

2014 CAFS EXPLORATION GALLERY

Ninth Annual Assembly of the
Canadian Association for Food Studies

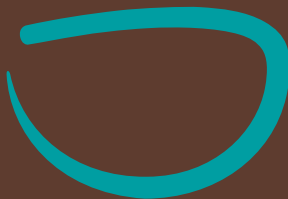
May 24–27, 2014
Brock University
St. Catharines, Ontario

curators:

Nancy Snow, York University

David Szanto, Concordia University

In recognition of the value of graphic, material-based, and experimental representations of research, the CAFS Exploration Gallery was first established in 2011. Since then, it has served an important role in stimulating new engagements with food knowledge, as well as new conversations among conference participants. Graduate students, food scholars, NGOs, researchers outside the academy, artists, and other members of the community proposed works for the 2014 Gallery, 18 of which were accepted for inclusion. Ranging from multimedia installations to photography, interactive ‘conversations’ to edible art, graphic design to performative memorials, these works underscore the complex ways in which the body, mind, and emotions collaborate to produce ideas, feelings, and sensations in order to communicate the many truths of food.



Canadian
Association for
Food Studies

www.foodstudies.ca

Canadian Association
for Food Studies

2014

exploration
gallery

May 24 to 27, 2014

Congress of the Humanities
and Social Sciences

Brock University, St. Catharines, ON



Canadian
Association for
Food Studies

What can food do for your campus?


graphic on paper

22" x 28"

**Sarah Archibald &
Caitlin Colson**

The Campus Food
Systems Project

food@syc-cjs.org
www.studentfood.ca



The Campus Food Systems Project is the only national farm-to-campus initiative in Canada. We empower students with the knowledge and leadership skills they need to grow, cook, and eat more healthful, local, sustainable food on campus. Our goal is to transform food and education on campuses across Canada. Since 2011, we have seen that students and university stakeholders have meaningfully contributed to building better food systems on campus and in communities.

This infographic shares some of the tangible results of stakeholders' work at Vancouver Island University. It demonstrates what food can do for a campus. Each campus is different, but food plays an integral role on each one. It is important to keep in mind that these transformations have emerged from developing strong relationships, re-valuing food, and building awareness and engagement on campus.

Please add questions, comments or ideas to this infographic (using the Post-It notes attached). What links are missing? What levers could be leveraged? Who should be involved?

What has food done for your campus?

At the University of California, Davis, the Campus Food Systems Project has been instrumental in creating a vibrant food culture on campus. Through its efforts, the project has established a network of food systems that support student leadership, community connections, and local procurement. The project has also been instrumental in creating a vibrant food culture on campus, through its efforts in establishing a network of food systems that support student leadership, community connections, and local procurement.

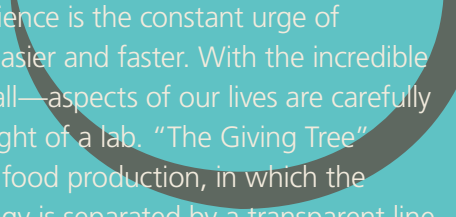
Food Systems & Community Connections

The project has established a network of food systems that support student leadership, community connections, and local procurement. Through its efforts, the project has established a network of food systems that support student leadership, community connections, and local procurement.



The Giving Tree

glass, wood, polymer clay, wire,
acrylics and other pigments
14" x 14" x 19"



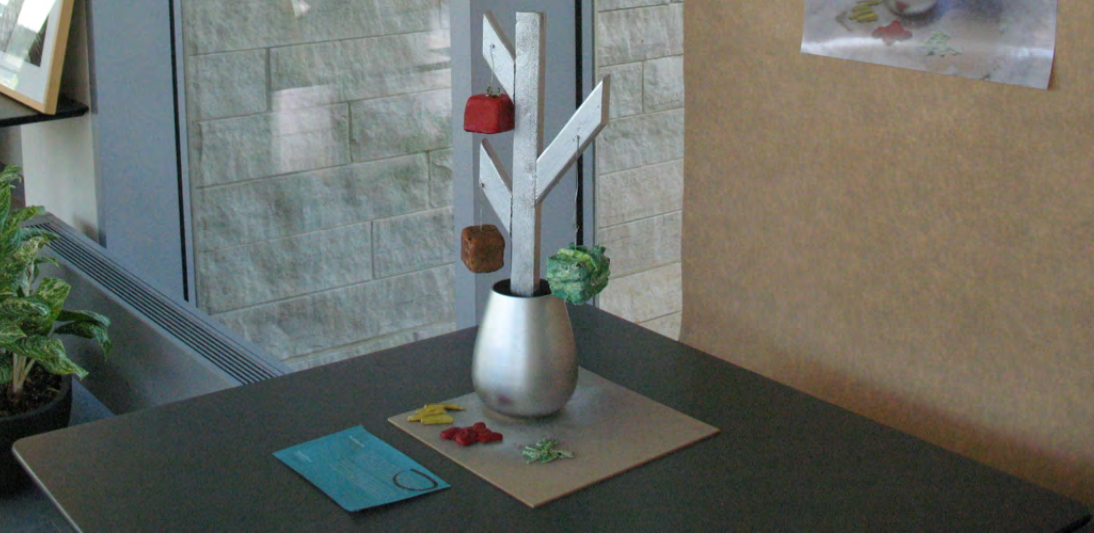
One of the many aspects of human experience is the constant urge of development. We aim for bigger, better. Easier and faster. With the incredible advancements of science, almost—if not all—aspects of our lives are carefully controlled and harvested under the cold light of a lab. “The Giving Tree” interprets the frontier of today’s industrial food production, in which the intersection between nature and technology is separated by a transparent line.

As we are able to control and manipulate everything in our surroundings, and we move away from the natural processes of our ancestors, we head into an alien-like territory that at first glance seems to be fruitful and prosperous, but may in fact raise a struggle for the future: this technology ultimately continues to downgrade the content of our products solely for industrial profit.

Alejandra Arellano

OCAD University

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alejandraarellano.4ormat.com





Milagros for Migrants: Local Food/Global Labour

suitcases, candles, baskets,
prayer cards, guerilla stickers

Deborah Barndt
York University
dbarndt@yorku.ca

This installation of Mexican-style altars aims to catalyze dialogue around the issue of global migrant labour in local food production. It represents an arts-based and popular education approach to tap both minds and hearts to mobilize food activists to work for migrant worker justice.

One altar honours a Mexican migrant woman; the other memorializes the ten Peruvians killed in a tragic accident in 2012. Their stories are contextualized with photos of their families as well as objects referencing pre-colonial and colonial history.

Prayer cards that invoke “blessings on the food, blessings on the workers” offer more analysis of the global food system and local struggles for biodiversity and social justice. Guerilla stickers that feature the workers can be placed on produce in supermarkets to raise questions about who brings us our food. Viewers are invited to take away a card and a sticker, and continue educating and acting on this issue.

Milagros for Migrants
An Immigrant Solidarity Meeting
Ontario's Migrant Farm Workers
Video by Min Suk Lee
Altars by Deborah Baroff

**Unpacking Localized Food
Weaving Culture**
Photos, text and reflections
by Deborah Baroff

Open for Migrants
The following is a list of organizations and individuals who are providing support to migrant farm workers in Ontario. This list is not intended to be exhaustive and is subject to change. For more information, please contact the Immigrant Solidarity Meeting at 416-922-1111 or visit our website at www.immigrant-solidarity.com.

- 1. Immigrant Solidarity Meeting (ISM) - 416-922-1111
- 2. Ontario Immigrant Settlement and Support Agency (OISSA) - 416-922-1111
- 3. Immigrant Services Centre (ISC) - 416-922-1111
- 4. Immigrant Women's Centre (IWC) - 416-922-1111
- 5. Immigrant Resource Centre (IRC) - 416-922-1111
- 6. Immigrant Health Services (IHS) - 416-922-1111
- 7. Immigrant Legal Services (ILS) - 416-922-1111
- 8. Immigrant Financial Services (IFS) - 416-922-1111
- 9. Immigrant Employment Services (IES) - 416-922-1111
- 10. Immigrant Language Services (ILS) - 416-922-1111
- 11. Immigrant Cultural Services (ICS) - 416-922-1111
- 12. Immigrant Community Services (ICS) - 416-922-1111
- 13. Immigrant Family Services (IFS) - 416-922-1111
- 14. Immigrant Youth Services (IYS) - 416-922-1111
- 15. Immigrant Senior Services (ISS) - 416-922-1111
- 16. Immigrant Disability Services (IDS) - 416-922-1111
- 17. Immigrant Homelessness Services (IHS) - 416-922-1111
- 18. Immigrant Substance Abuse Services (ISAS) - 416-922-1111
- 19. Immigrant Mental Health Services (IMHS) - 416-922-1111
- 20. Immigrant Addictive Services (IAS) - 416-922-1111

How can you help? How can you help?



Below the photos are six columns of text, each corresponding to one of the photos, providing details or descriptions.

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Two small white cards or notes lying on the desk in front of the monitor.





Prayer Cards
 Read the stories behind the produce.
 Find one that interests you and take it.
 Fill out a blank card and leave it here.

Guenito Stickers
 Take a sticker or two and put them
 on produce in your local supermarket.
 Is the food local or global?
 Are the workers local or global?



Popular Food Literacy Conversation Corner

interactive installation

This conversation corner was inspired by a CAFS listserv conversation about popular food literacy and frameworks for food systems education. Asking participants to share concepts and questions they think are important to conversations about food literacy and food systems, this installation gives conference-goers a chance to prepare for and contribute to the Roundtable Workshop and Conversation on Popular Food Literacy and a Food Systems Education Framework that will follow from the listserv conversation in Mackenzie Chown A, Sankey Chambers at 9:00 am on Tuesday, May 27.

**Valentine Cadieux with
Ellen Desjardins, Mustafa
Koç, Cathleen Kneen,
JoAnne Jaffe, Michael
Gertler, Rita Hansen
Sterne, Jennifer Sumner,
Maria Nunes, Lisa Ohberg,
David Szanto, Phil Mount,
and Charles Levkoe**

Instructions:

This 'recipe box' and 'conversation corner' represent efforts to continue a CAPS listserve conversation about what practices & understandings we would like to see included in the idea of "Food Literacy"

Palmer Food Center
Conversation Corner

Facilitated by:
Alicia Anderson, MEd
Katie Conroy, MEd
Katie Hill, MEd
Molly Lambert, MEd
Megan Lewis, MEd
Megan Lewis, MEd
and Christine




Please add things that you would like to see included, for example:

- recipes that prompt people to interact with food in ways you would like to encourage
- questions you would like to ask to guide inquiry or invite people to think (or means right about food)
- ideas for learning modules that would build food literacy...



The Sensorium ***(catalogue Seasons 2+3)***

10-page artist book
limited edition of 300
numbered, signed
4.25" x 5.5"

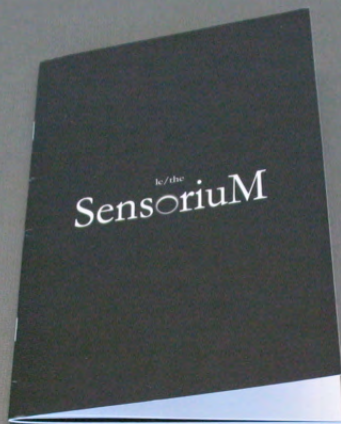


The Sensorium is a collaborative artistic platform founded by multimedia and performance artist Natalie Doonan in Montreal, Canada in 2011. The Sensorium features performances in the form of tours and tastings led by artists. These performances are located outside of art institutions and always involve tasting food. The tone is provocative and playful, with the goal of appealing to audiences through the senses, thereby accessing groups who would likely not interact otherwise. This catalogue represents a selection of performances from Seasons 2 and 3 of the project. It includes text describing four events, along with four tear-out postcards.

Copies available for purchase by donation.

Natalie Doonan
Concordia University

natalie.doonan@concordia.ca
www.lesensorium.com



The Sensorium
(catalogue Seasons 2+3)

10 page artist book
limited edition of 200
numbered, signed
4.25x 5.5"

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Copies available for purchase by donation.

Natalie Doonan
Concordia University
natalie.doonan@concordia.ca
www.the-sensorium.com

***Stakeholder
Engaged Strategy:
The Case of The
Ontario Christian
Gleaners***

3' x 4' poster; bound teaching case

**Rita Hansen-Sterne &
Dr. Erna van Duren**
University of Guelph

rsterne@uoguelph.ca
evandure@uoguelph.ca
www.uoguelph.ca

Teaching cases are often used in the management field to illustrate complex decision scenarios. Cases can illustrate real life situations where students can apply theory to practical situations and explore decision making scenarios. This exhibit displays The Case of the Ontario Christian Gleaners (OCG), a not-for-profit organization that must balance multiple stakeholder needs to achieve their mission.

In this gallery presentation, participants can view the case (bound, in print form) accompanied by a synopsis in poster format. The poster shares several questions identified from the management discipline. Participants are then invited to interact by contributing questions or issues that other food studies perspectives might identify, effectively exploring this case at its boundaries.

Stakeholder-Engaged Strategy: The Case of The Ontario Christian Gleaners

Rita Rossini-Brown, PhD Candidate
ritarossini@uoguelph.ca

Dr. Erna von Dorn
evandorn@uoguelph.ca

Introduction

Research cases can be adapted and used as a pedagogical tool in the classroom. This case focuses on a not-for-profit organization in a modern food economy and has been used to put Stakeholder Theory in a practical context. In this exhibit, we invite you to browse this case and share your perspective about other issues could be highlighted by the use of this case.

Case Synopsis

The Ontario Christian Gleaners (OCG) is a not-for-profit organization located south of Cambridge, Ontario in south-western Ontario. Canada (see map right).

Mission: "To use surplus produce to feed a hungry world."

Activities

- Surplus produce donated by retailers not suitable for sale to consumers; and by producers not suitable for sale to retailers.
- Donated produce is distributed using volunteer labour.
- Individual recipients are packaged to keep safe and stored.
- Keep note is directed to retail agencies who ship and distribute the soup where needed.



Issues from Management Perspective



How do you create value for your volunteer workers daily?



What does it mean when "value creation means helping competitors?"



How do we engage younger volunteers?



How can you manage operations when physical space is limited, activity is growing, and shifts are not practical?

What issues could be highlighted from other food studies perspectives?

Please use sticky notes and markers provided to add issues this case could highlight in any of the areas below.

Food Systems
and Value Chains

Food
and Culture

Geography
and Politics

Two tables are positioned in front of the exhibit board. The first table is a light-colored wooden table with several papers and a pen on it. The second table is a dark-colored table with a pen, a yellow sticky note, an orange sticky note, and several papers on it. The background shows a modern building with large windows and a staircase.

Stakeholder-Engaged Strategy: The Case of The Ontario Christian Gleaners

Introduction

Research cases can be adapted and used as a pedagogical tool in the classroom. This case focuses on a not-for-profit organization in a modern food economy and has been used to put Stakeholder Theory in a practical context. In this exhibit, we invite you to browse this case and share your perspective about other issues could be highlighted by the use of this case.

~ Case Synopsis ~

The Ontario Christian Gleaners (OCG) is a not-for-profit organization located south of Cambridge, Ontario in southwestern Ontario, Canada (see map, right).

Mission: "To use surplus produce to feed a hungry world."

Activities:

1. Surplus produce donated by retailers (not suitable for sale to consumers) and by producers (not suitable for sale to retailers).
2. Donated produce is dehydrated using volunteer labour.
3. Dehydrated vegetables are packaged as soup mix and stored.
4. Soup mix is donated to relief agencies who ship and distribute the soup where needed.



~ Issues from Management Perspective ~



How can we build a sense of belonging?

What does it mean when value creation means helping competitors?

How do you create value for 70+ volunteer workers daily?



How can we respond to critics who say we should feed hungry people at home?



What will we do if the dehydrator breaks down?

How do we engage younger volunteers?

How can you manage operations when physical space is limited, activity is growing, and shifts are not practical?



Can we reduce water content in peppers to save dehydrator energy?

What issues could be highlighted from other food studies perspectives?

Please use sticky notes and markers provided to add issues this case could highlight in any of the areas below.

Food Systems
and Value Chains

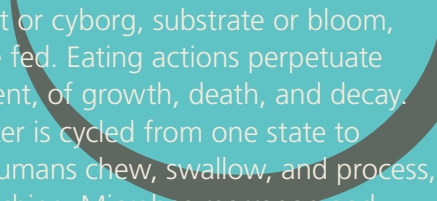
Food
and Culture

Geography
and Politics

Orchestrer la perte/ Perpetual Demotion

inkjet print, 40" x 18"

live IP video feed



A machine nourishes its humans. Stardust or cyborg, substrate or bloom, social or technical, all things feed and are fed. Eating actions perpetuate patterns of nurturing and disempowerment, of growth, death, and decay. In repeated and reciprocal gestures, matter is cycled from one state to another: human, food, machine, food. Humans chew, swallow, and process, spawning energies and powering the machine. Microbes rearrange and stabilize tissue, neither raw nor cooked, fodder for the machine. Machines sustain their litter, feeding and desingularizing the human. In these cycles, bodies gain just as they lose control, eating, determining, and orchestrating their own demotions.

This video feed comes directly from the Perpetual Demotion robot installed at the Musée d'Art Contemporain de Montréal, within the Elektra Festival and BIAN, the Biennale internationale d'art numérique.

**Simon Laroche &
David Szanto**

Projet EVA
Concordia University

www.projet-eva.org
www.iceboxstudio.com

With funding from the FQRSC and the Vanier Canada Graduate Scholarship.



Shark Fin Soup: The Cost of Luxury

acrylic, gelatine, wire, clay

Graphic design can be used as a powerful vehicle for communication across many fields of study and is not limited to ventures in commerce alone.

Collaboration between disciplines, such as science and design, provides opportunities for new modes of communication, concept development, and learning experiences. This project integrates conservation ecology with design. Shark finning, due primarily to the demand for shark-fin soup, has devastated shark populations globally. It is an issue that suffers from the out-of-sight, out-of-mind mentality and is the focus of this composition.

This project seeks to illuminate these issues using visual representations and is one example of how design can help raise issues like shark finning to the surface, to generate public awareness.

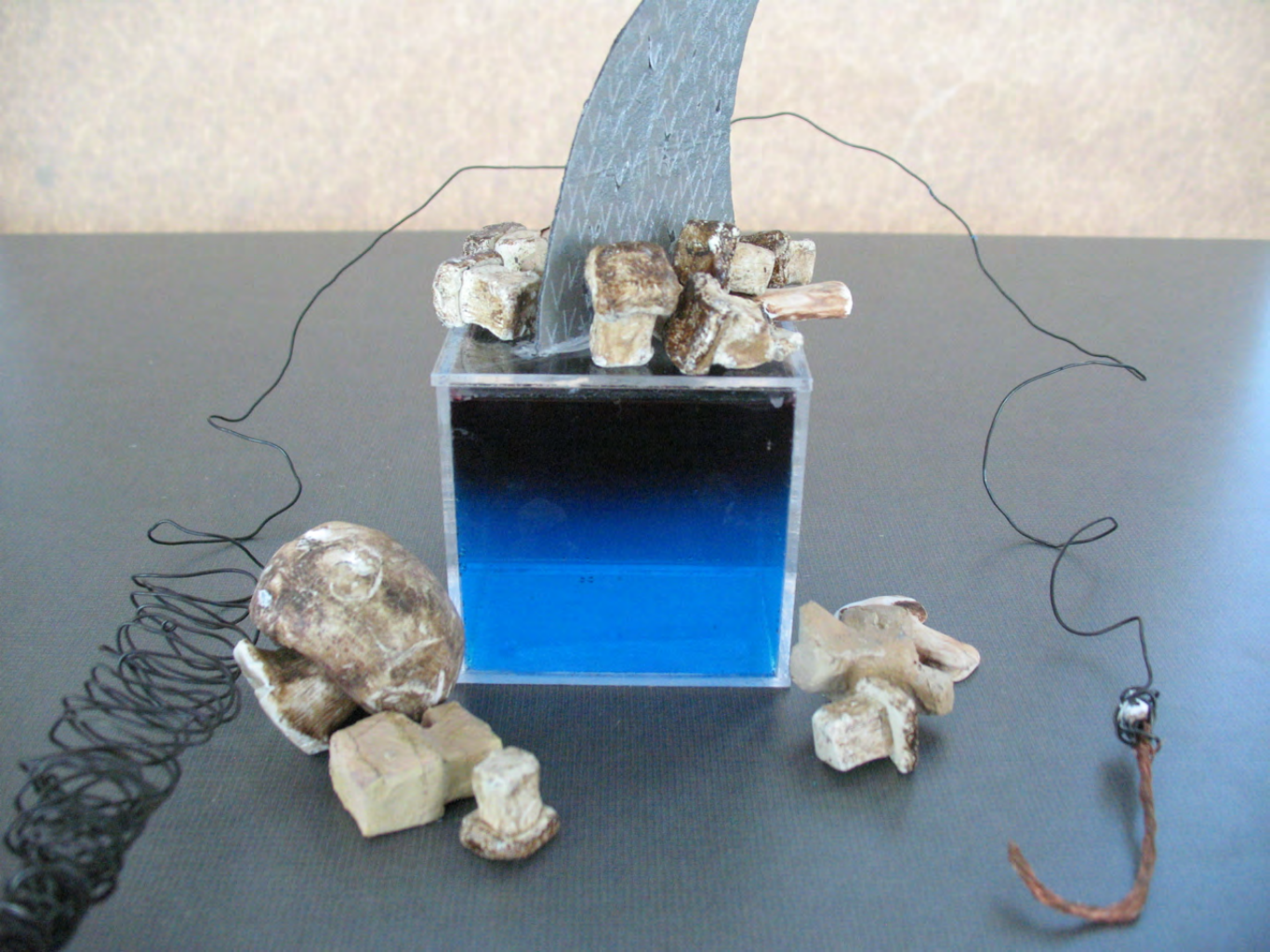
Bailey McGinn

Ontario College of Art
and Design

mcginnbailey@gmail.com

www.baileymcginn.ca





A Cocoa Walks into a Bar

printed poster

chocolate showpiece with cards

It takes a long journey for a piece of chocolate to get to our hands, ready to be eaten. This chocolate showpiece is dedicated to the stakeholders and each process that takes place for a cocoa bean to turn into a chocolate bar, with an emphasis on the role of pastry makers and chocolatiers, a final step in chocolate making. As a pastry student with a design background, I take notice of the emotions, feelings, frustrations, joy, and satisfaction that comes from tempering chocolate. I would like to be the bridge, to be a reminder to people to feel, to be mindful, and to think of the effort, energy, and emotions that have been invested in chocolates.

Kathleen Novelia (poster)

Yunjoo Choi, Susan Davis

& Kathleen Novelia (showpc.)

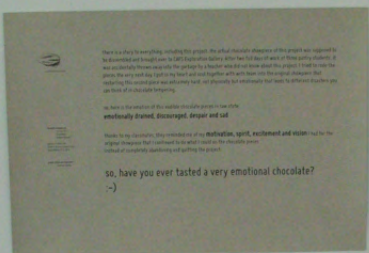
PACC Culinary School

kathnovelia@gmail.com




chocolate bar
tempering
conching
grinding
roasting
fermentation
harvesting

**a cocoa bean into a bar
and the barfinder asks, "where have you been?"**
a chocolate designer explains the process of chocolate making from bean to bar.

Here is a key to successfully achieving this project: the actual molecular structure of the project was suggested to be **emotional** and **foundational** in all of the following stages, also the **foundational** of these early stages. It was **foundational** to the way the project was designed for a **barfinder** who did not know about this project. I had to make the project the way I could see, and I had to make it **foundational** and **foundational** to the way I could see. The **foundational** of the project was **foundational** and **foundational** to the way I could see. The **foundational** of the project was **foundational** and **foundational** to the way I could see.

so, have you ever tasted a very emotional chocolate?
:-)



The display table features two informational cards. The top card shows a chocolate bar and several pieces of chocolate, with text including "chocolate bar" and "foundational". The bottom card shows a chocolate bar and several pieces of chocolate, with text including "chocolate bar" and "foundational".

Food System Networking

wood, yarn, tin,
mat board, scissors

Our current food system is sustained by a matrix of relationships between ecological systems and people, producers and consumers, policy makers and industry and academia, bureaucrats and politicians, to name a few. In order to effect change in this system, the complex network that these relationships form must first be understood.

This collaborative 'mapping' project represents the food system 'positions' of participants at CAFS 2014 and the food system relationships discussed in presentations made at the conference. These relationships are represented as (1) existing, (2) developing, and (3) non-existent, relative to a food system that is sustainable for all of its constituent parts: ecosystems, humans, and social structures.

Maria Nunes (in collaboration
with conference attendees)
York University

maria.nunes@alumni.utoronto.ca



POST SECONDARY

HIGH SCHOOL

ELEMENTARY

FOOD

FOOD

FOOD

AGRICULTURE

HEALTH

DEVELOPMENT

FOOD

INDUSTRY

TECHNOLOGY

CULTURE

FOOD CHAINS

CULTURE



FOOD SECURITY AND NUTRITION




Where to Eat? An Exercise in 'Good Food' Mapping in St. Catharines, ON

map and directory

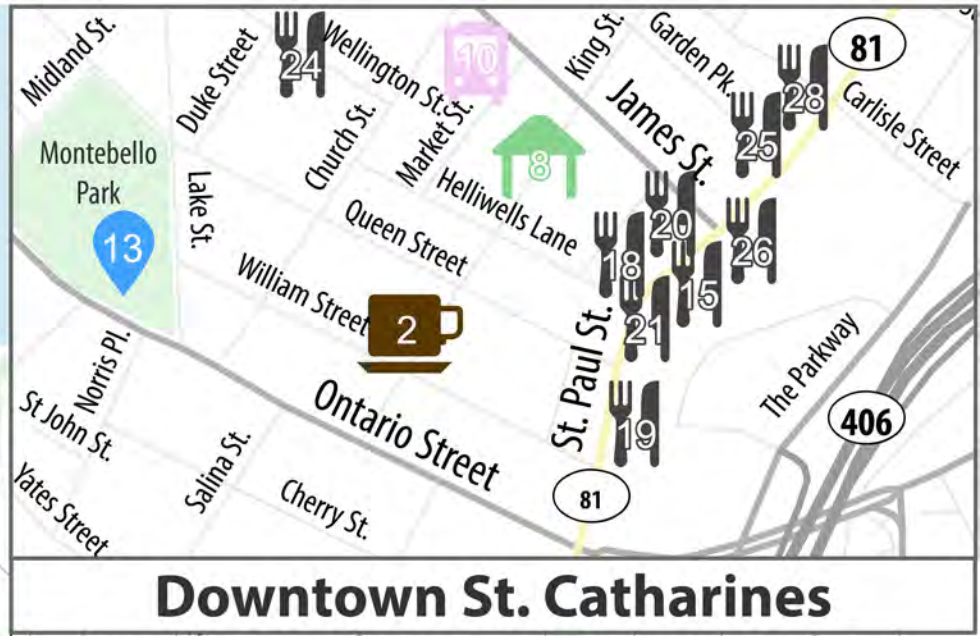
Lisa Ohberg (Univ. of Guelph), **Samuel Walker** (Univ. of Toronto) & **Nafisa Kassam** (Univ. of Waterloo)

ohbergl@uoguelph.ca

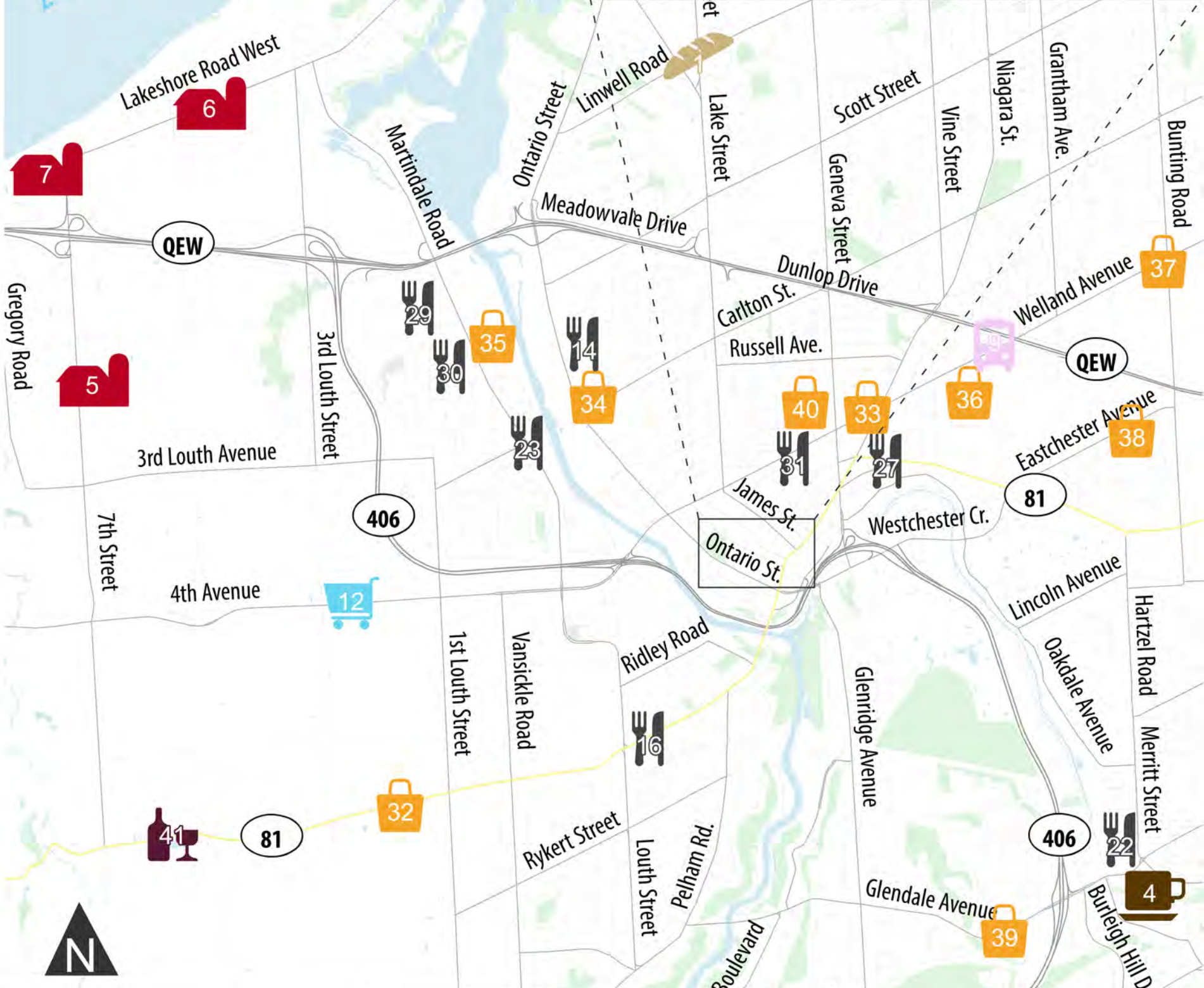


This map serves as a functional guide to accessing good food in St. Catharines, ON and as a reflexive exercise in defining and accessing “good” food. Good food has been defined as food that meets a set of quality standards linked to normative values about food’s production and distribution: sustainably produced, fairly traded and consumed for health, and with pleasure (Sage, 2003). In practice, it is difficult to find and access good food, particularly in unfamiliar places. There is no single set of standards that objectively define good food, and standards are not always clearly communicated. The authors conducted a search of web-based directories and search engines to identify establishments that advertised selling foods identified as having one or more ‘quality’ attributes associated with good food and/or common dietary restrictions: sustainably produced, organic, local, fair trade, vegan, vegetarian, raw, kosher, and halal. These establishments are represented by type on the map. The accompanying directory lists contact information and attributes associated with the establishments’ products.

ST. CATHARINES GOOD FOOD MAP



Downtown St. Catharines



Establishments

	Bakery		Grocery Store
	Café		Other
	Farm		Restaurant
	Farmers' Market		Specialty Food Store
	Food Truck		Vineyard

Brock University



St. Catharines Good Food Directory

Created by Lisa Ohberg, Samuel Walker and Nafisa Kassam

Bakeries

1 — The Frosted Cupcake

524 Lake Street, St. Catharines, ON

905-934-0003
<http://thefrostedcupcake.ca>
 Mon-Fri 11am-6pm; Sat 10am-6pm; Sun 12pm-4pm

[Gluten-free] | Vegetarian | Vegan |

Cafés

2 — Strega Café

19 King Street, St. Catharines, ON, L2R 3H1

905-984-5872
<http://www.stregacafe.ca/>
 Mon-Sat 10am-4pm

[Fair trade] | Organic | Vegetarian |

3 — The Grounds Coffeehouse and Bakery

490 Schmon Parkway, Thorold, ON, L2V 0C4

905-684-2223
<http://www.groundscoffeehouse.com/>
 Mon-Fri 7am-10pm; Sat-Sun 8am-10pm

[Fair trade] |

4 — Sweet Little Café

344 Glendale Avenue, St. Catharines, ON, L2T 4E3

905-227-9458
<https://www.sweetlittlecafe.com/index.php>
 Mon-Fri 9am-6pm; Sat 9:30am-5pm; Sun 10am-5pm

[Fair trade] | Organic |

Farms

5 — Whitty Farms Market

1655 4th Avenue, St. Catharines, ON, L2R 6P9

905-684-9593
www.whittyfarms.ca
 Mon-Sat 8:30am-6pm

[Local] | Sustainable production |

6 — Nokara Farms

1062 Lakeshore Road, St. Catharines, ON, L2R 6P9

905-937-0211
http://www.nokarafarms.ca/nokara_Farms/Welcome.html
 Mon-Fri 10am-6pm; Sat 10am-5pm; Sun closed

[Local] |

7 — Creek Shore Farms

1167 Lakeshore Road West, St. Catharines, ON, L2R 6P9

289-228-0697
<http://www.creekshorefarms.ca>
 By appointment

[Local] | Sustainable production |

Farmers Markets

8 — St. Catharines Farmers Market

91 King Street, St. Catharines, ON, L2R 3H6

905-688-5601 ext 1508
<http://tinyurl.com/8jgeftc>
 Tue, Thur, Sat 6am-3pm

[Local] | Organic | Vegetarian | Vegan |

Food Trucks

9 — Karma Meats & More

340 Welland Avenue, St. Catharines, ON

905-802-8410
<http://karmameats.com/#home>
 Sat 11am-6pm

[Local] | Sustainable production | Vegetarian | Vegan |

10 — The Food Truck

581 Niagara Stone Road, Niagara-On-The-Lake, ON, L2N 2C3

289-213-4240
<http://www.farmtotruck.ca/home.html>
 Check Website for Location

[Local] | Sustainable production |

11 — El Gastro

St. Catharines, ON

905-685-2049
<http://www.elgastro.com/g/about.html>
 Check Website for Location

[Local] | Organic |

Grocery Stores

12 — Unneed A Pita - Cherry Market

1179 Fourth Avenue, St. Catharines, ON, L2R 6P9

905-641-1666
<http://www.harvestbarn.ca/tc/home/>
 Sun-Sat 8:30am-7pm

[Local] |

Other

13 — Food Not Bombs

64 Ontario Street, St. Catharines, ON, L2R 5K4

<http://foodnotbombs-niagara.weebly.com/>
 Sun 3pm-5pm from April-October

[Vegetarian] | Vegan |

Restaurants

14 — The Syndicate Restaurant

332 Ontario Street, St. Catharines, ON, L2R 5L8

905-228-3199
<http://www.syndicaterestaurant.ca/>
 Every day 11:30am-11pm

[Local] | Sustainable production |

15 — Rise Above Restaurant and Bakery

120 St. Paul Street, St. Catharines, ON, L2R 3G7

289-362-2630
<http://riseaboverestaurant.com/>
 Mon closed; Tues-Sat 11am-10pm; Sunday 11am-5pm

[Gluten-free] | Vegetarian | Vegan |

16 — Bleu Turtle Bistro

215 St. Paul Street West, St. Catharines, ON, L2S 2C9

905-688-0330
<http://www.bleuturtle.com/>
 Wed-Sun 8am-2pm; Mon-Tues closed

[Local] |

17 — Pier 61 Bar and Grill

61 Lakeport Road, St. Catharines, ON, L2N 4P6

905-397-7771
<http://www.pier61.ca/>
 Every day 11:30am-late

[Gluten-free] | Vegetarian |

18 — Bella Noella's

11 Summer Street, St. Catharines, ON, L2R 3G7

905-685-7510
 Tue-Thur 11:30am-9pm; Fri 12pm-3am; Sat 5pm-3am

[Gluten-free] | Vegetarian | Vegan |

19 — Merchant Ale House

98 St. Paul Street, St. Catharines, ON, L2R 3M2

905-984-4060
<http://www.merchantalehouse.ca>
 Mon-Sun: 11:30am-2am

[Vegetarian] | Vegan |

20 — The Office, Tap & Grill

22 James Street, St. Catharines, ON, L2R 5B8

905-984-4440
<http://www.theofficeandgrill.com/office/Home.html>
 Mon-Wed 5pm-late; Thur 11:30am-late; Fri 11:30am-late; Sat 5pm-late

[Gluten-free] | Vegetarian | Vegan |

21 — U Need A Pita - St. Paul Street Location

116 St Paul Street, St. Catharines, ON , L2R 3M2

905-682-7482
<http://www.unneedapita.com/>
 Mon-Thurs 11:30am-2:30am; Fri 11:30-3am; Sat 12pm-3am; Sunday 12pm-10pm

[Vegetarian] | Vegan |

22 — U Need A Pita - Glendale Ave Location

343 Glendale Avenue, St. Catharines, ON, L2T0A1

905-277-6681
<http://www.unneedapita.com/>
 Mon-Sat 11am-11pm; Sun 11am-10pm

[Vegetarian] | Vegan |

23 — U Need A Pita - Martindale Road Location

100 Martindale Road, St. Catharines, ON, L2S2Y3

905-688-1114
<http://www.unneedapita.com/>
 Mon-Fri 11:30am-8pm; Sat 11:30am-7pm

[Vegetarian] | Vegan |

24 — Wellington Court

11 Wellington Street, St. Catharines, ON, L2R 4W9

905-682-5518
<http://www.wellington-court.com/page/home>
 Tue-Sat 11:30am-2:30pm & 5pm-9:30pm

[Local] |

25 — Mahtay Cafe

241 St Paul Street, St. Catharines, ON, L2R-3M7

905-685-4040
<http://mahtay.ca>
 Mon-Thurs 7:30-11; Fri-Sat 9-late; Sun 10-11

[Fair trade] | Gluten-free | Organic | Vegetarian | Vegan |

26 — Carlos Cantina

204 St. Paul Street East, St. Catharines, ON, L2R 3M2

905-687-4002
<http://www.carloscantina.com>
 Tue-Thurs 11:30am-8:30pm; Fri 11:30am-9:30pm; Sat 12pm-9:30pm; Sun 12pm-8pm

[Vegetarian] |

27 — Spicy Thai

208 Church Street, St. Catharines, ON, L2R 3E9

905-687-8424
<http://www.spicythai.ca>
 Mon-Fri 11:30am-10pm; Sat 4pm-10pm; Sun 4pm-9:30pm

[Gluten-free] | Vegetarian |

28 — Yaouhans International Cuisine

249 St. Paul Street East, Saint Catharines, ON , L2R 3M7

905-688-3276
 Mon-Sat 8:30am-9:30pm; Sun 10am-3pm

[Vegetarian] | Vegan |

29 — Antipastos di Roma

87 Hamover Drive, St. Catharines, ON, L2W 1A3

905-641-5211
<http://www.antipastos.ca>
 Mon-Fri 8am-7pm; Sat-Sun 8am-6pm

[Gluten-free] |

30 — Cafe Amore

211 Martindale Road, St. Catharines, ON, L2S 3V7

905-988-6404
<http://www.cafeamore.ca/index.html>
 Sun-Thurs 11:30am-10pm; Fri-Sat 11:30am-11pm

[Gluten-free] |

31 — Taste of Bombay

64 Court Street, St. Catharines, ON, L2R 7P6

905-682-6786
<http://www.thetasteofbombay.com>
 Call for hours

[Halal] | Vegetarian |

Specialty Food Stores

12 — Lakeland Meats

1226 St Paul Street West, St. Catharines ON, L2R 6P7

905-688-4570
<http://www.lakelandmeats.com/>
 Tues-Fri 11am-5pm; Sat 11am-4pm; Sun-Mon closed

[Gluten-free] | Local |

13 — The Peasant Mill

191 Welland Avenue, Geneva Square Plaza, St. Catharines, ON, L2R2P2

905-685-8848
<http://www.thepeasantmill.com/>
 Mon-Wed 9am-6pm; Thu-Fri 9am-9pm; Sat 9am-6pm; Sun closed

[Fair trade] | Gluten-free | Kosher | Local | Organic |

14 — Well Well Well

318 Ontario Street, St. Catharines, ON, L2R 5L8

905-684-2276
<http://www.wellwellwellinc.com/en/>
 Sun 11am-5pm; Mon-Wed 9am-6pm; Thu-Fri 9am-8pm; Sat 9am-6pm

[Gluten-free] | Vegetarian | Vegan |

15 — Bamboo Natural Foods Market

211 Martindale Road, Unit 1B (at Huntington Square Plaza), St. Catharines, ON, L2S 3V7

289-362-5637
<http://www.bamboonaturalfoods.com/>
 Mon-Fri 9am-5pm; Sat 9am-6pm

[Gluten-free] | Organic | Raw | Sustainable production | Vegetarian | Vegan |

16 — Truly Organic Foods

1-22 Perma Court Street Catharines, ON, L2R 7K8

17 — Truly Organic Foods

289-688-1728
<http://www.trulyorganicfoods.com/>
 Wed-Thur: 10am-6pm

[Organic] | Raw | Vegetarian | Vegan |

18 — The Kitchen Walk & Health Centre

526 Welland Road, St. Catharines, ON, L2M 5V5

905-684-3312
 Mon-Wed 9am-6pm; Thurs 9am-7pm; Fri 9am-8pm; Sat 9am-6pm

[Gluten-free] | Organic |

19 — Niagara Roots

164 Eastchester Avenue, St. Catharines, ON

289-228-7786
<http://www.natureroots.ca>
 Mon-Fri 9:30am-7pm

[Local] | Organic | Raw | Sustainable production |

20 — Home & Harvest

290 Glendale Avenue, Glendale Square, St. Catharines, ON, L2T 2L3

905-227-1212
<http://www.nadiasmarket.com>
 Mon-Sat 9:30am-6pm

[Gluten-free] | Vegetarian | Vegan |

21 — Adore Food Market

121 Geneva Street, St. Catharines, ON, L2R 4N3

905-688-0000
<http://alnoorhalalfood.webs.com>
 Mon-Fri 10am-8pm Sat-Sun 11am-7pm

[Halal] |

Vineyards

41 — Feast of Fields Organic Vineyard

RR 1, St. Catharines, ON, L2R 6P7

www.feast-of-fields.ca
 By appointment

[Organic] | Vegetarian |

Community Food Security in Pictou Landing

video

12 minutes

Pictou Landing First Nation is a Mi'kmaq community of just over 400 in Nova Scotia, Canada. Pictou Landing is quite secluded, with a 20-minute drive to the nearest grocery store, which is in New Glasgow. It is also a community hard hit by Boat Harbour pollution that has resulted from pulp mill operation in close proximity to the community. Supported by the Atlantic Aboriginal Health Research Program and other community partners, in 2013 we undertook several research initiatives to better understand food access in Pictou Landing. One of those initiatives was to speak to community members about issues related to food. We asked: "When it comes to food, what do you think is the most important issue in Pictou Landing right now?" Eighteen people responded with photos and stories. This video showcases the images and observations they shared.

Pictou Landing First Nation

Atlantic Aboriginal Health
Research Program

irenaknezevic@hotmail.com

www.plfn.ca

www.foodarc.ca

"I'm not going to go out there and pick blueberries, or strawberries, or blackberries, or cranberries or any other berries out there because they are all polluted! I do not eat any fish from there 'cause its polluted. I don't eat rabbits, I don't eat deer... anything that grows around here, any animals, there is no way that I would eat them, because of Boat Harbour."



IS THIS YOUR REALITY?



***A migrant farm
worker greets his
sister upon his
return home,
Guanajuato, Mexico***

black and white photograph

24" x 28"

Part of a series of photographs published as *Harvest Pilgrims: Migrant Farm Workers in Ontario* (BTL Publishers, 2009).

Vincenzo Pietropaolo
Ryerson University

vpietropaolo@gmail.com
vincepietropaolo.com



Migration
A migrant from northern
Georgia has been seen
in the same home, Huntington, Alaska

U



Process

book

The term “form follows function” is a trope in graphic design often used as a way to qualify the outcome of a designed artifact. In *Stuff*, Daniel Miller argues that an object is not the form of function but instead sets the scene for action. Furthermore, the less we are aware of an object the more powerful it is at determining expectations and appropriate behaviours. As it is ‘invisible’, a common object is not open to challenge.

Working with these notions this project looks to challenge the visuals and instructions commonly found in cookbooks. Considering ‘vibrant’ or ‘richly-illustrated’ photos result in ‘visually stunning’ books, how could images and content be shifted from ‘invisible’ to ‘visible’, allowing considerations on what it means to make something to eat. Non-traditional components of a recipe are included to support these challenges and to encourage contemplation and discourse.

Nancy Snow

OCAD University

nsnow@ocadu.ca





Process

Look

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Nancy Snow
OCAD University
nsnow@ocadu.ca

The Gastronome in You

inkjet print, 41" x 41"

glass jars, water, flour, yeast

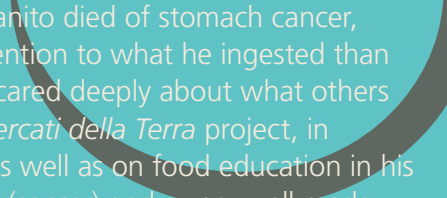
ink on Kraft paper

performance

David Szanto
Concordia University

dszanto@iceboxstudio.com

www.iceboxstudio.com



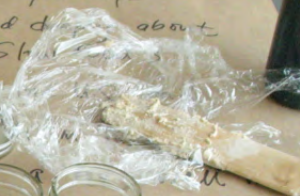
On March 20, 2013, my friend Gigi Frassanito died of stomach cancer, a cruel irony for man who paid more attention to what he ingested than perhaps anyone I have known. Gigi also cared deeply about what others ate, working tirelessly for Slow Food's *Mercati della Terra* project, in Lebanon, the U.S., and other countries, as well as on food education in his home country of Italy. Gigi loved football (soccer) and a very well made espresso (no tamping), and he hated pretentious language about food. He invented the bullshitometer—his own body, enacting a visual and sonic performance—that would display the level of foodish *blahblahblah* in the room. Gigi's denunciation of pseudo-objectivity and celebration of heterogeneity infected me, as well as many of his other gastronomic collaborators and colleagues around the world. When he died, his family distributed to his friends small pieces of the sourdough bread starter he had used all his life, which now grows in the mason jars in front of you. You are welcome to take some home with you, to make some unpretentious and very flavorful bread with it, and perhaps to incorporate into yourself a little bit of Gigi's remarkable and uncompromising spirit.

With funding from the FQRSC and the Vanier Canada Graduate Scholarship.

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On March 20, 2013, my friend Gigi Frassanito died of stomach cancer, a cruel way for a man who paid more attention to what he ingested than perhaps anyone I have known. Gigi also cared deeply about working tirelessly for St. Ignace Hospital in San Francisco.



The jam is in front of you. You are welcome to come home with you, to make some unpretentious

Food culture of resource-poor communities in northern Thailand

mounted photographs

Ruth Tshin

Consultant for ECHO Asia
Regional Impact Center in
Chiang Mai, Thailand

ruth@tshin.com

echonet.org/asia-impact-center

Globalization has affected marginalized and resource-poor, ethnic minority communities in northern Thailand, many who migrated in waves from neighbouring countries due to conflict. The shift from dependence on subsistence farming for food and income, to market-based farming and livelihoods has led to loss of traditional knowledge, and in turn, a loss of cultural identity as subsequent generations assimilate into Thai culture.

I lived and worked for 5 years with people from ethnic minority communities in Chiang Mai province while setting up a centre producing open-pollinated seeds of culturally-significant plants for farmers seeking to be more self-reliant in their practices. These photographs represent the daily meals and hours of food preparation with colleagues that thrust me into an astonishing food culture beyond typical Thai food. This rich food culture is a way for my colleagues to celebrate their cultural identity, using diverse, seasonal ingredients sourced from nearby forests and using methods reflecting dependence on the surrounding environment.

Collaborators: Rick Burnette, Director of Agriculture (ECHO International); Abram Bicksler, Director (ECHO Asia Regional Impact Center); Ratakarn Arttawuttikun, Seed Bank Manager (ECHO Asia Regional Impact Center)

EXIT





Đường mòn xuyên rừng Măng Đen huyện Sơn Tây
Đường mòn xuyên rừng Măng Đen huyện Sơn Tây là một trong những địa điểm du lịch sinh thái hấp dẫn của tỉnh Đắk Lắk.



Đàn bà dân tộc Ê-đê ở buôn làng Măng Đen
Đàn bà dân tộc Ê-đê ở buôn làng Măng Đen huyện Sơn Tây đang thưởng thức bữa cơm trưa. Đây là một trong những nét văn hóa độc đáo của dân tộc Ê-đê.



Chung quanh vùng Măng Đen huyện Sơn Tây
Chung quanh vùng Măng Đen huyện Sơn Tây có nhiều loại thực vật quý hiếm và đặc sản địa phương.



Đàn bà dân tộc Ê-đê ở buôn làng Măng Đen
Đàn bà dân tộc Ê-đê ở buôn làng Măng Đen huyện Sơn Tây đang chuẩn bị bữa cơm trưa. Đây là một trong những nét văn hóa độc đáo của dân tộc Ê-đê.



Món ăn truyền thống ở buôn làng Măng Đen
Món ăn truyền thống ở buôn làng Măng Đen huyện Sơn Tây là một trong những nét văn hóa độc đáo của dân tộc Ê-đê.



Một phụ nữ dân tộc Ê-đê ở buôn làng Măng Đen
Một phụ nữ dân tộc Ê-đê ở buôn làng Măng Đen huyện Sơn Tây đang ôm con. Đây là một trong những nét văn hóa độc đáo của dân tộc Ê-đê.



Một phụ nữ dân tộc Ê-đê ở buôn làng Măng Đen
Một phụ nữ dân tộc Ê-đê ở buôn làng Măng Đen huyện Sơn Tây đang làm việc trong ruộng. Đây là một trong những nét văn hóa độc đáo của dân tộc Ê-đê.



Món ăn truyền thống ở buôn làng Măng Đen
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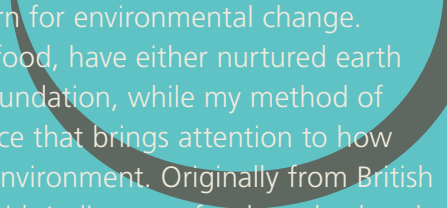
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Một phụ nữ dân tộc Ê-đê ở buôn làng Măng Đen
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Forms of Residual Food Matter

canvas, with mixed sculptured
food packages



My interest in food begins with a concern for environmental change. Human societies, through our need for food, have either nurtured earth or exploited it. These tensions are my foundation, while my method of investigation is through a creative practice that brings attention to how these issues manifest in my immediate environment. Originally from British Columbia, I initiated my food research with Indigenous foods and cultural practices; during my Master's research I expanded my work to local food movements. Currently, I am working from my new home of Montreal and exploring transformations in urban food systems through pieces of designed artifacts. In this piece, I use food packages as the residual food matter that embodies the consumption cycle of the exploitative transnational food system. In particular, redesigning the matter into new artifacts creates an intervention and brings attention to the forgotten matter of our urban food environments.

Pamela Tudge
Concordia University

ptudge@gmail.com





***Borders, Boundaries,
and Becoming
Food Studies:
Looking Back,
Pushing Forward***

interactive installation

At the CAFS Opening Plenary on May 25, we posed a number of questions to you, the CAFS membership, about the past, present, and future of Food Studies. Please continue the conversation, using the material provided. Food Studies will become whatever we make it, so please make your voice heard!

The adjacent sheets represent a partial synthesis of our panelists' comments. Please add your own wherever you like. As a reminder, the questions were:

What does "food studies" mean to you? How does the term move our work forward? How might it hinder us?

Is food studies distinct from other fields? If so, how? And if so, does this have implications for other fields of study?

What should food studies encompass? Is there a limit to what should be included within food studies?

Canadian Association
for Food Studies



May 24 to 27, 2014
Congress of the Humanities
and Social Sciences

Brock University, St. Catharines, ON



Canadian
Association for
Food Studies

2014 exploration gallery