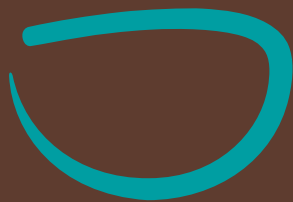


PROGRAM

Twelfth Annual Assembly of the
Canadian Association for Food Studies

Food in Canada and Beyond: Communities, Collaboration, Complexity

May 27–30, 2017
Ryerson University
Toronto, Ontario



Canadian
Association for
Food Studies

www.foodstudies.ca

Food in Canada and the World: Communities, Complexity and Collaboration

Canada has immense food systems resources and capabilities. Endowed with natural capital, informed by indigenous peoples and waves of immigrants, Canadian food systems continue to evolve in response to domestic and global challenges, such as food security, health and nutrition, food safety, climate change, and environmental degradation, etc. Such evolutions contribute to shaping Canadian identities.

The 2017 conference has invited a variety of submissions that examine how community, collaboration and complexity shape Canadian identities and Canada's food systems and food movements. Presentations examine food and its relationships with health, the environment, the arts and humanities, gender, indigenous peoples, education, security, public policy as well as how the roles of civil society, government and business impact food systems in Canada and the global context. Consistent with CAFS' interests and mandate to promote multidisciplinary and interdisciplinary scholarship across multiple facets of food systems, we are looking forward to a diverse array of presentations.

Hashtag: #CAFS2017

Welcome to CAFS 2017 Annual Assembly!

I am delighted to welcome you to the 12th Annual Assembly of the Canadian Association for Food Studies. The conference planning committees have been hard at work for the past year to provide you with an excellent assembly and program full of exciting and thought provoking presentations, posters, exhibitions and events. I look forward to seeing you during the assembly and at the CAFS Annual General Meeting on May 28 at 12pm.

- Rebecca Schiff (CAFS' President)

It is our pleasure to welcome you to Ryerson's campus for the 12th Annual CAFS Assembly. Your Local Arrangements Committee (Amanda Jekums, Andrea Moraes, Donna Appavoo, Joe Nasr, Monika Korzun and Samantha Chow) have been working with the Ryerson Congress team to ensure you can enjoy varied and thought-provoking talks and events the Program Committee has put together. In particular, we encourage you to consider attending the tours (sign up early to avoid being disappointed) and the President's Reception at the Mattamy Athletic Centre. The CAFS banquet is taking place at George Brown College's Chefs' House, and provides an opportunity to enjoy the work of their chefs in training (again sign up early to avoid disappointment). Don't forget to check your program for evening events, including socials, film screenings, and a book launch, all within close proximity of the main Congress events, so you can continue conversations with your colleagues. Most of all, we hope you enjoy your time at the CAFS Assembly, and savour Toronto's multicultural foodscape.

- Your Local Arrangements Co-chairs
Margaret Bancercz & Fiona Yeudall

We hope this will be a most valuable and memorable CAFS assembly 2017. The program team and pre-conference team have been working creatively to organize exciting events that facilitate space and connections for the most engaging food studies discussions. We are honoured to be holding joint-sessions with other associations; we also have significant guest speakers to give us all food for thought. Don't miss the book launch, exploration gallery, and kitchen event alongside all of the fabulous presentations given by our members! All these conference offerings make this feel like a party for family members and friends of Canadian food studies!

- Your Program Co-chairs
Eric Cheng & Kathleen Kevany

Conference Program

| Date | Time | Session | Event(s) | Note |
|------|-----------|----------|---|---|
| 5/27 | 0900-0930 | Sign-in | Welcome (Pre-conference) – CED 703 | For delegates registered for the pre-conference only |
| | 0930-1000 | Welcome | Icebreaker– CED 703 | |
| | 1010-1125 | Event #1 | Invited panel: Social justice approaches to methods – CED 703 Speakers: Jillian Linton, Catherine Mah, Nadia Pabani, and Andrew Spring | |
| | 1135-1230 | Event #2 | Book Talk & Workshop: Early Career Publishing – CED 703 Speakers: Jennifer Brady and Charles Levkoe | |
| | 1230-1330 | Lunch | Lunch will be provided for pre-conference participants | |
| | 1330-1445 | Event #3 | Poster presentations and Pecha Kucha (pre-conference participants) – CED 703 | |
| | 1500-1615 | Event #4 | Invited panel: Learning and Teaching Food – CED 703 Speakers: Adrian De Leon, Cindy Pham, Ted Whittall, and Kyle Warren | |
| | 1630-1745 | Event #5 | Film screening: We Story the Land (2016) – CED 703 Directors: Martha Stiegman and Sherry Pictou | |
| | 1800-2000 | Social | Meet new friends and future collaborators! – Page One Cafe, 106 Mutual St #8, Toronto, ON M5B 2R7 | |

| | | | | | | | | |
|------|-----------|---|--|--|---|--|---|---|
| 5/28 | 0830-1000 | Opening plenary session (Open event to Congress delegates) | Theme: Communities, Collaboration, Complexity: Diverse Perspectives and Experiences of Canadian Food Studies – LIB 72 | | | | | Exploration Gallery and Posters – POD 252 (Both May 28 and 29) |
| | | | Moderator: Charles Levkoe Panelists: James Whetung, Josée Johnston, Pat Vanderkooy, & Sally Miller | | | | | |
| | 1000-1030 | Refreshment | Break – POD 252 Opening of Exploration Gallery – POD 252 | | | | | |
| | 1030-1200 | Concurrent session #1 | Panel #1 Multicultural Histories of Food in Toronto – POD 366 | Panel #2 Per- forming Food, Eating Our- selves: a Lit- tle Embodied Course Work – POD 250 | Panel # 3 Feminism and Gender Rela- tions – POD 367 | Panel # 4 From Imperial Capital to a Global City: Transfor- mation of Is- tanbul’s Culi- nary Scene (Themed Pan- el) – POD 484 | Panel # 5 Canadian Diet – POD 461/463 | |
| | 1200-1330 | Lunch and AGM | CAFS’ Annual General Meeting – POD 250 Limited food will be provided for AGM participants | | | | | |
| | 1330-1500 | Concurrent session #2 and joint- sessions (with Folk Studies As- sociation of | Panel #6 Roundtable on National Food Policy Making – POD 250 | Panel #7 Challenges and Successes of Working in Inter- and Trans- Disci- plinary Teams | Joint-session with FSAC Heritage and Tourism - ILLC 100 | Joint-session with FSAC Gastronomy and Food- ways– POD 461/463 | Panel #8 Food Literacy – POD 484 | |

5/28

Canada)

to Address
Food Security
– POD 366

1500-
1530

Refreshment

Break – POD 252

1530-
1700

Keynote
speech
(Open event
to Congress
delegates)

Title: A Discussion of the “The Ecological Hoofprint” in relation to the Canadian food system, and reflect on the challenges it presents for building a more sustainable food system – LIB 72

Keynote Speaker: Tony Weis

1700-
1900

President's
reception

Open to all CAFS delegates – MAC (Mattamy Athletic Centre)

**Exploration
Gallery and
Posters –
POD 252**

5/29

0830-
1000

Concurrent
session #3

Panel# 9
Subversions from
the Informal and
Social Economy –
POD 461/463

Panel #10
How Should We
Eat? – POD 484

Panel #11
Urban Farming
and Food Systems
– KHE 323

Panel #12
Food Security –
ENG 304

**Exploration
Gallery and
Posters –
POD 252**

1000-
1030

Refreshment

Break– POD 252

Government event

A visit from the Honourable **Lawrence MacAulay**, Minister of Agriculture and Agri-Food Canada– POD 252

5/29

1030-
1200

Concurrent
session #4

Panel #13
The Future

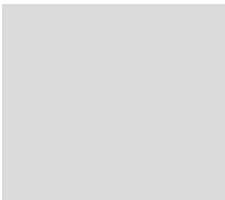
Panel #14
Engineer-

Panel #15
Food

Panel #16
Natural

**Joint-
session**

| | | | | | | | | |
|-----------|--|--|---|--|---|---|--|--|
| | and Joint-session (with Canadian Sociological Association) | of “Sustainable Food” Conversations: FLEdGE Snapshots on Farming and Harvesting – ENG 304 | ing for Urban Farming – POD 484 | Move-ments and Civil Society – POD 461/463 | Resource Manage-ment- Land and Water – KHE323 | with CSA Feminist Sociology, Gender & Food – KHS 369 | | |
| 1200-1330 | Lunch event | Government Event: A Discussion on Ontario's Food Security Strategy – ENG 304 (12:20-13:30) Light refreshment may be provided | | | | | | Exploration Gallery and Posters – POD 252 |
| 1330-1500 | Concurrent Session #5 and Joint-sessions (with CAS and FSAC) | Joint-session with CSA Disruptive Possibilities: Critical Sociologies of Food, Nutrition and Health – CED 703 | Joint-session with FSAC Cookbooks and Home Food– POD 461/463 | Joint-session with FSAC Memory and Nostalgia - ILLC 100 | Panel #17 Food policy and governance – ENG 304 | | | |
| 1500-1530 | Refreshment | | | Break – POD 252 | | | Exploration Gallery and Posters – POD 252 | |
| 1530-1700 | Film screening | Tables of Istanbul – LIB 72 (Open event to all conference delegates) | | | | | | |



1830-
2100
Banquet
(admission
by ticket on-
ly)

The Chef's House, 215 King St E, Toronto, ON M5A 1J9
Limited tickets available on the Congress registration system

5/30

0830-
1000
Concurrent
session #6

| | | | | |
|---|---|--|--|--|
| Panel #18 Neoliberal Capitalism, Financializa- tion and Re- sistance – KHE 117 | Panel #19 Experiences of and Re- sponses to Individual and Household Food Insecu- rity – KHE 323 | Panel #20 Alternative Farming Sys- tems and Technologies – KHE 129 | Panel #21 Food Sover- eignty – POD 367 | Pedagogy session #1 – POD 250 |
|---|---|--|--|--|

1000-
1030
Refreshment

Break – POD 250

1030-
1200
Concurrent
session #7

| | | | | |
|--|--|---|---|----------------------------------|
| Panel #22 Global Food Value Chains – KHE 117 | Panel #23 Social Econ- omy, Social Enterprises, and NGOs – KHE 129 | Panel #24 Cooking, Gardening, and Acquiring Food Skills – POD 367 | Panel #25 Indigenous Food Systems – KHE 323 | Pecha Kucha – POD 250 |
|--|--|---|---|----------------------------------|

1200-
1330
Lunch event

**Government Event: Update on the Healthy Eating Strategy and the develop-
ment of the National Food Policy—Health Canada and Agriculture and Agri-
Food Canada- CED 703** Lunch on your own

5/30

1330-
1500
Concurrent
session #8

| | | | | | |
|------------------------------|----------------------------|------------------------------|-------------------------------|--------------------------------|------------------------------|
| Panel #26 “Witchy” | Panel #27 Multi- | Panel #28 Food and | Panel #29 Nutrition | Pedagogy session #2 | Kitchen Demo: In- |
|------------------------------|----------------------------|------------------------------|-------------------------------|--------------------------------|------------------------------|

| | | | | | | |
|-----------|--|---|---|--|-----------|-----------------------|
| | | Approaches to Teaching Food Studies – KHE 129 | media Food Dialogues, Intergenerational and Intercultural Food Legacies – POD 250 | Cyberspace and Health – KHE 323 | – KHE 117 | sect eating – KHW 169 |
| 1500-1530 | Refreshment | | | Break – POD 250 | | |
| 1530-1700 | Closing plenary session (Open event to Congress delegates) | Theme: Sustainable food systems and national food policy in Canada – LIB 72 | Co-organizer: Environmental Studies Association of Canada | Supported by: The Federation for the Humanities and Social Sciences | | |
| | | | Moderator: Owen Roberts | | | |
| | | | Panelists: Ayla Fenton, Paul Uys, Diana Bronson | | | |
| 1730-1900 | Book launch (appetizer only) | Featuring <i>Conversations in Food Studies</i> (2016), <i>Speaking in Cod Tongues</i> (2017), & <i>Subsistence under Capitalism</i> (2016) | Bombay Street Food, 828 Bay Street, Toronto, ON M5S 1Z | | | |
| | | | (max. number of participants: 40; first come first serve) | | | |

Field trips (Friday, May 26 and Saturday, May 27)

In partnership with Toronto Urban Growers, the 2017 CAFS Conference Local Committee is hosting 2 exciting field trips before the CAFS Conference on May 26 (Friday) and May 27 (Saturday). **You are able to participate in these trips even if you have not registered for Congress.**

Please register <http://bit.ly/2IVfFj4> for field trips.

Tour 1 – FULL DAY: Food, Well-Being, and Indigeneity

Date: Friday May 26, 2017

Cost: \$ 80/person, includes TTC day pass ****LUNCH NOT PROVIDED****

Mode: Public transit and walking

Walking difficulty: Moderate, mostly along streets

Duration: approx. 9 am – 5 pm

Stops include: Native Child and Family Services, Four Winds Indigenous Health and Well-Being Program, University of Toronto via First Story – lunch stop at Nish Dish

Led by a Rivers Rising Ambassador on Toronto’s Lost Rivers, learn about the place of food in Indigenous culture and history and its current presence and representation in Toronto. With emphasis on taking care of the future by acknowledging the past and growing with the present, this tour showcases the rich Indigenous traditions in promoting connections to food, well-being, and building communities, while capturing stories of where treaties, rights, and colonialism intersect. You will visit a beautiful sweatlodge on a rooftop in the heart of downtown; learn about community, healing and connecting in an Indigenous Program housed in a non-Indigenous organization. At University of Toronto, you will be joined by First Story, who will take you through burial grounds, and medicine gardens. You will be given the opportunity to purchase lunch at a First Nations marketaria while learning about Indigenous traditions, with food and business in Toronto. Tour organized by Toronto Urban Growers, with honorable mentions to First Story and Rivers Rising.

Tour 2– HALF DAY: Urban Agriculture in Downtown East

Date: Saturday May 27, 2017

Cost: \$ 30/person, ****lunch NOT included****

Mode: Walking tour

Walking difficulty: Moderate, mostly along streets

Duration: HALF DAY 3b – approx. 1:30 pm – 6 pm

Stops include: Allan Gardens, Growing Kids School Garden, Regent Park area, Moss Park

Gardening cuts across all ages and cultures. Toronto’s densely mixed population in downtown east is occupied by two city wards (27 and 28), home to North America’s largest social housing districts in the middle of multi-million-dollar homes. This area is also adjacent to the central and busiest hub of downtown – Yonge and Dundas. This walking tour reveals the diversity in urban agricultural methods, stakeholders involved, organizations partnering, as a means to bring respect for nature, and for community connections. This tour explores public and school engagement showcasing a historic conservatory, and creative uses of vacant spaces with milk crates, and hands-on school programming. You will also get the opportunity to delve into the radical transformation and revitalization of Regent Park, and the projects and programs that have sprouted as a response to address the vulnerable population, animate the space, and build community engagement. A final stop in Moss Park, a nearby high-rise social housing area, is also planned. Tour organized by Toronto Urban Growers.



Ryerson Urban Farm Tour

Exclusively for the Canadian Association for Food Studies

Members of the Canadian Association for Food Studies are invited to attend an exclusive tour of the 10,000 square foot farm atop the Andrew and Valerie Pringle Environmental Green Roof.

Date and Time: Saturday, May 27th | 5:30 p.m. – 6:15 p.m.

Location: Main floor elevators in George Vari Engineering and Computing Centre at Ryerson University | 245 Church Street

Fee: \$10 entry fee with all proceeds going to the Ryerson Urban Farm

Please note that there are three stairs to get onto the roof. A more detailed description of rooftop accessibility can be found on the main page of Ryerson Urban Farm's [blog](#). If you have any questions, please contact Arlene Throness, Urban Farm Manager, at 416-979-5000, ext. 4538 or at athroness@ryerson.ca.

**Ryerson
University**

Open Events (Other association members are welcome)

Opening Plenary (8:30-10:00, Sunday, May 28)

Communities, Collaboration, Complexity: Diverse Perspectives and Experiences of Canadian Food Studies

Moderator: Charles Levkoe, Lakehead University

Speakers: James Whetung, Wild Rice Harvester from Curve Lake First Nation; Josee Johnston, University of Toronto (Author of Food & Femininity); Pat Vanderkooy, Public Affairs with Dietitians of Canada; Sally Miller, Community Animator and Author of Edible Action

This session invites speakers from various disciplines and backgrounds to share their perspectives and experiences of Canadian food studies. Based on their experiences in researching and engaging in the Canadian food systems, the speakers will propose questions that the conference participants can discuss during the conference.

Keynote Speech (15:30-17:00, Sunday, May 28)

A discussion of the “The Ecological Hoofprint” in relation to the Canadian food system, and reflect on the challenges it presents for building a more sustainable food system

Keynote Speaker: Tony Weis, University of Western Ontario

Dr. Weis will revisit his renowned book “The Ecological Hoofprint” and explore how Canadian food system can be more sustainable.

Info of the book from official website:

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

scale, inequality, resource budgets, and pollution loads of grain and oilseed monocultures are greatly magnified by soaring populations of concentrated and commodified animals.

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

Source: <http://ecologicalhoofprint.org/>

Film Screening (15:30-17:00, Monday, May 29)

Tables of Istanbul

Film Director: Zeynep Kılıç (will join this event!)

Tables of Istanbul captures the personal story of Zeynep Kılıç - a sociologist, immigrant, and passionate cook exploring food cultures in Istanbul (a.k.a. eating her way through the bustling city). The documentary investigates Turkish cuisine, Istanbul's place within it, and food movements through conversations with chefs, restaurateurs, researchers, food writers, activists and families.

For more information, visit: <http://tablesofistanbul.com/>

Closing Plenary: National Food Policy Session (15:30-17:00, Tuesday, May 30)

Moderator: Owen Roberts, University of Guelph

Speakers: Diana Bronson, Food Secure Canada; Paul Uys, University of Guelph's Arrell Food Institute/FMG Consulting Inc.; Ayla Fenton, National Farmers' Union; Julie Dabrusin, MP (Toronto-Danforth), Federal Liberal Food Caucus Lead

This session includes representatives from the public sector, civil society, industry, and a farmers' organization to explore the sustainability of Canadian food systems and the conditions and actions needed for a National Food Policy. The speakers will engage the diverse audience on issues of food production and consumption and its complexity, concerns of trade, of health, economics and the life supporter of all, the environment.

Exploration Gallery (Sunday, May 28 — Monday, May 29)

Organizer: Nancy Snow

Students, food scholars, NGOs, artists/designers, and other members of the community share installations, video, and other works of art and design in the CAFS 2017 Exploration Gallery.

Government event (10:00-10:30, Monday, May 29)

A visit from the Honourable Lawrence MacAulay, Minister of Agriculture and Agri-Food Canada

Kitchen Demo (13:30-15:00, Tuesday, May 3)

Entomo Farms targets to provide “protein alternatives in the form of the finest organic and world-class insect proteins with great tasting products and recipes.” This kitchen demo will let our delegates interact with the farm representatives. Kitchen demo will take place!

For more information, visit: <http://entomofarms.com/>

Book Launch (17:30-19:30, Tuesday, May 30)

Location: Bombay Street Food, 828 Bay Street, Toronto, ON M5S 1Z

Limited space (~40 participants; appetizers will be available)

Featuring:

Colin R. Anderson, Jennifer Brady, and Charles Z. Levkoe (eds.) (2016) *Conversations in Food Studies*. University of Manitoba Press.

Lenore Newman (2017) *Speaking in Cod Tongues: A Canadian Culinary Journey*. University of Regina Press.

James Murton, Dean Bavington and Carly Dokis (eds.) (2016) *Subsistence under Capitalism: Historical and Contemporary Perspectives*. McGill-Queen’s University Press.

Others

Please visit <http://www.congress2017.ca/calendar> for more open events organized by other associations and the Congress.

Special Lunch Events

Annual General Meeting (12:00-13:30, Sunday, May 28)

All members and non-members are welcome!

Lunch Event: A Discussion on Ontario's Food Security Strategy (12:20-13:30, Monday, May 29)

Members of Ontario's Food Security Strategy team invite delegates to contribute to a discussion regarding their work to fulfill the mandate of the Honourable Chris Ballard, Ontario's Minister of Housing and Minister Responsible for the Poverty Reduction Strategy to “Develop a food security strategy that addresses physical and economic access to sufficient, safe and nutritious food, including in remote First Nations communities”.

Government Event: Update on the Healthy Eating Strategy and the development of the National Food Policy—Health Canada and Agriculture and Agri-Food Canada (12:30-13:30, Tuesday, May 30)

Senior federal government officials from Agriculture & Agri-Food Canada and Health Canada will provide updates on activities related to:

- Agriculture & Agri-Food Canada mandate to “Develop a food policy that promotes healthy living and safe food by putting more healthy, high-quality food, produced by Canadian ranchers and farmers, on the tables of families across the country”.
- Health Canada's Healthy Eating Strategy that aims to make the healthier choice the easier choice which includes initiatives on improving healthy eating, protecting vulnerable populations, strengthening labeling and claims, improving nutrition quality standards and supporting increased access to and availability of nutritious food.

Edible Allan Gardens

Edible Allan Gardens is a new project at Allan Gardens, the city's historical botanical gardens. Located a 5-minute walk from Ryerson, at the northeast corner of Gerrard and Jarvis Streets, Allan Gardens is composed of a series of conservatories set in the midst of a 150-year old city park. Several organizations, including Ryerson University, have partnered last year to establish Edible Allan Gardens, a new outdoor space focusing on edible plants, located adjacent to the Children's Conservatory, at the northwestern corner of the complex. Open 10 AM - 5 PM every day, feel free to visit Allan Gardens to relax, eat your lunch, learn or amble around.

Pre-conference events (Saturday, May 27, 2017)

Panel: Social Justice Approaches to Research Methods

Speakers: Jillian Linton, University of Toronto; Catherine Mah, Memorial University; Nadia Pabani, Regent Park Community Health Centre, and Andrew Spring, Wilfrid Laurier University

Which methodologies do food researchers use to develop good working relationships with communities? In this panel, we explore ways in which food studies scholars address issues of justice and equity through the use of particular research methodologies. In this discussion, we reflect on the ways research has often been used to create, reinforce, and uphold western academic ways of knowing. At the same time, we aim to generate discussion about how research methods can and do challenge dominant power structures and ways of knowing.

Book Talk & Workshop: Early Career Publishing

Speakers: Jennifer Brady, Mount Saint Vincent University; Charles Levkoe, Lakehead University

Drawing on their experiences as editors of the new interdisciplinary collection, *Conversations in Food Studies* (2016), Jennifer Brady and Charles Levkoe share their expertise on publishing in the field of food studies. The session invites participants to explore the challenges and opportunities involved in publishing during their early careers.

Poster Presentations and Pecha Kucha

Pre-conference poster presenters will prepare their research posters and 3-min Pecha Kucha presentations.

Presentations:

- 1) Maya Hey (Concordia University): “Ni Cru, Ni Cuit: Fermented Foods and Engaging with the Microbial Other”
- 2) Megan Beaulieu (Carleton University): “Social license to farm: just another public relations tactic?”
- 3) Rebecca Jacobs (University of Toronto): “Exploring the Neighbourhood Food Environment: Residents' Perspectives and practices in Scarborough Village, Toronto”

- 4) Kevin Laxamana (University of Alberta): “Edible Ethnicities, Flavours of Modernity: Serving Filipino Food Authenticity in the City of Edmonton”
- 5) Sujaay Jagannathan (Wilfrid Laurier University): Assessing Food Security Among Wilfrid Laurier University Students
- 6) Madison Bischoff (University of Calgary): The Conceptual Landscape of Food Literacy
- 7) Victoria Schembri (Lakehead University): Exploring Community Food-Focused Initiatives and their Impacts on Indigenous Health and Wellbeing
- 8) Kirsten Lee (University of Waterloo): A scoping review of food-related interventions on post-secondary campuses
- 9) Arlene Throness (Ryerson Urban Farm): Invited presentation

Panel: Learning and Teaching Food

Speakers: Adrian De Leon, University of Toronto; Cindy Pham, York University; Ted Whittall, York University; Kyle Warren, Everdale

This session explores the relationship between learning, teaching, and food. In particular, it looks at how different organizations, teachers, and students use experiential learning to better understand relationships with food through cooking, gardening, farming, and arts-based programs. We also consider the ways in which hands-on and place-based learning can help us to deepen our understanding of food and food systems within both communities and classrooms.

Film Screening: We Story the Land (2016)

Directors: Martha Stiegman, York University; Sherry Pictou, Dalhousie University

The Bear River reserve boundary cuts the people of L’sitkuk off from their ancestors’ hunting and fishing grounds. But there are old canoe routes that leave from the reserve, and cross the territory; and people here are working to reclaim them. *We Story the Land* follows seven paddlers on a lyrical journey as they travel through the land, to reconnect with a part of their history and a part of themselves.

Source: <http://www.vtape.org/video?vi=8595>

Conference Program: May 28, 2017 (Sunday)

Concurrent session #1

Panel #1 Multicultural Histories of Toronto's Foods (Themed panel)

Chair and Commentator: Jeffrey M. Pilcher, University of Toronto

Toronto is recognized as one of the most ethnically diverse cities in the world, home to diasporas from every inhabited continent. Yet migrants' contributions to the core social and cultural life of the city have gone largely unacknowledged, especially with regards to the labour that sustains diasporic communities and that feeds the broader city through import networks, terminal markets, and restaurant and domestic kitchens. From the English culinary bedrock of 'Toronto the Good' to the now vaunted omnivorous food scene, which for many is still confined by the city's former boundaries, newcomers have been historically written out of the long development of Toronto's food system. Drawing on archival materials, oral interviews, and GIS methodologies, this panel attempts to recover some of this history, focussing on key regions lived in and occupations held by newcomers. Quasi-legal live poultry and fish dealing run by Jewish, Italian, and Portuguese merchants in and around Kensington Market from the 1910s through the 1980s gave clients access to familiar ways of preparing dinner, while turning the Market into a popular tourist attraction. Latin American restaurateurs in Toronto meanwhile have had to redact culinary diversity to fit market tropes, illustrating a process of homogenization that many other newcomers have experienced in selling their food. Chinese restaurateurs on the other hand exerted significant control over the taste of their fare, remaining conservatively tied to the deep Hong Kong roots of Toronto's Chinese community. Taken together, this panel contributes to the interdisciplinary study of food and migration in Toronto.

Keywords: Multiculturalism; Food Systems; Migration; Toronto; Digital Humanities

“Mapping Toronto’s Food System and Culinary Cultures with Interactive, Web-Based GIS”

Presenters: Sebastian Pilaprat-Leuth, University of Toronto; Rida Fatima, University of Toronto; Jordan Morello, University of Toronto

This conference paper describes the experience of University of Toronto student researchers in constructing a historical public database of Toronto’s provisioning systems and culinary cultures. This SSHRC-funded project will span the past 500 years, visualizing historical changes in regional foodways from First Nations to the contemporary Global City. The website will ultimately provide both curated digital exhibits describing significant historical moments (e.g., campaigns against street vendors, transformations at Kensington market, the growth of the city’s Little Italy, Portugal, and Chinatowns) as well as an interactive research tool that will allow visitors to pose queries (e.g., locating ethnic groceries and restaurants in relation to census data for a particular decade). For this presentation, student researchers will describe the challenges of translating qualitative data into standardized format that will be portable across different platforms. They will also discuss how their experiences of archival research and transcribing data led them to pose new historical questions of the data and to reframe the scope of the larger project.

“Sofrito in the Six: Culinary Homogeneity within Toronto’s Latin American Community”

Presenter: Samantha Young, University of Toronto

Since the mid-twentieth century, Latin American migrants from over twenty individual nations have made Canada their home. The majority of these migrants have settled in Toronto, bringing their unique culture, heritage, and cuisine to the city. Yet, through a veiled process of neocolonial ignorance, Canadian social structures have enforced a cultural assimilation onto migrants from across the Hispanic diaspora. Although these migrants share a similar language and cultural heritage, they are not the monolithic community that they are often assumed to comprise. This fabricated homogeneous identity is often used instrumentally, albeit reluctantly, by the diverse Hispanic community because it allows them greater access to capital, government programs, and social services. Many Latin American-owned businesses across the city cater to the burgeoning Latino market, including restaurants and food purveyors. While some identify with a particular nationality, several of these businesses market a vaguely defined Latino cuisine. Through interviews with local Latino businesses, this project will investigate the contemporary foodways of Toronto’s Latin American community. First, I seek to understand how these businesses represent national diversity whilst cultivating a homogenous identity through Latino foodways in Toronto. Secondly, I aim to understand how Latino food purveyors operate businesses and seek to create spaces of cultural

negotiation and community. Finally, I want to determine how the process of cultural homogenization is reflected in the migrant foodways of Toronto's Latin American community.

“Upsetting the Pecking Order: The Poultry Crisis in Postwar Toronto”

Presenter: Joel Dickau, University of Toronto

By 1914, Toronto's pork and beef supply was well secured. Whoever their butcher, most residents could point to the Stock Yards north of the recently annexed Junction neighbourhood, or to the brand new Municipal Abattoir near Bathurst and Lakeshore, as the two places where their dinner was killed, inspected, and dressed for local processing. Chicken, however, was a different matter. First favoured by non-Anglo migrants to the City, chickens were still sold live or kept in backyard coops for private slaughter into the 1980s. Kensington Market in particular had become an active live animal market, as Jewish, Italian, and Portuguese vendors over the decades found a mixed diasporic clientele eager for the familiar taste of meat slaughtered fresh and in front of them. Privately, Italian and Portuguese newcomers took advantage of the City's unique freedom to keep personal livestock to raise their own flocks for home consumption. Yet by the mid-1970s, tensions over chickens mounted. Kensington's growing reputation as a tourist hotspot drew sustained attention from health officials, while complaints about neighbourhood birds continued to find their way into elected council's hands. Then, in 1983, the City banned live animals at all but a few facilities. Drawing on archival and oral histories, this paper explores the multisensory value of urban poultry to the formation of newcomer identities in Toronto, and emphasizes how visible animal slaughter became a marker for ideas of modernity, morality, and aesthetics held by different groups, while often crossing ethnic and class lines.

“Staying With Hong Kong, 1960s-1980s: Toronto's Chinese Restaurants during an Age of Authentic Chinese Food”

Presenter: Jackson Yue Bin Guo, University of Toronto

As the fad of authentic Chinese food swept over North American metropolises in the mid-twentieth century, Toronto's Chinese-Canadian restaurateurs proved themselves to be highly adaptable food business entrepreneurs. In contrast to other large cities such as San Francisco or Vancouver, where the tide of authentic Chinese cuisines was primarily introduced and dominated by Taiwanese immigrants, Toronto remained a stronghold of Cantonese food dominated by Hong Kong-originated merchants. This essay explores the history of Toronto's Chinese-Canadian restaurateurs' business strategies and their intimate relationship with Hong Kong by investigating local Chinese-language newspapers published between late 1950s and early 1980s. I argue that successful restau-

ranteurs of this generation maintained an identity of social leadership within the Chinatown community. The most powerful restaurateurs were also philanthropists who donated funeral gifts to bereaved Chinese families. Meanwhile, the restaurateurs spared no effort to innovatively protect the predominance of Cantonese cooking by inviting Hong Kong pop stars for performances and employing highly skilled Hong Kong cooks to improve their menus. The dominance of Cantonese taste and banquet style thus outmatched a gastronomic transformation to more diverse regional cuisines, making Toronto a relatively conservative Chinese food center in North America, dedicated to the culinary skills of Hong Kong chefs.

Panel #2 Performing Food, Eating Ourselves: a little embodied course work (Themed panel)

Moderator/Chair: David Szanto, University of Gastronomic Sciences

Presenters: Natalie Doonan, Concordia University; Pamela Tudge, Concordia University; Edward Whittall, York University

This praxis panel will include three courses, each composed of performative and participatory activities involving the communal preparation and eating of food. It is a collaborative session between the Canadian Association for Food Studies and the Canadian Association for Theatre Research. The first course will be an appetizer created through **collaboration** and collage. The main course will be a reflection of **communities** in Toronto's diverse neighbourhoods, using ingredients from different areas of the city. The final course, dessert, will present the **complexity** of waste as an integral part of our food systems in the most tantalizing way, through non-essential nutrients. David Szanto will contextualize the session and facilitate a discussion about the epistemic value of arts-based, performative, and materially engaged research-creation practice in food studies.

Our goal is to challenge long-held ontological assumptions about the nature of food, humans, and the boundaries that both divide and unite them. Performing with food reorients ocularcentric understandings of performance that posit its contingency on its own disappearance. A cross-modal or "intersensorial" approach (Howes 2011: 177-179), on the other hand, draws attention toward a continuum of actions and material transformations as they belong to and trigger dispersed chains of reactions. Food neither appears nor disappears in acts of production and consumption; it is continually transformed across space and time. Humans are co-creators in this process. This understanding of performance has ethical implications for considering the roles that we each play as participants, rather than as spectators, in the **Anthropocene**.

Keywords: food studies and performance; anthropocene; cross-modality; intersensoriality; sensory studies

Panel #3 Feminism and Gender Relations

Chair: Jennifer Brady, Mount Saint Vincent University

Old Habits Die Hard: The Need for Feminist Rethinking in Global Food and Agriculture Policies

Presenter: Andrea M. Collins, University of Waterloo

In recent years, a great deal of attention has been paid to the operations of global food and agricultural systems, prompting a series of initiatives designed to address global food security and reduce the vulnerability of small-scale and peasant farmers. Yet relatively little attention has been paid to the ways in which governance initiatives overlook the complex gendered dimensions of food systems and agricultural land and labour markets. While most institutions highlight the need for “women’s empowerment”, few policy recommendations have considered what this might entail in practice. Indeed, most governance initiatives to address food security or promote land security tend to depoliticize this inequality.

Bringing a feminist lens to the global governance of food and agriculture allows us to highlight the complexities of gendered relations in agricultural practices and where global policies can improve. By highlighting how gender relations structure food production, land ownership, and resource access, we see a stark difference between the realities of local resource management and the solutions promoted by several global governance actors and institutions, including the World Bank, the FAO and the United Nations Committee for World Food Security (CFS). This paper illustrates how gender considerations are incorporated – or not incorporated – into several global governance mechanisms to address food security and global food systems. Thus, there is a continued need for feminist attention to and engagement with global policymakers in their efforts to shape global food systems.

Keywords: Gender, Food, Land, Global Governance, Agricultural Investment.

Big Food! Big Ag! Big Nutrition?: The Nutritionism Paradox and Food System Reform

Presenters: Jennifer Brady, Mount Saint Vincent University; Adele Hite, North Carolina State University; Barbara Parker, Lakehead University

Food system reformists have exposed and keenly critiqued the global agri-food system and the ways in which it has benefitted from and perpetuated nutritionism. Nutritionism has been described by Scrinis (2002, 2008, 2013) as an ideology that reduces foods to component nutrient parts, fuels the development, production and marketing of nutrient-fortified foods while disregarding the social, cultural, political, and pleasurable aspects of food and eating. Although science-based approaches to food-health relationships are recognized as being at the root of nutritionism, the underlying logic of nutrition science and its impact on agribusiness and food manufac-

turing conglomerates has been largely unquestioned within the alternative food movement. By taking up discourses of “healthy food” and “healthy weight,” whose fundamental rationales are buttressed by claims from nutrition science, the alternative food movement reinforces and perpetuates nutritionism, along with the politics of the nutrition-knowledge-production enterprise. The problem is not simply one of the alternative food movement reproducing a reductive view of food, but of perpetuating the racializing, sexist, classist, and fat-phobic beliefs embedded in food-health relationships constructed through this knowledge system. Ultimately, by uncritically echoing nutritionism, alternative approaches to food and eating reinforce a morality that distinguishes between good and bad people as it delineates good (i.e. healthy) and bad (i.e. unhealthy) food. Using a feminist intersectional lens, we trace the paradoxical ways in which nutritionism and Big Science play out within the food movement as a way of moving toward a more self-reflexive and socially just approach to food system reform.

Keywords: Nutritionism, food movement, feminist, intersectionality

Engendering food security: The case of women's participation in the ECOSUN Project in Northern Vietnam

Presenter: Andrea Moraes, Ryerson University

The Socialist Republic of Vietnam has been transitioning from a centrally planned to a market economy since 1985. Despite sharp economic growth and significant improvements in health and education, the country still faces many challenges towards gender equity, especially among the rural poor and minority populations. Women in Vietnam are the major labor force in agriculture, and the majority in low-pay and unpaid work. Ethnic minorities comprise half of the poor although they represent only 15% of the population. Minority women and children are among the most vulnerable populations in the country for poverty and food insecurity. This paper discusses the gender strategy of the ECOSUN project that aims to address barriers to food insecurity for women and children in three of the poorest provinces of Northern Vietnam. The ECOSUN project was developed by the National Institute of Nutrition in Vietnam, in partnership with Ryerson University and with funds from the International Development Research Centre in Canada (IDRC).

The three mountainous regions selected by the project are characterized by high levels of participation of poor minority women in agriculture, and high levels of food insecurity in children – including stunting. Using data from the baseline research and focus group of the ECOSUN project, this paper adopts an intersectional approach to gender in order to identify challenges and opportunities for women’s empowerment in the project, and insights on how gender inequality affects food and nutrition security.

Keywords: gender and development, gender equity, women; food and nutrition security, intersectionality, Vietnam.

Panel #4 From Imperial Capital to a Global City: Transformation of Istanbul's Culinary Scene (Themed Panel)

Organizer/Chair: Mustafa Koc, Ryerson University

From Byzantium to the Ottoman Empire, Istanbul has been one of the cosmopolitan imperial capitals, at the cross roads between Eastern Europe and the Middle East. This session will provide papers focusing on the culinary transformation of Istanbul's culinary culture during the last Century. Papers look at how tradition, diversity, and technological and cultural changes have been reflected in culinary traditions. Influences of modernity, nationalism, industrialization, globalization, religion, ethnicity, migration will be examined in shaping these changes.

Food Advice in Social Media and Eating out as "foodtainment"

Presenter: Erhan Akarcay, Anadolu University

Eating out has always been a popular leisure activity in Istanbul. While choice of location has reflected social, cultural and life style preferences, certain trends could also be observed as the prevailing tendencies over time. Beyond friendship networks, advice on where to eat has been mostly the domain of newspaper articles often written by experts with cultural capital, in recent years through social media, a democratizing trends in eating out advice has been observed. Similar to their Western counterparts, younger, social media savvy foodies have been posting through social media information about what to eat in Istanbul. In constant competition to discover the undiscovered, the social media foodies have been exploring the city and providing a wealth of information about previously unknown locations, tastes, chefs, street foods and markets. As Finkelstein argues, through social media, eating out has turned into a form of "foodtainment" and pleasure rather than a daily routine. By examining a sample of foodie blogs focusing on eating out in Istanbul, this paper, classifies eating out advice, emerging patterns of popular locations and eating establishments.

Keywords: Eating out, food blogs, "foodtainment", social media

In the eyes of chefs, food writers and activists, discourses of food in Istanbul

Presenter: Zeynep Kilic, Department of Sociology, University of Alaska Anchorage

Spanning two continents, Istanbul is a vibrant food capital in Turkey, with over 17 million population, and a rich history that includes Spice and Silk roads, empires and a diverse culinary, ethnic and religious heritage. Though there are more books published everyday about food and foodways in Turkey, many can't escape the lure of this hefty background, focusing mainly on historical records. But what is happening in the city today regarding food? What are the contemporary food discourses in the city? Through interviews with the experts, this presentation maps current food discourses, ranging from culinary belonging to environmental concerns, from urban residents' relationship to food to social class on the table, and from the culinary stamp of old migrants from Anatolia to the new migrants from Syria and beyond. Three sets of interviews constitute the data: Chefs and restaurateurs (Food as Business), food writers, bloggers and food scholars (Food as Idea), and activists/NGO leaders (Food as Cause). Fifty semi-structured interviews constitute the qualitative data and will be analyzed using the constant comparison method to discern how the expert categories diverge and/or overlap.

Keywords: Istanbul, Turkey, foodways, migration, social class.

Population Movements and Changes in Culinary Culture in Istanbul

Presenter: Mustafa Koc, Department of Sociology, Ryerson University

As one of the biggest and major metropolitan settlements in Europe and the Middle East, Istanbul has attracted waves of migration internally and from the neighbouring countries since its earliest days. Waves of population movements have been changing the ethnic composition of the city that has also been reflected in its culinary culture. Refugees from different parts of the country (from Balkans) and abroad (White Russians) would bring new flavours while departing ethnic minorities (Armenians and Greeks) would result in disappearance of certain flavours and traditions. Since the 1950s, rapid migration from Anatolian towns has also introduced new flavours and new trends, such as the kebab culture. Yet, the city's culinary scene has managed to adopt and integrate many of these traditions creating a cosmopolitan Istanbul taste. While multiple sociological factors are responsible for changes in culinary culture, this paper specifically examines how population movements impacted diversity in street foods and menus of major culinary establishments by looking at demographic and historical records between 1916-2016 in Istanbul.

Keywords: population movements, culinary culture, street foods, restaurant menus, cosmopolitanism

Marketplaces as Public Space: An Inquiry Into Kadikoy Tuesday Bazaar Istanbul, Turkey

Presenter: Guher Tan, Istanbul Yeni Yüzyıl Üniversitesi

For thousands of years, marketplaces have been in existence as the spaces of exchange bringing consumers producers, artisans and traders together. Although supermarkets began to replace traditional markets in many countries in recent decades, traditional public/farmer's markets continue to attract large segments of the population. This paper will look at the section of the Kadikoy Tuesday Bazaar (Salı Pazarı) in Istanbul as a space to provide variety of fresh produce, ready-made products and more importantly provide a space for cultural exchange for community members in Istanbul, Turkey.

Manuel DeLanda describes these traditional marketplaces as spaces 'spontaneously formed and developed' through activities of various actors as buyers and sellers who get together for a purposeful act and create their own collective reality. Their participation and exchange is not limited to commercial activities but involve cultural exchange, create public spaces, communities and urban forms. In fact, in recent years, many supermarkets attempted to imitate the informal and dynamic interactions of the public markets in their store design to create a similar shopping environment.

Thorough narrative photography, archival material and participant observer accounts this paper will provide a historical account of the Kadikoy Tuesday Bazaar (Salı Pazarı) as a fresh market and examine the dynamics of complex social interactions among various actors as sellers in market, peddlers, beggars, municipal authorities, shoppers, tourists etc. in formation of a chaotic order, a community and public space in a bustling metropolis.

Panel #5 Canadian diet

Chair: Caitlin Scott, University of Waterloo

Igniting Imagination for Sustainable Food Systems and Food Narratives

Presenter: Kathleen M. Kevany, Dalhousie University

Links between diet and disease, obesity and local food environments are well established. Yet achieving reductions in obesity and improvements in sustainable diets have been elusive. Sustainable diets aimed at reducing harm to humans, animals and the environment have been challenging to achieve. Epidemiological findings on population health reveal rising levels of illnesses in Canada along with extensive, associated emotional and economic costs. Individual inability to change dietary habits often are blamed, yet research has not sufficiently investigated how the operating food narratives impede imagination for sustainable diets. This examination of diverse bodies of literature reveals possible pathways to sustainable diets. To ignite imagination for sustainable food environments and food narratives numerous points of entry and engagement are presented. Analyzing food narratives and environments necessitates investigating government roles and political influences, contributions by industry, with attention also to ecological contexts along with built environments, including accessibility of healthy foods, food environments and individual diets. New food narratives are presented that emphasize the potency and benefits of plant-based diets. Sustainable food policies and practices are proposed that also activate greater food sovereignty and security. Practitioners and policy makers are called upon to help shift unsustainable diets and their associated narratives with re-imagined stories, beliefs, policies and practices for sustainable diets. Restorying food narratives are designed to shift food paradigms, food environments and food impact.

Key words: sustainable diets, food systems, food narratives, policies and practices, citizen engagement

Reference: Morland KB, Evenson KR, Obesity prevalence and the local food environment. *Health & Place*. 2009;15(2):491–95.

doi.org/10.1016/j.healthplace.2008.09.004

The need for age-specific policy to promote child wellbeing in kindergarten school eating environments

Presenter: Japji Anna Bas, York University

The purpose of this paper is to explore the eating experiences of very young children in full-time care in Toronto in an effort to propose best practices. While in a daycare setting, the food environments of young children in Ontario are regulated under the Day Nurseries Act, an act which sets out a wide array of clear, age-specific stipulations. Once children of the same developmental age en-

ter the school system, there are fewer, less clear regulations and there are no age-specific policies. Drawing on findings from a three-phase year-long study observing and interviewing participants at three daycare-school pairings as they transition from full-time daycare to full-day kindergarten in the Toronto District School Board, this paper outlines the various strengths and weaknesses of each setting. Policy recommendations include: ensuring that lunchroom supervisors are trained early childhood educators (ECEs), improving staffing ratios to a minimum of two staff per kindergarten classroom at all times, delineating time for eating and time for gross motor at mid-day, ensuring that all children have time to eat until they are sated, and recognizing that mealtimes are, in and of themselves, important teachable moments in a range of areas such as socialization, diet, and food systems.

Keywords: school food, early childhood, well-being, self-determination theory, school eating environments

Sustainably Sourced Junk Food? Big Food and the Making of Sustainable Diets

Presenter: Caitlin Scott, University of Waterloo

‘Sustainable diets’ have become increasingly recognized as an important piece of the food sustainability puzzle. This focus on changing consumption highlights the connections between all aspects of food supply chains, and has been particularly effective at increasing awareness of the environmental impacts of agricultural production systems. However, many challenges remain regarding how sustainable diets are defined and what policies will be used to encourage uptake. While meat and dairy have been the focus of much of the literature on this topic, ultra-processed foods (or discretionary foods) have received relatively little attention. Big food companies, as globalized makers of processed food and beverages, are beginning to engage with these debates as both a threat to their business and opportunity for new sales niches.

Big food influence in networks of global nutrition governance is recognized, but their power at the intersection of environmental and food governance is more poorly understood. In working to define the sustainability of their products through a variety of initiatives, Big Food companies are in turn defining what is considered part of a sustainable diet. This paper will explore the strategies being used to define sustainability in the ultra-processed food sector and the implications for future policy and governance efforts on sustainable diets. In particular, it will focus on the increasing creation of “sustainable” or “responsible” supply chains for key ingredients. These private governance efforts are being celebrated by civil society organizations and have become a key part of sustainability strategies used by Big Food corporations. They are also used to market products as sustainable to consumers, making their role in influencing consumption behaviour important. In Canada, the conversation on sustainable diets is still young, with a policy paper on the food guidelines expected in the coming year. This provides a timely opportunity to understand the role of these foods, and their makers in the construction of sustainable diets. This paper will unpack the claims around sustainable sourcing, and investigate their use in the broader context of sustainable diet governance efforts.

Key words: corporate power, sustainable diets, processed foods, discretionary foods, supply chains

How can a professional association engage membership and provide leadership in relation to Sustainable Food Systems - the case of the work of the Sustainable Food Systems (SFS) Leadership Team of Dietitians of Canada.

Presenter: Fiona Yeudall, Ryerson University

Sustainable food systems issues appear to be of increasing interest to Canadians. Health Canada's (2015) evidence review on dietary guidance identified environmentally sustainable diets as a topic outside the review's scope but warranting continued investigation. As one of the first actions of Health Canada's Healthy Eating Strategy (2016), the revision of Canada's Food Guide is seeking feedback from key stakeholders, intermediaries and the public. Dietitians of Canada (DC), a national professional association, is one civil society stakeholder. Last year, DC identified developing a definition of 'sustainable food systems that promote healthy diets' in their strategic plan. This presentation describes the work of the SFS Leadership team convened in late 2016 to provide leadership and support for DC's goal that "Dietitians are a key partner in intersectoral dialogue on innovations that support a sustainable food system and promote healthy diets" and provide input on related DC advocacy work. At the time of writing of this abstract, the team had contributed to the association's response to the Phase 1 Dietary Guidance and Food Guide Consultation and was in the process of finalizing Terms of Reference and a workplan. Challenges and opportunities, including how to develop meaningful membership engagement strategies within time and budget constraints and leveraging ongoing doctoral research soliciting dietitian input regarding sustainable food systems that promote healthy diets will be discussed. This presentation is of interest to colleagues considering the role of civil society in public policy development related to sustainable food systems focused on health and environmental outcomes.

Keywords : Sustainable food systems, food, health, policy, civil society

Concurrent session #2

Panel #6: Roundtable on in National Food Policy Making: Building Community-Academic Partnerships for Action (Roundtable)

Chair: Charles Levkoe (Lakehead University)

Facilitators: Amanda Wilson (Food Secure Canada) and Charles Levkoe (Lakehead University)

Presenters: Food Secure Canada, and others -TBD

The federal government will soon be announcing its consultation plans for the development of a national food policy for Canada. While this is an important victory for the food movement, questions remain as to how this policy will be developed and implemented, and what the priorities and mechanisms will look like. Food Secure Canada will be supporting civil society engagement in these processes and advocating for a national food policy that is coherent, democratic, integrated and created to benefit all people. Researchers and academics have a key role to play in supporting these initiatives.

This will be an interactive session where we will brainstorm opportunities for community-academic collaboration in national food policy and identify concrete next steps to support civil society engagement in national food policies and how academics can collaborate with civil society to build a national food policy that ensures a just, healthy and sustainable food system for Canada.

Keywords: national food policy, community-academic collaboration, food sovereignty

Panel #7 Challenges and successes of working in inter- and trans-disciplinary teams to address food security (Themed panel)

Panel members: Valerie Tarasuk, University of Toronto; Patty Williams, Mount Saint Vincent University; Jennifer Black, University of British Columbia; Gwen Chapman, University of Guelph

Corresponding author/Chair: Gwen Chapman, University of Guelph

Team and programmatic grants present opportunities to address food security and health issues from comprehensive, interdisciplinary perspectives. In recent years, both CIHR and SSHRC have funded large projects to address food security, food systems change, and food sovereignty challenges. This panel includes members of teams that have recently (or will soon) come to the end of five years of funding. CIHR-funded *PROOF* was an interdisciplinary team of researchers who worked to identify effective policy approaches to reduce household food insecurity. SSHRC-funded *Activating Change Together for Community Food Security (ACT for CFS)* was a community-university research partnership that involved multiple sectors and disciplines working together to enhance engagement, collaboration and capacity for social and policy change to create the conditions for community food security for Nova Scotians. *Think&EatGreen@School*, another community-university research partnership, worked to create healthy, sustainable school food systems in Vancouver. In this panel discussion, presenters will share reflections on the unique contributions that sustained funding provides to conduct research, build collaborative relationships and mobilize knowledge in ways that could not have been accomplished under discrete operating grants. We will share our insights on various processes and tools we used to support our work with large inter- and trans-disciplinary teams to address food security issues. We will reflect on, and engage participants in a discussion of the challenges of continuing the research, policy, and activist work and sustaining relationships with community partners and civil society after funding ends, and consider ways to maximize the impact of these large projects.

Key words: interdisciplinary teams, food security, food systems, food sovereignty, research funding

Joint-session with FSAC: Heritage and Tourism

Chair: Joy Fraser, George Mason University

Exploring Local Food Tourism in Cape Breton as an Economic and Ecological Practice

Presenter: Erna MacLeod, Cape Breton University

This study examines local food tourism on Cape Breton Island as an economic and ecological practice. Tourism became an important economic strategy in Cape Breton during the 20th century as traditional industries such as cod fishing, coal mining, and steel-making collapsed. In the 21st century, tourism promotions have increasingly marketed traditional and locally produced foods in settings such as farmers' markets, micro-breweries, and restaurants. These events respond to visitors' desire to experience authenticity by offering opportunities to participate in the island's distinctive culture. They also reflect the emergence of numerous small-scale, ecological farms across the island. My investigations build on existing research that examines the possibilities and limitations of culinary tourism for revitalizing rural economies and communities. Critics maintain that economic objectives often conflict with—and override—ecological values in culinary tourism initiatives (Everett & Slocum 2013). Power imbalances complicate relations between professional chefs, tourists, food producers, and host communities (Dougherty, Brown, & Green 2013). Proponents of local food tourism, on the other hand, argue that collaborative networks between producers and consumers enhance social capital, while connections between communities and natural environments affirm the values and traditions of particular places (Dougherty et al 2013; deSalvo et al 2013; Sims 2009). My study brings these insights to a nuanced study of local food tourism in Cape Breton. I combine analysis of tourism policies and promotional materials with participant observation and interviews among food producers, restaurateurs, and event organizers to understand the significance of local food tourism in Cape Breton and the possibilities and challenges facing this unfolding economic and cultural practice.

You are what you eat: Time, traditions, and the sociocultural construction of artisan foods through geographical indication (GI) law

Presenter: Erica A Farmer, Smithsonian Institution

Stories of food are fundamentally human stories--they connect us to the past, ideas of place, and a range of different identities. Geographical indications (GIs)--the legal vehicle which protect place-based foodstuffs--combine legal and sociocultural elements in the service of food heritage. Because of the importance of origin narratives within the GI system, protected products are intimately

tied to ideas of personal and social memory, reputations, and other kinds of meaning. This paper will consider the ways that foodstuffs protected under GI regimes are used as vehicles for the (re)creation and (re)imagining of histories.

In Defense of Food & Folklore: Food Security, Tradition and Opportunity in a Cape Breton Food Festival

Presenter: Jodi McDavid, Cape Breton University

This paper explores my role as a public-sector folklorist working with a local food festival and conference. This festival incorporates many elements of food celebrations but is centred in the ethnic, social and economic realities of Cape Breton, and has enabled interdisciplinary communication across a broad range of stakeholders (community, academic, business and government). I argue that the folklorist is uniquely situated to facilitate discussion and collaboration among diverse groups, and that this skill may lead to new opportunities in academia.

Exhibiting Coke : coca leaves, kola nuts, polar bears, and other global things

Presenter: Van Troi Tran, Université Laval

Since the end of the nineteenth century, brands have been promoted at world's fairs through the construction of narratives that highlight the singularity of the commodities they represent. In this talk, I will explore these practices of producing and mobilizing narratives for commercial purposes by examining the evolution of narratives associated with the promotion of Coca-Cola in past and present world's fairs. I will show how brand narratives of Coca-Cola adopted different versions of globality and I will insist on the role and the development of new technologies of mediation for the production and consumption of historical narratives.

Joint-session with FSAC: Gastronomy and Foodways

Chair: Zeynep Kilic, University of Alaska Anchorage

Interferences, Not Intersections: agreeing to disagree on food's heterogeneity

Presenter: David Szanto, University of Gastronomic Sciences

This presentation will focus on the ‘interference patterns’ that emerge when contrasting foodways across cultures and communities, and the knowledge produced by identifying and speculating on such patterns. This diverges from the approach that seeks out parallels, intersections, and commonalities, and instead probes how *difference* in systemic patterns—and the histories that produce such difference—can be relevant. Using the notions of *diffraction* (Barad 2007; Haraway 1997) and the *boundary object* (Star 2010) as interpretive tools, I will present several cases from the Eco-Gastronomy Project (www.unisg.it/ecogastronomy) within this light.

A research and knowledge-exchange initiative organized from September 2015 through January 2017, the Eco-Gastronomy Project comprised over 30 learning events about foodways in 14 different countries. Concomitantly, it was an experiment in endogenous and transdisciplinary methods for food studies. One of the starting assumptions was that food systems—and food itself—are spaces of complexity and heterogeneity, and therefore not subject to conventional standards of objectification. Another was to examine research outcomes as emergent and situated, rather than causality-based or predictive of future states. Among these outcomes are: the potential for speculation and storytelling to produce systemic effects (cf. Conquergood 2002; Dunne & Raby 2013); the performativity of memory and its enactment in producing food-related innovation (cf. Belasco 2006; Taylor 2003); and the embeddedness of the senses and emotions in social, political, and academic structures (cf. Bull et al. 2006; Szanto 2016). This talk therefore will also address the implications of action research and performance-based methods in evolving food-centered epistemologies.

Keywords: complexity; heterogeneity; diffraction; speculation; boundary object; epistemologies; gastronomy; foodways

Istanbul's Food Landscape: How Class, Culture, and Geography Come Together at the Table

Presenter: Zeynep Kilic, University of Alaska Anchorage

Proposed presentation inquires about the relationship between food and cultural identity through three categories of belonging: National identity, ethnic and religious belonging, and social class position. Through interviews with discourse setters the paper deconstructs main food discourses in Istanbul (Turkey). Discourse setters include three categories: Food as business (chefs, restaurateurs),

food as idea (food writers/bloggers, food scholars), and food as cause (activists, NGO leaders). Few additional interviews with families (food in daily life) provide ethnographic accounts of dinner tables representing various ethnic and social class belonging. A total of 43 interviews (with 15 more to be completed) constitute the qualitative data.

Ménager son temps... ontologie temporelle des Arts ménagers culinaires

Présentateur: Aurélie Brayet, Université Jean-Moulin

Le temps passé en cuisine pour préparer les repas ne cesse de diminuer (18 minutes en 20 ans en France). En parallèle, émissions TV, cours et publications diverses sur la cuisine augmentent. Au temps « à gagner » en cuisine, se superpose un intérêt grandissant et un attachement patrimonial pour cette pratique. À travers l'étude des temps des Arts ménagers culinaires entre vitesse et renouveau des traditions, il s'agira de cerner la diversité des rapports au temps induit/conduit par des objets quotidiens en cuisine afin de comprendre la complexité des temporalités des Arts ménagers.

Globavores, Localfors, and Locavores: How Canadians Choose (Local) Foods

Presenters: Steven Dukeshire, Julio Mendoza, Oliver Masakure, Bev Holmes, Jenna Rippey, Spencer Henson

This presentation is based on recently published research (Dukeshire et al., 2016) that examines Canadians' beliefs, attitudes, values, and motivations related to buying and consuming locally produced food. Quantitative and qualitative results from a 141 item national survey are presented stratified by three groups: "globavores" (n=1055) who reported not intentionally buying local food in the past year; "localfors" (n=2298) who did buy local food in the past year; and "locavores" (n=631) who bought local food in the past year and engaged in at least four additional behaviours related to supporting local food from a list of five. All three groups expressed positive beliefs and attitudes toward local food, but differed in terms of how they made their (local) food choices and their willingness to overcome barriers to buying local. Globavores were characterized by having a capitalistic, market-based approach to their food choices, disregarding product origin altogether. Localfors were characterized as political consumers motivated to intentionally seek out and buy (virtuous) local food, but only if it was convenient and fairly priced. Locavores were characterized as taking a systems based approach by going beyond just considering place of origin and also factoring in to their buying decisions how food is produced and distributed with a preference toward small scale agriculture. Locavores were also more willing to overcome barriers to purchasing local food compared to the other two groups. Differences in orientation toward buying local among consumers present both challenges and opportunities related to attempts to localize food production and distribution.

Keywords: local food, globavore, locavore, localfor, national survey

Panel #8 Food Literacy

Chair: Emily Truman, University of Calgary

Hungry for Knowledge

Presenter: Anita Abraham, Meal Exchange

Until recently, very limited knowledge existed on post-secondary student food insecurity in Canada. The lack of research posed a barrier to identifying strategies to promote the accessibility of education for Canada's young people. With a food bank or emergency food relief program on almost every campus in the country, academics and student leaders have started to research and analyze this troubling phenomenon.

This presentation will provide a snapshot of the current research, including results from the largest cross-campus study in Canada, the barriers that limit access to healthy and affordable food, and the demographics of who is affected most. The preliminary findings suggest that food insecurity is a serious problem among students in Canada, and that the experience of food insecurity amongst students differs from that of the general population. For this reason, appropriate measures to address food insecurity specific to students must be identified. This presentation will end with a discussion of the systemic and societal issues that have made food insecurity a reality on campuses across the country.

Conceptualizing food literacy: intersections with media and health literacies

Presenter: Emily Truman, University of Calgary

Co-author: Charlene Elliott, University of Calgary

Food literacy is growing in popularity as an educational approach to teach food related skills and knowledge. However, there is great variation in how it is defined, its core components, and in the design of educational interventions. This raises the question of goals as they relate to food literacy: what is the purpose of teaching food-related skills and knowledge? Is it to develop individual level proficiency, to develop critical analytical skills, to improve individual and population health, or alter the functioning of food systems? This paper examines the objectives and outcomes of existing food literacy research as an entry point into a discussion of the goals of food education. Using the findings of a scoping review on food literacy, which located 1049 abstracts, of which 67 were included, we explore the main categories of outcomes of this research area (i.e. definitions, characteristics, measures, attitudes, facilitators and barriers, etc.), in order to highlight current trends in the conceptualization of food literacy. These trends suggest where the current focus

of food literacy rests and highlights gaps in the existing scholarship. Using related literature on the concepts of *media literacy* (Livingstone, 2014; Buckingham, 2003), and *health literacy* (Nutbeam, 2000, 2008), we explore additional directions for the conceptualization of this term, emphasizing critical analytical skills and knowledge. Finally, we suggest an alternative concept for consideration in determining the goals of food skills and knowledge proficiency: radical food literacy.

Keywords: food literacy, education, outcomes, goals, media literacy, health literacy

Cultivating Critical Learning: Critical Food Pedagogy in FoodShare's School Grown Program

Presenter: Cassie Wever, University of Guelph

The problems created by the industrial food system are numerous, including consumer deskilling and lack of knowledge around all aspects of food production. It is often stated that better food education can help to solve such issues, at least in part. However, this raises questions around the purpose, praxis, and impacts of food education, and its role in change: Can food education programs teach a critical perspective on the food system? Or do they reinforce dominant food paradigms while teaching only particular aspects of food literacy? This paper presents the findings of a case study on FoodShare's School Grown program, a secondary school market garden-based food and employment education program. It examines what knowledge and skills students gain in the program, and analyzes whether the knowledge and skills gained foster a critical/emancipatory perspective on the food system. This paper utilizes the framework of critical food pedagogy (Sumner, 2012) and several related concepts: ecological literacy, transformative learning, and critical place-based pedagogy. Building off of the work of Goldstein (2014) and Sumner (2012), this paper also proposes possible metrics for measuring different kinds of food literacy.

The data indicates that School Grown builds several forms of food and non-food related skills and knowledge, fosters the beginnings of critical/emancipatory perspectives on food and related systems, and supports prosocial and pro-environmental learning. The paper concludes with recommendations for supporting critical food pedagogy in education programs. The findings can inform all education programs wishing to foster critical perspectives on the food system.

May 29, 2017 (Monday)

Concurrent session #3

Panel #9 Subversions from the Informal and Social Economy: Relocating social and ecological values in food systems (Roundtable)

Chair: Phil Mount, Laurier Centre for Sustainable Food Systems

Organizers: Charles Z. Levkoe, Lakehead University; Phil Mount, Laurier Centre for Sustainable Food Systems

Presenters: Chloe P. DesRivieres, Carleton University; Patricia Ballamingie, Carleton University; Connie Nelson, Lakehead University; Charles Levkoe, Lakehead University; Allison Streutker, Lakehead University; James Whetung, Black Duck Wild Rice; Paula Anderson, Trent University; Andrew Spring, Wilfrid Laurier University; Fleur Esteron, Carleton University; Irena Knezevic, Carleton University

Ideals of transformation have become a predominant focus within the field of food studies. Researchers and practitioners have explored the limitations of the dominant food system—and the potential of just and sustainable alternatives—through food sovereignty, food justice, food security, and agroecology. Efforts for transformation have challenged existing practices and structures through various technological, political, judicial, ecological, social and economic pathways, and proposing alternative ways of being, knowing and doing.

This session invites university- and community-based researchers and practitioners to collaboratively explore informal, social economy, and under-recognized contributions to community prosperity and resilience. We are particularly interested in a range of activities that are on the margins, undervalued, loosely organized, and often not recognized as economic activities—including self-provisioning, barter, food sharing, unpaid labour, and environmental rehabilitation. Highlighting research from across Canada, the focus will be on practices that subvert, disrupt or disregard barriers generated by the dominant food system or the impacts of colonialism, racism, classism, and patriarchy. Through a *re-evaluation of social value* that challenges our collective priorities, the presentations will explore how subversive food activities might de-centre structures that marginalize, and establish alternatives that centre social values using food.

Panel #10 How Should We Eat?

Chair: Elyse Amend, McGill University

Confronting Canada's Food Guide: food learning and the hands-on

Presenter: Elyse Amend, McGill University

Health Canada, the federal department responsible for policymaking on public health issues and communicating health promotion and disease prevention to Canadians, has described its food guide as an educational tool that translates complicated scientific and nutritional information to help lay-publics make healthy dietary decisions. However, much of the literature on food guides has criticized them as feeding inequality through the discourses they promote, as they tend to privilege particular expert and scientific bodies of knowledge -- and knowledges of bodies -- while ignoring or silencing others.

By taking a biopedagogical approach, this presentation turns its attention to how the food guide's directives become mobilized—and, significantly, resisted—in real-world educational settings. It principally focuses on the results of research in Montreal-area public schools, and one-on-one semi-structured interviews with educators and school dietitians. This presentation sheds light on what happens when the food guide's mainstream messages are confronted by diverse individuals whose backgrounds, socioeconomic contexts and health realities profoundly influence their relationships to food in ways that may complement or conflict with *Canada's Food Guide*. Finally, this presentation also explores “alternative” food education tactics and languages that emerged through fieldwork, namely critical thinking about dietary claims, and hands-on nutrition teaching involving gardening, cooking, and tasting/eating.

Keywords: Nutrition, Health, Food education, Food guides, Food policy

Critical food guidance: A new field of food studies

Presenter: Ellen Desjardins, Journal of Canadian Food Studies; Jennifer Sumner, OISE/University of Toronto

Many countries and territories have adopted official food guides, their main purpose being to serve as guidance for individual and institutional eating patterns to optimize health. Almost all current food guides are categorized by food groups, which reveal interesting variations. Most commonly, the categories are based on key nutrients, but they also represent geographical eating patterns, such as an emphasis on “country foods” in the Nunavut food guide. It is not clear, however, at the population level and over several decades that such guides have resulted in dietary behaviour that would lower the risk of infectious and chronic disease.

In addition to these nutritional and health-related issues, other food-related challenges have emerged, including environmental contamination, climate destabilization, persistent food insecurity, food waste, exploitation of farmers, social injustice for food workers, loss of biodiversity, water and soil depletion, species decline, and animal cruelty. Such urgent concerns have led to the expressed need for food recommendations that can help mitigate these problems and enhance collective action for change. One instructive example can be found in Brazil's recently revised dietary guidelines, which provide a glimpse of the possibility of a new dietary regime focused on unprocessed, local foods.

“Critical food guidance” represents frameworks for positive behaviour change that can dovetail healthy eating patterns with efforts towards more sustainable and just food systems. Not a simple endeavour, this will require concerted research and creative development across disciplines—suggesting a new field within food studies.

Keywords: critical food guidance, dietary behaviour, food guides, sustainable and just food systems

From « healthy nutrition » to the machinic-body

Presenter: Myriam Durocher, Université de Montréal

***This communication may also be presented in French.**

This communication presents the results of an exploratory analysis conducted within a corpus composed of media documents published over the last year by Quebec's major media institutions addressing both at the same time ageing and food. The notion of “healthy nutrition” has served of guiding thread to explore how it contributes to produce particular figures (Haraway, 2004; Nielsen, 2015) of the body(ies), figures evoking both at the same time the material world and the social processes and symbols that participate to modulate its experience. Throughout the corpus, “healthy nutrition” is seen as creating a particular imaginary in which the different components and structures of the body are depicted as being “fuelled” by food, the latter described in a particular, biomedicalised (Kim, 2013) way, such as specific nutritional elements are seen as having the capacity to modify or enhance the body. This communication proposes to illustrate how this kind of mechanistic renderings contributes to the production of what may be seen as the figure of the machinic-body (Myers, 2015), having in mind the conception of a body that can be enhanced, more performant, with aging processes slowed down.

I will address how the production of this particular imaginary contributes to the normative injunction that lies over elders' head and that lead them to tend toward a “successful aging” (Katz, 2013), an injunction that held them responsible to take care of their health and body by, among other things, adopting healthy eating habits.

Keywords: Biomedicalization, functional food, bodies, ageing, healthy nutrition

Exploring the role of emotion in negotiating animal welfare and industrial production in the Alberta cattle industry

Presenters: Emilie Bassi, University of Alberta; John Parkins, University of Alberta; Ellen Goddard, University of Alberta

Few issues within the field of food ethics have received more attention than livestock welfare and the ethics of producing animal products. Sociological literature on farm animal welfare and ethics tends to focus on two debates: the ethics of animal domestication and consumption, and the general welfare of farm animals. With views towards eliminating animals in agriculture, some scholars argue that domestication is deeply exploitative, while others identify ways to practice ethical production. These debates contribute to a sharper focus on ethical livestock production, and signal a push within the livestock industry for better farming practices and stronger measures of animal welfare. Contributing to these debates, this study explores contemporary perspectives of farm animal welfare from the viewpoint of cattle producers; it is based upon 30 semi-structured interviews and firsthand accounts with beef and dairy producers in Alberta, Canada. A key theme from this study involves the strong emotional attachments that beef and dairy producers form towards their animals. These emotional attachments contrast the common view of factory farming and the industrial context in which these producers operate, compelling producers to negotiate their feelings toward the animals with everyday production practices. We argue that emotions permeate the actions of producers, influencing their daily production practices of farm animal welfare. More broadly, these findings contribute to a sociology of emotion, offering insights on discourses of sustainability within systems of production agriculture.

Keywords: Animal Welfare, Emotions, Feelings, Industrial Agriculture, Ethics

Panel #11 Urban Farming and Food Systems

Chair: Alesandros Glaros, University of Waterloo

Perspectives on the Resilience of High-tech Urban Agriculture in Canadian Cities

Presenters: Alesandros Glaros, University of Waterloo; Steffanie Scott, University of Waterloo

Urban agriculture (UA) has been posited as a more resilient alternative to current industrialized food production systems in developed countries. At present, such systems are globally entrenched and increasingly vulnerable to major shocks from ecological and financial crises. UA models, however, are diverse, particularly in terms of their ideologies and orientation to technology. They can be placed on a spectrum between: 1) high-tech, commercial-scale production, and 2) low-tech, community-based food self-sufficiency. This distinction is significant, as literature suggests that different forms of UA could have varied implications for resilience; studies have yet to contrast the numerous models along this continuum. This study analyzes the literature regarding both high-tech and low-tech forms of UA. The theoretical framework of resilience is used to compare different Canadian food models' capacity to cope with future climatic and economic uncertainty. Generally, higher-tech models have a better outlook for climatic resilience. Advanced food production technology in urban settings provides an isolated and local environment to control for climate, albeit at the carbon-intensive cost of generating these technologies. Conversely, lower-tech versions of UA have a more promising potential for financial resilience. These models are less reliant on long-distance flows of both goods and capital, and have relatively low financial inputs. In conclusion, this study recommends hybrid models of UA be developed, incorporating both high and low-tech ideologies. Furthermore, it is suggested a cultural shift is needed in Canada to accommodate UA as a community-facilitated endeavor, challenging its current hegemonic practice of municipal and private governance.

Keywords: Urban Agriculture, Resilience, Socio-ecological Systems, Technology, Food

The Quantity and Composition of Household Food Waste in the Disposal and Diversion Streams in a Large Ontario Municipality

Presenters: Paul van der Werf, Jason A. Gilliland

Researchers argue that there is no consensus on food waste generation primarily because many of the estimates link back to the same limited primary datasets, with much of this data originating from fieldwork undertaken in the 1970s and 1980s. As the lack of up-to-date primary data often necessitate using secondary (i.e., indirect) datasets, further research is urgently required to improve food

waste estimates. The purpose of this study was to test and implement a refined food waste audit methodology. A commonly used waste audit methodology was refined to expand the measurement of household food waste to include both avoidable and unavoidable food waste and various food subcategories. The refined methodology was implemented in a large Ontario municipality, over four seasons, from November 2015 to August 2016. Each seasonal food waste audit consisted of the collection of garbage and green bin waste streams from 200 households, over a two-week collection cycle, and sorting/weighing of these samples. Data was analyzed to determine food waste disposal by size of household garbage bins (4 sizes), food waste in the garbage versus green bin streams, seasonal impacts and socioeconomic impacts. On average households disposed and diverted 208.2 kg/hh/year of food waste with 59.4% (123.7 kg/hh/year) of this being considered avoidable. Households diverted 77.5% of all food waste, 72.2% of avoidable and 85.0% of unavoidable food waste.

Keywords: Food waste, waste characterization, avoidable food waste, unavoidable food waste, food waste reduction

Urban Agriculture Action Plan

Presenter: Wanda Martin, University of Saskatchewan

Background:

Reconnecting people with food production provides a means to increase vegetable intake, promote physical activity, and improve social relationships. Saskatchewan, a major producer of the global grain supply, produces just 7% of the local demand for vegetables and fruits, and the industrial food system fails to provide many Saskatchewan residents with access to healthy food.

Objectives:

The purpose of this study was to reconnect people with their food system through discussions on developing an urban agriculture action plan and thereby improve health and self-reliance.

Methods:

We used Concept Mapping to develop a strategy for supporting urban agriculture. We also conducted individual interviews to examine the costs of gardening to discern if urban agriculture is economically achievable for those of limited means.

Results:

We found urban agriculture to be an economically feasible approach to health promotion. Key actions include building community relationships and transforming public spaces, which can foster community resilience. Many people need assistance with gaining knowledge to grow, cooking, and preserving their produce.

Conclusions:

Building relationships facilitates knowledge sharing. City planners can aid this by including resources for gardens in community plans, such as in new neighbourhoods. Gardens can be simple and inexpensive, yet offer much toward healthy living. Urban farming is a challenging business but can provide a positive return on investment. This action plan is for the Saskatoon Food Council to promote urban food production and inform changes to Saskatoon's built environment through working with city planners.

Key Words: urban agriculture; concept mapping; community; health; economics

Human right to garden and participatory design for urban agriculture

Presenters: Carolin Mees, The New School for Design; Anne C. Bellows Parsons, Syracuse University

This historical and design oriented paper on urban gardening in the South Bronx, New York City, focuses on social resistance, participatory design and public policy engagement as analyzed through a human rights framework approach that foregrounds self-determination in neglected urban environments through collective land tenure and self-built structures like the Casita.

The participatory design and self-built structures described herein reveal democratically derived objectives of autonomous urban land use that evolved without necessarily adhering to 'normal' or common design standards of urban agriculture, a strategy for obesity prevention, or even 'urban beautification' generally. Control of territory is shown rather to be an end in itself to provide open public space for local and shared use.

A human rights framework approach deconstructs relationships between human rights holders and duty bearers to understand the processes and spaces of democratic dialogue, and recourse and remedy of the experience of discrimination and violation. Human right to garden claims for urban food production and collective recreation by marginalized urban populations do not generally align with traditional urban open space functions; they reflect peoples' sovereignty claims on the right to their city.

Responsible governance of urban land tenure invites the inscription of urban public spaces used as shared gardens in comprehensive land use plans and administrative law by defining them as mandatory public open spaces adjacent to residential buildings in zoning regulations.

Keywords: Urban agriculture, urban gardening, food planning, human rights, right to the city

Panel #12 Food Security

Chair: Sadaf Mollaei, University of Waterloo

Listening to Community Voices: Developing an Evaluation Framework for the Hamilton Community Food Centre (HCFC)

Presenters: J. Park, McMaster University; T. Moffat, McMaster University; C. Wagner, Neighbour to Neighbour

Community Food Centres (CFCs) have been designed to provide people living with food insecurity with access to high-quality food in a dignified environment, where they can “come together to grow, cook, share and advocate for good food” (CFCC n.d.). The Hamilton Community Food Centre is the 8th CFC in Canada, funded by the Community Food Centres Canada (CFCC), the City of Hamilton and other private donors. CFCC has a research and evaluation strategy for all the CFCs to measure program activities and outcomes. The Hamilton Community Food Centre (HCFC) and researchers at McMaster University (Anthropology and Health Sciences) collaborated on a community-engaged research project to investigate best practices for the evaluation of HCFC programming. To that end, we conducted interviews with staff and potential HCFC participants. Some of the questions we posed were: what are your hopes and concerns about the new HCFC? How can we best track individual users of specific programs (e.g. community meals, kitchens, and gardens) without breaching privacy? What are some alternative evaluation methods besides standard paper and pencil questionnaires? Findings included the need for a meeting place to combat social isolation in addition to improving health and nutrition. Participants voiced privacy concerns about collecting information, particularly related to immigrant status and country of origin. There were also suggestions to make evaluation more participatory and engaging in nature. In conclusion, input from member stakeholders in advance of engaging in program evaluation is useful and may serve as a valuable platform for establishing a longer-term research plan.

Keywords: Community Food Centres, Food Security, Hamilton, Community-Based Research, Research and Evaluations

Can food security and environmental sustainability coexist?

Presenter: Sadaf Mollaei, Goretty Dias, Basak Topcu (University of Waterloo)

Globally, there has been an increasing number of studies considering the environmental implications of dietary patterns, but few studies have considered the combined aspects of environmental sustainability, health, and food security. Food security is defined as “when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life” (Ericksen, 2007). According to this definition there is an ongoing relationship be-

tween different components of food security, namely food access, food utilization and food availability. These concepts are interlinked such that the outcomes of one influence the others, and their interactions contribute to health and environmental consequences. A recent study quantified the environmental implications of dietary patterns in Ontario, Canada, and showed how making minor changes in dietary patterns could result in positive nutritional (food utilization) and environmental outcomes (Veeramani, 2015; Veeramani et al., 2016). However, an environmentally sustainable dietary pattern needs to be practical and socially-acceptable as well as affordable (food access).

Using Ericksen's framework, we present a transdisciplinary research agenda for linking food access, utilization, and availability with environmental sustainability and discuss under what conditions food security and environmental sustainability could be possible. There are implications for agricultural policy, public health, and planning related to making all outcomes possible.

Key words: Food security, Environmental sustainability, Dietary pattern, Economic feasibility, Nutrition

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http://www.lcafood2016.org/wpcontent/uploads/2016/10/LCA2016_BookOfAbstracts.pdf#964

Hunger in Canada: Can a basic income address food insecurity?

Presenter: Jennifer Sumner, University of Toronto

Food insecurity involves the inadequate or insecure access to food due to financial constraints, which poses a serious public health problem because it negatively impacts physical, mental, and social health – as well as healthcare costs (PROOF 2016). To this basic definition we can add the United Nations Food and Agriculture Organization's (FAO 2003) broader set of constraints by adapting its definition of food security to read: food insecurity is a situation that exists when any people, at any time, do *not* have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.

In 2012, food insecurity affected more than four million Canadians and poses a serious social and population health problem (Tarasuk, Mitchell, and Dachner 2014). While it has been thoroughly measured and monitored, to date there has been no federal or provincial policy intervention with the explicit goal of reducing household food insecurity (Dachner and Tarasuk 2017). One option currently being discussed is the provision of a basic income. This paper will discuss the concept of a basic income and present the arguments for and against this proposed public policy, with particular emphasis on its ability to tackle food insecurity.

Keywords: basic income, food insecurity, hunger, public health, public

Access to and affordability of healthy foods in northern Manitoba

Presenters: Mengistu Assefa Wendimu, University of Manitoba; Annette Desmarais, University of Manitoba

Lack of access to affordable store-bought healthy food is one of the most pressing social and health challenges facing First Nations rural communities in northern Manitoba. Despite the widespread concerns about high food prices in First Nations communities, there is limited empirical evidence on the determinants of food prices and the implications of high food prices for communities in northern Manitoba. This paper examines (i) the availability and prices of selected food items in First Nations and non-First Nations communities, (ii) the determinants of food prices, and (iii) the implications of paying higher prices for food for communities in northern Manitoba. The study was conducted in 22 communities in northern Manitoba: 15 First Nations communities and 7 non-First Nations communities. Using survey questionnaire data on the availability and prices of 52 food items were collected from 37 stores. Six focus group discussions with community members were also conducted in four First Nations communities. Our finding shows that access to store-bought healthy food in First Nations communities is restricted among other things by limited food availability and significantly higher food prices. Our study also reveals that monopoly due to lack of competition between retailers, high transportation costs and lack of access to all-weather road were considered as the main reasons for high food prices in First Nations communities in northern Manitoba. Lack of access to store-bought healthy foods was considered as a source of constant stress and despair with negative implication on health.

Concurrent session #4

Panel #13 The Future of “Sustainable Food” Conversations: FLEdGE Snapshots on Farming and Harvesting (Roundtable)

Organizers: Alison Blay-Palmer, Laurier Centre for Sustainable Food Systems; Phil Mount, Laurier Centre for Sustainable Food Systems

Chair: Charles Z. Levkoe, Lakehead University

Presenters: Irena Knezevic, Carleton University; Charles Levkoe, Lakehead University, Kristin Lowitt, McGill University; Phil Mount, Laurier Centre for Sustainable Food Systems, Vikki Schembri, Lakehead University; Theresa Schumilas, Laurier Centre for Sustainable Food Systems; Lori Stahlbrand, Wilfrid Laurier University/University of Toronto

Many of the complex and intractable questions that challenge food systems scholars have at their core the people who farm or harvest our food. New research in Canada adds nuance to questions of the resilience, viability and transformative capacity of alternative farming and harvesting activities.

FLEdGE (Food: Locally Embedded, Globally Engaged) is a 5 year SSHRC-funded project that uses community-engaged, participatory research to examine how we can build food systems that are more socially just, ecologically regenerative, economically localized, and democratically engaged.

Using research results from across Canada, this roundtable will challenge your perception of the most intractable 'sustainable food' issues, with brief presentations followed by wide-ranging discussion about: using open-source principles to re-design food systems; the future of the family farm; small-scale fisheries; the 'Food Counts' food systems report card; creative sustainable food procurement; and agroecology.

Keywords: sustainable food; open source; small-scale; fisheries; family farm; sustainable procurement; agroecology

Panel #14 Engineering for Urban Farming (Themed panel)

Organizer/Chair: Hala Chaoui, Toronto Urban Growers

Presenters: Carolin Mees, Parson's School for Design; Timothy Kendrick, BW Global; Kristina McConville, Ryerson University; Mark Lefsrud, McGill University; Eric Amyot, Modular Farms; Hala Chaoui, agricultural engineer

This panel of speakers on engineering for urban agriculture combines a variety of perspectives on urban agriculture; as either a social endeavour, one that relies on advanced technology to be highly productive, or one that can be enhanced through accessible technology. Carolin Mees (architect, lecturer at Parson's School for Design) will talk about accessible technology for urban agriculture. Timothy Kendrick (President and Chief Designer at BW Global) will talk about automation in urban farming. Kristina McConville (Associate professor at Ryerson University) will talk about sustainable engineering and monitoring technology in rooftop agriculture. Mark Lefsrud (associate professor at McGill University) will talk about improving the efficiency of vertical farms. Eric Amyot (CEO and co-founder of Modular Farms) will talk about advanced equipment for self-contained vertical farms. The panel is moderated by Hala Chaoui, an agricultural engineer who has developed structures for vertical farming.

Keywords: urban agriculture, engineering, sustainable engineering, accessible technology, automation

Panel #15 Food Movements and Civil Society

Chair: Rebecca C. Den Hoed, University of Calgary

Agricultural Cooperatives as Agents of Civil Society in the Market

Presenter: Tal Yifat, Ivey Business School and the Network for Business Sustainability

This paper examines the conditions of possibility for civil society to shape food systems through direct market involvement by hybrid organizations. I analyze the case of Organic Valley, a U.S. dairy cooperative that stands out in its combination of scale and strong social and environmental commitments. The cooperative generates collective goods that are typically thought of as the domain of markets and states: coordinating supply and demand, redistributing value and power, and regulating risk and market volatility. Three conditions allow agents of civil society in the market to realize alternative visions of the food system. First, to have large-scale impact, an organization needs to establish a structural position of a lead firm in a large value chain, allowing it to determine the division of labor, the conditions of participation, and the distribution of value in the chain. Organic Valley maintains governance rooted in civil society over economic activity that spans a network of over two-thousand firms. Second, agents of civil society in the market need to develop organizational tools that would allow them to effectively pursue their alternative goals. Organic Valley innovated such instruments and adapted others to its unique mission, securing prices for its farmer-members' milk that are high and stable enough to support pasture-based, family-scale dairy farming. Third, agents of civil society in the market need to defy isomorphic pressures and reproduce their civil society identity as they become major economic actors. Organic Valley maintains such an identity through participatory governance processes and association with contemporary social movements.

Keywords: Food democracy, Sustainability, Agricultural cooperatives, Organics, Civil society

Feral Foodies & Lethal Locavores: The Promises and Perils of Enacting Food Citizenship through Hunting

Presenter: Rebecca C. Den Hoed, University of Calgary

Taking up hunting as an ethical food alternative remains 'fringe.' Yet hunting has undeniably emerged as a trendy food alternative that promises to remonstrate and mitigate some of the damage wrought by global industrial agribusiness. In language reminiscent of agrarian alternatives, hunting is increasingly championed—by foodies, hipsters, locavores, and back-to-the-landers—as a way to reconnect with food; cultivate respect for the land; take responsibility for the non-human lives that sustain us; and provision organic,

free-range, cruelty-free food. While hunting remains a much-maligned practice (consider stereotypes of hunting as degenerate, reckless, or brutal) a growing number of hunters claim it deserves fair hearing as an expression of food citizenship: a way for people to engage with public issues about how food is governed, and how people are governed through food. Taking hunting seriously as an expression of food citizenship, though, means critically examining how it gives rise to different models of food citizenship—and to what effect. This presentation adopts a Foucauldian view of discourse to explore the food citizenships made (im)possible and (un)desirable within trendy food-hunting discourse. It promises to broaden our understanding of what food citizenship can (or ought to) be—and the consequences of imagining and enacting food citizenships—beyond the spaces and practices of agriculture.

Keywords: food citizenship; food movement; hunting; discourse analysis; Foucault

Constituting Environmental and Food Citizenship through Ontario’s Regional Food System Discourse

Presenters: Philippa Spoel, Laurentian University; Colleen Derkatch, Ryerson University

This paper interrogates emerging conceptualizations of environmental and food citizenship in relation to discourses of community food sustainability and food (in)security in Ontario. Dominant conceptualizations of environmental citizenship echo neoliberal logic in suggesting that individual citizens are responsible for ensuring sustainability by making environmentally-friendly lifestyle “choices” (Dimick, 2015). Similarly, the concept of food citizenship, and the associated principles of sustainable consumption and ethical eating, exhort individual citizens to engage in “food-related behaviours that support . . . sustainable food systems” (Wilkins, 2005) and to “find solutions to social and ecological problems” primarily through individual consumption habits (Johnston et al., 2011) and participation in community food-production initiatives (Baker, 2004).

Focusing on the ideological-political implications of these distinct but intersecting conceptualizations of environmental and food citizenship, we explore the rhetorical constitution of the “ethical food citizen” within a selection of Ontario’s regional food charters and associated food system policy documents. Building on our previous research on how food charters constitute “community identity,” our paper raises questions about the continuing hegemony of a market-based, production-consumption neoliberalization of environmental-food citizenship with implicit assumptions about class, gender, and education. Our paper also considers the complex, uneasy interplay within these documents of private sector, public agency, and civil society modes of governance, including a latent politics of regional protectionism framed in terms of community resilience and self-reliance that may simultaneously both counter and replicate the global expansion of nationalistic-protectionist discourses and ideologies.

Panel #16 Natural Resource Management- Land and Water

Chair: Amanda Shankland, Carleton University

How much water are you drinking in your meal? A review of methodological issues in water footprinting of food

Presenter: Basak Topcu, the University of Waterloo

Authors: Basak Topcu, Goretty Dias, Sadaf Mollaei

Globally, less than 1% of all water resources is available for humans and living organisms to use (Shiklomanov, 1993). Agriculture consumes 70% of the total global demand on fresh water (OECD, 2016). There are growing pressures on fresh water resources as demand for agricultural products increases, driven by cultural and individual dietary choices, population growth and increasing affluence in developing countries. At the same time, climate change is creating extreme conditions where drought affects food production. The concept of “Water footprints” (WF) is a way of understanding and addressing water scarcity and water quality issues. For example, recent studies of WF of some food products showed the WF of 1kg of vegetables as 322 L and 1kg of bovine meat as 15,415 L and pork as 5,988 L (WaterFootprintNetwork); however, the application of WF methodologies is still a novel concept, and there are different approaches to estimating water footprints, with each approach requiring different assumptions and interpretations. We will explain and present an analysis of existing methodologies of determining WF-including the concept of virtual water- and provide an analysis of the water footprint of a typical Canadian meal to illustrate the amount and geographic origin of the water we consume in our food. There are still a considerable number of issues to resolve in water footprinting before it can be used to understand how our dietary patterns affect environmental sustainability and water governance.

Keywords: Water footprint methodologies, virtual water, agriculture, Canadian dietary patterns

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Food Security and Ecosystem Service Provision -- Pond Aquaculture in Semi-Arid Region Environment

Presenters: Shirra Freeman, University of Haifa; Ayana Benet-Perelman, University of Haifa/ Dor Aquaculture Research Station, Fisheries Department, Ministry of Agriculture and Rural Development, Israel; Dror Angel, University of Haifa

Pond aquaculture in Israel is the country's main fresh fish source, an integral part of rural economies and an important component in managing scarce water resources. The objective of this research is to enumerate ecosystem services provided by domestic pond aquaculture.

Methods:

Ecosystem mapping and policy analyses were applied to the pond aquaculture sector. The underlying policy context is the easing of duties on fish imports and revisions to the Clean Water Act, that impose stricter discharge water management standards. Three scenarios were simulated: (1) Status quo; (2) immediate implementation of policies; (3) phased implementation with temporary support for adapting practices.

Results:

Scenario-1: The sector supplies 80% of Israeli's fresh fish. Ponds provide multiple wetland services--habitat, flood control and water for irrigation and replenishment (surface and ground water). These support migrating birds including several endangered species. Aquaculture-ecosystems also preserve agricultural landscapes and attract tourism (including bird watching, agro and eco-tourism). Risks of poor management include diversion and pollution of freshwater resources and the introduction of non-native species and pathogens.

Scenario-2: An 80% contraction of the sector is projected causing income loss and dramatically increasing dependence on imported fish. Critical watershed functions and agricultural landscapes could be lost with negative impacts on freshwater quality especially during winter floods. Congestion in remaining wetlands during bird migrations would likely rise.

Scenario-3: 10-20% of farms, unable to adapt could leave the sector. Potential increases in production could result from more efficient operations and stronger local niche markets. Ecosystem services would be similar to scenario (1) and risk factors could diminish.

Conclusions:

Pond aquaculture provides a combination of food security, support to rural communities and important wetland services that are especially important in semi-arid ecosystems. These should inform the design of policy and its implementation.

Keywords: aquaculture, ecosystem services, food security, sustainability, policy

“Re-imagining discourse” in the search to better manage rural landscapes and extreme climactic variation in the Murray Darling Basin region of Australia

Presenter: Amanda Shankland, Carleton University

Bill McKibben in his 1989 book “The End of Nature” wrote that it would soon become impossible to consider any part of the natural world as separate from people. The idea that only environments that are protected from the impacts of human activity can be conceptualized as ‘natural’ is deeply problematic in a world where every inch of space, if not put to productive use, is in the era of climate change impacted by human activity. Only by recognizing the deep connectivity with nature that man has already established in the context of the modern world, can we form the basis for a new and more successful approach to environmental management. This paper discusses the history around environmental water management in the Murray Darling Basin (MDB) and problematizes our current understanding of environmental management and long-term sustainability. Based on five months of field research in farming communities in rural Australia, this paper argues that the MDB plan was established on outdated notions of environmental management that need to be revisited and revised. Specifically, this paper challenges the notion that natural environments can exist separate from human productive environments or that nature is something that needs to be protected from human activity.

Keywords: Water management, discourse, environment, agriculture, policy

Reconfiguring Nature in China’s Pursuit of Food Security

Presenter: Xiaoping Sun, Saint Mary’s University

The Sanjiang Plain in Northeast China, once holding China’s largest concentration of freshwater wetlands, has become the home of 52 state farms since the 1950s and, therefore, a major contributor to China’s food security today. The wetland of this area has been reduced from 3.5 million ha in the early 1950s to 958,700 ha by 2005, downgraded second to the Qinghai-Tibet wetland. Intensive land reclamation and farming in the second half of the twentieth century accounted for 91% of Sanjiang’s wetland loss. However, this trend of creating farmland from wetland started to reverse in the 1990s, marked by the state policy of “returning farmland to wetland” and newly established wetland reserves.

The drastic change of the Sanjiang Plain reflects the dynamic relationships between humans, nature, and the Chinese state in the second half of the 20th century. This paper takes Sanjiang as a case study to explore the changing meanings of wetlands in relation to agricultural production. Under the “grain first” policy in the 1950s and 60s, wetlands were viewed as abundant wastelands awaiting human cultivation but also dangerous swamps that devoured humans and machines. However, since China joined the Ramsar Conven-

tion in 1992, wetlands have become gorgeous landscapes that attract tourists but also endangered ecological system that needs human protection. This paper, therefore, aims to unpack the discursive construction and physical alteration of wetlands to reveal the mutual transformation between nature, human, and the state in China's pursuit of food security.

Keywords: food security, land reclamation, wetlands, farming, state-human-nature relationship

Protecting Foodland: A Prerequisite for Food Security and Foundation of Food Sovereignty

Presenter: David J. Connell, University of Northern British Columbia

The ever-present interests in food and its related critical issues of food security and food sovereignty reflect simultaneously both the centrality of food to society and the need to fix this relationship. Among the many pillars of this relationship, the quantity and quality of land available to grow food are indispensable. Therefore, it is surprising to learn that we don't have a firm grasp of how much of the best quality land is available to grow food and alarming to know that, in spite of more than forty years of dedicated efforts, we continue to lose some (too much) of this foodland to non-agricultural development, primarily to support urban expansion. In this paper presentation, we examine the state of farmland protection in and across Canada, including discussion about how well our foodlands are protected through land use policies and gaps in our knowledge base. Strengthening our land use policies and addressing known gaps are essential prerequisites for improving food security and exercising our rights for food sovereignty. The results shared in this presentation draw from a four-year project on agricultural land use planning in Canada (<http://blogs.unbc.ca/agplanning/>).

Keywords: Agricultural land use planning, farmland protection, foodland, plan quality, policy focus

Joint-session with CSA Feminist Sociology, Gender & Food

Organizer: Barbara Parker, Lakehead University; Michelle Ryan, University of Ottawa

Chair: Barbara Parker

This session explores the complexity of gender in relationship to food from a feminist sociological approach. In keeping with the theme of Congress - From Far and Wide- this session includes papers that explore women's relationship to food in the home and beyond. Papers examine gender ideologies in relation to media representations of the family meal, feminist intersectionality and farmwomen's work, women's food social entrepreneurship and feminist transnational solidarity, feminist methodological approaches in researching food sovereignty, and gender in the repeasantization movement through an ethic of care and women's farming practices. This is an interdisciplinary session with the Canadian Association of Food Studies.

Producing the family meal: News media constructions of home cooking, gender and health

Presenter: Merin Oleschuk, University of Toronto

This article examines the shared cultural values surrounding home cooking, within the contemporary context where home cooking is advocated as an important health promoting practice (e.g. Pollan 2013). An examination of home cooking is inevitably a consideration of gender because it is women who still maintain primary responsibility for daily family meals, and who face gendered pressure tying femininity to food work (Beagan et al. 2014; Cairns and Johnston 2015; DeVault 1991). Women are also the focal targets of moralized discourses and interventions directed towards improving the cooking skills and health of families, and therefore bear a heightened burden stemming from that responsibility. This paper discusses findings from a discourse analysis of North American news reporting on home cooking and health in 2015 and 2016. Analysis conducted for this paper confirms that home cooking remains a ubiquitous ideal – a way to foster physically healthy, well socialized, and emotionally nurtured individuals– and its production is still presented as overwhelmingly feminine (as well as similarly achievable across class, and distinct from ethno-cultural considerations). This paper explores the implications of the discursive construction of home cooking for gendered inequalities in family food work.

A Cacophony of Voices: The Value of an Intersectionality Framework for Studying Farm Women's Work

Presenter: Susan Machum, St. Thomas University

Research on farm women has long recognized women's hidden, but critical, contribution to agriculture. Early research on farm women sought to understand the multiple and varied ways that women participate on family farms and in food production systems. The emphasis on 'farm women's work' led to extensive discussions of both farm women's roles in the family farm business and the day-to-day work activities of women in farm production, the family farm household, paid employment (on and off-the-farm), and in community activities. This paper explores how the research emphasis on farm women's work lives effectively masked elements of their identity — effectively capturing what they did, rather than who they were. This paper draws on Julie MacMullin's (2010) intersectionality framework to understand how farm women's identities and work experiences have been influenced by the particular 'CAGE's their lives are embedded in. MacMullin (2010) argues our physical bodies and individual lives need to be understood in terms of how class, age, gender and ethnicity (i.e. the 'CAGE' within which we live our lives) intersect. This paper illustrates how using an intersectionality framework makes it possible to better appreciate and recognize how complex and diverse farm women are as a social group. In fact, the paper argues that when studying the agricultural community it would be more useful to expand MacMullin's CAGE acronym to CA 2 G 2 E in order to recognize class, age and able-bodiedness, gender and geography, and ethnicity overlap and intertwine in farm women's lives and work. While changing, all too often farm women's identities are much more nuanced and complicated than researchers generally recognize. What emerges from the literature and interview data collected from case study research is an appreciation of how important intersectionality is for comprehending the diversity among farm women, their identities and activities.

Feminist Methods: The World March of Women and Food Sovereignty

Presenter: Michelle Ryan, University of Ottawa

The World March of Women (WMW) has been engaging with the issue of food sovereignty for over a decade, adding it to their Charter in 2005. As a feminist researcher engaging with how a women's movement is struggling for food sovereignty, a feminist research approach is demanded. This paper explores three methodological dilemmas that have emerged in the preliminary phases of research. The first dilemma is the balance between representativeness and representation. This is particularly relevant for a movement with a large international presence that centres peasant activism around food. The distance between the international layer and the peasants challenges this researcher to balance representativeness and representation. The distance between the international layer and

the grass roots spills into the second dilemma: what constitutes protest behaviour or social movement activity for a women's food movement? Following from Spivak (1988) how does one distinguish between doing "food" or "agriculture" and participating or protesting in a "food movement"? The third dilemma is how to balance research as resistance, reciprocity, and objectivity. Research as resistance demands a degree of involvement with the movement, as does reciprocity. This presents a challenge for presenting troublesome aspects of the movement. This paper performs the function of a meditation to render clearer how feminist methods can be brought to bear on the study of women's food movements, specifically the World March of Women's work on food sovereignty.

Women Food Social Entrepreneurs and Transnational feminist solidarities

Presenters: Maud Perrier, University of Bristol; Elaine Swan, Sussex University

This paper is based on qualitative interviews with women food social entrepreneurs carried out in and around Sydney in 2016. The women we spoke with have created social enterprises concerned with recycling food waste, local food consumption and using cooking skills as a way to empower recent migrant women. We asked our participants how they orient themselves towards the categories of 'entrepreneur' and 'feminist'. In this presentation, we explore to what extent these social ventures represent spaces of feminist activism that enact practices of care between women workers. Feminists have documented how women's food work—both paid and unpaid—continues to be devalued and the ways that global care chains divide southern and northern women. While women have played central roles in furthering alternative food systems that are environmentally sustainable and socially just these efforts have rarely been explicitly feminist (Allen and Sachs, 2007). We draw on these two fields to understand these social enterprises' attempts to revalue women's food work and to explore what possibilities they produce for transnational feminist solidarities. We question to what extent we can read these enterprises as more than postfeminist technologies of empowerment that reproduce power differences between western and migrant women.

Food Sovereignty and Repeasantization on Vancouver Island

Presenters: Kora Liegh Micklena Glatt, University of Victoria; Martha McMahon, University of Victoria

Food sovereignty movements have been challenging the industrial and globalized forms of large-scale agriculture over the past two decades. Within this movement, academics have been noticing a rise of what is known as repeasantization. The literature characterizes repeasantization as deliberate actions for autonomy, survival, and a reliance of agro-ecological relations of production, in contrast to a reliance on large-scale food markets. First noted within European and Latin American countries, and more recently noted in

the United States, the time has come to question whether repeasantization is occurring in Canada. This is important as work on food sovereignty and repeasantization has largely been done in the Global South, whereas discourse in the Global North tends to focus on localization. Drawing on interviews with small scale farmers on Vancouver Island, we investigate to what extent we are seeing characteristics of repeasantization. We will also analyze whether the concept has been gender blind given how central women are to the resurgence of small scale farming in Canada and the United States, and within the Global South. Further, we explore whether the focus on autonomy so prevalent in food sovereignty and repeasantization literature does not need to be combined with the ethic of care for community which characterized many of the interviews we had with women farmers.

Concurrent session #5

Joint-session with CSA: Disruptive Possibilities: Critical Sociologies of Food, Nutrition and Health (Roundtable)

Organizer: Jacqui Gingras, Ryerson University

Chair: Barbara Parker, Lakehead University

Critical Dietetics, a social health movement informed by critical social theory, represents an interdisciplinary group of scholars, practitioners, and students who have taken up critical inquiry of the nutrition profession on the basis of intersecting subject positions such as gender, ethnicity, class, ability, and size. While recognizing the multiple meanings of food and its power to nourish and heal, Critical Dietetics acknowledges that food is more than the mere sum of its constituent nutrients. Critical Dietetics recognizes that human bodies in health and illness are complex and contextual. Moreover, Critical Dietetics recognizes that the knowledge that enables us to understand health is socially, culturally, historically, and environmentally constituted. Since 2009, Critical Dietetics has held annual meetings and published peer-reviewed research in an open-access journal in efforts to broaden scholarly discourse related to food, work, gender, and health. Most recently a chapter dedicated to Critical Dietetics was published in the 2nd Edition of *Critical Perspectives in Food Studies* (Koc, Sumner, and Winson, 2017). In this chapter, the authors (Gingras, Asada, Brady and Aphramor, 2017) outlined the gendered aspects of nutrition and food work, along with the relationships between the challenges elicited when a positivist approach to food and nutrition intersects with indigenous rights, climate change, food insecurity, and sizeism. This is an interdisciplinary session with the Canadian Food Studies Association. Gingras, J., Asada, Y., Brady, J., & Aphramor, L. (2017). Critical dietetics: Challenging the profession from within. In M. Koc, J. Sumner, & A. Winson (Eds.), *Critical perspectives in food studies*. (2nd ed.) (pp. 95-107). Don Mills, Ontario: Oxford University Press. Koc, M., Sumner, J., & Winson, A. (2017). *Critical perspectives in food studies* (2nd ed.). Don Mills, Ontario: Oxford University Press.

Cultivating Kindness: Growing the Dietetics Curriculum

Presenters: Charna Gord, University of Toronto; Emily Tam, University of Toronto

In their undergraduate education, dietetic students develop robust foundational nutritional knowledge which is strengthened through their internship. Yet, student stories from their clinical field experiences suggest that there is a gap in their preparation for work alongside preceptors, and for communication with patients and their families. This gap can feed anxiety that can inhibit learning, as can trying to fit into the conflicted spaces of professional socialization without opportunities for dialogue. If one recognizes that

graduating students are equipped to practice at entry level, and that each of us brings our own values and culture into our practice, how can educators and preceptors guide students as they mature as critical thinkers, and become caring and reflective practitioners? The presenters are interested in cultivating learning spaces in which qualities like empathy and compassion are understood to be as fundamental to competent, safe and ethical practice as is technical proficiency. Our roundtable objective is to open a dialogue between students, practitioners and educators. Our perspectives are shaped by our shared affiliation with a combined masters-practicum dietetics program situated in the Clinical Public Health division, and our different positions at opposite ends of the career continuum.

Fat Bodies and Bias in Food Studies: Critical Perspectives on Food System Change

Presenters: Jacqui Gingras, Ryerson University; Jennifer Brady, Mount Saint Vincent University

Fat bias is defined as the negative weight-related attitudes, beliefs, and judgments toward individuals who are fat. These attitudes are often manifested by false and negative stereotypes which cast fat individuals as being unattractive, incompetent, unknowledgeable, unconcerned about their health, lazy, unmotivated, non-compliant, and sloppy. Fat bias can lead to fat discrimination, which is the unequal, or unfair treatment of people because of their weight. Fat bias is pervasive in health care, employment, and educational settings. The consequences of fat bias include impaired physical health, increased psychological distress, and diminished social support. One of the reasons that fat bias exists is the belief that an “obesity epidemic” is real, that fat people should lose weight to become healthier, and that weight conformity will save Canadians’ already stretched health care dollars. Additionally, we have noted that among food studies scholarship, the “obesity epidemic” is seen as a “natural” manifestation of a highly problematic, undemocratic food system. The phenomena of “feast and famine” (i.e. the co-existence of food insecurity/hunger and the “obesity epidemic”) are often contrasted to highlight the perversity of the global agri-food system and to incentivize change among individuals, communities, and policy-makers. Drawing from social theory on stigma, fundamental cause, and moral panic, as well as numerous examples from food studies scholarship, we offer a critical view of the relationships between fat bodies, fat bias and food studies. We aim to politicize this issue in order for efforts to change our food system to continue, but not on the back of a faulty argument that reinforces fat bias, promotes individual responsibility instead of collective social change, and obscures many of the reasons that our food system that is failing Canadians.

The fat body: Is a cure necessary?

Kelsey Ioannoni, York University

Many researchers have criticized the ‘success’ of dieting in producing weight loss (see Campos 2004; LeBesco 2004; Oliver 2005; Gailey 2014; and Lyons 2009), yet the necessity of dieting as a form of good health practice is still a popular prescription given by doctors to their fat patients. The medical field’s obsession with the ‘obesity epidemic’ reinforces one of the most powerful discourses that influence the way in which health and bodies are conceptualized (Wright 2009). As a young person, the pathologization of fatness was the primary way I came to understand my body and myself. My body was a warzone of contestation and failure, a site that needed to be ‘cured’ of my fatness problem. The consistent prescription of weight loss by doctors fostered a contentious relationship between my self, my body, and food. The fight to ‘cure’ my fat body was one I could never win. This paper explores the pathologization of weight in relation to understandings of ‘good health’, while examining the role of doctors and medical professionals in fostering a panic around the ‘obesity epidemic’. Additionally, I discuss of the use of auto/biographical methods in doing fat studies research. I conclude by addressing some of the challenges of doing research in fat studies, while discussing directions for future research around health care and fatness that I intend to carry out.

Soy and the politics of queering food

Alissa Overend, MacEwan University

While there is growing acknowledgment that food is a key ingredient in the gendered, gendering, sexed and sexualized relations that make up contemporary culture, the question of how to queer food remains (importantly) much more entangled. Though many food products and practices may attempt to queer food, it is typically veganism and vegetarianism at the forefront of these debates. If meat is emblematic of masculinist, straight, middle-class, colonial culture—a culture that in bell hook’s terms “eats the other” (1992, p. 21), then veganism and vegetarianism (at least to some degree) become queering strategies. On the one hand, I am sympathetic to and supportive of these pursuits, but on the other hand, I find myself skeptical of the rigid, binaristic framing of “ethical” and “non-ethical” eating that so commonly pervades vegan and vegetarian discourse. The regulation and maintenance of such a binary framing to me is anything but queer, and dangerously resurrects the many pitfalls of identity politics that overstate the differences between meat-eating and vegan subjectivities in advanced capitalist food systems. I analyze the case of soy to shift the dominant, often-singular “good/bad” food binary. A major player in the agro-industrial food exchange; a widespread meat-alternative; and a food item

that vacillates symbolically between a deep ethnocentric suspicion of the “other” and a trite neoliberal healthist food cure, soy is productive for opening up dominant, singular stories about vegan and vegetarian food politics.

Joint-session with FSAC: Cookbooks and Home Food

Chair: Dian Day, Queen's University

Hybridic Identity in Asian American Cook Books

Presenter: Tram Nguyen, CUNY Hostos CC

A new breed of cook books by Asian American cooks eschews identitarian legitimacy for postmodern bricolage. As cultural and autobiographical artifacts of the twenty-first century, Dale Talde's *Asian-American: Proudly Inauthentic Recipes from the Philippines to Brooklyn* and Roy Choi's *L.A. Son: My Life, My City, My Food* glorify cultural "blending" and inauthenticity. While these chefs root their culinary lessons in their mothers' ethnic kitchens, their recipes and influences branch outward to create a new American sensibility. These new Asian American cook books emerge in concert with the critical practice in Asian American studies that no longer sees its primary objective as the construction of "authentic" ethnic subjects. Asian American critics Rey Chow, Viet Thanh Nguyen to

Christopher Lee challenge the past dependence on this authentic ideation. Lee's *Semblance of Identity*, for instance, argues for a "post-identitarian logic" that prizes heterogeneous complexities and aesthetic values rather than reductive essence (3, 13). However, there is no critical work done as yet, that I know of, on these diasporic Asian North American cook books, and there should be. These cook books function as autobiographies of hybrid sensibilities. They are the vehicle by which one pan-ethnic group is re-defining and re-writing what it means to be ethnic and authentic as well as "American."

Keywords: Cook books, Asian American cooks, identity, authenticity, hybridity

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Strudel and Ice Box Cake. The Past, Present and Future in Toronto's Jewish Community Cookbooks during the Interwar Period

Presenter: Gesa Trojan, Technische Universität Berlin

In 1928 a collective of Jewish women in Toronto published a book of recipes to raise funds for charitable work in Palestine. The “Naomi Cookbook” offers recipes such as Maple Waffles, Ukrainian Orphan Candy, South American Fried Chicken, Blintzes, Matzo Balls, and Chop Suey. The cookbook is a big mix-up – just like the city of Toronto itself.

Diversity is a central trope of Toronto's historiography. The city's history has been woven from manifold threads, which can be traced back to places and communities all over the world, bringing the world into the city. Using food as a lens, I explore one of those threads in more detail: The emergence of a distinctive form of urban Jewishness. Therefore, I analyze the “Naomi Cookbook” as a practice and representation of doing Jewishness in Toronto during the interwar period. A time in which rapid urbanization and increasing immigration altered the social structure of the city fundamentally and fueled the tensions between and within Toronto's numerous cultural communities. One of them being Toronto's established Jewish community, which encountered the influx of Jewish newcomers from Eastern Europe.

To unfold this aspect of Toronto's Jewish history, I take a closer look at this ordinary object of everyday life, the “Naomi Cookbook”. Employing methods from literary studies and historical urban studies, my examination of the cookbook shows how its actors relate to the past (Old Europe) as well as to the future (Palestine) to create Jewishness and community in the presence of the North American city (Toronto).

Keywords: Jewishness, community cookbook, Toronto, interwar period, social mobility

The care and feeding of the self: What cooking-for-one cookbooks tell us about our relationships to food, ourselves, and each other

Presenter: Dian Day, Queen's University

Cookbooks can provide a rich source of data for research on cultural practices and beliefs related to food and eating. In this presentation I will use cookbooks aimed at solo diners to investigate cultural assumptions about cooking and eating alone. Despite recent demographic, industrial and cultural changes that make eating alone more common, beliefs about people eating alone continue to

reflect a deep social anxiety. In this context, the brief 60-year history of cooking-for-one cookbooks allows a glimpse into the meaning of food prepared for solitary bodies: most cookbooks tacitly or explicitly assume that the cook is working to please others; cookbooks-for-one, on the other hand, are almost invariably framed as self-improvement projects. These cookbooks initially shared a number of assumptions around their readership, such as a lack of cooking skill; time and budgetary constraints that somehow exceeded those of family life; a profound disinterest in leftovers; and the frustration of too-small kitchens and not enough pots. Despite changes in some of these areas, cookbooks aimed at the solo eater continue to read like curious training manuals for self-esteem: “You are worth it!” they almost invariably proclaim, as if cheerleading might be enough to counteract the “personal neglect” and widespread malaise around the preparation of food when no one else is waiting for dinner. Using Baudrillard’s (1970) notion of the body as the “finest consumer object” I will show how cookbooks encourage solitary cooks/eaters to “act upon themselves” through the consumption of meals prepared and enacted in particular ways.

Keywords: Solo cooking; Eating alone; Commensality; Eating habits; Food choice; Personal and social aspects of food

A Curious Cookbook That Serves Up Riddles Alongside Recipes: Trying to Solve its Puzzles Penned More Than 200 Years Ago

Presenter: Nathalie Cooke, McGill University

McGill has recently acquired what the vendor described as “a collection of 12 manuscript recipe books containing over 1300 culinary and medical manuscript recipes, plus a box of 200 further loose recipes also mainly manuscript, most from the Doncaster area of South Yorkshire, in England, 1790-1840. Most are handwritten cookbooks that, in the fashion of 18th century examples, blends medicinal remedies and culinary receipts. But one provides an unusual mixture of medicinal receipts, poems, and most surprisingly, a large variety of riddles. Even more curiously, some solutions to the riddles are given, written in a different hand, and seemingly at a later date. That those riddles remaining unsolved seem to require intimate knowledge of an individual or place suggests that the riddle solver was not an intimate of the original author.

This presentation will explore the implications of a cookbook that serves up *ideas about food* rather than instructions about how to prepare it, and what it can tell us about the contributors, their shared world and its foodways.

Joint-session with FSAC: Memory and Nostalgia

Chair: Robert McKeown, Carleton University

Diasporic claims, reinvention of tradition and multicultural myth making: Toronto meets Doner Kebab

Presenters: Erhan Akarçay, Anadolu University; Mustafa Koç, Ryerson University

Doner kebab is a popular Turkish dish made of sliced lamb, beef or chicken meat that is slowly roasted on a vertical spit. Introduced by migrant workers, it has become one of the most popular forms of fast food in Western Europe in recent decades. As a relatively a new entry, doner kebab has emerged in Canada in the last two decades. In Toronto's multicultural food scene, it appears in variety of forms as doner kebab, shawarma and gyros, providing the same dish with different ethnic claims or regional specialties, such as, Halifax or Berlin style doner. While often sold as a fast food item, it also appears in the specialized ethnic restaurants as a menu item.

This paper examines the recent doner kebab phenomenon in Toronto, Canada. Through interviews with 12 fast food operators and restaurateurs offering various ethnic and regional forms of doner, the paper sheds light on the everyday realities of making and selling doner in Toronto. The paper provides insights on how, through food, ethnic and regional identities are presented, cultural and culinary boundaries of authenticity are defined and traditions are reinvented. This study also demonstrates that, supported by cheap labour of migrant workers and ethnic procurement networks, in a multicultural diasporic foodscape, doner kebab provides immigrant entrepreneurs an entry point to the culinary market, offers a terroir for reinvention of ethnic and regional tradition and contributes to the myth making for a cosmopolitan city.

Keywords: diasporic foodscape; authenticity, ethnic food business, cosmopolitanism, doner kebab

To World (the Culinary) – Chef Francis Ang's Journey Through Landscapes of Taste

Presenter: Robert McKeown, Carleton University

With its unique blend of the sensual and social, food culture is one of our richest sites of modern meaning-making. Taking inspiration from linguist Mikhail Bakhtin's chronotope – a common space for comparison - this paper will examine and analyze acts of creation/consumption as sites of multicultural culinary 'worlding.' The goal is to illustrate how cooking experiences are informed by the physical environments and people around us, while investigating identity as an active process involving memory, interpretation,

and action. Re-applying theories of the senses, art, and sociology, this paper will question how the spaces we inhabit shape the way we communicate, understand, and engage with food culture.

I will examine the transnational ‘worlds’ that have led Chef Francis Ang (of Filipino cuisine pop-up Pinoy Heritage) to his current perch in the San Francisco food scene. I will investigate the way Ang brings these into being through individual “acts” of cooking. I will also explore the personal networks of taste that define him, including Asian/cook-communities; family history/migration; kitchen labor; nostalgia; and culinary travel. Chefs are translators of place, space, and experience, summoning ‘worlds’ to life with their edibles. To capture this phenomenon, Daniel Goh’s concept of ‘Worlding’ (2014) will be deployed as a way to illuminate “practices that infuse our arbitrary cultural lives with new things from other cultures in poetic ways to enable us to dwell and be at home with the complexity of the world.” To this end, the research will be carried out through a series of structured interviews, content and menu analysis, and ethnographic writing.

Eating as Escapism: Game of Thrones, Performed Nostalgia, and Parasocial Fan Culture

Presenter: Elizabeth Saxe, New York University

Eating as Escapism examines the online culinary community inspired by Game of Thrones and the performative literary nostalgia that has led this sub-fandom to exist. The paper begins by explaining the popularity of the series and the emphasis on food in the novels. I then review literature on parasocial relationships, fictionalized nostalgia, sense memory, utopia and performance theory, and conspicuous consumption along with the popular food blog “Inn at the Crossroads.” I argue that by cooking this fictional food, fans have found a creative, socially acceptable, emotionally safe, and ultimately highly enjoyable way to act out their intense parasocial relationships.

Temps des crises et crises des temps dans les agricultures françaises contemporaines

Présentateur: Tiffany Garcia Parrilla, IHEAL- Sorbonne Nouvelle

Les mondes agricoles contemporains reflètent de nombreuses crises à l’échelle globale : alimentaires, environnementales, économiques, politiques ou techniques. Elles incarnent le temps des crises de la modernité (progrès, productivisme, homogénéisation) et de ses piliers temporels : l’oubli, le présentisme, le futurisme. L’engagement productif patrimonialisé au sein du bocage Poyaudin (Yonne, France) est une critique particulière de la modernité s’inscrivant dans une nostalgie utopique territorialisée. L’ensemble des pratiques agricoles écologiques y est pensé selon des expériences marginales du temps qui bouleversent les modèles dominants en élevage bovins.

Panel #17 Food Policy and Governance

Chair: Jason D. Waters, Memorial University of Newfoundland

Multistakeholderism and policy networks in Canadian food policy development

Presenter: Margaret Bancercz, Ryerson University

Food is a policy sector with many actors, perspectives and values, thus the requirement for a strong leadership process is critical. In the last 6 years, 4 non-governmental organizations have attempted to lead and develop policy solutions for the Canadian food system. Of interest is the most recent attempt: Conference Board of Canada's (CBOC) Canadian Food Strategy (CFS). This was a unique strategy for 2 reasons. First, it was an attempt to create a comprehensive food strategy. Second, it was supported by a sizeable number of food industry actors. The combination of a comprehensive food policy approach and strong industry support is a unique case of food policy development in Canada. Traditionally, more comprehensive visions of food strategies were put forth by civil society, rather than by industry, which is often viewed as an obstacle in the formation of a healthy and sustainable food system. At the beginning of its development in 2010, the CFS was a very promising initiative to many stakeholders in the food system. Nearing the end of its completion, and almost 3 years after, the excitement for the CFS has fizzled out. It was determined from CFS participant interviews that there were some successes, but ultimately, the Strategy did not deliver what participants had hoped for. Why was this Strategy not deemed a success? Using semi-structured interviews and multistakeholder and policy network literature, this paper will look at how the process of the CFS development contributed to its unexpected outcome.

Keywords: food policy, Conference Board of Canada, multi-stakeholder process, policy network

Training for Sustainable City Region Food Systems (CRFS) Policies and Practices: An International Capacity Building Initiative Targeting Municipal Actors.

Presenter: Fiona Yeudall, Ryerson University

Co-authors : City Region Food Systems Policies and Practices Working Group

Sustainable City Region Food Systems are the subject of increasing research and activity globally as City Region governments recognize the key role of food in social, ecological and economic sustainability. An international partnership spanning Canada (City of Toronto Public Health, Rooftops Canada, Ryerson University), Kenya (Mazingira Institute, Nairobi City County), South Africa (City of Cape Town, University of Cape Town) and the Netherlands (City of Almere, RUAF Foundation) received funding support to de-

velop training materials and establish a community of practice to support municipal actors build capacity regarding Sustainable CRFS approaches to policies and programs. Case studies and training modules were developed by the team and piloted in Nairobi and Toronto. An in-person workshop focusing on lessons learned informed the final six thematic modules on CRFS Policy and Planning, Urban Food Production, Planning and Designing for Sustainable Food Systems, Food and Nutrition Security and Health, Local and Regional Food Economies and Waste and Resource Recovery. Opportunities and challenges faced by this international, intersectoral and interdisciplinary partnership will be shared in relation to the process of developing guiding principles, core content and approaches for training focused on capacity building for municipal actors in support of sustainable CRFS policies and programs. Support from the International Development Research Centre, Global Affairs Canada and partner organizations was fundamental to this work.

Keywords: Sustainable Food Systems, Policy, Capacity Building, City Region Food Systems

Food Law and Animal Law: Bridging the Gap

Presenter: Jessica Eisen, Harvard Law School

Parallel to the growth of Food Law & Policy as a field of legal scholarship, Animal Law has emerged and developed as an essentially separate field of inquiry. Scholars of Food Law & Policy have heralded their field's embrace of systemic policy analyses as a departure from the relatively narrow and legalistic foci of the predecessor fields: food and drug law and agricultural law. (See, e.g., Linnekin & Broad Leib, "Food Law & Policy: The Fertile Field's Origins and First Decade" (2014) 2014 Wis L Rev 557.) Animal Law, on the other hand, has generally developed in the direction of either micro-analyses of specific regulatory schemes, or abstract theoretical inquiries into the 'legal status' of animals. As a result, Animal Law has not (yet) benefitted from the applied, systemic analyses that characterize Food Law & Policy; and Food Law & Policy has not benefitted as much as it might from the insights and priorities urged by their colleagues on the Animal Law side of the divide. This presentation will chart the emergence of Animal Law and Food Law & Policy as distinct scholarly fields, and will urge greater connection between these two intellectual communities. By bridging the gap between Animal Law and Food Law & Policy, scholars may begin to chart a course for more practical and informed discussion and action that both recognizes the importance of animal interests, and attends to the many complex ways in which animal agriculture intersect with pressing human concerns.

Keywords: Food Law & Policy; Animal Law; Academic fields; Legal Theory

Twenty-five years of the Toronto Food Policy Council

Presenters: Wayne Roberts, Wilfrid Laurier University / University of Toronto; Lori Stahlbrand, Wilfrid Laurier University / University of Toronto

The Toronto Food Policy Council (TFPC) was the first food policy council in a major city and the third in the world when it was formed 25 years ago. Today, although there are more than 150 food policy councils, including in major cities such as Montreal, Vancouver, Los Angeles, Seattle, Bristol and Rotterdam, the TFPC remains one of the most influential. This paper will examine the evolution of the TFPC through three phases: 1. Its founding and early days in the old City of Toronto, 2. Its expansion and evolution in the context of an amalgamated city during the rise of the local food movement, and 3. Its new role since the launch of the Toronto Food Strategy in 2010, and its continuing influence in the discussion about city region food systems. The paper will also put the TFPC into the context of the themes of community, collaboration and complexity. The TFPC represents a collaboration of community-based council members and Toronto Public Health, which resources it. As well, the TFPC has adopted a food system approach which explicitly acknowledges food insecurity as a complex and “wicked” problem. This paper is informed by both theory and praxis, brought to bear by the two authors, both of whom have academic credentials and practitioner experience. Wayne Roberts was the manager of the TFPC from 2000-2010. Lori Stahlbrand was a food activist and community member on the TFPC from 2002 to 2008.

Keywords: food policy councils, food systems, food security, city regions, Toronto Food Policy Council

Governance of Food Security in Newfoundland and Labrador: An Assessment of Market Economy Values in Policy Sector Roles

Presenter: Jason D. Waters, Memorial University of Newfoundland

This paper explores the roles that the public, private and third sectors play to promote community food security in the province of Newfoundland and Labrador. The paper considers the policy mix of public, private and third sector initiatives being used to address community food insecurity in the province. Is there a pattern to which kinds of policies are subject to direct interventions by the public sector? What kind of policies are funded by government but carried out by the third sector? To investigate these questions, the policies of each sector are classified to assess the prominence of market, social and environmental values in shaping food security initiatives.

This paper will add to the established literature on the role of the third sector in the era of fiscal restraint and deference to market-oriented public policy. It offers a sketch of the nonprofit actors active in the area of food security in Newfoundland and Labrador, increasing the visibility of this activity.

Keywords: food security; public policy; governance; food and environment; food literacy, advocacy, education

Film screening

Tables of Istanbul

Moderator: Eric Cheng

Film Director: Zeynep Kılıç

Runtime: 58 minutes

Tables of Istanbul captures the personal story of Zeynep Kılıç - a sociologist, immigrant, and passionate cook exploring food cultures in Istanbul (a.k.a. eating her way through the bustling city). The documentary investigates Turkish cuisine, Istanbul's place within it, and food movements through conversations with chefs, restaurateurs, researchers, food writers, activists and families.

“Like every immigrant, I have thought a lot about identity and belonging. But to be honest, it is only recently that I started thinking about how food fits into these concepts. Since I left Turkey years ago in search of different places and another future, the only constant in my life has been Turkish food. In America, I brought with me the need to come together around the table, always choosing dinner conversation over other activities and trying to recreate familiar tastes from around Turkey. Reminiscing about my homeland over food has become a constant in my life, so much so that foods I never ate while in Turkey, such as [kebab](#) or [baklava](#), have become dishes that I make at home or order at restaurants...

As a sociologist, seeing how my Turkish identity became sharper in the kitchen made me curious. But I only became aware of this phenomenon after I moved to Alaska. Living in a state with long and dark winters that limit agriculture made me realize what a privilege it was to come from a land where you can bite into sun-ripened grapes, fresh-picked cherries and tomatoes, right off the stalk. On the other hand, Alaska taught me the pleasures of eating fresh salmon you catch yourself or biting into a moose burger that may possibly be road kill, as well as the joys of picking blueberries or raspberries by the handful while hiking. I started to think that perhaps eating like a Turk while living in Alaska was absurd. Should I be combining Turkish tastes with Alaskan bounty in my kitchen? Or, perhaps as many of my American guests would secretly wish, should I stay as authentically Turkish as possible?

But what is on the ‘authentic’ Turkish table? *Kebab*? Is the Turkish kitchen in our minds simply a jumble of clichés? As I keep urging my students to stay away from generalizations, am I following my own advice?”

Excerpt from Huuffington Post (June 22, 2016) Source: http://www.huffingtonpost.com/sezin-koehler/towards-a-sociology-of-tu_b_10443792.html?utm_hp_ref=taste&ir=Taste

May 30, 2017 (Tuesday)

Concurrent session #6

Panel #18 Neoliberal Capitalism, Financialization and Resistance

Chair: André Magnan, University of Regina

Biofuels Neverland: Finding Access through the Global Value Chain?

Presenter: Christelle Genoud, University of Lausanne / Waterloo University

The 2007/2008 triple crisis (food, finance and environment) prompted a new wave of land grabbing brought about by speculation and raising food commodity prices. A wealth of researches highlighted the global and financial dimension of this latest wave of large-scale land acquisitions and critics condemned human rights violations prompted by the loss of access to land for local populations. At the same time, an increasing part of land grabbing is dedicated to flex crops (crops that can be used as food, feed or fuel) for the production of biofuels as a response to environmental issues and energy insecurity. However, few analyses have focused on the power relations that flex crops are bringing into the global value chain and how the relations of production they implement shape and are shaped by the global and financial dimension of land grabbing.

By shedding light on the phenomenon that we call “financialization of the biofuels global value chain”, we argue that the “win-win” discourse promoted by neoliberal institutions and according to which farmers should be integrated in the global value chain in order to benefit from the production of biofuels is falling short on rendering account of the loss of land access by small-scale farmers. The main contribution of this article is to analyze the flexible quality of the crops used to produce biofuels as an indicator of financialization and to shed light on how the financialization of the biofuels global value chain limit access to land for small-scale farmers.

Keywords: biofuels, flex crops, financialization, global value chain, land grabbing

Farmland values: Media and public discourses around farmland investment in Canada and Australia

Presenter: André Magnan, University of Regina

Since the mid-2000s, Canada and Australia have become attractive targets for institutional investment in farmland. Both countries have highly-industrialized, export oriented agricultural sectors, and, by comparison to other countries in the global North, low farmland values. As a result of these and other factors, a range of domestic and foreign investors including pension, sovereign wealth funds, private equity companies, and wealthy individuals have acquired large tracts of farmland in each country. These trends have sparked public controversies, which in turn have led to mild forms of re-regulation of farmland ownership regimes. I trace the development and characteristics of the ‘farmland controversy’ in each country through an analysis of media and public discourses between 2007-2014. The analysis focuses on competing discourses on the benefits and risks of farmland investment; the role of the state in regulating investment flows and farmland ownership; the motivations of financial investors; and the future of the agricultural sector. The analysis suggests that, while there is an overlap in some of the discourses mobilized in each ‘farmland controversy’, cross-national differences in political economy, culture, and institutional contexts have led to debates with different parameters in each country. The paper contributes to understanding the financialization of farmland as a process that is at once global and situated.

Make room for the shadow: change in the age of strategy

Presenter: Lilly Cleary, William Angliss Institute Melbourne Australia

Homo economicus takes centre stage in food studies. Clothed in a competitively-cut cloak of neoliberalism, he (sic) is energised by a monologue committed to dislocating questions of right, morality and common goods, with those of efficiency, personal responsibility and good governance (Brown, 2015). As such, his behaviours and rationalities are intimately linked to concerns about food security, safety, sustainability and (gastronomic) sustenance.

Hovering in the wings, *Homo Academicus* contemplates the merits of leaping on stage in order to publicly vanquish the arrant inconsistencies of neoliberalism; or intervening through engagement in alternative strategies designed to open the field of thinkable and possible actions. In the shadows, waits *Homo Strategicus*, ever-eager, through script and choreographed device, to orchestrate and render operable these deliberations, contestations, and imaginaries.

With stage set, this presentation considers the ways in which strategy, as a performance aimed at mobilising people, has become tangled up with the activities and aspirations of those seeking change in the food system. Tethered to and funnelled towards accepted (and acceptable) teleologies, temporalities and objects, strategy is neither a neutral tool nor mere technique (Kornberger & Clegg, 2011). Importantly, it acts to limit the ability of actors to step outside scripted modes of engagements - and the power relations that support them - into more reflexive, affective and creative engagements. Put another way, calls within food studies for embracing change in terms of “ways that will always be risky and for results that are always uncertain” (DuPuis, 2015), will mean facing-down the long shadow of Homo Strategicus, which on this account, looms larger than the common enemy, neoliberalism.

Keywords: neoliberalism, strategy, change, performance, uncertainty

Counter-hegemonic Organizing for Food Sovereignty in Canada: Farmers and the Complexities of Movement Building

Presenter: Bryan Dale, University of Toronto

In the midst of a dominant and expanding corporate food regime, food sovereignty struggles remain marginal in Canada. The concept has not gained significant traction, including in terms of influencing food and agricultural policies. Two key proponents for food sovereignty in Canada are the National Farmers Union (NFU) and Quebec’s Union Paysanne, both member organizations of La Via Campesina. This paper deals with the challenges and complexities these farmers’ organizations are facing in their efforts to advance food sovereignty.

I draw on primary research to highlight the importance of increased political education related to those struggles, both among farmers and more broadly within civil society, as a means to situate food sovereignty as a component of social transformation. After providing evidence of increasing politicization within some farming communities, including among those engaged with international peasant encounters, I then discuss the hurdles the NFU and Union Paysanne must overcome. These include factors that may obstruct discourses and organizing aimed at establishing food sovereignty as a pillar of counter-hegemonic struggles for system change. In particular, the organizations need to confront the reality that Canadian identities are very much shaped by capitalist subjectivities, which can often limit or inhibit movement building for food sovereignty. I also argue that climate change struggles, which also demand systemic changes, need to be linked with food sovereignty efforts—and that collaboration between environmental activists and farmers’ organizations may help forge alliances within civil society that can contribute to a transformation of the Canadian food system.

Keywords: food sovereignty, counter-hegemony, farmers, collaboration, capitalism

Panel #19 Experiences of and responses to individual and household food insecurity (Themed Panel)

Organizer/Chair: Elaine Power, Queen's University

“Because it’s more of a ‘shopping experience’”: How community food initiatives support the foodwork of mothers who live on low incomes—and who breathe the neoliberal air

Presenter: Mary Anne Martin, Trent University

Many community-based food initiatives or CFIs (such as community gardens, gleaning programs, cooking programs, and good food box programs) have revived an ethic of care in their provision of alternatives to the foodwork status quo. In their focus on food access, capacity building, and systems change, they collectively work to meet human food needs ranging from short- to long-term, and from physiological to cognitive, emotional, and social. It has been argued, however, that they have an emphasis on market logic, individualization, and privileging of the local that hinders their efforts to pose a true challenge to a neoliberal paradigm and supports a devolution of responsibility from the state to individual citizens. This presentation draws on an exploration of the influences and supports shaping the foodwork of Peterborough, Ontario mothers living on low incomes. I argue that, by providing them opportunities for market or market-like exchange, the exercise of choice, self-improvement, and belonging in an (albeit constructed) “local,” CFIs in effect start “where people are at.” Recognizing mothers’ needs in a neoliberal ethos may foster their social inclusion, bringing them to the CFI table. Here, CFIs’ inclusive and democratic principles may contribute to the foundations of an inclusive and meaningful conversation about the use of food as a tool for fostering social justice.

Keywords: individual & household food insecurity; low income; community food initiatives; social justice; neoliberalism

The Uses of Food Charity

Presenter: Elaine Power, Queen's University

Food charity, particularly food banks, remains the primary response to food insecurity, despite its demonstrated ineffectiveness. Critics charge that giving to charity allows us to continue “business as usual,” assuaging our guilt about the situations of the “less fortunate,” while fostering a sense of satisfaction that we have done a good deed, and hiding the depth of the problem under a smokescreen. Some recipients of food charity complain of stigma, humiliation, and feeling “lesser than” the givers, leading some to prefer the suffering of hunger rather than the indignity of food charity. But is all charity the same? Does some charity reconnect to its etymological roots of unconditional love and its association with justice? Can food charity foster compassion and social solidarity?

Can it promote political advocacy to address the roots of the problem, work towards social justice and undermine neoliberalism? Drawing on in-depth interviews with food charity volunteers, this paper will explore the uses, possibilities and limits of varieties of food charity.

Keywords: individual & household food insecurity; food charity; social justice; neoliberalism; volunteers

That’s when I send the kids to Grandmas’’: Fostering formal and informal social networks for food insecure households

Presenter: Susan Belyea, Queen’s University

In semi-structured interviews with 22 food insecure residents of Kingston, Ontario research participants frequently note that formal and informal social relationships are key resources for addressing food insecurity. Respondents discuss their participation in informal food economy activities, which includes bartering, buying, selling, and trading, and food sharing within family and friendship networks. They discuss the role that “good” social workers, doctors, and other agents of the state can play in helping them access programming that addresses food insecurity. Formal and informal social networks also play a role for sharing information about community resources, including services and sources for cheap and/or free food, for learning food preparation skills, and for lessening feelings of social isolation around food insecurity.

The effect of formal and informal social networks are hard to define and measure, however the frequent occurrence of these stories suggests that they are important when theorizing food insecurity. Does policy have a role to play in supporting social inclusion through fostering formal and informal social networks as a means of addressing food insecurity?

Keywords: individual & household food insecurity; low income; Social networks; informal food economy; social justice; neoliberalism

Exploring shifting foodscapes during the transition from homelessness to housing in Kingston, Ontario.

Presenter: Madison Hainstock, School of Kinesiology and Health Studies, Queen’s University

People who experience extended periods of homelessness, whose daily routines are often highly structured around securing basic necessities, exhibit a remarkable degree of agency and resilience in the process of procuring food. Within these geographies of survival, what happens in and along the way also becomes deeply embedded in complex relational and socio-cultural processes. Problematically, food procurement while living unsheltered is often instrumentalized within policy discourse in terms of availability or accessibility to charitable food services. By exploring people’s shifting food journeys during the transition from homelessness into permanent housing, this study aims to shed light on how daily activities revolving around food can impact a person’s sense of wellbeing and shape transition experiences. For this presentation, I will draw on

the first seven of approximately twelve in-depth interviews I have conducted with participants enrolled in a Housing First program in Kingston, Ontario. I argue that looking past normative understanding of housing provision as an effective health intervention can help unmask other effective makers of wellbeing that are enacted along people's everyday food routines and activities within an urban landscape.

Keywords: health and wellbeing, housing, foodscapes, geographies of survival, food charity

Panel #20 Alternative Farming System and Other Technologies

Chair: Wesley Tourangeau, University of Waterloo

Ecovillage food systems – opportunities for living and learning food sustainability

Presenter: Lisa Mychajluk, University of Toronto/ Whole Village ecovillage

Ecovillages are intentional communities that are self-organized and participatory, and that seek to model community and bio-regional resilience in an era of climate change and the decline of accessible, carbon-based fuels (Dawson 2006; Hopkins 2008; Liftin 2013). Furthermore, ecovillages are part of a growing, global eco-social change movement (Dawson 2006; Hawken 2007) striving for ‘one planet living’. Food – a fundamental necessity of life - is a primary consideration for one-planet living, and thus, is a central organizing concept for ecovillages. This presentation cycles through the ecovillage food system to identify how ecovillages, through their food-related practices - growing, buying, preparing, and eating – and also, through common strategies (e.g. permaculture, re-localization, re-skilling, cooperative business, communalism) - seek to support sustainable / regenerative local food systems (DeLind 2011). In addition, illustrating one of the fundamental attributes of ecovillages as places of living and learning (Dawson 2006), this presentation will highlight sustainable food-related educative and learning opportunities – formal and informal, and largely immersive – available to ecovillage residents and visitors.

Keywords: ecovillages; regenerative local food systems; sustainable food practices; community resilience; community-based learning

Engineering Design and Optimization of Energy Supply Systems for Large-scale Aquaponics Operations

Presenter: Austin Campbell, Milwaukee School of Engineering

Authors: Justin Johnson, Pawan Panwar, Teresa Schneider, Michael Wiznitzer, Cassandra Wright, and Christopher Damm (Milwaukee School of Engineering)

The Efficient Aquaponics Sustainability Effort (EASE) is an engineering design project that is focused on a 30,000 square foot aquaponics facility located in Kenosha, Wisconsin called Natural Green Farms (NGF). At full production, energy expenses to run the facility are estimated to be 30,000 USD/month while producing 10,000 lbs. of tilapia and 51,200 heads of lettuce per month. The goal of EASE is to improve the profitability and reduce the environmental impact of the operation by reducing the energy requirements of the facility while maintaining conditions that are near optimal for fish and lettuce production. The existing energy systems as well as new design ideas are being investigated and analyzed.

The project team is in the process of synthesizing and modeling multiple design alternatives, which are being evaluated according to their return on investment, reduction of greenhouse gas emissions, and ability to increase fish and plant production. The team has characterized the baseline energy use of the facility and is conducting feasibility studies on potential design alternatives. Once a final design choice is made, the team will move to the detailed system and subsystem specification and will conduct tests to validate the final design choice. Design concepts that are being explored include integrating renewable energy technologies into the energy supply systems (e.g. solar photovoltaics, solar thermal, and wind power). Implementation of atmospheric control systems, hydrolysis, and combined heat and power are also being investigated.

The presentation will cover the baseline characterization of existing (pre-retrofit) energy supply systems, an overview of feasibility studies performed for each design concept, details of the final design, and the results from the validation testing. A status update on client implementation of the proposed energy system design will also be provided.

The Tremendous Power of Individuals in Shaping the Production System of Ecological Agriculture: A Case Study in Nanjing, China

Presenters: Danshu Qi, University of Waterloo; Steffanie Scott, University of Waterloo; Ning Dai, University of Waterloo

Farmers have long been viewed as the vulnerable group whose means of production, farming decisions and behaviors, marketing and revenues are highly subjected to natural conditions and policy supports, and marginalized by capital operations. Even though scholars find it ameliorated through value-adding and empowering smallholders by the thriving of organic agriculture and alternative food networks (AFNs), some scholars suggest that the self-exploitation covers the reality, and some reveal that the amelioration happened in the global north do not appear in China. This study on ecological agriculture in Nanjing, China identifies a group of new farmers who reflects distinct features compared to the vulnerable impression on farmers. The new farmers are the emerging community with relatively high educational background and turning from different vocations to ecological agriculture as their new career. This study finds that: 1) new farmers are driven to ecological farming by personal pursuits and internal concerns; 2) they are innovating the production system of ecological agriculture in China, for example, by diversifying knowledge sources of ecological farming; 3) they are adopting multiple strategies to cope with the limitations to conduct ecological farming. Although in general, the current conditions for promoting ecological agriculture are far from fulfilled, such as lacking of sustainable seeds sources and a formal, widespread knowledge system, the new farmers still manage to achieve ecological farming and shape the production system through their tremendous individual power. Further research on the new farmers, and on the original farmers in comparison is appealed.

Keywords: ecological agriculture, new farmers, farming motivations, ecological farming knowledge

Navigating GMO discourse beyond the binary: Issues of complexity, chaos, and difference

Presenter: Wesley Tourangeau, University of Waterloo

After 20 years of debate over GMOs, much of the discourse surrounding agricultural biotechnology remains embedded in binary divisions such as safe/not-safe, sustainable/ unsustainable, necessary/unnecessary, and so forth. For instance, a key debate over the value and necessity of agricultural biotechnology is over its capacity to feed a growing population—GMOs are either capable of feeding nine billion people in 2050, or this capability is mostly rhetoric designed to maintain the illusion that GMOs are needed for addressing global hunger. Research is increasingly pointing to the importance of dealing with such complex problems with more open, plural, and dynamic approaches. This paper examines the complexity of agri-biotech issues, and how the effective governance of GMOs may necessitate a more contextually sensitive diversification of knowledge and value forms through more pluralistic participation processes that grapple with irreconcilable values and interests. I call for a more open, indeterminate, and ambiguous space for examining GMO debates, one that will permit greater sensitivity to context, reflexivity, and difference. Genetically modified Golden Rice (designed to combat vitamin A deficiency) is profiled to illustrate how polarized debates could be evaluated recurrently based on historical, cultural, and geopolitical conditions, and a multiplicity of constantly changing viewpoints. Drawing insights from complexity, chaos, and post-structural theories, this article pushes the boundaries of food scholarship, illustrating the importance of randomness, reflexivity, and ambiguity in political projects striving for a more food secure world.

Panel #21 Food sovereignty

Chair: Kristen Lowitt, McGill University

Farming with Horses and Carts: Examining the Impacts of Anabaptist Farmers on Local Food in Northern Ontario

Presenter: Sara Epp, University of Guelph; James Newlands, University of Guelph

As the cost of farmland in southern Ontario continues to increase, and new, younger farmers are unable to purchase their own land, many are seeking alternate locations suitable for agriculture. Northern Ontario, with an abundance of productive, less expansive land, has proven to be an opportune location for many farmers. In particular, over the past fifteen years, a significant movement of Amish and Old Order Mennonite farmers to northern Ontario has occurred. These farmers have increased access to local food, broadened the productive spectrum of crops and improved food sovereignty for many communities. Their impact on local communities has been significant, as has their impact on the broader farm community. Utilizing traditional farming practices, the Anabaptist community has significantly broadened the productive potential of northern farms, producing fruits and vegetables previously not grown locally. The potential to expand agriculture in northern Ontario is apparent and food sovereignty and security may be improved with the growth of this industry. As the potential movement of more Anabaptist farmers to northern Ontario is likely, it is important to understand their motivations to farm in the north and the challenges they incurred during and after this move. As part of this, this presentation will identify the impacts of Anabaptist farmers on both the production and consumption of local food in northern Ontario. Additionally, challenges regarding the expansion of agriculture in the north for Anabaptist farmers will be identified and opportunities to apply these lessons to the overall agricultural industry will be provided.

Keywords: Food security, food sovereignty, local food, agriculture, northern Ontario

Indigenous food sovereignty and fisheries access: Insights from the Great Lakes region

Presenter: Kristen Lowitt, McGill University

Indigenous communities have a long history of using diverse land and water resources to support nutrition and food access. In the context of significant disruptions to their traditional economies, cultures, and food systems, re-establishing traditional or 'country' foods is becoming a key pillar of food security and sovereignty for indigenous communities in Canada. This presentation will share emerging results from a participatory study undertaken with an indigenous community in the Great Lakes region exploring the relationship between the community's access to fishery resources in their traditional territory and outcomes for food security, including

culturally appropriate and nutritious diets and sustainable livelihoods. More specifically, the presentation will explore the inter-related legal and structural mechanisms influencing community access to fish, and put forward ideas for how fisheries management may better support indigenous food sovereignty. The talk will also offer methodological and ethical reflections on the process of doing research with indigenous communities.

Keywords: food security; governance; participatory research; indigenous communities

Who's land? Who's local? Complicating Settler Understandings of Food Systems in Canada

Presenter: Lauren Kepkiewicz, University of Toronto

How can food sovereignty movements work towards food system transformation in Canada? To answer this question, I argue that settler food sovereignty activists must engage with Indigenous calls to complicate settler assumptions about land and food systems within the context of the Canadian settler colonial state. Drawing from a series of interviews with food activists and academics who work with Indigenous and settler communities across Canada, this paper examines how these movement actors discuss settler relations with land and food systems. Findings suggest the need to understand the nature of settler occupation of Indigenous lands, including the role that agriculture plays in colonization, as well as the ways that settler food systems constrain Indigenous access to land and food. Findings also suggest the need to repatriate land to Indigenous communities, to interrogate settler understandings of local food that fail to go beyond the past century, to break down settler investments in private property, and to critically examine alternative land arrangements such as cooperatives, commons, and communal ownership models. Complicating settler communities' engagement with land and food systems in these ways is one key part of responding to Indigenous calls for settlers to shift their understandings and praxis of food sovereignty in Canada. It is also a vital part of changing settler relations with Indigenous lands and nations, without which it is unlikely that food sovereignty can be achieved.

Keywords: food sovereignty; settler colonialism; land; Canada; social movements

Pedagogy#1

Chair: Hugo Martorell, Concordia University

Growing Roots: Impacts of a newcomer nutrition program on attitudes, knowledge and food security status in Winnipeg's North End

Presenter: Amy Henderson, University of Manitoba

Many newcomers to Canada struggle with food insecurity and the health impacts of dietary acculturation, including increased risk for chronic disease. This action research project was designed to document the development, implementation and impacts of the Growing Roots newcomer nutrition program, designed to help immigrants and refugees adapt to healthy eating in Canada. The 8-week program was run in the North End of Winnipeg, an area with a large newcomer population, as well as high rates of poverty and food insecurity. Qualitative action research methods were used for data collection, including oral questionnaires, semi-structured interviews, observation, administrative data and field notes. Qualitative data analysis included coding, thematic analysis, memos, and member checking. Impacts of the program included: changes in attitudes, knowledge levels and behaviours with regards to adaptation to the Canadian foodscape, nutrition, food preparation methods, and grocery shopping practices; maintenance of healthy food traditions; and improved food security for some participants. Cross-cultural understanding and enhanced social networks were found as additional benefits. Knowledge translation will include ongoing implementation of the 'Growing Roots' program, a facilitation manual for educators, as well as a community celebration with past program participants and community members.

Keywords: Newcomers, food security, acculturation, nutrition education, food literacy

Breaking The Silos: A Social Innovation Approach to Tackling Food Waste in Canada

Presenters: Tammara Soma, Belinda Li, Rafaela Gutierrez

Food waste is a complex, multi-scalar problem with far reaching negative environmental, social, and economic impacts. In Canada, it is estimated that \$31 billion worth of food is wasted annually (Gooch et al, 2014). To address this growing problem, various policies and solutions have been proposed. This paper argues that careful consideration of the root causes of food waste and the stakeholders that are affected is important. Using a social innovation lab methodology, this paper presents preliminary findings from the first workshop organized by the Food Systems Lab, a one-year social innovation lab piloted in the City of Toronto. Thirty participants attended the Lab representing various sectors across the food system including retail, farming, food processing, food business, indige-

nous leader, faith leaders, chef, not for profits and more. The participants engaged in mapping exercises, exploratory “research missions” as well as intersectoral group projects. In addition, semi-structured key informant interviews were conducted with 42 stakeholders across the Greater Toronto Area to better understand the root causes of food waste. Findings from the lab answer the question of how food is wasted in the different sectors and identify barriers and opportunities faced by diverse stakeholders to reduce food waste. Some of the findings from this Lab challenge commonly accepted food waste prevention solutions such as promoting “ugly” fruits and vegetables or the emphasis on redistributing unwanted supermarket goods for the poor. The paper concludes that a social innovation lab is a useful pedagogical tool to promote collaborative intersectoral learning based on systems thinking.

Key words: social innovation, food waste, Canada, food system

Canadian food policy landscape: Mapping as methodology (Part 1 of 2: Food security, health promotion and governance)

Presenter: Hugo Martorell, Concordia University

The federal government is in the process of initiating a national food policy, opening new possibilities for engagement of civil society in the policy making process and addressing the inter-related issues of hunger, health and sustainability. However Canada has a relatively decentralized federal system, where provinces, territories and aboriginal governments are key arenas in the policy-making process and institutional capacity for policy change should not be over-estimated. In addition, food governance is shifting simultaneously from national/ government to global/ private and local/ community levels (Marsden 2000, Boulianne 2016). The regional disparities, siloes and unclear jurisdictions add complexity for activists, students and scholars wishing to better understand food policies and what shifting to a “partner” or “entrepreneurial” state might come to mean in Canada. This research project is born out of a partnership between Food: Locally Embedded Globally Engaged and Food Secure Canada. In this presentation, we will (a) introduce the methodology for developing a dozen ‘food policy maps’ on key issues, (b) explore in more detail maps in the light of policy dilemmas and (c) provide space for constructive criticism and further use. The first out of two parts focuses on policy interventions in food security and health promotion.

Keywords: Food policy, food governance, community-university research

Teaching Food Insecurity: The Social Assistance Food Budget Challenge

Presenter: Alexandra Rodney, University of Toronto

This paper describes the development of an assessment tool designed to help undergraduate students at the University of Toronto engage with the topic of food insecurity and understand the experience of living with food insecurity. The assignment was designed for a Sociology course titled “Canadian Foodways” and was based on the Welfare Food Challenge created by British Columbia anti-poverty organization Raise the Rates. In this paper, I detail the construction and outcome of the “Social Assistance Food Budget Challenge”, an experiential learning activity involving students living on a social assistance food budget for one week. This assignment was in line with one of the course objectives for Canadian Foodways: developing an understanding of how institutionalized inequality limits financial access to food for the poorest Canadians. To demonstrate how this course objective was met, I will provide a summary of eight students’ reflections on the assignment. Students’ experiences were remarkably similar to those identified in research on Canadians dealing with food insecurity. This assignment has implications for understanding how course-based experiential learning can be incorporated outside of the classroom and how students can make connections between individual experiences of inequality and broader food politics.

Keywords: food insecurity, food studies, food education, pedagogy, experiential learning

Concurrent session #7

Panel #22 Global Food Value Chains

Chair: Rita Hansen Sterne, University of Guelph

Food value chains from the farmer's perspective

Presenter: Monika Korzun, University of Guelph

Many claim the industrial food system has complicated the supply chain, adding a large variety of actors, such as wholesalers and distributors that result in weaker local food systems. Direct marketing has often been promoted as the best alternative to the industrial distribution system. However, there have been numerous innovative entrepreneurs that do not fit in neither the industrial nor direct marketing models. Food value chains have been developed as a response to the increasing demand for food that is differentiated from products of the industrial system but that place value on quality of food, fair compensation to farmers and promoting social improvements. Food value chains have been increasing around Canada. Online distribution channels, grocery stores and mobile markets have sprouted to meet the demand of local and ecological food while handling high volumes of quality food and aiming to build sustainable local food systems. Although some research has been done to demonstrate the benefits of the food value chain on farmers economically and on consumer satisfaction, little qualitative research examining the motivations, opportunities and challenges of farmers participating in food value chains have been recorded. In-depth interviews with farmers will identify reasons in partaking in food value chains, their perceptions of opportunities and challenges as well as their opinions about the food value chain generating social benefits of developing strong local food systems.

Keywords: food value chain, producers, retailers, local food systems, southern Ontario

Innovation and Collaboration: Robotics and Value Creation in Ontario's Greenhouse Vegetable Value Chain

Presenters: Rita Hansen Sterne, University of Guelph; Erna van Duren, University of Guelph; Medhat Moussa, University of Guelph;

Innovation is necessary to sustain the success of organizations over time. Recently, however, literature has suggested that sustained firm success may also arise from competitive value chains rather than competitive firms; some suggest that collaborating to innovate in value chains may also be important way to create value for society, particularly in complex and unpredictable environments. This presents a complex problem for organizations: How can managers assess the collaborative value creation opportunities that may

result from innovation? As part of a larger project looking at value creation from robots able to detect disease early and predict yields in vegetable greenhouses, this research conducts a detailed examination of the greenhouse vegetable value chain in Ontario, Canada to consider threats to and opportunities for collaborative value creation. Strategic management tools are used to examine the greenhouse value chain from the perspective of growers: a description of opportunities and threats arising from external and industry environments; an analysis of the cooperative potential or competitive threat for stakeholder relationships; an examination of resources and capabilities across business activities that present strengths or weaknesses; and, a discussion of strategic options available to Ontario growers. Results suggest new ways to approach and understand value creation in a greenhouse value chain. Results also suggest collaborative strategies for growers that may contribute to continued growth and strength in a sector that sustainably produces healthy and local food for Canadians.

Keywords: innovation, value chains, collaboration, value creation, complexity

Supporting value chains for women farmers and entrepreneurs in Vietnam: results of the ECOSUN baseline project impact evaluation

Presenter: Fiona Yeudall, Ryerson University

The ECOSUN project aims to reduce levels of food and nutrition insecurity in Lao Cai, Lai Chau and Ha Giang (Vietnam) by establishing local production of fortified complementary food using locally grown crops through small scale food processing (SSFP) plants and by strengthening local distribution channels. Lead project partners, Vietnam's National Institute of Nutrition (NIN) and Ryerson University's Centre for Studies in Food Security, are utilizing a food systems approach to enhance agricultural livelihoods and household food security of small scale women farmers through their integration into the supply chain. By increasing the availability of fortified complementary foods, the project aims to positively impact food and nutrition security of infants under 2 years. NIN and their business subsidiary NINFoods developed and field tested fortified complementary foods made from local ingredients and developed value chain partnerships. The baseline survey included over 800 child/caregiver pairs. Interviews assessed KAP related to infant feeding practices, gender (Abbreviated Women's Empowerment in Agriculture) and socio-demographic indicators. Household food security was assessed using validated scales. Nutrition Security was assessed via IYCF core indicators, child anthropometric and hemoglobin measures. Data analysis is ongoing at the time of writing of the abstract. Funded by the International Development Research Centre and Global Affairs Canada from the Canadian International Food Security Research Fund (CIFSRF).

Keywords: agricultural value chain, food and nutrition security, Vietnam, food systems approach

Sustainable Diets in Toronto

Presenters: Anneke Hobson, Renita Lam, Vincent Ng, Maryanne Page, Anna Richardson, and Kate Mulligan (University of Toronto)

Through a graduate course on food systems, Toronto Public Health requested that five Master of Public Health (Nutrition) students investigate city-level strategies to promote sustainable diets. In support of Toronto Public Health's Climate and Health Action Plan, we summarised the current state of knowledge in sustainable diets, and recommended city-level strategies for promoting dietary patterns associated with lower greenhouse gas emissions. Our research found gaps in public health action around the world, despite a strong, consistent body of evidence.

Canadian diets have substantial impacts on climate change, which will in turn affect our food system, farming livelihoods, and food security. Over the past 15 years, environmental research has confirmed places along our food supply chains with the greatest greenhouse gas emissions, and how we can have the greatest impact in reducing them. Raising livestock, especially ruminants (cows, goats, and sheep) for beef, dairy, and other animal products, is much less efficient than growing plant crops. Canadian food choices can drive change in food production through consumer demand. Reducing meat and some types of dairy, for example, would have a much greater impact on natural resource use, greenhouse gas emissions, and environmental pollutants than other dietary changes, such as organic or local foods.

Toronto is well positioned to lead the way in sustainable eating. There is a need to better understand how sustainable diets intersect with culture, nutrition, and the social determinants of health to help identify actions that could be effective in enabling behaviour change.

Keywords: Nutrition, food production, climate change, sustainable diets

Panel #23 Social Economy, Social Enterprises, and NGOs

Chair: Elizabeth Kristjansson, University of Ottawa

A Participatory Evaluation of a 12 Month Food-Based Social Enterprise Program for Marginalized Youth

Presenter: Aganeta Enns, University of Ottawa

Co-authors: A. Enns, E. Kristjansson, M. Bania, M., J. Brierley

Social enterprises (SEs) involve business activities with social purposes. Participation in SEs has been linked with increased employability, confidence, and can contribute to building social capital. However, there is little evidence examining the SEs in the food system: particularly those run by youth. This presentation focuses on Thirteen Muesli, a SE for marginalized youth facilitated at a community Food Centre in Ottawa, Ontario. This program provided participants with training, support, and experience in operating a food business; the youth also received mentoring from local chefs. We aimed to describe participants' experiences as they moved through the program, including changes in employment-related skills and experience, social networks, and self-confidence. Our sample included thirteen youth involved with the Thirteen Muesli program who participated in semi-structured interviews conducted at baseline and at the end of the year-long program. They also engaged in a year-long Photovoice project. Thematic analysis was conducted to synthesize the data. The majority of participants reported increased confidence in their potential to find and keep a job. The participants discussed improved food-related and entrepreneurial skills. Additional emergent themes included improvements in social connections, self-efficacy, career aspirations, and increased attention on healthy eating. Thirteen Muesli participants reported gaining employment-related skills and experience in operating their food-based SE, which may contribute to decreasing social vulnerability. The present findings contribute to the emerging literature on the impact of food-based SEs. These results can be used to inform decisions on expanding food-based social enterprise programs, particularly for marginalized youth.

Keywords: Social Enterprise, Food-based Enterprise, Youth, Evaluation, Photovoice

Investigating the Availability of Farmers' Markets across Rural Communities in British Columbia?

Presenters: Amirmohsen Behjat, Husson University; Aleck Ostry, University of Victoria; Christina Miewald, Simon Fraser University; Bernie Pauly, University of Victoria

Farmers' Markets are known as one of the major healthy food providers in rural and urban areas. Moreover, recent studies have indicated that farmers' play an important role in deprived communities where conventional food system is disrupted. However,

in rural British Columbia, farmers' markets do not operate in deprived communities with no or very limited geographic access to supermarkets and grocery stores are. The main goal of this study is to understand which communities in terms of socioeconomic, geographic, and demographic factors, farmers' markets are more likely to serve in rural British Columbia. Thus, the addresses of rural farmers' markets (n=53) were obtained from BC Association of Farmers' Markets and geocoded into the British Columbia map based on Dissemination Areas (DAs) as the geographic unit of analysis in this study. Then, a binary logistic regression was performed to investigate the association of regional socioeconomic and demographic variables with the odds of availability of farmers' markets at DA level in rural British Columbia. The dependent variable in the model was the availability of farmers' markets and the independent variables are Deprivation Index (DI), Metropolitan Influenced Zone (MIZ), and population of each rural DA. The results of this study indicated that the presence of farmers' markets is not associated with socioeconomic and geographic characteristics of rural communities in BC, but farmers' markets tend to operate in more populated rural communities in BC. The findings suggest the collaboration of government officials and municipalities with BC Association of Farmers' Markets (BCAFM) to set regulations and financial incentives to promote the operation of rural farmers' markets in deprived communities with lack of access to supermarkets and grocery stores.

Keywords: Farmers' Markets, rural British Columbia, logistic regression, Spatial Analysis, ArcGIS

Leveraging community-campus partnerships for systems-scale change: Adapting the Real Food Challenge to Canada

Presenter: Celia White, Meal Exchange

Collectively, colleges and universities across North America spend over \$5 billion to feed their students every year. Over the past three years, Meal Exchange has been adapting the Real Food Challenge, a U.S.-based movement to shift \$1 billion of campus food purchases towards food that is sustainable, socially just, humane and healthy. This presentation will explore Meal Exchange's unique approach to leveraging academic partnerships to adapt this U.S. program to the Canadian context.

Meal Exchange staff and students will share how the organization was able to develop a model for diverse academic engagement including community service learning, academic advisors and student research. Through this process, Meal Exchange has created six academically-rigorous and robustly informed position papers which have set the foundations for the Canadian Real Food Guide. Student and faculty research, paired with community input is creating the foundations for our Real Food Challenge which will assess millions of dollars of campus procurement every year.

This session will provide insight for anyone interested in institutional-procurement, large scale food systems change and community-academic partnerships.

Keywords: community service learning, real food challenge, academic collaboration, local food, social justice

Photovoice as a tool for participatory evaluation of Community Food Security interventions

Presenter: Elizabeth Kristjansson, University of Ottawa

Co-authors: A. Enns, M. Ellis, P. Milley, T. O'Sullivan

Photovoice provides marginalized people with cameras so that they can represent themselves and what is important to them in a creative way. Photos are a good way to communicate with the public and decision makers; they are interesting to people, capture attention and transcend language. Photovoice has been used extensively for needs assessments; its use as an evaluation tool has been less well documented. In this presentation, we will reflect on the pros and cons of using Photovoice in two evaluation projects. **Methods.** We used Photovoice to evaluate a Social Enterprise (SE) for youth run by a novel food bank and in a pilot evaluation of this Food Centre. Thirteen youth participated in the SE evaluation, while four of eight adult clients completed the Food Centre evaluation. Participants in each project took photos and came together bi-monthly to co-operatively discuss themes. We took extensive notes in each meeting; we also taped client Photovoice meetings.

Results: Some people were deeply engaged; others found it difficult to stay involved due to adverse life circumstances. The adult clients who persisted became a close knit group, providing each other with positive feedback, social support and advice. Meetings with youth were less cohesive although some youth were very engaged. Both groups produced thoughtful work that illustrated strengths of the food centre. However, it was more difficult to identify areas for improvement through use of this method. The public display of the photos provided a platform for participants who wanted to tell their stories to feel empowered to do so. **Conclusion:** Photovoice is very time and labour intensive, although quite rewarding and meaningful for participants, researchers, program delivery agents and donors. Researchers involved in evaluation studies should ensure that Photovoice is congruent with their needs and goals.

Panel #24 Cooking, Gardening, and Acquiring Food Skills

Chair: Rhian Atkin, Cardiff University

Food Network's Food Career Frenzy? An Examination of Motivations to Attend Culinary School

Presenters: Ryan Whibbs, George Brown College; Mark Holmes, George Brown College

Many have commented on the degree to which food medias and the Food Network—including its Canadian counterpart, Food Network Canada—have motivated individuals to attend cooking school. If we are to read current press, a large number of voices indicate that there is a shortage of cooks due, in part, to unrealized quests for fame and celebrity on the part of contemporary youth ([Baker](#), 2016; [Kummer](#), 2016; [Meehan](#), 2016; [Mintz](#), 2016; [Spitz](#), 2015; [MacDonald](#), 2013). This may be true for some new cooks, although currently these discussions take place in the absence of reliable data. More importantly, there is not currently a manner in which to evaluate the relative power of traditional and non-traditional influence brokers in the process of making culinary vocational choices.

This paper presents preliminary findings of a new study currently underway at the Chef School, George Brown College, Toronto. Part of the study is designed to offer insight into the influences that compel students to attend culinary school. Additionally, since cooking school is often a stepping stone into other food-related occupations, the study assesses what Ontario culinary school students hope to do with their culinary educations in the future. Our findings indicate that culinary students arrive into culinary school due to a large number of influences, and seek to go on to a number of careers beyond cooking alone.

Keywords: culinary, education, motivation, media, career

Community collaboration in research on food, identity and migration

Presenter: Rhian Atkin, Cardiff University

Portuguese migration to North America has a long history, with sizeable communities established in eastern Canada and the USA. Taste, memory and geo-emotional association marks the food culture of these migrant communities, yet there has been little academic study of food and foodways in the Portuguese migrant experience until now. How can we elaborate, in linguistic terms, the tastes, smells and textures of dishes as they travel across cultures? Beyond ingredients, what changes what remains in the affective and emotional material of the dish? In this paper, I will outline and reflect on community cooking and eating as a method of embodied research, to explore the memories and associations of specific foods and dishes the first-generation migrants from the Azores, Madeira

and continental Portugal. The research aims to develop ways of knowing and understanding that can be put to use to tell the micro-histories of diverse migrant groups and processes of acculturation and change in situations of mobility.

Keywords: food cultures, migration, taste, memory, research methods

An Assessment of the Newfoundland and Labrador (NL) School Food

Environment

Presenter: Emily Doyle, Memorial University of Newfoundland and Labrador

This presentation highlights some of the main findings from an assessment of the Newfoundland and Labrador (NL) school food environment. To define the school food environment I use an ecological health framework. This framework allows for a complex analysis of key stakeholder interviews and a province wide survey of principals. This highly contextualized analysis helps to illuminate how the social, material, biological and cultural realms all inter-mingle to sometimes positively, sometimes negatively transform the food environment that is defining the learning and living environment of future generations of this province. Some important issues uncovered (which echo the experiences of schools across the country and the world) are the changing nature of the school food environment in an increasingly occupied society where there is often less time in the home environment spent acquiring food skills and eating habits. These changes are accompanied by the increasing normalization and consumption of industrially processed foods due to their convenience, ubiquity or cost. Some schools in the province (often with the help of community and government organizations who identify food and diet as a major health concern for young people) are resisting and responding to these trends. This assessment allows for an analysis and explanation of how these contextualized responses can potentially lead the way towards more ecologically and culturally appropriate adaptations to school food in NL.

Keywords: NL, school food environment, complexity, ecological public health, adaptations

Poutine Dynamics

Presenter: Nicolas Fabien-Ouellet, University of Vermont

Taking everyone by surprise, poutine—an unpretentious Quebecois dish originally made of fries, cheese curds and brown gravy—found its way onto the Canadian State Dinner menu organized by the White House in March 2016. Drawing on my personal relationship with poutine, this paper intends to expose how poutine has managed to enact a form of social mobility. The tasting experience of poutine is first deconstructed through its taste ‘on the tongue’ and its taste as a dynamic social process, to investigate poutine’s pal-

atability and mainstream appeal. Through this tasting analysis, poutine emerges as a new(er) and distinct way to consume food that is increasingly adopted and adapted. A working definition of poutine as a new dish classification label in its own right (just like sandwiches, dumplings, soups, flatbreads or sushi) is proposed. The social mobility of other foods (e.g. lobster, kimshi, garlic, and sushi) is further explored, before discussing how poutine is also connected to a stigma, which weakens the agency of the Quebecois. Using the social identity theory, it appears that Quebecois youth are dismissing this ‘poutine stigma’ through a revaluing approach, which resembles a reappropriation of poutine, not necessarily linguistically (as seen with ‘black’, ‘queer’, or ‘geek’), but rather in a culinary fashion. Coupling poutine’s sociohistorical stigma and its growing Canadization (that is, the presentation, not the consumption per say, of poutine as a Canadian dish), two related situations—the ongoing process of poutine culinary appropriation and the threat of Quebecois cultural absorption by Canadians—are exposed.

Keywords: Poutine, Quebecois, Reappropriation, Cultural Appropriation, Dynamic Contrast

Panel #25 Indigenous Food Systems

Chair: Monica Cyr, University of Manitoba

The adoption of Indigenous ‘super foods’ into mainstream diets and food production systems

Presenter: Susan Machum, St. Thomas University

This paper explores the relationship between the production and distribution of three Indigenous ‘super foods’ — wild blueberries, maple syrup, and fish — in the diets of Indigenous peoples in the Maritime provinces and the larger public. The paper takes a sociological approach to investigate how the production and distribution of these products has changed over time. Using mixed methods — key informant interviews, statistical data, historical accounts, and content analysis of healthy diet advice, it explores the extent to which these foods remain part of local Indigenous diets, and the extent to which they have been ‘colonized’ by the industrial food system for production and distribution into ‘healthy’, ‘elite’ diets.

Keywords: Indigenous food, multiple methods, changing diets, social inequality, food production and distribution systems

Honoring the Grandmothers (Re)membering, (Re)learning, and (Re)vitalizing Metis Traditional foodways

Presenter: Monica Cyr, University of Manitoba

Co-Author: Joyce Slater, University of Manitoba

Métis food like the Métis peoples of Canada are distinct and as such gratitude is offered to the participants who have shared their recipes and stories so that the knowledge gathered can be passed down to younger generations.

This project explored cultural foodways and protocols with respect to traditional Métis cuisine with the intent of honoring women who are the culinary vessels in the home. Understanding the dynamic complexities of Métis peoples, the first children of Canada, is critical as they possess distinct culture, language, heritage, art and customs; however, due to a series of historical and contemporary colonial events, many traditional practices, including foodways, have yet to be (re)membered (re)learned and (re)vitalized. This research was informed by an Indigenous and feministic lens. Twenty- one people who identify as Métis were interviewed. The in-depth semi-structured interviews used a qualitative research approach. Results from this project suggest that many Métis families are rooted in their culture and practices related to Métis foods. Although others are not as connected to the recipes they grew up on they have expressed willingness and desire to reestablish family recipes and food protocols if food accessibility in an urban setting were possible. The goal of this research is to ensure that the knowledge (data) acquired will be used in a way that is beneficial to the Métis

people, families and communities in urban Winnipeg and rural Manitoba. Sharing cultural food ways and practices will have a positive effect on overall health and well-being because food has the capability of not only nourishing the body but the Spirit as well.

Exploring decolonization and settler dietary choice

Presenter: Julia Russell Jozkow, Laurentian University

The historical linkages between colonialism and agriculture in Canada have been well established and recently explored by authors such as Daschuk (2014). Within the literature, less attention has been focused on the relationship between large scale industrial agriculture of today and Indigenous food sovereignty. However, there is literature concerning the impacts of consuming the Standard American Diet (SAD) on both Indigenous and non-Indigenous people alike. Generally, within mainstream Canadian society diets are in flux, in part due to confusion surrounding dietary information and a treadmill of emerging dietary trends. Public attention is turning questions such as, ‘what is a sustainable diet?’, ‘what is a local diet?’ and for Indigenous peoples, ‘what is a traditional diet?’, ‘how can we reclaim our health and wellbeing?’. The answer for some Indigenous people and communities has been the decolonization of food systems. In this paper, I explore the logical next question: what is a decolonizing diet from a settler perspective? This exploration will draw on critical social theory and the literature of Indigenous food sovereignty. It will include an examination of industrial agriculture, and the implications to Indigenous food ways, issues of land usage and change, as well as human health and well-being. In particular, I will focus on one dietary trend, veganism, and explore where veganism may fit in relationship to the decolonization of settler diets.

Keywords: decolonization, dietary choice, food systems, veganism, settler people

‘Beets are the solution!’: White Saviours, Food Insecurity, Indigenous Peoples, and Northern Canada

Presenters: Kristin Burnett, Lakehead University; Barbara Parker, Lakehead University

The conditions of food insecurity in the North are not new, and Indigenous activists and community members have long been working to address the situation in ways that makes sense culturally, socially, and politically, as well as hold the federal government and corporations accountable. However, the last six years has witnessed a growing public dialogue about the extraordinarily high cost of food in the Far and Provincial Norths. Correspondingly, this dialogue has sparked increasing interest from academic and civil society communities who want to ‘help’ northerners. Many of the solutions, however, are not rooted in the community or driven by local needs. Instead, many of the initiatives reflect the perspectives of non-Indigenous people and what they regard as the ‘right’ solution,

which are usually short-term and fail to address the structural causes of food insecurity. Further, they reinforce racist and colonial stereotypes of Indigenous people as unable to manage their own affairs, make 'good' choices, and live healthy lifestyles.

This paper explores recent undertakings by both academic and non-academics to resolve food insecurity in northern Canada. It seeks to complicate these efforts by suggesting that we need to move away from solutions that merely reproduce age old colonial relationships wherein Indigenous bodies are pathologized and Indigenous people need to merely be educated about the 'right way' to do things.

Pecha Kucha

There are 10 presentations in this panel. Each presentation will be given in a “chit-chat” style. Pecha kuchas comprise five-minute presentations with 15 slides each exhibited for 20 seconds. Presenters are advised to use the auto-advance mode in Powerpoint, Keynote, or Prezi. In this type of session, many can share their discoveries through visual representations. The 5-minute time limit is tightly managed and presenters will be stopped when they reach this point. At the end of the session, a short time will be available for discussion with presenters and participants. Questions and answers are left for session participants to pose directly to presenters.

Chair: Eric Cheng (University of Calgary)

Public-Private Partnerships for Healthy Farms, Healthy Foods and Healthy Kids. Can It Be Done?

Presenter: Melody Mendonça, Ryerson University

This pecha kucha consists of a 5 minute presentation on the “ECOSUN – Healthy Farms, Healthy Foods and Healthy Kids” project in Vietnam. The ECOSUN project uses a partnership model between Vietnam's National Institute of Nutrition (NIN), Ryerson University and the private sector to improve food security and nutrition in women and children. The project is being implemented in Northern Vietnam where nearly one-third of children under the age of two are malnourished due to high rates of poverty, lack of dietary diversity, low rates of exclusive breast feeding and suboptimal nutrition of weaning foods. The project aims to increase food and nutrition security by building the capacity of women farmers to increase crop productivity, income and integration into food value chains while also supporting access to culturally acceptable fortified foods and increase in knowledge of complementary foods during weaning.

By means of the pecha kucha this session will talk about: 1) the food systems model and market-driven approach developed to engage local businesses to scale-up production of fortified complementary foods for children through local small-scale food processing facilities; 2) The involvement of Vietnam Women’s Union and other stakeholders to train farmers in sustainable agricultural practices and 3) NIN’s innovative social franchising approach through nutrition counselling centres to promote uptake of the complementary fortified foods to improve child nutrition and feeding practices.

Defining Success in Building a Sustainable Food System

Presenters: Peter Andrée, Carleton University; Omar Elsharkawy, Carleton University

As academics, much of our time is spent preparing for, and participating in, conferences. Understanding how conferences can concretely create change in the food system is thus important.

To build a more sustainable food system, those hungry for change need to present and outline goals for those with power to alter the food system. In hopes of creating a food system that works better for everyone, we can work with institutional actors such as the Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA) to understand how to prioritize sustainability. One way to incorporate sustainability in policy and programming is through evaluation, by defining appropriate indicators of success. In this Pecha Kucha presentation, I will share results from a project which worked to outline indicators of success for a more sustainable food system in Eastern Ontario. The researches worked with OMAFRA and used the Eastern Ontario Local Food Conference (EOLFC) as a case study. A new conference evaluation tool was developed for OMAFRA which responds to the question: How do we know if our time at food conference(s) is contributing to greater sustainability in the food system? This research was informed by extensive review of literature, grounded in sustainable livelihood analysis, as well as qualitative data from interviews with academics, community members, and Ontario Ministry of Agriculture and Rural Affairs (OMAFRA) personnel.

Keywords: Evaluation, Knowledge Mobilization, Conference Impact

Making a Menu: Nellie Lyle Pattinson's Canadian Cook Book

Presenter: Jennifer O'Connor, Queen's University

In 1923, Canada's premier cookbook was published: *Nellie Lyle Pattinson's Canadian Cook Book*. A standard reference for newlyweds and home economics students, it remained a bestseller for decades. Ryerson wanted a cook book that would reflect Canadian nationalism and chose Lyle (then Director of Domestic Science at Toronto's Central Technical School) to edit. Throughout its history—the last edition was published in the 1990s—the *Canadian Cook Book* reflected the role of gender, science and economics in society. This was the first Canadian text to emphasize principles of home economics: budgeting, menu planning and precise recipes (“one teaspoon”, not “a bit of”). Seasonal foods, preserving methods and balanced nutrition were emphasized. By mid-century, there were more recipes for previously expensive ingredients, such as chicken, and illustrations were provided by brands such as Baker's Chocolate Chips, Campbell's Soups and Robin Hood Flour. Regional dishes—baked cod tongues, tortiere, ptarmigan breasts—were

included, as were Italian, Chinese and Hungarian recipes. The book emphasizes women's role, opening with a list of rules for "the cook in her kitchen". These include cooking with "clean hands and a clean apron".

I have a *Canadian Cook Book* from 1963 (the 28th printing). I will be cooking from it throughout this year: my first meal will be a blue cheese ball, followed by beef stew with cornmeal dumplings, and cupcakes with petit four frosting. In this presentation, I will relate my experience cooking to some of the key themes of the text. My question for the CAFS assembly will be: What would a *Canadian Cook Book* look like today?

Keywords: gender, culture, cookbooks, literacy, history

A scoping review of food-related interventions on post-secondary campuses

Presenters: Kirsten Lee, Goretty Dias, Jackie Stapleton, Leia Minaker, Tanya Markvart, Steffanie Scott, Karla Boluk, Sharon Kirkpatrick (University of Waterloo)

Background: Academic institutions have unique opportunities to engage young adults in critical thinking about food by exposing them to food systems that promote health and environmental sustainability. Such exposure can be complemented by educational initiatives that explore the contemporary food system and its implications for health and the environment. We conducted a scoping review to characterize existing research on interventions to support healthy and environmentally-friendly food-related practices on postsecondary campuses.

Methods: Keywords related to healthy eating, sustainability, interventions, and post-secondary institutions were used to search four academic databases for peer-reviewed articles published from 2000- 2016. After screening, 39 articles were identified and reviewed. Interventions were categorized using the NOURISHING framework and examined for attention to health and the environment.

Results: Within the 39 articles reviewed, 35 interventions were identified; these tended to focus on education, the provision of nutrition information (e.g., labels), and point-of-purchase initiatives. One intervention—an on-campus course—addressed both environmental sustainability and health. However, the majority of interventions targeted individual dietary change more specifically without addressing the environmental implications of eating patterns. The remaining four articles identified the need for a framework to support the assessment of campus food systems.

Conclusions: Within the peer-reviewed literature, research on food-related interventions on postsecondary campuses appears to be narrowly focused on dietary change at the individual level. Efforts to identify effective strategies to shift campus food systems to bet-

ter support goals associated with both health and environmental sustainability are needed; such efforts may benefit from comprehensive campus assessments.

Keywords: food sustainability, food choices, young adults, post-secondary, eating behaviours

Brokering Community Academic Collaboration in support of Food Sovereignty

Presenters: Amanda Wilson, Food Secure Canada; Charles Levkoe, Lakehead University

There is growing and vibrant discussion on the values, challenges and opportunities of community-campus partnerships in pursuit of social and ecological change. In particular, important questions have been raised pertaining to issues of capacity, power and tangible benefits within these relationships. The practice of partnership brokering has emerged as a potential response to some of these challenges. These brokers often act as linchpins to the success of the overall partnership by supporting and nurturing relationship building, increasing the capacity for research outputs and improving the overall experience of collaboration.

Building on key insights garnered through Phase 1 of the Community First: Impacts of Community Engagement (CFICE) project, this presentation will outline the work of the Community Academic Collaborative for Food Sovereignty. In partnership with Food Secure Canada, this initiative is a new model of partnership brokering, focused on building capacity for supporting community-driven policy processes. As the federal government is in the early stages of developing a national food policy, the present moment offers an important opportunity for community-academic partnerships to contribute to meaningful policy change. We will illustrate what a “community first” partnership brokering model might look like, and explore the complex interconnections, and at times tensions between the priorities, perspectives and constraints of both community and academic research and action partnerships.

Keywords: community-academic collaboration, national food policy, community-first, food sovereignty

Healthy Eating and the Social Media Landscape

Presenters: Andrea Noriega and Fleur Esteron; Carleton University

Healthy eating can be challenging to define; it may seem elusive, nebulous, and amorphous. While dietary advice attempts to delineate a paradigm for what ought to constitute healthy eating, the general public may not necessarily turn to government resources as a source of information. For instance, Health Canada’s (2015) reports that the *food guide* is the fourth source of information Canadian’s turn to for information on healthy eating. It is preceded by the Internet, family/friends, and television shows. Our presentation will focus on the Internet as a source of information and will consider the ways in which healthy eating is represented through social

media platforms (e.g. Pinterest, Facebook, YouTube). We are interested in the landscape of healthy eating representations and our presentation aims to highlight the visual representations of healthy eating. In addition, we question whether these representations complicate the public's understanding of healthy eating and the professional's and government's role in enforcing healthful practices. Although it can be argued that these visual representations are manifestations of professional dietary advice, it can become compounded when hashtags such as "gluten free", "paleo", or "vegan"/"vegetarianism" are synonymized with the term healthy eating. The implications of this association further delineates competing narratives of healthy eating.

Seed Freedom: Dispatches from a Growing Movement

Presenter: Jodi Koberinski

I have been working to transform food systems since the mid-1990s. As author of Canada's contribution to Navdanya Institute's 2014 "Citizen's Report on Seeds" and a participant in the launch of the Seed Freedom Campaign at Navdanya's research farm in India in 2012, I have had the great fortune to both observe and co-create this movement with colleagues around the globe. From the First Global Meeting for the Commons and the Peliti Seed Festival in Greece to back room meetings with Ministers and lobbyists, I have gained firsthand experience and gathered stories from front line protectors and Seed Guardians. Now, as a scholar seeking to put this lifetime of engagement in food sovereignty, earth democracy, and social justice to use, I am at the University of Waterloo to explore whether the current approaches to industrial production of pulses (grain legumes including lentils, dried beans, peas, and chickpeas) contribute to both climate change and human rights violations. My scholarship will then seek to explore a path forward to transition towards agroecology with pulse crops at the centre of these new systems. While my scholarship is a comparative analysis of industrial and agroecological production and the implications for the nations to whom we export, I am seeking to deliver my Pecha Kucha on the Seed Freedom Campaign - and the role of scholarship in supporting transformative movements.

Framing beer within a feminist political economy lens

Presenter: Chloé Poitevin DesRivières, Carleton University

Beer is historically enmeshed in food systems, as it provided people with an important source of nutrients. Once a small-scale activity traditionally associated with women's labour (through social reproduction), brewing now predominantly takes place at an industrial scale -- largely controlled by globalized corporate entities (macro-brewing). Similar to the response of local food movements to global industrial agriculture, small-scale craft breweries attempt to establish production and distribution processes that situate in specific localities, and support social and ecological sustainability. By invoking discourses of local food, craft brewers attempt to distinguish themselves from corporate macro-brewers. This paper examines these distinctions through a feminist political economy lens, to discern the ways in which food system processes, localization discourses, and brewing practices (re)produce notions of gender, race and class. Understanding food, and beer, in this way reveals how local food discourses establish notions of difference in relation to conventional food systems, and how they play a part in including and excluding different economic and socio-cultural realities.

Keywords: Localization; gender; craft beer; food movements; food culture

Are Youth Protein Recommendations Too Low? Food Health & Nutrition, Food as Medicine, Food Choices Among Children and Youth

Presenter: Linda Gillis, George Brown College

Insufficient data exists on protein balance in youth. The aim of this study was to 1) determine amount of protein necessary for positive protein balance in obese adolescents and 2) determine the effect of protein consumption, in the form of milk, combined with exercise on whole body protein balance (WBPB). Fifty-five participants (n=35 girls, n=20 boys, 9 to 15 years of age) were randomized to receive milk or placebo beverage post exercise. To determine WBPB, participants consumed oral doses of ^{15}N -glycine with urine being collected at four time points. Milk consumption continued for two days post intervention. Prior to treatment, 38% of the 55 adolescents were in negative protein balance despite an average protein consumption of 0.97 g/kg. Post treatment all of the participants had a positive WBPB with the provided healthy diet and exercise intervention. Of the total 220 urine collections, 1.087 ± 0.0267 g/kg protein was required for positive protein balance. The MILK group maintained more fat free mass and had a greater loss in percent body fat. WBPB was greater after training 7 days in the MILK group compared with controls (1.64 ± 1.1 vs. 0.84 ± 0.6 , MILK and CONT respectively, $p < 0.001$). In the ensuing two days, the MILK group continued to be in a more positive WBPB compared to the controls. Current protein recommendations may be insufficient, and these data support the consumption of extra protein, in the form of milk, after exercise to aid in WBPB and preservation of FFM in a short intervention.

Keywords: protein balance, pediatric, obesity, treatment, milk

The Canadian Beef Disadvantage: Marketing Beef in Canada

Presenter: Kelsey Speakman, York University

At the heart of its marketing efforts for the Canadian beef industry, Canada Beef's "Canadian Beef Advantage" outlines components of Canada that make the country an ideal place for beef production. From Canada's vast landscapes to its hardworking citizens, Canada Beef positions Canada itself as the source of the high quality of Canadian beef. In a climate of rising consumer concern about the ethics of beef production and increased competition from the United States, maintaining positive connections between beef and Canada has become imperative for the Canadian beef industry.

What national narratives does Canada Beef's "Canadian Beef Advantage" campaign reproduce in selling Canadian identity as an integral component of the country's beef industry? As part of a larger project that explores the sustainability of the Canadian beef industry, this presentation undertakes a critical discourse analysis of Canada Beef's marketing materials, which interrogates the nationalist rhetoric that the organization presents. The industry's idealization of beef as a Canadian product relies on a homogenous vision of Canadian people and a limited conception of local food. Beef cattle are not indigenous to Canada, and their production depends on a migrant workforce. In celebrating the heritage of Canadian beef farmers, the campaign obscures the uncomfortable origins of ranching in Canada, which saw the eradication of bison populations with whom indigenous peoples had a crucial relationship. Acknowledging the ongoing environmental, social, and cultural repercussions of industrial beef production, the presentation observes that Canada Beef perpetuates colonial perspectives on food and agricultural animals in Canada.

Keywords: beef, marketing, Canada, indigenous, colonialism

Concurrent session #8

Panel #26 “Witchy” Approaches to Teaching Food Studies (Themed panel)

Moderator/Chair: Kelly Donati

Presenters: Lilly Cleary, Kelly Donati and Nick Rose

This panel reflects on the development and delivery of a new undergraduate food studies program at William Angliss Institute, a vocational training institution traditionally focused on cookery and hospitality, but has more recently entered into a neoliberal higher education sector that claims to produce graduates ready to serve the needs of industry. Amidst contemporary debates about the future of the rapidly changing nature of vocational institutions in Australia, we believe that the etymological root of a ‘vocation’ – that is, *vocare* or, in other words, to call or to invoke – has been lost.

In developing Australia’s first Bachelor of Food Studies, we optimistically shared the view alongside Fabio Parasecoli that its positioning within a vocational institution may be fortuitous for disrupting the epistemological disconnection between ‘intellectual and manual expertise’ (2013) and in revitalising the notion of *vocare*—that is, to call or invoke. Our question, and our challenge, was this: can a Food Studies degree within a heavily market-oriented institutional context meaningfully contest the ongoing instrumentalisation of higher education?

Enter the role of the witch as a potentially potent pedagogical and heuristic device. The witch occupies multiple and divergent positions in western history: venerated as a practical sage in the vocational arts of healing, reviled as an heretical practitioner of de-ranked bodies and minds, symbolising patriarchal oppression in the violent beginnings of capitalism during the centuries-long witch-hunt, and, more recently, reclaimed as an agent of resistance against the subjugation of embodied forms of knowledge within dominant epistemological and political-economic systems (Federici 2004).

In this panel we reflect on the ways in which our first, 2016 cohort of students were introduced to the witch, and how, with subsequent cohorts of students, we can begin more explicitly and systematically to incorporate the witch across the curriculum from multiple and layered perspectives: historical, political-economic, gender, sensory and "microbiopolitical"(Paxson 2008). We consider how making our food studies curriculum more ‘witchy’ may open spaces for unsettling ‘certain’ knowledge, revealing hidden assumptions and, in the process, disrupting disciplinary boundaries which effectively isolate knowledge-based learning from the experiential.

References:

Federici, S. (2004). *Caliban and the Witch: Women, the Body and Primitive Accumulation*. Brooklyn, NY: Autonomedia.

Parasecoli, F. (2013, October 27). The liberal artisan: food studies and higher education. *Huffington Post*. Retrieved from http://www.huffingtonpost.com/fabio-parasecoli/the-liberal-artisan_b_3817231.html.

Panel #27 Multi-media Food Dialogues, Intergenerational and Intercultural Food Legacies (Themed workshop)

Coordinator/Chair: Deborah Barndt, York University

How are grass-roots food activists, from both settler and Indigenous communities, passing on their passions to younger generations? What can they learn from each other? Two Ontario-based women offer us hope as they transform the corporate food system at two ends of the food process: a Muskoka area farmer with her hands in the soil, and a Six Nations woman whose kitchen and table is the site for recovering traditional Haudenosaunee foods and teaching children cultural values. Throughout 2016 we filmed them and others inspired by their work in Quebec, BC and Mexico; some common themes have emerged from exchanges among them. We will seek feedback on short videos that are to become part of a proposed multi-media platform and educational package, and share our reflections on the challenges of decolonizing our intercultural process.

We propose this as a workshop under the category of “themed panels.” Other participants will include members of the production team and key subjects in the videos.

Keywords: food sovereignty, multi-media, Indigenous perspectives, intergenerational learning, Canada-Mexico relations

Panel #28 Food and Cyberspace

Chair: Alyson Holland, McMaster University

You are what you Tweet: The role of social media in nutrition messaging

Presenter: Alyson Holland, McMaster University

Social media is emerging as the dominant method of online information sharing. Dependent on peer networks, social media can be used to disseminate information quickly through large numbers of people, as seen in the ALS ice bucket challenge. This makes social media a potential mechanism for knowledge translation, especially for young adults who are the primary users. Social media represents an important medium for dissemination of osteoporosis education to young adults, who have been excluded from previous prevention programs. This study evaluated the use of social media as a tool for disseminating targeted nutrition information to young adults. Interviews were conducted with 60 male and female young adults in Hamilton, Ontario, on their nutrition information-seeking practices and social media use. Analysis of the interviews revealed that young adults had mixed perceptions of social media, with the majority viewing it negatively as a source of information, while also recommending it as a tool for increasing awareness. Information shared by peers, catchy titles, and claims of better health were viewed as more likely to be read, while lists of facts, fear-based messages, and information from professional associations were viewed negatively. Young adults indicated they did not actively search for information on social media, but instead received information passively through peer networks. These results suggest that social media represents a potential method for delivering nutrition information to young adults, but more research is needed to ensure delivery and framing of messages that is compatible with young adult use patterns.

Keywords: Nutrition; education; social media; knowledge translation; young adults; qualitative

Evaluating a Smartphone-Based Nutrition Intervention in an Adolescent Population

Presenter: Sarah Cappuccitti

Authors: S. Cappuccitti, D. Tobin, A. Clark, C. O'Connor, S. Doherty, P. Wilk, R. Sadler, J. Gilliland (Western University)

Diet quality is a modifiable risk factor for several critical health conditions facing Canadians today. In an effort to promote healthier diets among Canadians, a local food messaging app called SmartAPPetite was developed to provide users with credible nutrition information approved by a registered dietitian. This presentation reports findings of a pilot study using SmartAPPetite as a dietary intervention for adolescents. An eight-week pilot study was run with 60 student participants (ages 14-17 years) in a London, On-

tario high school to evaluate user recruitment and retention strategies, study tools, and various app elements. Participants were asked to use the app for eight weeks and to fill out a survey before and after the study to help assess the usability of the survey and measure responses to food preferences, behaviours, and food literacy. Of the 60 participants, 80% stated that engagement with the app benefited them in some way, and 98% stated that they would recommend the app to a peer. Statistical analysis showed trends towards increased fruit, vegetable and water intake, and a decrease in sport drink, chocolate, and candy consumption. These trends suggest that prolonged use with the app could have the potential to elicit positive impacts in diet quality. In conclusion, smartphone apps provide an appropriate medium to provide adolescents with credible information on healthy living and healthy eating. Additionally, further studies with larger sample sizes and prolonged duration should be conducted to determine further effects on adolescents eating behaviours, food literacy, and purchasing habits.

Keywords: Smartphone, Adolescent, Food Literacy, Local Food, Nutrition

Food Quality in the Canadian North: A discussion of retail food quality issues from posts on the Feeding My Family Facebook group

Presenters: Kelly Skinner, University of Waterloo; Erin Pratley, Lakehead University; Kristin Burnett, Lakehead University

There is mounting anecdotal evidence of poor retail food quality in the Canadian North, yet there has been relatively little corresponding research exploring this issue. Drawing on one year of posts from the Facebook group Feeding My Family (FMF), we explore concerns about retail food quality. FMF is a Facebook group that originated in Northern Canada in order to raise awareness about the high cost of food in northern communities. Posts on the FMF page also address issues of food quality, particularly about the quality of the meat, produce, and processed and canned foods available in retail outlets in the North. Group members expressed concerns over the high cost of foods, including those that appeared to be spoiled, and the impact of this on their food security. Members also sought advice about the preparation, storage and consumption of foods that were of questionable quality. Based on discussions that took place on FMF, and the complex ways in which food quality intersect with food choice, cost and household level food security, the authors think there is a pressing need for further research. Additional research into how retailers make decisions about pricing and product choice in the North is also needed. In this paper, we identify potential food quality issues that can be the basis for future research, as well as discuss the broader health and food security implications of our findings.

Keywords: Food Security; Northern Canada; Food Quality; Indigenous; Public Health

Panel #29 Nutrition and Health

Chair: Shawna Holmes, University of Guelph

Improving food access for those living with chronic kidney disease and restricted diets in remote First Nations in Northwestern Ontario

Presenters: Rebecca Schiff, Lakehead University; Holly Freill, Thunder Bay Regional Health Sciences Centre; Volker Kromm, Thunder Bay Regional Food Distribution Association; William McCready, Thunder Bay Regional Health Sciences Centre and Northern Ontario School of Medicine; Victoria Schembri, Lakehead University

The lack of fresh, healthy, and affordable food of good quality in northern indigenous communities has been linked to rising rates of chronic illnesses such as cardiovascular disease, diabetes and some cancers [5-14]. The alarming findings are that food insecurity has been shown to be tightly entangled with impaired well-being among First Nations peoples in Canada [2]. Limited access to healthy foods and poor nutritional health is of particular concern for those living on restricted diets, including people living with end-stage renal disease (ESRD). Residents of remote First Nations are particularly impacted by availability, quality, and cost of store-bought foods [2]. Past research [2-3] has revealed significant concerns related to the quality of perishable foods found in local stores; residents of remote First Nations report poor availability and selection, indicating that there is rarely enough variety of fresh fruits and vegetables available for purchase. High food costs, limited selection, and poor food quality are critical issues for persons living with ESRD and associated dietary restrictions. The presentation describes a nutritional program designed to improve food access for persons living with ESRD on remote First Nations in Northwestern Ontario. We also describe in progress research, and preliminary findings, aimed at evaluating the impact of this program on participants' health and quality of life.

Keywords: First Nations, Northern, Chronic Disease, Food Security

Extra-Curricular Snack Time: The Key Role of Nonprofit Nutrition Programs in School Food Environments

Presenter: Shawna Holmes, University of Guelph

Each of the ten Canadian provinces and Yukon Territory has a regulation addressing the nutritional quality of foods and beverages available for sale on school property in an attempt to increase student access to healthful food and beverages on school property. Because these regulations apply only to products sold on school property, they do not contribute to the consumption of more nutritious food and beverage products as students still bring food from home, or can purchase less healthful foods off of school property. This

research highlights the important role of nonprofit school nutrition programs have in the school food environment, while suggesting how the subnational jurisdictions of Canada may partner further with these groups to improve nutritional health and education for young people across the country. Content analysis of the nutrition regulation documents and semi-structured interviews with those involved in the development and/or implementation of those regulations revealed that in many cases, nonprofit child nutrition organizations have been instrumental in nutrition education and access to nutritious foods in their schools. In some cases, it is these organizations that lobbied subnational jurisdictional governments to develop the nutritional regulations. Further, these programs offer snacks and meals that comply with the regulations at no or low cost to students, often accompanied with opportunities to improve food literacy and to socialize. These organizations provide important educational and health services to many students in ways the regulatory levers are unable to.

Keywords: School food environments; school nutrition programs; nutrition education; nongovernmental organizations

“We just eat what we want and we don’t last long”: Experiences of changing food environments in South Africa

Presenter: Jo Hunter-Adams, University of Cape Town

South Africa is one of many low-and-middle-income countries with a double burden of undernutrition and overnutrition. Given vastly improved access to HIV treatment, there is growing attention to non-communicable diseases in South Africa, and to obesity as a risk factor. However, there is limited knowledge on how South Africans relate weight, diet and health. This paper therefore considers urban township residents’ complex perceptions of changing food environments in relation to weight and health. These perspectives were gathered via observations, three-part oral histories (n=20), and focus group discussions (n=9) with 78 study participants. Interviews and focus groups were transcribed verbatim, and coded thematically.

While participants presented multiple interpretations of a “healthy” diet, hunger and dietary monotony were a defining memory. These memories co-existed with romanticism over the health-giving qualities of the food that was available in rural areas participants that originated from. Participants enthusiastically endorsed a narrative of urban food as unhealthy and a need for personal restraint. However, the quasi-universal ideal of elusive dietary restraint and prudence, as adopted by township residents, I argue, does not seem to facilitate better health. Given the limitations of narrow public health conceptualizations of obesity and non-communicable disease, and recognition of the moral, socio-political dimensions of obesity, Nussbaum’s capabilities approach may offer a promising framework through which to foreground socioeconomic inequality as a driver of relationships between food and poor health. While empirical findings are based in South Africa, I connect findings to broader debates around food and health in the context of urbanization.

Keywords: Food environment, oral history, South Africa, nutrition transition, migration

Wading out of the food swamp

Presenter: Sarah Elton, University of Toronto/ Munk School of Global Affairs

A growing body of literature is exploring the connection between the retail environment and (un)healthy diets in North America. Scholars have coined the term 'food swamp' to describe neighbourhoods that are dominated by unhealthy retail food outlets. As a metaphor, foodswamp evokes the unhealthiness of the food found there, speaking to notions of disease and even social taboo that have been associated with the swamp for centuries. However, an ecohealth approach to the discourse of the retail environment that considers a multispecies perspective finds the term food swamp unable to offer insight into the problems underlying the industrial food system's failure to connect with its ecological base and promote population health. Rather than being a threat to health, swamps, or wetlands, are landscape features that provide ecological services upon which human health depends. The presentation will draw on key concepts from the ecological public health literature (ecohealth) and from multispecies studies to demonstrate that, by transforming the discourse and avoiding use of a term such 'foodswamp', we can begin to better understand the crisis of nutrition and ill health associated with the industrial food system's distancing itself from its ecological home.

Keywords: food swamp; retail environment; ecohealth; health promotion; ecological public health

Pedagogy#2

Chair: Eric Ng, University of Toronto

Teaching Food Sociology to Non-Sociology Students using Gamification: A Personal Reflection

Presenters: Monika Korzun, University of Guelph/Ryerson University; Donna Appavoo, Ryerson University

As instructors of an elective course on sociology of food at an urban university, the classroom provides a unique opportunity to leverage a diversity of food-related knowledges, interests and experiences. Students registered in the course come from diverse disciplines. Several challenges to teaching this course include large classroom sizes as well as students' diverse levels of knowledge and interests about food related issues. Food scholars demonstrate that food is not only an *object* of learning, but also a *vehicle* for learning. Learning about food and through food is most effectively accomplished when approached in a way that leverages a diversity of perspectives using an interdisciplinary approach. Gamification or game-based learning addresses some of the challenges faced by the instructors while encouraging diversity in perspectives and backgrounds. Game-based learning platforms, like Kahoot!, facilitate more concurrent and inclusive classroom participation. Research suggests gamification yields several benefits in higher-education settings, including reduced anxiety about learning, increased enjoyment and a sense of community in the classroom, which all improve higher-order thinking. This tool encourages students to participate anonymously while motivating, challenging and engaging them regardless of background. This presentation will outline the experiences and personal reflections of two instructors who have found gamification to be a useful tool in receiving feedback, assessing knowledge and interest levels about food sociology in a diverse and multidisciplinary classroom.

Keywords: Sociology of food, higher education teaching, student-centered learning, gamification, interactive learning environments

Experiential-Reflective learning in a graduate dietetics food systems course

Presenter: Eric Ng, University of Toronto

Co-authors: Ann Fox, St. Francis Xavier University; Donald C Cole, University of Toronto; Ashley Motran, University of Toronto

Dietitians are increasingly involved in the intersections between food systems and nutritional health. As a required Food Systems course in the Master of Public Health (MPH) Nutrition and Dietetics Program, we aimed to incorporate food systems concepts in dietetic education consistent with professional competencies.

Innovative course components consisted of field visits including an urban farm and a large corporate food distributor headquarters, and "real world" projects with community partner organizations. Bookend assignments required students to create a framework representing their initial understanding of a food system based on prior experiences coming into the course and a reflection on their original frameworks at the end, indicating how course readings, field visits, and other learning experiences altered their thinking. Further, they reflected on the implications of their food system understanding for their role as nutrition professionals in bringing about change. Student learning was assessed based on the degree to which new insights about the food system were incorporated into a revised or, in some cases, substantially recreated framework. Through the course, students demonstrated enhanced understanding and insights into the following: complexities of food systems from local to global contexts, role of the numerous food systems actors involved, systems approach to food, and opportunities for food systems change.

Keywords: Food system, dietetics, nutrition, community-engaged learning, competencies

Canadian food policy landscape: Mapping as methodology (Part 2 of 2: Local food systems, sustainable agriculture and governance)

Presenter: Hugo Martorell

The federal government is in the process of initiating a national food policy, opening new possibilities for engagement of civil society in the policy making process and addressing the inter-related issues of hunger, health and sustainability. However Canada has a relatively decentralized federal system, where provinces, territories and aboriginal governments are key arenas in the policy-making process and institutional capacity for policy change should not be over-estimated. In addition, food governance is shifting simultaneously from national/ government to global/ private and local/ community levels (Marsden 2000, Boulianne 2016). The regional disparities, siloes and unclear jurisdictions add complexity for activists, students and scholars wishing to better understand food policies and what shifting to a "partner" or "entrepreneurial" state might come to mean in Canada. This research project is born out of a partnership between Food: Locally Embedded Globally Engaged and Food Secure Canada. In this presentation, we will (a) introduce the methodology for developing a dozen 'food policy maps' on key issues, (b) explore in more detail maps in the light of policy dilemmas and (c) provide space for constructive criticism and further use. The second out of two parts focuses on policy interventions in local food systems and sustainable agriculture.

Keywords: Food policy, food governance, community-university research.

Poster session (Sunday, May 28 – Monday, May 29)

Presenters need to print their own posters. The display board offered by the Ryerson U is (8 ft x 4 ft). Posters should be 36" X 48" or 91.5 cm x 122 cm with regular margins of 1" or 2.54 cm. Please bring your poster to POD 252 on May 28 and take it away by 16:30 on May 29. Presenters and audience are welcome to interact on both May 28 and 29, but no poster tour will be organized.

Scaling Up Local Production of Fortified Foods in Vietnam to Improve Food Security and Nutrition

Presenter: Melody Mendonça, Ryerson University

In Northern Vietnam, nearly one-third of children under the age of two are malnourished due to high rates of poverty, lack of dietary diversity, low rates of exclusive breast feeding and suboptimal nutrition of weaning foods. To tackle these issues in a systematic and sustainable manner, researchers at Ryerson University and the National Institute of Nutrition (NIN) in Vietnam have developed a food systems model and market driven approach to scale up production of fortified complementary foods for children (instant pabulums and instant flours) using locally grown crops.

The poster will showcase a two year collaboration between the institutions, aimed at increasing food and nutrition security by building the capacity of women farmers to increase crop productivity, income and integration into food value chains while also supporting access to culturally acceptable fortified foods. The scaling up strategy has three components: 1) the direct procurement of crops from small-scale women farmers; 2) the decentralized production of fortified complementary foods for children in small-scale food processing (SSFP) facilities; and 3) the distribution of the SSFP products using nutrition counseling centers and local private sector sellers. The poster presentation will share learnings from the project in testing and implementing the food systems model on the ground and provide an opportunity for the exchange of ideas and knowledge on strengthening local food systems in a global context; and discuss promoting food security among vulnerable groups in developing countries in the context of growing globalization of food systems and their social, health, and environmental impact.

An investigation of women's experiences seeking pregnancy-related nutrition information in Ontario, with an emphasis on online resources.

Presenter: Andra Snyder, University of Guelph

Background: Proper nutrition during pregnancy is vital for the health of both the mother and baby, yet the diet quality of pregnant women in Canada is typically low to poor. Prenatal education by health care professionals is also lacking, causing women to turn to written sources of information. In particular, the internet is becoming a popular source for prenatal nutrition advice. There are, however, no studies to date on the information-seeking behaviours of pregnant women in Canada.

Objectives: To gain a better understanding of where/when Canadian women search for pregnancy-related nutrition information, as well as what their experiences are like seeking this information, in order to create more effective resources in the future.

Methods: Online questionnaires will be used to ask pregnant women in Ontario what sources they have used to find pregnancy-related nutrition information, and when during the pregnancy they have searched for this information. Semi-structured interviews will subsequently be conducted with 12-15 primiparous pregnant women from Ontario to gain a more in-depth understanding of their experiences with seeking prenatal nutrition information online.

Results: This research project is currently in progress and there are no results thus far. Preliminary results should be known by early Spring, which can be presented at the conference.

Keywords: prenatal, nutrition, health, education, information-seeking

A scoping review of food-related interventions on post-secondary campuses

Presenters: Kirsten Lee, Goretty Dias, Jackie Stapleton, Leia Minaker, Tanya Markvart, Steffanie Scott, Karla Boluk, Sharon Kirkpatrick (University of Waterloo)

Background: Academic institutions have unique opportunities to engage young adults in critical thinking about food by exposing them to food systems that promote health and environmental sustainability. Such exposure can be complemented by educational initiatives that explore the contemporary food system and its implications for health and the environment. We conducted a scoping review to characterize existing research on interventions to support healthy and environmentally-friendly food-related practices on postsecondary campuses.

Methods: Keywords related to healthy eating, sustainability, interventions, and post-secondary

institutions were used to search four academic databases for peer-reviewed articles published from 2000- 2016. After screening, 39 articles were identified and reviewed. Interventions were categorized using the NOURISHING framework and examined for attention to health and the environment.

Results: Within the 39 articles reviewed, 35 interventions were identified; these tended to focus on education, the provision of nutrition information (e.g., labels), and point-of-purchase initiatives. One intervention—an on-campus course—addressed both environmental sustainability and health. However, the majority of interventions targeted individual dietary change more specifically without addressing the environmental implications of eating patterns. The remaining four articles identified the need for a framework to support the assessment of campus food systems.

Conclusions: Within the peer-reviewed literature, research on food-related interventions on postsecondary campuses appears to be narrowly focused on dietary change at the individual level. Efforts to identify effective strategies to shift campus food systems to better support goals associated with both health and environmental sustainability are needed; such efforts may benefit from comprehensive campus assessments.

Keywords: food sustainability, food choices, young adults, post-secondary, eating behaviours

A place to cook: A scoping literature review

Presenter: Lindsey Vold, University of Saskatchewan

Co-author: Wanda Martin, University of Saskatchewan

Background: There has been a growing concern about health equity in public health systems worldwide. It is well known that the primary drivers shaping health are not medical treatments or genetics, but the living conditions imposed upon us. Housing and food insecurity are pervasive problems in North America, but the relationship between both is not well understood and is often targeted in silo interventions. The study objectives are to identify literature gaps in the housing and food literature, identify research and public health interventions targeting both determinants, and recommendations on how to address health equity from an intersectoral approach.

Methods: We used Arksey and O'Malley (2005) scoping literature review design and Dahlgren & Whitehead's (2007) Social Determinants of Health as a conceptual framework.

Results: Proponents of housing and food insecurity are vast, with major determinants being income, social support network, housing type and tenure, individual health, and the built environment. Pathways to address housing and food insecurity require coordinated efforts and a transition to system level change.

Conclusions: Housing and food are basic life supports. Healthy housing is the next step in socially just and environmentally friendly housing that promotes social cohesion. There is growing need to address the effects of housing and food insecurity with coordinated efforts. If reducing inequities is a health and population challenge worth striving for, political and structural change is essential. Intersectionality, social justice, and intersectoral collaboration are potential avenues to contribute to health equity.

Keywords: Food security, housing security, social determinants of health, literature review, public health

Our Food Our Health Our Culture: Evaluating project outcomes for cross-cultural learning, youth food skills, and land-based education

Presenter: Kelsey Evans, Food Matters Manitoba; Rob Moquin, Food Matters Manitoba

Food Matters Manitoba's Our Food Our Health Our Culture program is creating environments where traditional and healthy foods are valued and accessible. As the program embarks on its third phase and fifth year of operation, this evaluation summarizes key progress made to date in the areas of cross-cultural learning, youth food skills, and land-based education. A mixed method approach was used to highlight both the breadth of program participation and the depth of participant experience. Quantitative data were gathered in program event and attendance logs, and a comparative analysis was used to determine change in program uptake and impact over time. Qualitative data were gathered in facilitator observation notes, participant feedback surveys, and semi-structured interviews with key stakeholders, and were coded using grounded themes. The results suggest a clear demand for the programs offered, as well as observed benefits to participants. To ensure long-term sustainability, the program must build community capacity for program delivery and coordinated efforts will be necessary to mitigate the often-prohibitive costs of land-based education activities.

Keywords: food skills, land-based education, nutrition, youth, evaluation

Edible Ethnicities: Defining Authentic Filipino Food in Edmonton

Presenter: Kevin Chavez Laxamana, University of Alberta

The way we consume food has changed dramatically. We can now eat without going grocery shopping, heating our stove tops, or even without leaving our houses. In Edmonton, a city mainly composed of ethnic immigrants, tickling one's palate with flavours of different ethnic cuisines around the world has never been easier. In recent years, Filipino food is gaining traction both from Filipino migrants and non-Filipino foodies alike. With approximately 40,000 Filipinos living in Edmonton, Filipino cuisine is now making its way to the Edmonton food scene. But, what is Filipino food? To answer this question, consider this: Imagine a Malay cook with a

Spanish roommate with a Japanese best friend taught by a Chinese chef with a love affair for everything American and you will begin to understand what Filipino food is all about. Filipino food is a real mixture of cultures influenced by its long histories of colonization. This research seeks to answer the question of ethnic food *authenticity* by looking at Filipino restaurants in the multicultural city of Edmonton (in Alberta, Canada). As such, this research will present three different strategies Edmonton Filipino restaurants employ in serving authentic Filipino food items: (1) *traditional*, (2) *modern*, and (3) *traditional-modern*. Research findings hope to show how food authenticity, in this case, Filipino cuisine, is re-branded to appeal to the masses – both to Filipino and non-Filipino customers in a Canadian city

Guidelines of chairing/running a panel

- 1) Unless a panelist is absent, all presentations should follow the order in the program.
- 2) Each panel is assigned 1.5 hours. For panels of 3 presentations, each presentation should not exceed 20 minutes. For panels of 4 or 5 presentations, each presentation should not exceed 15 minutes. There should be 15-30 minutes for Q&As.
- 3) The chair will find a folder on the podium in the classroom. This folder will include this chairing guideline and time cards (5 minutes, 3 minutes, 1 minute, and 0). If a presentation runs over the allotted time, the chair should politely stop the presenter. This ensures that other panelists have enough time to present their work.
- 4) Please leave the folder (and all documents) in the room for the next chair.
- 5) NO discussant is assigned to panels, except those arranged by the themed panel organizers.
- 6) The classrooms are equipped with basic AV system, projector, and a computer. If you are using your own laptop for presentations, you must bring the appropriate convertors to connect it to the projector. However, presenters are **STRONGLY ENCOURAGED** to load their presentations on USB keys.
- 7) Roundtables may have different formats and the roundtable organizers should inform the panelists and audience.
- 8) Please refer to the program for guidelines on Pecha Kuchas and poster presentations.

Canadian Association For Food Studies

Canadian Association for Food Studies (CAFS). CAFS was founded by academics and professionals from governmental and community organizations interested in promoting interdisciplinary scholarship in the broad area of food systems: food policy, production, distribution and consumption.

On April 19, 2005, a number of academic and community based researchers from Ontario concerned with food security had a meeting at Ryerson University. This was a regional meeting to discuss developing a proposal for an interdisciplinary national research program. Participants decided to organize an association to promote critical, interdisciplinary scholarship in the broad areas of food production, distribution, and consumption. The proposed organization, the Canadian Association for Food Studies (CAFS), aimed to allow researchers from diverse disciplines working at universities as well as public and community based organizations to meet regularly to identify research priorities and to share research findings on diverse issues dealing with food security concerns.

Mission

The Canadian Association for Food Studies (CAFS) promotes critical, interdisciplinary scholarship in the broad area of food systems: food policy, production, distribution and consumption. CAFS recognizes the need for coordinated interdisciplinary research efforts in response to societal needs for informing policy makers, assessing the outcomes of community-based work, and demonstrating the environmental and social impacts of changes affecting food systems and food policies. Members are drawn from an array of disciplines including (but not limited to) adult education, agriculture, anthropology, economics, environmental studies, health studies, home economics, human nutrition, geography, philosophy, policy studies, public health, rural studies, sociology, social work and urban planning. Membership is open to academics, students, professionals and others interested in food studies research. CAFS encourages research that promotes local, regional, national, and global food security, but does not advocate or endorse specific policies or political platforms.

Make a submission to the CAFS Journal

Canadian Food Studies is now accepting submissions for upcoming issues. Research articles, field narratives, digital works, reviews: all welcome!

Conference Organizing Team (12th Annual Assembly)

In alphabetical order:

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Margaret Bancarz (Ryerson University)

Members:

Donna Appavoo (Ryerson University)
Samantha Chow (Ryerson University)
Amanda Jekums (Ryerson University)
Monika Korzun (Ryerson University)
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Members:

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Barbara Parker (Lakehead University)
Rita Hansen Sterne (University of Guelph)

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Fleur Esteron (Carleton University)
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Distinguished Lifetime Achievement Award

Dr. Mustafa Koc, Ryerson University

Student Paper Award

Nicolas Fabien-Ouellet, University of Vermont. "Poutine Dynamics" (will be presented in Panel #24)

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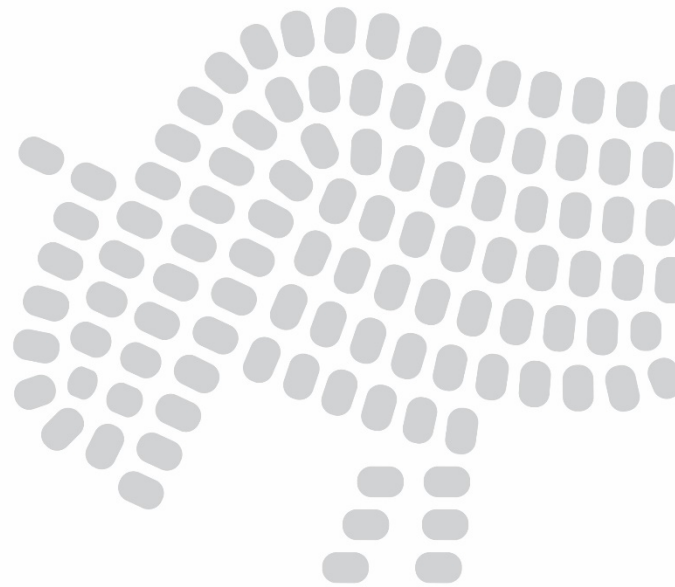
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