculture in the province. The challenges and opportunities that Saskatchewan's recent economic boom presents to the sustainability of local food chains are also discussed.

The Vancouver Meals, Behaviour, and Well-being Study: Interdisciplinary Research in Progress

Cooper, Karen, PhD, Instructor, Corpus Christi College, kcooper@interchange.ubc.ca

What does a woman with a BS (Computer Science), an MFA (Literary Translation), and a PhD (Interdisciplinary: Literary Theory, Science, and Anthropology of Empathy) do when she grows up? She discovers the extreme food insecurity of those living in low-barrier shelters and single-room-occupancy residences, and examines, via two approaches, the case for providing in-residence meals: 1) "Stacking" as many residences as possible where food has been introduced, and comparing before and after emergency service calls. Such stacking helps to eliminate confounds such as residence-wide mental health interventions. 2) Combining Body Mass Index changes, before-and-after nutritional interviews, and emergency call data with existing research (from labs, prisons, schools, and via epidemiology) to examine the broad case for the impacts of in-residence meals on behaviour and therefore on systemic costs. This paper will outline, in plain language, the need for this research, the ongoing molding of the methodology, and the tentative results.

Towards a Critical Dietetics: The Government and Ethics of Food Choice

Coveney, John, PhD, Flinders University, john.coveney@flinders.edu.au

Nutrition and dietetic priorities urge modern eaters to show appropriate concerns and responsibilities in food selection in order to make the right choices, 'eat right' and avoid dietary indiscretions. However, the act of choosing and the notion food choice are not unproblematic considerations, but are determined by a variety of discourses that shape individuals as so-called 'choosing subjects'. Using Foucault's work on governmentality, this paper explores the ways in which food choices are constructed within various discursive regimes of governance that give rise to specific subjectivities and ethical positions. These subjectivities result in 'the eater's dilemma', whereby scientific knowledge of 'eating right' translates into moral imperatives of good and bad food, and, consequently, good and bad eaters. The paper demonstrates how connecting understandings from conventional dietetics with critical dietetics provides insights into theory and practice within a professional context.

Eating Slow in a Fast World: Considering the Necessity of Global Communications to Local Food Movements

Coyne, Michelle, PhD Candidate, Joint Programme in Communication and Culture, York University & Ryerson University, mcoyne@yorku.ca

Stewart (2007, 250-1) notes that environmentalism of the 1990s and 2000s has increasingly focused on individual action through local environments. This focus on the local has extended to food choices and the increasing popularity of sourcing labels, the 100-mile diet and the slow food movement. However, while there have been some critiques of local food, the significance of global communication networks to this approach to food activism has been obscured. Within the local discourse, the global movement of food is circumvented through a selective rhetoric of production locations and purchasing power. The central tension that this paper develops is that this local identity is in fact made possible by globalization, most specifically Appadurai's (1996) media- and info-scapes. Through these scapes the 'local' is defined through traditional structures of power and personal identity is created through focused consumption reflecting a problematic nostalgia and understanding of traditional living.

Social Capital Building through Neighbourhood Growing

Dale, Ann, Canada Research Chair, Royal Roads University

The 100-mile diet may have done more to promote awareness of sustainable community development than formal education programs, public information strategies and all of the research dissemination efforts combined. Are there ways that local food production can increase the community's awareness of the importance of place and sustaining those place characteristics that they value. Does access to year round local food products contribute to increased social capital in a community? And does growing your own food lead to greater individual agency? Join in an interactive dialogue and discuss the role of local food production in sustainable community development.

Alimentation et identité: L'invention d'une culture alimentaire de la diaspora basque du Québec

Daraspe, Adélaïde, Doctorante à l'Université de Sherbrooke et à l'Université François-Rabelais à Tours.

À l'article « Gastronomie » de ce grand inventaire du patrimoine mémoriel français que sont Les Lieux de mémoire, Pascal Ory commence par poser la question : « La cuisine serait-elle ce qui reste quand on a tout oublié? ». Il est désormais admis que les pratiques alimentaires ont une histoire qui leur est propre et qu'elles permettent de comprendre les sociétés, plus particulièrement l'évolution de leurs mentalités. Dans les années 1980, l'histoire culturelle s'impose. L'étude des pratiques et des représentations qu'elle propose semble particulièrement adaptée à l'étude de réalité telles que les identités. Des réalités que l'on avait pris précédemment comme allant de soi mais qui, dans le contexte de la mondialisation, semblent maintenant appeler des interprétations mettant l'accent sur leur caractère malléable. Les identités sont négociées dans des pratiques dont l'alimentaire fait partie. Ainsi, à travers le cas des Basques immigrés au Québec, nous expliquerons les transferts de savoir-faire, la migration des aliments et les nouvelles pratiques engendrées par un nouveau contexte, celui de la diaspora.

“Local Food” from the Waterloo Farmer’s Perspective

Davis, Meredith, MSc Candidate, Rural Planning and Development, University of Guelph, mdavis12@uoguelph.ca

John Devlin, Associate Professor, School of Environmental Design and Rural Development, University of Guelph, jdevlin@uoguelph.ca

This paper builds on a growing body of literature exploring various aspects of local food production and local food systems from the point of view of farmers within the Province of Ontario. The paper examines the perspective of farmers in Waterloo Region on the “local food movement” and producing food for the local market. Through in-depth interviews, farmers from a range of agricultural sectors identify the factors contributing to and hindering their engagement in food production for the local market. Farmers also share their perceptions of the “local food movement” and how they relate themselves to it. The research (still in progress) focuses on the Regional Municipality of Waterloo, which represents a distinct agricultural, social and ecological system and is celebrated in Ontario for a diversity of local food initiatives.

Choosing Food Places: Relational Dimensions of Individual Food-buying Patterns

Desjardins, Ellen, Dept. of Geography and Environmental Studies, Wilfrid Laurier University, desj2665@wlu.ca

The “food environment” has been widely conceptualized as a key determinant for population-level dietary behaviour, although research in this area has shown conflicting results. This study focused on the level of individual consumers, to explore how and why they navigate the urban food retail environment, and to what degree their food buying behaviours and diet appear to be influenced by it. A mixed-method approach was used with a diverse sample of residents of a central neighbourhood in Waterloo, Ontario. Questions were designed to elucidate temporal, spatial, social and subjective dimensions of their individual food activity spaces. The findings reveal the multiplicity of relational factors that determine where people routinely buy food, and how they choose from an ever-changing food supply that is both globally and locally-sourced. This study problematizes the dominant paradigm that tends to characterize entire neighbourhoods based on features of the built environment rather than the human use of that environment.

OMAFRA and the University of Guelph Contract: The Potential for Supporting Collaborative Food Studies in Ontario

Devlin, John, Associate Professor, School of Environmental Design and Rural Development, University of Guelph, jdevlin@uoguelph.ca

Arthur Churchyard, Masters Student, Rural Planning and Development Program, School of Environmental Design and Rural Development, University of Guelph, arthur08@uoguelph.ca

The University of Guelph occupies a unique position in the system for funding agricultural research in Ontario. Since 1997, University of Guelph faculty have had access to dedicated funds dispensed by the Ontario Ministry of Agriculture and Rural Affairs (OMAFRA) under the “Guelph contract”. In 2008, the partnership was renewed for another five years, with a \$300-million commitment in seven strategic research themes, including food for health, environmental sustainability, and rural policy. University of Guelph faculty are encouraged to enter into research partnerships with both academic and non-academic organizations. Research proposals are expected to demonstrate the interest of research users and the wider community and to be developed through consultative mechanisms. Such partnerships are increasingly important in determining the success of research applications. This paper will describe the Guelph contract and invite a discussion among CAFS members on the potential to develop collaborative food systems research proposals for submission through the Guelph contract.

Connecting the Dots: Evaluating the Food Environment during the Transition to Healthier Choices in BC's Recreation Facilities

Dobson, Barbara, Social Research and Demonstration Corporation (SRDC) bdobson@bc.srdc.org

The Healthy Food and Beverage Sales program is intended to enhance the promotion and sale of healthy food and beverages and reduce the sale of unhealthy foods in communities throughout British Columbia. The purpose of this study was to assess the impact of the initiative on communities receiving seed grants through this program.

A pre-experimental pre/post evaluation design was used to assess changes in facility capacity and food environment, vending products sold and patron attitudes and awareness. We assessed the facility capacity and environment using a 4-point scale to rate strategic planning, supportive environments, and communication & education. Vending machines were audited and products were entered into the Brand Name Food List tool for analysis. Patron purchasing patterns, attitudes toward concession and vending options and awareness of initiatives were collected through surveys. The results of this study will be presented along with strategies for engaging communities in evaluation participation.

Evolution of Quebec's Health Organisations Discourse Regarding Weight Management

Duhamel, Paul-Guy, cand.(M.Sc) Sociology, RD, pgduhamelca@yahoo.ca

Johanne Collin, PhD, Professor, Health Sociology
MÉOS (Médicament comme objet social), Director, Faculté de pharmacie, Université de Montréal

L'augmentation observée de la prévalence du surpoids et de l'obésité au Québec comme ailleurs en Occident inquiète tant les gouvernements que les autorités médicales. Afin de contenir ce phénomène qui est désormais décrit comme une pandémie d'obésité, ces organisations y sont allées de différentes initiatives et recommandations, dans un contexte d'inefficacité avérée des interventions de gestion de poids à caractère clinique et d'émergence de stratégies de prévention dont l'efficacité et la sécurité à long terme restent encore à démontrer. **Méthode** : L'objet de cette recherche a été de décrire l'évolution du discours des organismes officiels de santé au Québec en matière de gestion du poids par l'analyse de contenu. Cette analyse a eu avec recours à une grille de plus de 160 documents produits au cours des 60 dernières années par les gouvernements, les autorités professionnelles et les médias québécois. **Résultat** : L'analyse révèle que l'évolution du discours de ces organisations s'inscrit dans trois continuums : le pathologique (une évolution, une gradation, une inflation étymologique du sens qui est donné au poids problématique); la surveillance (avec l'établissement de critères rationnels, la surveillance d'abord individuelle est devenue collective et s'est institutionnalisée); la responsabilisation (la responsabilité du poids s'est déplacée de l'individu vers le collectif puis vers le social). Ces continuums illustrent un déplacement de la manière de conceptualiser le poids de la sphère privée vers la sphère publique Cette analyse révèle aussi qu'il y a à l'œuvre un exercice disciplinaire propre à une moralisation qui s'appuie sur la prémisse que l'augmentation de la prévalence touche toute la population de manière égale. Or, il n'en est rien.

The increase in overweight and obesity prevalence observed in Quebec as elsewhere in the western world worries Governments and medical authorities. In order to contain what is now described as an obesity pandemic, these organisations have multiplied initiatives despite the fact that clinical interventions to manage weight has proven to be inefficient and safety and efficiency of prevention strategies still need to be determined. **Method**: The object of this research was to describe the weight management discourse evolution of Quebec's official health organizations. To do so, a content analysis of over 160 documents produced by government health agencies, professional authorities and Medias of Quebec over the last 60 years was done using a grid. **Results**: This analysis revealed that the discourse evolution of all these organisations can best be described using three distinct continuums which all illustrate a shift from the private domain to the public one in the way weight problems are conceptualised. These continuum are: the pathological (an evolution, a gradation, an ethymological inflation of the meaning given to the problematic weight) ; Surveillance (now that rational criterias have been established, surveillance, which first was of a personal matter, has become a collective issue that was also institutionalised) ; The responsibility (the weight responsibility has migrated from the individual to the collective then to the social domain). This analysis also showed there is a disciplinary action in place typical of a moralisation process working on the grounds that the increase in weight problems prevalence concerns all the population in similar ways. However, this is not the case.

Newfoundland and Labrador on a Plate: Bed, Breakfast, and Identity

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This paper concerns the links between food production, place, and identity as manifest in Bed & Breakfasts on Newfoundland's west coast and the Labrador Straits, based primarily on participant-observation and interviews with proprietors. Due to the number of tourists coming through and the relatively few restaurants in these areas, some B&Bs offer evening meals, as well as breakfast. Many offer local specialties, and almost all emphasize "home cooking." As might be expected, conversation around the breakfast or supper table often concerns Newfoundland and Labrador, providing B&B owners an opportunity to perform local identities for their guests. Such presentations of self range from assertive refutations of prevalent "Newfie" stereotypes to almost formal instruction in the province's history and culture. Proprietors may further frame the social aspects of the meal, and thus the performance as a whole, by assigning seating or moving guests through different spaces as the meal progresses.

"Villanous Offals": Eating, Identity and Otherness in Early English Travelers' Accounts of Their Experiences in Scotland

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This paper explores the cultural meanings of food as depicted in narratives of English travellers' experiences in Scotland in the late eighteenth and early nineteenth centuries, interpreting such depictions as culinary metaphors for English attitudes towards Scottish culture as a whole. I focus on a sample of autobiographical and fictional travelogues whose narrators find themselves unable to stomach the Scottish foods encountered on their travels. Their hyperbolic descriptions of these foods and their own nauseated reactions are based on a dialectic between fascination and repulsion typical of responses to cultural otherness. These narratives draw on contemporary ethnic stereotypes associating Scottishness with poverty, primitiveness, dirt and disease, implicitly reinforcing the superiority of "pure" English culture and expressing fears concerning the contaminating influence of its Scottish Other. Indeed, the foods featured in these accounts are often depicted as "monsters" or forces of nature, defying consumption and violently inflicting themselves on their English eaters in a manner that suggests Scottish culture's active resistance to incorporation by its dominant southern neighbor.

Organizational Ecology of a Food System in Change: Early Stages of the Southern Ontario FoodShed Project

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The Southern Ontario FoodShed Project, which was launched in 2009, links more than thirty organizations working towards food system transformation. These include --- so far --- several public bodies (three universities and the Toronto Food Policy Council in the Department of Public Health), nonprofit organizations and values-based businesses, all working to shift food and agriculture from the margins to the centre of a sustainable, socially just food system. Based on Wayne Roberts' distinction between "Modernist" and "Fusion" systems, and the ideas of Rod MacRae, the idea of organizational ecology seeks to shift understanding from the binary "alternative-dominant" to an understanding of analytically distinct but practically overlapping trajectories of present practices. It is hoped that this shift, which draws on open source models from social movements and business, will be useful to guide efforts that cross sectors. Part of the shift is towards explicit ways of organizing flexibility and creativity, both of the project as a whole, and of specific research and action projects by members. The paper focuses particularly on issues of generational and cultural renewal of the farm and food sectors, and links among them, in the Southern Ontario Foodshed.

* This paper is to accompany a paper by Deborah Barndt, also of The Foodshed Project, which focuses more on the arts-based participatory action research methods of the project.

The Effects of Household Food Insecurity on Family, Personal and Neighborhood Relations in a Low-income Housing Project in London, Ontario

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Household food security is commonly understood as the physical and economic access to adequate, nutritious and culturally appropriate food. While there is considerable research on food insecurity in large cities such as Toronto, little research has focused on food insecurity in medium-sized cities in Canada. The study examined food insecurity for people living in a subsidized housing neighbourhood in London, Ontario. The researchers conducted 10 in-depth interviews with neighbourhood residents, social workers, and a food bank coordinator to examine how residents accessed food, and strategies to increase food security. The residents described frequent and stressful experiences with food insecurity, including food bank use, frequently skipping meals, and reducing meal portions. Families in subsidized housing have their feelings of hopelessness reinforced by their neighbourhood, and are unable to reliably access nutritious food. These communities need resources that empower households to become food secure and provide services to enable community food security.

Key Words: Food security; Subsidized housing; Community food security; Ontario

Food Policy and Sustainability

Gilvesy, Bryan, Farmer, Co-chair, Alternative Land Use Systems (ALUS) Program, Ontario

Increasingly, policy-makers, citizens and academics express a growing sense of urgency about environmental challenges such as climate change and health crises such as obesity. There is also mounting frustration as people search for ways to make a difference but come up short. Within this context, it is valuable to explore ways to connect intention with action as a way to move towards more sustainable communities. One of the problems in realizing this goal is the complex and hard to define concept of sustainability.

In this context, food is a useful tool to frame, understand and address sustainability challenges as it translates complicated issues into meaningful ideas, policy and actions. First, as we all eat, food is something everyone understands. Second, food brings together all dimensions of sustainability including environmental, economic, and socio-cultural factors. It becomes clear through local food consumption that we can reduce our impact on the environment by reducing food miles. It is also more widely understood that buying food from local farmers, food processors and retailers keeps money in the local economy. As well, we can grasp the importance of environmental stewardship when we consider the need for clean drinking water and biodiversity, both of which can be achieved through ecologically sensitive, enabled farmers. Social justice issues are also more sharply defined as we compare access to healthy, culturally appropriate food across different communities throughout the province.

The Cultural Politics of Critical Dietetics

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Critical dietetics offers an invitation to consider what Herzfeld (2009) calls “a cultural politics of gesture.” Critical dietetics initiates a discursive gesture; a textual indication, movement, opening, or signal. This discursive move is not to be privileged, however, by the additional promise of critical dietetics, which is to encourage expanded understandings, claims, and practices of embodiment, mutual recognition, and social trust. This paper will offer an articulation of the multiple and complex gestures made possible by critical dietetics including transdisciplinary knowing, experiential knowing, autoethnographic knowing, and not knowing. Taken together, these rogue epistemologies informing critical dietetics may provoke other responses, namely cultural cringes that call on us to reflexively and intimately acknowledge the effort and politics of persistently and unrepentantly questioning *status quo*.

A Dietetics Imaginary

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Dietetics, as a profession, was shaped by the social and historical conditions from which it emerged in the 1800s. The professional narrative and socialization process which has been passed down since then has become outdated and a revision would benefit practitioners, academics, colleagues and patients alike. By using personal narrative to place one dietitian's story within the larger collective story, this paper encourages members of the dietetic profession to work together to build *a dietetics imaginary*. The shared construction of a dietetics imaginary could be accomplished by moving out of and away from our familiar ways of being, by welcoming our differences and by inviting dialogue with others working in connected areas, such as food security. The discourse on food in our new professional narrative could include deeply personal, cultural and nurturing dimensions of a safe and democratic food system.

A Gleizele Varms and a Nosh: Reconstructing Jewish Domestic Foodways in Public Spaces

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At the Terraces of Baycrest, a Jewish retirement home in Toronto, about a dozen women host and serve a weekly Sabbath Tea. The resident hostesses (all in their late 80s and 90s) have organized the Tea around a precise set of rules and customs for serving and preparing the tea and a nosh (something to eat). In the absence of being able to comfortably entertain more than one person in their apartment, women in the complex reconstruct earlier patterns of home visiting in the public space of the Terraces Fireside Lounge. Through their performance of the Tea, the women take ownership of the public homespace while they act out what it means to be a Jewish woman at ³home.² But because the Tea takes place in a public, kosher space, the Tea Hostesses must adapt their own notions of tea and hospitality to suit the institutional ideal. In this way, the Tea is also an attempt to create a heimish ("homey," unpretentious) "private" gathering in an otherwise institutionalized "public" environment.

Action Communautaire en sécurité alimentaire d'un quartier montréalais / Community Actions on Food Security in a Montreal Neighbourhood

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La pauvreté est une problématique sociale qui détermine en grande partie l'accès d'une population à une alimentation nutritive, et ainsi, à un état de santé auquel toute personne a droit. Malgré le développement de la Politique de réduction de la pauvreté au Québec, plusieurs quartiers montréalais, dont Pointe-St-Charles, demeurent affectés par l'insécurité alimentaire. Plusieurs organisations communautaires de Pointe Saint Charles, une communauté dynamique de Montréal, travaillent sur la problématique d'insécurité alimentaire depuis plusieurs années maintenant.

L'objectif de cette présentation est d'illustrer et d'analyser des actions communautaires qui visent l'amélioration de la sécurité alimentaire dans un quartier populaire. Les questions suivantes seront abordées : pourquoi et comment est-ce que la communauté s'implique dans le domaine de la sécurité alimentaire? Quels sont les objectifs et les résultats? S'agit-il d'une approche qui serait applicable ailleurs?

Poverty is a social problem that determines a populations' access to nutritional foods and hence, to a healthy life. Despite the development of a poverty reduction strategy in Quebec, many households in Montreal still lack proper access to nutritional foods. Many community organisations in Pointe Saint Charles, a vibrant neighbourhood in Montréal, have been working on the issue of food security for many years.

The objective of this presentation is to illustrate and analyse community actions on food security that are taken in this neighbourhood. The following questions will be discussed: why and how is the community actively involved on the issue of food security? What are the objectives and the results? Is this an approach to resolving food insecurity that could be applied elsewhere?

Why Don't We Know? Epistemologies of Ignorance and the Modern Food System

Harron, Nathan, PhD candidate, Philosophy, York University, nharron@yorku.ca

Traditional epistemology focuses on questions of knowledge: What conditions are necessary to know? Epistemology of ignorance instead asks about what is *unknown* and why lacunae in knowledge persist—recognizing some ignorance as hegemonic and actively sustained. Ignorance is a topic that is important to projects of racial and gender emancipation but it has not been applied to food injustice. I will use this philosophical framework to explore what ‘goes without saying’ in the food system and how this systemic ignorance relates to power imbalances in society. In the spirit of this year’s theme, I will look at the ‘disconnected understanding’ between people and their meat. At a time when the majority of Canadians eat meat once a day* and at the same time many declare concern for the environment, how is it that Concentrated Animal Farming Operations dominate? What are the mechanisms through which ignorance is sustained (eg. supermarket aesthetic)?

*see Stats Canada data on dietary habits from 2004

Produits du terroir: Salt Marshes and the Sustainable Development of an Edible Landscape in France and Quebec

Produits du terroir : Les marais salés et l'exploitation durable d'un paysage comestible en France et au Québec

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In contrast to the industrial age when salt marshes were drained and filled in the name of progress, in the post-industrial period they are preserved as landscapes exhibiting some of the highest production rates of all generalized ecosystem types. Ironically, as knowledge of marsh ecosystems has increased, the understanding of the place of humans therein has decreased. Unaware of the sustainable role that marshes played in preindustrial food economies, modern science and land management laws encourage the restriction of anthropogenic activities in marshes under the guise that humans are culturally predisposed agents of wetland destruction. However, the search by coastal communities in France and Quebec to find developmental models that meet the criteria of *sustainable development* is bringing the perception of salt marshes full circle as preindustrial modes of marsh exploitation – mowing salt hay, pasturing animals on the marshes, production of gourmet cheeses - are revalorized in re-erecting the perception of marshlands as edible landscapes for postmodern markets in search of unique *produits du terroir*.

Promoting Local Food Systems in Canada: Fostering Collaboration and Effecting Policy Change

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There are many reasons why the promotion of local food systems in Canada is a necessary and worthy goal, the primary one being that the local food movement is part of a desirable alternative to the nation’s current food paradigm, which has had a largely detrimental effect on the interests of Canadians and the environment. However, while there is much potential for the movement to effect policy change, findings gathered through in-depth interviews with relevant academics, practitioners, and policy-makers reveal that many obstacles and barriers must yet be overcome. In particular, the vastly diverse and divergent actors and local systems in the movement make achieving collaboration toward common ends difficult. There is also concern about protecting the uniquely “local” character of such food systems in the midst of broader provincial and national goals. With the goal of informing future action, an evaluation of recent developments in social movement theory frames an examination of these issues.

Canadian Food Policies and their Potential to Influence Vegetarian Food Choices

Holm, Vanessa, PhD Candidate, Environmental Studies, York University, v.m.holm@hotmail.com

There is little existing research that discusses food policy and the case of vegetarianism. This paper presentation will be an examination of Canadian food and an inquiry into how some of our policies might impede or facilitate vegetarian food choices. The first section of this presentation includes a generalized look at policy, in order to inform the audience about how it relates to vegetarianism in Canada. I will continue by looking at how policy and regulatory incentives could be seen to favour meat over crop production. Furthermore, I will discuss the existing policies surrounding food labelled as 'vegetarian'. There is evidence that suggests that past and present food policies have both encouraged and hindered the adoption of a vegetarian diet.

Hospital Food Procurement

Hrdlicka, Sarah, McGill University, School of Urban Planning, sarah.hrdlicka@mail.mcgill.ca

The McGill University Health Centre (MUHC) is in the midst of a substantial reorganisation, in anticipation of moving to a to be newly constructed hospital site. As a means to ensure the surrounding neighbourhoods benefit from this substantial investment, local community organisations have been negotiating community benefits with the MUHC administration. One of the topics of interest that has emerged through these discussions is hospital food procurement. Improved food procurement policies represent an exciting means by which large institutions can better their patient care while helping nurture more responsible food production and distribution systems that support the health of the local environment and economy. Through the use of case studies, different models of sustainable procurement are identified and discussed, as well as barriers and opportunities to sustainable food procurement in Quebec and for MUHC.

Does a Sustainable Diet Cost More?

Hugh Joseph, PhD, Friedman School of Nutrition, Tufts University, hjoseph@tufts.edu

Dietary Guidelines focus primarily on personal health. A comprehensive public health nutrition approach should also address social and environmental factors - resource use, climate change, biodiversity, and social and environmental justice. But is eating sustainably more expensive than consuming conventional diets. To assess this, we used USDA's Thrifty Food Plan (TFP) to model and price out conventional and alternative diets. It comprises 58 food groupings, TFP quantity weightings and price calculations, and NHANES 2001-2002 national consumption data. These diets were then modified to incorporate *MyPyramid* and *Dietary Guidelines for Americans* dietary recommendations as a reference base for comparisons to 'sustainable' diets. We then developed and priced alternative diet models that include (1) more local and organic foods; (2) fewer processed and packaged items; and (3) an overall more plant-based diet. Results were compared to conventional diet models described - namely, the TFP and two more liberal USDA diet models following recommended dietary guidelines.

Deconstructing Salad

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Salad is a metaphor for healthy living and righteous eating. While 'salads' may comprise many food combinations, a triumvirate of lettuce, tomato and cucumber is the stereotypic salad feature at eating establishments ranging from fast food to fine cuisine. Salad is the perennial prescription for dieters. Salad ingredients are also the center furnishings of the locavore movement. But as a symbol of appropriate lifestyles, salads are really a problem. While rightfully adorning the home garden, few foods are representationally more abusive of healthy diets or sustainable food systems. They haven't helped prevent the obesity epidemic, and serve as a front line defense for the fleshavore world. Salad ingredients have also become food safety hazards and major culprits of food miles abuse. This paper examines proposes a more appropriate placement of salads in the conventional diet, suggesting that only a full reconstruction of the current US/Canadian diet can resolve these contradictions.

Regional Perspectives on Theory and Practice within the Canadian Food Movement

Kneen, Cathleen, Chair, Food Secure Canada/Sécurité Alimentaire Canada, cathleen@ramshorn.ca

Since the People's Food Commission (1978-80) exposed the social and environmental effects of the industrialization of the food system, a movement to transform the system has grown up across Canada under the rubric of 'food security'. With the explosion of interest in eating locally, and the increasingly obvious health effects of non-nutritional food and of environmental damage, this movement has begun to think more systemically. Food security is now generally understood to include production and distribution capacity as well as consumption. The concept of 'food sovereignty' was proposed by the global peasant movement to add the element of local authority over the system. This concept is being adapted to the Canadian context by the People's Food Policy Project, which is currently crafting a grassroots-generated food sovereignty policy for Canada.

Food Sovereignty in International Context: European Union and the Common Agricultural Policy

Knezevic, Irena, York University PhD Candidate, CAFS, iknez@yorku.ca

Irena Knezevic will speak about her on-the-ground work in the transitional economies of East and Central Europe. Searching for the "people" in internationally (European Union) developed food policy, this presentation will examine the accessibility of international policy-making to producers and consumers. Through the consideration of food policy founded on trade principles, the talk will address ways in which the European Union boasts principles of democracy and human rights, while it in actuality discourages civic involvement, particularly from its newer, transitional members.

Connected Understanding: Using Provincial Program Evaluation to Support Planning and Implementation at the Local Level

Kirbyson, Anna, Provincial Coordinator, Stay Active Eat Healthy Program, BC Recreation and Parks Association (BCRPA), akirbyson@bcrpa.bc.ca

The Healthy Food and Beverage Sales project (HFBS), was one of several developed under the British Columbia Healthy Living Alliance to positively impact food environments. What was unique about this program was how evaluation was integrated into program planning in support of implementation at the local level. A number of strategies were utilized to ensure effective data collection, on the one hand, and relevance to local goals and objectives on the other. Orientation to the evaluation process was provided to community leads at the beginning of each grant phase. Community-specific reports were offered at baseline and at project completion by the evaluators. Technical assistance was available from the evaluation team on the various evaluation components, which greatly enhanced compliance with evaluation requirements. And finally, the evaluation requirements themselves were key components in developing community-specific plans and policies. Details on these practices will be provided along with recommendations for future programs.

Planning for Healthy Community Food Environments: First Nations Projects within the Healthy Food and Beverage Sales Program

Kirbyson, Anna, Provincial Coordinator, Stay Active Eat Healthy Program, BC Recreation and Parks Association (BCRPA), akirbyson@bcrpa.bc.ca

The Healthy Food and Beverage Sales program developed a First Nations – specific granting program to support an examination of the food environment within Band-managed facilities and the planning for the transition to healthier options.

The First Nations initiatives were unique in that they approached changes in food environments from a community-based rather than facility-focused perspective. Each community project had unique goals and successes ranging from establishing a community garden, incorporating traditional foods, developing a healthy

school lunch program to developing policy for band meetings and events. Gaining approval and engagement from community leaders and members was integral to success.

From the provincial program perspective, a partnership with the First Nations Health Society facilitated appropriate and relevant support for communities. The evaluation process was revised to include more dialogue and community perspective.

This paper will provide an overview of the First Nations program and explore learnings and challenges experienced.

Round Table: Defining Food Studies

Participants: Koc, Mustafa, Rod MacRae, Anne-Marie Hamelin, Andrea Noack, Ozlem Guclu-Ustundag, Patricia Williams

While most agree that food studies is an interdisciplinary field in the broad area of food systems: food policy, production, distribution and consumption, typical of many area studies, academic boundaries of this field has been far from clear. This round table will begin with a report on the findings of a research project that examined impacts of SSHRC funded research in food studies followed by an open discussion about the disciplinary and intellectual orientation and boundaries of food studies. Participants to the round-table need to pre-register to get access to the roundtable packages and the survey.

Coming out as a Vegetarian in Alberta: k.d. lang and the ‘Meat Stinks’ Controversy

Korinek, Ó Dr. V. J., Professor & Chair, Department of History, University of Saskatchewan, valerie.korinek@usask.ca

In 1990 k.d lang filmed a public service announcement for the People for the Ethical Treatment of Animals (PETA) in which she “came out” as a vegetarian, memorably proclaiming: “meat stinks and I should know I’m from cattle country”. This paper explores the reactions to lang’s decision to, seemingly, turn her back on her former hometown of Consort, AB. Not surprisingly, the ad occasioned much commentary in Consort, but also throughout the North American press, in small town papers, on country radio stations, and in regional print media throughout the prairies. Those varied sources offer much food for thought about the linkages and tensions between food culture, food production and about how particular food products define a region and its values.

Using this case study, my paper offers a multi-layered analysis of food, sexuality, rural and urban dwellers and popular culture. As a cultural historian, this work is situated in the histories of sexuality, contemporary western Canada, and food histories literature. Ultimately, my paper aims to offer some thought-provoking insights about the construction and expression of western Canadian cultural values. “Coming out as a vegetarian in Alberta” is well placed for this year’s CAFS conference, given the special invitation for papers linking food with the construction of regional and national identities.

Mapping Class in Community Gardens

Langer, Christopher, University of Toronto (OISE-AECP), c.langer@utoronto.ca

Community gardens are a part of a growing move towards local food systems. In Toronto, local government, non-profit organizations, and various social groups are involved in the processes shaping how gardening work occurs and how this is connected to the various needs and experiences of social groups.

By grounding an exploration of these processes in the standpoint of working and underclass communities (and community garden coordinators), it is possible to explore the disjuncture between the day-to-day experiences of Toronto’s poor communities and a general institutional understanding of community gardening. This presentation will explore the study’s standpoint and problematic via interviews and texts, and how and where class influence is built into public park space and community gardens.

Is There Space for Sustainability? Neo-liberalism, Consumer Culture and Alternative Food Systems

Lawler, H  l  ne M., PhD Candidate, University of Western Ontario, Department of Political Science,
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Over the last couple of years, local, organic food has begun to make a revival. New farmers markets are popping up all over the map, CSAs and local buying clubs are becoming increasingly popular, and health-food stores are actually starting to carry real food again. Indeed, for proponents of alternative food systems, the picture is starting to look almost rosy. Yet a necessary component of ecological sustainability is economic sustainability. As the drive for keeping food prices low coupled with our culture of efficiency push small, organic farmers towards economies of scale, "value-added" products, and taking on the burden of getting their products to venues convenient for consumers, the question must be asked: is there really space in a consumer-oriented, neoliberal society for sustainable food production?

Breastfeeding, Performance and the Public Sphere

Lee, Robyn, York University, robynlee@yorku.ca

Breastfeeding has historically been relegated to the private, domestic sphere of life. Despite breastfeeding advocacy efforts, breastfeeding in public is still often interpreted as obscene. In the paper I will explore ways of opening up potential interpretations of breastfeeding through reference to breastfeeding practices featured in performance art. I will argue that a poetics of breastfeeding requires public space and that likewise promotion of breastfeeding demands that breastfeeding be visible in the public sphere. Performance art in particular challenges the received understanding of breastfeeding as a private activity.

I will discuss the performance art of Jess Dobkin, among others, and examine how thinking of breastfeeding as an artistic practice destabilizes the received boundaries of public and private, thereby opening up new possibilities for reconceiving the breastfeeding subject. The relationship between performance art and the public performance of breastfeeding as political action (e.g. World Breastfeeding Week) will also be examined.

Towards Food Sovereignty. Local Food Systems and Public Policies in Quebec and Ontario

Lemay, Jean-Fr  d  ric (  quiterre), Kausar Ashraf (CTPL, Carleton University) and Lazar Konforti, Consultant,   quiterre

This presentation will reviews the state of knowledge about short food supply chains, also called local food systems. We identify local food systems as an effective mean to achieve food sovereignty, as defined as the right of people to local food production, healthy and ecological, realised in equitable conditions that respect the right of every partner to decent working conditions and incomes.

To achieve this vision of food sovereignty, local food systems have to go beyond the distance travelled by food products before they reach the final consumers (food miles) and integrate social, economic and environmental benefits. The main types of local food systems which meet these criteria are farmers' markets, community supported agriculture, box schemes, institutional local procurement initiatives and farm shops. Most of the literature on local food systems focuses on the expected economic, environmental and social impacts of these alternatives, not so many examined the actual impacts. Nevertheless, the existing evidence highlight the positive effects of such initiatives: better incomes for producers, lesser carbon footprint (depending on method of production), and promotion of healthier diets (better access to fresh fruits and vegetables and nutrition education associated with these initiatives).

Farmers markets, community supported agriculture and other initiatives are becoming increasingly present in industrial countries in recent years, but they still only represent a very small part of the food market. Our review of literature examined which public policies have been identified as effective means to support the emergence, consolidation and further development of local food systems. We have come up with a large inventory of such policies proposed in the literature, although few have been tested systematically. We found that the problems related to financing, to the market power of large firms in the food values chains and to the lack of knowledge, both from the producers and consumers side, were often raised as obstacles to the scaling-up of local food systems.

Based on the findings of our literature review, we did interviews with key actors in Quebec and Ontario from October 2009 to January 2010. The interviews were about the trajectories of the main local food systems initiatives (CSA, farmer's markets, etc.) to give a portrait of each province. Also, we validated the obstacles mentioned in the literature and collected policy proposals that are specific to each provincial and/or local context. The goal of this second phase of the project was to anchor and validate our findings with the actors and elaborate concrete proposals for the two provinces.

Regional Perspectives on Theory and Practice within the Canadian Food Movement

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With the purpose of introducing this geographically diverse group of speakers, my aim is to provide a brief history and overview of the main themes within the research and practice around the Canadian food movement. Food presents an important tool for both analysis and action around ecological sustainability and social justice. Food can be a powerful politicizing tool, creating a language of meaning that engages people in an intimate and fundamental way while connecting the scales of everyday life to global commodity chains and transnational action. In attempting to understand the food movement, I argue that while existing agrifood theory has contributed much to the debate, scholarly research must make connections to activist-developed theory that speaks directly to experiences within the movement itself. Adopting an interwoven approach enables us to begin to develop a framework that shows the food movement operates outside the theoretical boundaries of both "classical" movements and "new social movements". Making these connections between theory and practice, we can begin to develop movement-relevant theory to explain the diverse array of place-based alternative food initiatives interconnected through a series of multi-scale dynamic networks where they have the opportunity to interact, evolve and develop counter hegemonic politics.

"Nearly Local": Food Web Studies in British Columbia

Ling, Chris, Postdoctoral Scholar, Royal Roads University

Farmers' markets aim to bring consumers closer to their producers, thus providing enhanced sense of place for those consumers through interaction with local farmers and food producers. This paper examines the reality of the influence of place on the vendors in farmers' markets in BC through the use of food webs - a graphical representation of the distance traveled and the regional catchment for producers of urban farmers' markets in British Columbia, Canada. The food webs show the degree to which farmers' markets are serving local food producers, the nature of those producers and questions the limits of farmers' markets in delivering this connection.

Chinese Immigrants, Food Safety and Lifelong Learning

Liu, Lichun Willa, PhD Candidate, Department of Sociology and Equity Studies in Education, University of Toronto, Canada, willaliu@hotmail.com

Mustafa Koc, Associate Professor, Department of Sociology, Ryerson University, mkoc@soc.ryerson.ca

This paper explores the changes and learning involved in food safety beliefs and practices among the recent Chinese immigrants in Canada. As part of a research project on Food Safety and Diversity and Knowledge exchanges, funded by Public Health Agency of Canada (PHAC), this paper used mixed data from three major sources: individual interviews with public health officials and community workers (n=5), focus groups (n=2), and a small-scale survey with the recent Chinese immigrants in the Greater Toronto Area. The goal of the project is to document the changes and learning, and to identify the knowledge gaps. The paper examines how immigration influences food choices and habits, and food safety beliefs and practices, and how immigration interacts with gender, class, and ethnicity in influencing the content of learning as well as the ways in which knowledge and skills are acquired in order to keep their food safe.

A Community Food Security Assessment in Coastal Newfoundland

Lowitt, Kristen, PhD Candidate, Memorial University of Newfoundland, Research Assistant, Community-University Research for Recovery Alliance (CURRA). klowitt@mun.ca

Study undertaken as part of the SSHRC-funded CURRA research program at Memorial University

Recent years have seen a number of food security assessments undertaken across Canada. Most of these have focused on land-based food resources and urban geographies. In 2009, a food security assessment (including NNFB food costing and interviews) was undertaken in fisheries-dependent communities in the rural region of Bonne Bay, Newfoundland. These communities have undergone significant social and economic restructuring in recent years related to changes to the fisheries. This region has a rich cultural heritage in fishing and food subsistence. Despite a more recent trend towards increasing consumption of imported foods, many households still harvest and prepare fish, hunt, and garden. Fish and moose are important sources of protein in local diets. Fresh produce and meats are very limited in local grocery stores, and long transportation distances to larger grocery stores in urban centers constrains access for those with limited mobility such as seniors. Community gardens and farmers' markets are becoming established.

***Shokuiku*: Governing Food and Public Health in Contemporary Japan**

Mah, Catherine L., MD, FRCPC, PhD, Postdoctoral Fellow, School of Public Policy and Governance, University of Toronto, Visiting Research Associate, Global Centre of Excellence for the Reconstruction of the Intimate and Public Spheres in 21st Century Asia, Kyoto University

This paper examines the issue of domestic public health governance in a globalized context, through the lens of nutrition policy in contemporary Japan.

I focus upon the case of *shokuiku* (food education), using policy document analysis and interviews with academic experts, public health decision-makers, and care providers in Kyoto. This inquiry is part of a larger study examining governance in the area of food and nutrition policy, in comparative perspective across Canada and Japan.

In this paper, I consider how policy discourses around *shokuiku* construct ideas about the contemporary Japanese family and its capacity to achieve health through good daily living. When presented within a health promotion framework focused upon 'lifestyle' diseases, such ideas can enable and reinforce neoliberal approaches to public health and food security where the locus of governing authority lies largely outside the state. To close, I contemplate how local responses to national policies can reflect patterns of 'contested' governance, and reflect upon lessons for Canada.

The Hastings Shuffle: A Foodscape of People with HIV/AIDS in Vancouver's Downtown Eastside

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In this presentation, we use the notion of a foodscape to analyze food insecurity among low-income people with HIV/AIDS in Vancouver, BC's Downtown Eastside neighbourhood. A foodscape is an understanding of place that draws upon and shapes interactions with food resources, their meanings, and how they are used. We explore neighborhood residents' use of charitable food providers and other resources, the stigmatization and discrimination that affects food access, and the tactics used to access food outside of the dominant system. We show how the qualitative analysis of residents' foodscapes enhances understanding of the lived experience of food in the context of not only HIV/AIDS but also of urban poverty, drug use, and sex work. We argue that this sort of analysis can offer resources to other low-income, HIV/AIDS populations while also shaping interventions into urban planning and public health policy-making.

An Exploration of Three Recently Awarded Community University Research Alliances (CURAs) that Address Community Food Insecurity and Social Justice across Canada

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Canada is widely envied as a highly privileged country, rich in natural resources including agriculture and fisheries which contribute significantly to exports. Yet, food insecurity in Canada remains high, particularly in the inner cities, in the East Coast, in regions that have sizeable Aboriginal populations and among low income populations across the country. Community food security (CFS) increases with access to safe, culturally appropriate, and nutritious diets and with increased control over sustainable food systems. Interest is growing in the role of regional food systems in addressing CFS in ways that address broader societal challenges including poverty, rural decline, climate change and sustainable food provision. Yet most research and education is community-scale in orientation, and any wider-scale impacts of these initiatives have been hampered by systemic underfunding. This is about to change.

Three food-related Community-University Research Alliance (CURA) projects were each recently awarded 1 million dollars by the Social Sciences and Humanities Research Council. Located in eastern (Nova Scotia), central (Manitoba) and western (British Columbia) Canada, the CURAs all link community organizations and researchers and explore the role of local and regional food systems in addressing food insecurity. Although independently developed, together they represent an unmatched opportunity to upscale local CFS initiatives across Canada.

Our goal in this workshop, is to introduce each of these newly funded initiatives, to explore how the issues and responses to food insecurity vary across Canada, and to explore how these food-related CURAs might resonate with and affirm one another and benefit other likeminded food networks across the country.

The first of these CURAs (PI: P. Williams, Co-PI: Christine Johnson, Nova Scotia Food Security Network) is an alliance of 34 organizations and 10 universities with 42 university and community-based researchers situated in Nova Scotia and across Canada. Its overall goal is to engage a broad range of stakeholders, including those most vulnerable to food insecurity and organizations that serve them, in a strategic research alliance to better understand the determinants of CFS, and build capacity for improved food security policy in Nova Scotia and beyond.

The second of these CURAs (Manitoba Alternative Food Research Alliance or MAFRA; PI: S.M. McLachlan) is an alliance of 64 representatives from 52 organizations and five universities in western Canada. Its goal is to explore the combined roles of local food systems, CFS, and food sovereignty (i.e. control over food systems) in fostering alternative food systems and food justice within and among rural, urban, and northern regions in Manitoba and equivalent regions elsewhere in Canada. .

The third of these CURAs (The Community University Collaborative Project on Food Security in Vancouver Schools and Institutional Adaptations to Climate Change PI: A. Rojas) represents an alliance of 13 community organizations, 3 universities and 21 co-investigators. This collaborative research project addresses the critical issues of regional food security, food system sustainability, and institutional adaptations to climate change within the context of Vancouver schools, especially as they relate to children and malnutrition.

Exciting enough on their own, together these three CURAs point to the emergence of a cross-Canadian community-university research network regarding food insecurity, and will have positive and lasting implications for food justice across the country for many years to come.

**What Difference Does the Good Food Box Make?
An Examination of the Role of a Food Box Program on Nutrition and Food Security.**

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Good food box programs provide fresh produce to individuals at an affordable price. Although there are a number of these programs throughout Canada, there have been few studies that document their effectiveness at addressing fruit and vegetable consumption and food security. In this presentation we will discuss the results of a survey that compared food box participants (n=99) to a comparable sample of non-participants (n=93) living in Metro Vancouver in the areas of fruit and vegetable consumption, attitudes towards fruits and vegetables and food security status. While there were high rates of food insecurity for both groups, food box participants were more food secure than non-participants, consumed more fruit, and had a more positive attitude toward fruit and vegetable consumption than non-participants. These results suggest that participation in a food box program has beneficial effects on food access and consumption.

Gender and the Invisible Body: Theorizing the Body that Eats

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Inspired by Casper and Moore's efforts to "forge a new legacy of looking," (2009: 14) I contend that thinking critically about the gendered discourses and practices surrounding food brings those who often remain invisible back into view and draws attention to the multiple ways that food can be harnessed in a transformative manner in the everyday. Theorizing the body that eats as a conceptual tool that allows us to examine embodied gendered practices, I argue that analysing the body that eats brings the gendered body to the fore and allows us to more fully appreciate how space and place can work not only to legitimate heteronormativity but also to subvert dominant understandings of the sexed and gendered body. Examining the masculine ontology of 'the social' my paper highlights the feminine kitchen as an important site of resistance and explores what we might look like as 'radical eating' political subjects.

Analysis of Local Food Systems in British Columbia

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Interest in local food security is growing. However, there is a need to better understand the current capacity of local food systems to feed local populations. We have developed methods to estimate food production and consumption in BC, and map and model local food self-sufficiency at the local health area level. We show that although many regions are self-sufficient in meat and dairy production, major deficits remain in fruit and vegetable self-sufficiency. Although nutritionists advise eating more fruits and vegetables, local food systems in BC are currently not able handle either current demand for these products or increased consumption to recommended levels. These data raise concerns about the extent to which local food security can currently ensure that British Columbians have access to a diverse and healthy diet.

Keywords: Agriculture, GIS, British Columbia, local food security, foodsheds, nutrition

Growing Local Food: A Theoretical Analysis of Scalability

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'Scaling-up' may be the next step for a successful local food movement, one with the potential to provide alternative revenue streams for beleaguered family farms. But is the value that adheres to local food scalable? Is it possible to 'grow' local food, and involve mid-scale farmers, without violating the basic tenets of 'local food'? What *are* the basic tenets of local food?

Attempts to define 'local' bring to light the diversity that shapes the face of local food systems. A critical analysis of relevant literature shows that some of the assumed pillars – 're-connection', 'shared goals and values' – ignore at their peril the diversity of interests and objectives that often govern these systems. One central principle – the negotiation of accommodations – acknowledges the contingency, reflexivity and flexibility inherent in these systems, and provides a conceptual tool essential to any efforts to assess the scalability of 'local food'.

Making the Calorie Human: the Epistemic Technology of the Calorimeter and the Making of a Quantitative Food Culture

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The calorie has become a pervasive unit of measure of food. We read about calories in public policies like the World Health Organization's "calories per capita per day," in national nutrition guides like the United States Department of Agriculture's food pyramid, and in hundreds of diet books in the popular press. The calorie, however, existed well before its integration into discourses of food. The calorie and its measurement technology the calorimeter have, I argue, abetted the creation of a quantitative food culture, where food and eating have become acts of measurement, usurping experiential, cultural and qualitative discourses of food and eating. This paper examines how the technology of the calorimeter may be considered an epistemic technology in that by making food and eating calculable activities, it concurrently makes a new cultural knowledge about food, one that relies on numbers instead of taste.

Neige et Citrouille: A Seasonal Snapshot of an Urban Canadian Marketplace

Newman, Lenore, Graduate Program Chair, School of Environment and Sustainability, Royal Roads University, Victoria, BC.

Canada's harsh climate creates a cyclic rhythm between urban public markets and their neighbourhoods. This presentation explores a year at Marche Atwater in Montreal and shows how the changing seasons are reflected in the market's products and discusses how this seasonality builds a sense of place in the neighbourhood linked to cultural and geographical influences.

More than Nutrition: Women's Identity and Food Politics

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Since WWII, governing public health nutrition discourses have pushed for nutrient-based and bio-chemical meanings and representations of health and unhealthy eating, or 'good' and 'bad' foods. This didactic strategy has led to the contemporary claim that 'nutritionism' or 'nutritionalisation' is the dominant paradigm under which individuals make sense of their food choices (Scrinis, 2008; Dixon, 2009). Arguably however, these claims that we understand our food choices primarily through the discipline of nutrition is being intercepted by contemporary discourses about food politics; or where does the food we eat come from, how is it produced and what are the impacts of its production and distribution on our environment.

This paper will highlight findings from my PhD research which illustrate how some women construct gendered identities and social meaning about food practices by negotiating overlapping discourses about risk, nutrition and food politics when making decisions about 'healthy' and/or 'risky' food choices.

The Canadian Government and Agricultural Biotechnology: Promotion vs. Regulation and Post-Market Blindness

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Despite a number of critiques, including from the Royal Society of Canada, the Government of Canada has failed to take any meaningful actions toward resolving the internal contradictions that arise from its dual regulatory and promotional roles in respect of biotechnology. This paper suggests that at least one effect of this contradiction is a failure, or perhaps inability, of government regulators to evaluate adequately new scientific evidence in respect of particular genetically engineered crop varieties that emerges post-approval. Specifically, I will discuss the case of MON863, an insect-resistant corn variety developed by Monsanto, and LY038, a high lysine corn variety developed through a joint collaboration between Monsanto and Cargill. Despite new evidence emerging in Europe about the potential health effects of these two products, Canadian regulators demonstrate no evidence that they plan to re-examine these approved crop varieties.

Pilot Study of Participatory Food Costing Research Methods and Tools in Nova Scotia

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Participatory food costing research has been conducted in Nova Scotia since 2002 indicating that the cost of a basic nutritious diet is out of reach for low income households. This evidence has been used to successfully influence food security related public policy in Nova Scotia.

Methods and tools that are used in this research are regularly updated to include the most current information, with input to the Participatory Food Costing Project from the community, policy, and academic representatives who actively involved as partners including those who include those most affected by the issue of food insecurity. This presentation will provide an overview of a pilot study conducted in October 2009 to assess the cost of the basic nutritious food basket using the recently revised National Nutritious Food Basket 2008. Methods, tools, and key findings will be described, and aligned with next steps for the work.

Regional Perspectives on Theory and Practice within the Canadian Food Movement

Roberts, Susan, Coordinator, Growing Food Security in Alberta, susanr@cbr-aimhigh.com

In spite of health, agriculture, education, and other policies in place and the accompanying challenges, Alternative Food Initiatives are emerging in Alberta. Over the past 6 years Growing Food Security in Alberta (GFSA) has supported many community citizens and groups, from across rural and urban Alberta communities, act on Food Security and Food Sovereignty at a local level. With the support of GFSA, Susan and her colleague Angie Dedrick have also been the Alberta animators for the People's Food Policy Project (PFPP) over the past year. The PFPP process has further opened the door for Albertans to decide together where effort must be focused nationally to effect the change needed in the Canadian food system. Examples of the progress that has been made on the long road to food literacy and food sovereignty in Alberta will be shared along with the tools that were critical to the process and the progress.

Food Policy Councils: Putting Citizens at the Centre of Food Systems Change

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Wayne Roberts will speak from his experience as Manager of the Toronto Food Policy Council about the potential of the FPC model for make food system change by situating citizens at the centre of food policy formation. A recent Food First report noted that Food Policy Councils "connect the dots" between governing bodies and the grassroots, community and non-profit initiatives working toward solutions in the food system" (2009, p.1). FPCs are a living proof that good policies get written not in the hallowed halls of Government but in consultation with the people whom are most affected by those policies. Wayne will lay out his ideas for what makes FPCs unique and effective, thereby providing an inspiring map for those interested in setting up a FPC in their own cities or institutions.

From Pubs to Publics: An Investigation of South Asian Diasporic Public Culture in London, England

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For centuries, the public house has been constructed as a typically British institution. Also known as the ‘pub’ or the ‘local’, Britain’s public houses have come to serve as spaces for local community gathering and social exchange. In the past decade or so, new forms of the pub have evolved in tandem with the development of London’s South Asian communities. My purpose in this paper is to explore the way in which South Asian pubs have come to be imagined as hybrid cultural spaces within the context of the global city. How is the model of the British pub appropriated and reinterpreted as a South Asian socio-cultural institution? How do South Asian British pubs enable the performance of certain publics? What does this phenomenon tell us about the cultural politics of “Britishness”? By way of a multi-sited spatial and food ethnography of South Asian pubs in two London communities (Southall and Harrow), I investigate one way in which diasporic public spaces and cultures come to be constructed.

Geography and Diet: Evaluating the Impacts of Accessibility to Food Retailers in Rural Ontario

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Structural changes in food retailing in North America have had a profound impact on food shopping and dietary behaviours. Much new research focuses on the identification of ‘food deserts’, or areas with high socioeconomic distress and poor access to nutritious, affordable foods. While most researchers focus on cities, fewer examine the potential implications of accessibility to food retailers in rural areas. This study examines healthy food accessibility in rural Middlesex County, Ontario. Comprehensive databases on food retailers, area-level socioeconomic characteristics, and local transportation networks were integrated in a geographic information system to identify potential food deserts. A phone survey was then conducted in ‘at-risk’ communities to shed light on the impacts of varying levels of accessibility on grocery shopping habits, dietary behaviours, and self-reported health. By linking food accessibility to dietary behaviours and related health outcomes, policy makers will be better able to initiate healthy changes in local environments.

From Shortages to Prosperity: Food policy and Food Security in Vietnam

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Food security is about providing sufficient healthy food, safely and sustainably. A core element of Vietnam’s revolution in 1945 was about ensuring food security for the nation’s people. Vietnam’s food policies since that time have been shaped by its socio-political history of agricultural collectivization, war, and later decollectivization. Since the official opening of Vietnam’s economy in 1986, the country has seen greater investment in commercial agriculture, expansion of high-yield rice varieties, and improved cultivation techniques. Recent debates over land policy have focused on how to ensure equity while permitting some concentration of land for greater economies of scale. As market opportunities have expanded, Vietnam reduced its poverty rate from about 58 per cent of the population in 1993 to 18 percent in 2006, and Vietnam has become the world’s second biggest rice exporter.

Vietnam’s recent achievements in reducing poverty among 34 million people are threatened, however, by a number of factors, which will be addressed in this paper. These include, among other factors, loss of agricultural land, degradation of the natural resource base, extreme weather events and sea level rise, and future rises in energy prices. This paper will expand on these points and will address how food policies have affected the ability of Vietnam to feed itself—land policy, rural credit, diversification, foreign trade policies have all affected the country’s food security. The paper examines the appropriate roles of private sector, state (at different levels), NGO, and donor agencies in ensuring food security, and explores whether Vietnam’s success in poverty reduction points to market-driven solutions to food insecurity. Finally, the paper reviews how discourses on food security have shifted over time among different actors in Vietnam, and how understandings of food security compare to food sovereignty.

Recipe for Change – Community Led Food Planning

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Childhood obesity and diabetes are global pandemics and, in Ontario, major health risks. Barring electives, and a few science lessons, healthy eating is taught only once in Grade 3 when students are introduced to the Canadian Food Guide. How children eat lays the foundation for life-long patterns, but healthy food is not the norm in Ontario schools. Students are not provided the tools to make healthy decisions to sustain themselves nor taught how to garden, cook a healthy meal, compost or understand where their food comes from.

Toronto community organization FoodShare has recently launched a campaign called 'Recipe for Change' to mobilize policy makers, students, educators and key decision makers to campaign for integrating cooking, gardening, composting, nutrition and food literacy into provincial curriculum from JK to grade 12.

This paper will explore the interface between food literacy and community food system planning by investigating 'Recipe for Change'.

To Cook or not to Cook: the Significance of Domestic Cooking for Families

Simmons, Dean, MSc student, University of British Columbia, Supervised by Dr. Gwen Chapman, dean.l.simmons@gmail.com

Within Canada, concerns about culinary deskilling and its affect on population health have been raised in the media. Ironically, this coincides with a decreasing need to have cooking skills, as prepared meals are readily available and relatively affordable. Cooking family meals is a labour intensive task, begging the question of "why cook?" In this qualitative research study, 22 families in British Columbia were interviewed, providing insight into the significance of home cooking within families. The findings challenge the premise that culinary deskilling is occurring, and suggests that home cooking continues to occur in households because it has meaning to families beyond simply nourishing bodies. Home cooking gives families control over their food supply, helps them to connect to others, enables them to explore other cultures and, in the case of teens, become independent. These findings suggest that home cooking will continue in the age of convenience because it retains significance in families on multiple levels.

Ethical Consumption in Nova Scotia: Global Connections in Local Spaces

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This paper engages the literature on ethical consumption to discuss how food commodities are socially, symbolically and physically consumed. I argue for an approach that emphasizes the particular social relationships and communities that form and re-form around the habits and practices of food consumption. Using the results of preliminary research into food activism and social identity in Wolfville, Nova Scotia (including municipal strategies linking the town to both the Fair Trade and Slow Food movements), I explore the way in which the consumption of certain foods by reflexive consumers has opened a dialogue about the global and local implications of eating through ethics. I will examine how local and global processes intersect and overlap and describe the political and social fields where connections between producers and consumers are articulated and challenged.

Building Local Food Systems: Motivations, Connections, and Challenges

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A turn to local food has become increasingly fashionable. Large national and multinational producers and retailers leverage "local" terminology on a regular basis while debates rage about the relative merits of local versus organic versus food security versus food sovereignty versus global social justice and more. All of this adds additional complexity to the already complicated job of building local food system independence. With increasing climate change challenges, peak oil, and urban development, however, many food activists see the need for local food independence as critical to their community's very survival. I will examine how several groups in British Columbia's North Okanagan valley are creating novel approaches and community connections

in order to build a locally sustainable food system under increasingly challenging conditions. Drawing on my work with a local food security non-profit organization I will show some of the motivations, networks, and challenges surrounding efforts to build a more independent food system in the North Okanagan.

Construisant les systèmes de nourriture locaux: Motivations, raccordements, et défis

Un tour à la nourriture locale est devenu de plus en plus à la mode. Les grands producteurs et les détaillants nationaux et multinationaux accroissent la terminologie "locale" de façon régulière, tandis que les discussions font au sujet des mérites relatifs de "locale" contre organique contre la sécurité de nourriture contre la souveraineté de nourriture contre la justice sociale globale et plus. Toute la ceci ajoute la complexité additionnelle au travail déjà compliqué de construire l'indépendance d'une système de nourriture locale. Avec l'augmentation des défis de changement climatique, la fin de l'âge du pétrole, et développement urbain, beaucoup d'activistes de nourriture voient le besoin de l'indépendance locale de nourriture comme critique à la survie de la leur communauté. J'examinerai comment plusieurs groupes en vallée du nord d'Okanagan de la Colombie-Britannique créent des approches originales et des raccordements de la communauté afin d'établir un système de nourriture localement soutenable dans des conditions de plus en plus provocantes. Employant mon expérience avec une organisation de sécurité de nourriture locale, je montrerai certains des motivations, des réseaux, et des défis entourant des efforts d'établir un système de nourriture plus indépendant dans l'Okanagan du nord.

Les projets de circuits courts : Leurs bénéfiques et leurs défis

Short route projects: Benefits and challenges

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Les projets de circuits courts sont redevenus populaires. En effet, on observe un engouement certain de la part du public et des institutions québécoises pour ce type d'approvisionnement. Les raisons sont reliées à la santé publique et aux bénéfices économiques, sociaux et environnementaux que ces systèmes entraînent. Malgré tout, cela représente une part très limitée du marché. Il existe toutefois plusieurs opportunités pour aider à son développement, mais encore plusieurs obstacles restent à franchir dont l'offre de produits locaux et encore mieux, biologiques.

Short route food projects have become very popular lately. As a matter of fact, we noticed burgeoning interest from the public and some Quebec establishments for this type of supplying. Reasons for this are directly linked to public health and to the economic, social and environmental gains that these systems bring. Nevertheless, they still represent a very limited part of the market. Opportunities to help their development do exist, but many hurdles need to be overcome such as the supply of local, and more importantly, organic products.

Making the World Safe for Monsanto: The Political Economy of Britain's *Food 2030* Report

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The launch of Britain's *Food 2030* report heralds a corporate campaign against food movements around the world. The local food movement, the organic farming movement, the Slow Food movement, the food justice movement and the food sovereignty movement have emerged over the last half-century as a reaction to the problems created by the industrialization, consolidation and globalization of food production. These movements have captured not only the hearts and minds of many consumers, but also their wallets. The growing success of food initiatives such as farmers' markets, CSAs, box programs, community gardening, food co-ops, food festivals and local specialty shops has cut into annual profits, forcing corporations to take a stand to prevent further erosion of their bottom line.

The flagship of this campaign is *Food 2030*, a document released by the British government that ostensibly safeguards the future of the country's food supply, but in reality safeguards the future of the industrial food system. By promoting imported food, opening the door to genetically engineered crops and doing away with

food-miles labeling, the government has turned its back on growing consumer preferences for local organic food and given a boost to the corporate food system that created the conditions for the emergence of food movements in the first place.

The implications for both developed and developing countries are far reaching. Will this report have a chilling effect on government policy around the world? From a grudging acceptance of local, regional and national food systems, will policy return to promoting high-tech farming solutions that ensure never-ending profits for transnational corporations, but do little to address the real causes of hunger – power and the private control of the food system?

75% Food Security is too High: Getting the Word out

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A clip from the video we produced called “Growing Hope in Northern Manitoba” will be presented (<http://home.cc.umanitoba.ca/~thomps4/Movie.html>. (trailer - 8 minutes) and full length video (22 minutes): <http://www.vimeo.com/8114019>). In this video, Indigenous people in northern Manitoba talk about their struggle for food security and the barriers of extremely high food prices (in some communities, a 4L jug of Milk costs \$14.99 and 21.00 in some communities), poverty and either a lack of healthy choices in stores or any store in their community. The high prices coupled with the isolation of remote communities, as well as winter roads and the overall decline in the consumption of traditional food has led to extremely high rates of food insecurity in Canada. According to our recent survey of 534 households, food insecurity stands at 75 per cent in Northern Manitoba communities, compared to 9.2 per cent for the rest of Canada. Despite these challenges, more and more community members are trying to rebuild sustainable economies ad projects, planting their own gardens, building their own greenhouses, teaching their children and families traditional ways and gardening, involving elders and sharing the food through traditional community freezers and community dinners. In growing this food, they are growing hope, restoring the relationship to the land and renewing a memory that many of us have forgotten: no one has to suffer no one has to go without. We have everything we need as long as we work together.

Re/Creating Regional Identity through Narrations of Food and Place

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In Canada's Maritime Provinces, lobster is the food of tourism. Featured in countless guidebooks, cookbooks and restaurant ads, lobster beckons visitors to the region. Later, represented in as many forms as souvenirs, it signifies their trip, offering tangible proof that they have experienced-and tasted-the "real" place (Long 2004). As George Lewis (1989) argues is the case in Maine, however, residents of Prince Edward Island, Nova Scotia and New Brunswick have their own understandings. This paper explores two anecdotes widespread in Maritime oral tradition: that lobster was used by farmers as fertilizer on fields and that its consumption once was associated with shame, signaling as it did that a family had nothing else to eat. In considering the contested meanings surrounding lobster's recontextualization from a food of poverty to a regional delicacy, I suggest that Maritimers' knowledge of lobster's earlier working class associations, as well as of the "right" way to cook and eat lobster, acts not only as a marker of socio-economic difference (see Lewis 1989) but as an indicator of Bourdieu's notion of distinction (1984) that is intricately linked to constructions of regional identity.

Local Knowledge and Global Food: Community Food Security in Hamilton, Ontario, Canada

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A food secure community is one in which all community members are able to access a safe, nutritious and culturally acceptable diet, achieved sustainably and in a way which maximizes community self-reliance and social justice (Hamm and Bellows 2003). The community-based participatory research project described here examines how residents in three working-class neighbourhoods in Hamilton, Ontario, Canada perceive and explain the food security of their communities. The results of this research suggest a number of tradeoffs were

made in attempting to procure affordable, quality food, and highlight a perceived lack of control over the food system. Non-market solutions (e.g., school food programs and community gardens) and social service provision (e.g., adequate income support and affordable public transit) were seen as central to enhancing community food security. Overall, results not only add to our understanding of the food security challenges faced by low-income communities, but also have the potential to contribute to current debates about commodification, food activism and community development.

Collective Understanding: Connecting Local Experiences to Support Sector Change – the Case of BC’s Healthy Food and Beverage Sales Initiative

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We know that eating healthier foods reduces the risk for many diseases yet policy makers and health professionals have struggled to persuade the public to make different food choices. This initiative adopts an environmental approach to changing the foods and beverages sold in recreation and local government buildings through connecting the supports available at the community level to a range of provincial program supports. A key activity has been to broker relationships between industry and practitioners to facilitate the change to healthier foods.

By May 2009, over 200 recreation facilities in 55 BC communities will have participated in this initiative. This paper describes the Healthy Food and Beverage Sales initiative in BC and will conclude by presenting important policy and practice lessons for other who are trying to make the change to having healthier foods and beverages available where people live, work and play.

Regional Perspectives on Theory and Practice within the Canadian Food Movement

Williams, Patty, Associate Professor and Canada Research Chair in Food Security and Policy Change and Director of the Participatory Action Research and Training Center on Food Security, Mount Saint Vincent University, patty.williams@msvu.ca

Since 2000 a participatory model for food costing in the province of Nova Scotia has served to facilitate meaningful engagement of partners from diverse backgrounds, including women most affected by the issue of food insecurity, to critically consider determinants of food access and sustainable food systems. Tools developed through participatory processes for research, education, action and policy change on food security have contributed to a strong food movement in the province including the formation of the Nova Scotia Food Security Network in 2005. Drawing upon the experience in Nova Scotia and national work, this presentation will highlight some current opportunities, challenges and tensions in continuing to “move the food movement” within and across key sectors and at multiple levels to build food systems that are socially just and ecologically sound in Nova Scotia and across Canada.

Obstacles and Opportunities on the Road to Healthy Food Environments

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The contemporary period is one characterized by a variety of initiatives at various levels of society to reverse the decades-long degradation of diets and establish food environments that nourish health and well being. I see these various efforts as constituting a broad-based struggle for healthy eating that is potentially a transformative food movement. This paper will ask, first of all, what ‘success’ in this struggle for healthy eating might look like. Secondly, it will attempt a broad and sober assessment, in the North American context, of the achievements made so far, and will also consider how far the major corporate players in the food industry might go in re-inventing their products so that they might have more positive nutritional impacts. The paper will consider the opportunities available in the present conjuncture to truly transform food environments, and the real obstacles that will continue to frustrate this process within the prevailing political economy.

What is the Cost of Healthy Eating in Canada? Applying a Sustainable Livelihoods Framework

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We explore the conceptual and practical potential for application of a Sustainable Livelihoods Framework (SLF) to examine the question of whether healthy eating costs more in Canada. Concern exists that low-income populations may be unable to implement current dietary guidance that emphasizes knowledge and 'choice' over consideration of assets, vulnerabilities and policy and institutional factors. The Sustainable Livelihoods Framework examines livelihood assets (Human, Social, Natural, Physical and Financial capitals) influenced by the vulnerability context (shocks, trends and seasonality). Transforming structures and processes (government and private sector laws, policies, culture and institutions) are also considered in terms of their influence. Finally, livelihood strategies employed by groups and individuals leading to outcomes (increased income and well being, reduced vulnerability, improved food security and a more sustainable use of natural resources) are examined. We conclude that examination of a broader range of factors through a SLF may illuminate the cost to vulnerable populations of healthy eating.

An Examination of the Potential of Urban Agriculture to Mitigate the Negative Livelihood and Food Security Impacts of HIV/AIDS in Households in Nakuru, Kenya

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The capacity of households to produce, consume and sell food depends on the complement of assets or capitals at its disposal. These assets include access to land and water for food production, equipment and inputs for cultivation, human health and knowledge to enable access to food sources and a supportive set of social relations. Ability to utilize assets is in turn affected by society's laws, policies, culture and institutions. Poor urban households affected by HIV/AIDS can experience difficulties in securing and deploying assets and achieving institutional support. The Sustainable Environments and Health through Urban Agriculture project is a research for development project designed to examine the potential for urban agriculture to mitigate the negative livelihood and food security impacts of HIV/AIDS. We will describe results of qualitative and quantitative assessments examining socio demographic, livelihood, food and nutrition security characteristics in relation to participation and uptake of an agricultural intervention in Nakuru, Kenya.

