

l'Association
canadienne des études
sur l'alimentation



Canadian
Association for
Food Studies



Canadian Association for
Food Studies
17th Annual Assembly
May 12–14, 2022
virtual

L'Association canadienne des
études sur l'alimentation
17e assemblée annuelle
12 au 14 mai 2022
virtuel

program/programme

Transitions to Just and Sustainable Food Systems / Transitions vers des systèmes alimentaires justes et durables

Tweet & Tag your conference experience using social media!
Tweetez et taguez votre expérience de conférence en utilisant les médias sociaux
#CAFS2022

Follow us on Twitter: [@CAFSfoodstudies](https://twitter.com/CAFSfoodstudies) and [@CDNFoodsStudies](https://twitter.com/CDNFoodsStudies)

Follow us on Instagram: [cafs_foodstudies](https://www.instagram.com/cafs_foodstudies)

Like us on Facebook: www.facebook.com/CAFSpage
www.facebook.com/CanadianFoodStudies



Acknowledgements

CAFS would like to extend gratitude to the following individuals who made this conference possible:

Andrea Yovorsky

Tarran Maharaj

Michelle Ryan

David Szanto

Student Paper Award in Food Studies

Launched in 2011, this award was created to recognize scholarly excellence and encourage participation by undergraduate and graduate students. **This year, the award goes to Johanna Wilkes.** Johanna is a PhD candidate at the Balsillie School of International Affairs (BSIA). Johanna's research explores how international institutions tackle issues surrounding food systems and sustainable futures. Before starting her PhD, Johanna worked as a senior policy advisor to the Minister of Agriculture, Food, and Rural Affairs and the Minister of Infrastructure.



Schedule at a Glance

MAY 12th (Thursday) – CONFERENCE DAY #1

all sessions =	1.5 hours
green =	paper presentations
purple =	panel presentation
orange =	lightning talks

	TIME (EDT)	ROOM A	ROOM B
May 12 (Day 1)	08:30	Session 1: Food and Decolonization Jenelle Regnier-Davies, Monika Korzun, Sara Deris Crouthers	Session 6: Food Studies: Matter, Meaning, Movement (new, free, open-access textbook) Irena Knezevic, Jane Clause, Amanda Di Battista, Ali Kenefick, David Szanto, Annika Walsh
	10:30	Session 2: Agroecology Zoe Mason, Bryan Dale, Jessie MacInnis, Evan Bowness, Jessie MacInnis, Annette Desmarais	Session 7: School Food System Elements and Models Emily Doyle, Yukari Seko, Jennifer Black
	12:30	Session 3: Cultural Histories of Food and Food Movements Alkim Kultu, Gabrielle Kathleen, Machnik-Kekesi, Kristen Lowitt, Tarran Maharaj	Session 8: Faces of School Food Research Mary McKenna, Jennifer Black, Suchitra Roy
	14:30	Session 4: Cultural Histories of Food / Food Advocacy and Food Movements Eli Lumens, Tressa Alexiuk, Mohini Mehta, Abigail Ayala Romero	Session 9: Enabling Just and Sustainable Transitions Irena Knezevic, Peter Andrée, Ryan Katz-Rosene, Faris Ahmed
	16:30	no session	Session 10: Technology-Facilitated Sustainable Practices Yu Han

MAY 13th (Friday) – CONFERENCE DAY #2

May 13 (Day 2)	08:30	Session 11: Food and Social Movements / Production, Labour, and Class Inequity / Food and Culture / Food and Decolonization Aqeel Ihsan, Amélie-Anne Mailhot, Sierra Garofalo, Barbara Parker, Jenelle Regnier-Davies, Mustafa Koç	Session 16: Meet and Greet CAFS Board
	10:30	Session 12: Food and Pedagogy Jennifer Sumner, Johanna Wilkes, Phoebe Stephens	Session 17: The Risks of Techno-Fixes to Just and Sustainable Food Systems Heather Lee, Elisabeth Abergel
	12:30	Session 13: Food and Gender Bruna Trevisan Negri, Emily Dobrich, John Mills, Maria Jude	Session 18: Reflections of COVID-19: Challenges and Opportunities for School Food Programs in Canada Mary Coulas, Indra Noyles
	14:30	Session 14: Towards a National School Food Program Tracy Everitt, Suvadra Datta Gupta, Kaylee Michnik	Session 19: Farm to School in Canada Tammara Soma, Amberley Ruetz, Carolyn Webb
	16:30	Session 15: The Routledge Handbook of Sustainable Diets Alicia Martin, Kathleen Kevany, Ning Dai, Amanda Shankland	Session 20: Towards Just Food Futures: Divergent approaches and possibilities for collaboration across difference Marit Rosol, Charles Levkoe, Rosie Kerr, E. Richan, A. Fenton, C. Sproule; Amanda Wilson; Teresa Lloro, Anelyse Weiler, Evelyn Encalada Grez; Eric Holt-Giménez, Lauren Kepkiewicz, Elizabeth Vibert



MAY 14th (Saturday) – CONFERENCE DAY #3

all sessions =	1.5 hours
green =	paper presentations
purple =	panel presentation
orange =	lightning talks

	TIME (EDT)	ROOM A	ROOM B
May 14 (Day 3)	08:30	no session	Session 26: Breaking Bread: Changing Paradigms of Food Television During COVID-19 Alkim Kutlu
	10:30	Session 22: Food Production and Procurement / Food Sustainability / Health and Policy / Food and Ability Vanessa Daether, Erna van Duren, Hanika Nakagawa, Cate Henderson	Session 27: The Social Implications of Cellular Agriculture and the Future of Food Evan Bowness, Sarah-Louise Ruder, Alesandros Glaros, Katherine Newman, Rob Newel, Colin Dring
	12:30	Session 23: Paper Presentations Food and Place / Food Ethics and Values / Food justice Michael Dubnewick, Yukari Seko, Claire Perttula, Eleanor Boyle	Session 28: Monitoring/Evaluating School Food Programs and Policies Mary McKenna, Amberley Ruetz, Tracy Everitt, Stephanie Ward, Kaylee Michnik, Carolyn Webb
	14:30	Session 24: Food and Health Alexandra Overvelde, B. Mackenzie Barnett, Kelsey Speakman	Session 29: Campus Food Growing Spaces Jane Morrison, Michael Classens
	16:30	Session 25: Defining School Farms and their Capacity for Food Literacy Education Sammy Blair	no session



Abstracts

Thursday, May 12, 2022, 830AM, Room A

Session 1: Food and Decolonization

Paper presentations

Jenelle Regnier-Davies

The City of Toronto is recognized as the largest immigration hub and the most diverse urban region in Canada. Cultural diversity in Toronto did not become prevalent until late 1960 when changes to immigration policy and the introduction of multiculturalism meant opening borders for a range of ethnic populations. Diversity is reflected in the city's current reputation as a rich culinary metropolis. However, in early 2020, the COVID-19 pandemic emerged as a global public health crisis, placing tremendous strain on the food system. The pandemic disrupted food supply chains and introduced new shocks to economies with limited support or social safety nets to protect food system actors. Though scholars have begun examining the impacts of the COVID-19 on the food system, emphasis has been placed on agricultural systems and food supply chains, with little attention given to food business and even less on immigrant food entrepreneurs in urban regions. With each pandemic wave, food businesses have been forced to shift their operations to reflect public health mandates and navigate impacts on family assets. This paper examines the changing practices among ethnic food entrepreneurs and the broader impact of the pandemic on culinary and cultural practices in the City of Toronto. Findings are derived from in-depth interviews with fifteen select ethnic food businesses (n=15). This paper sheds light on the everyday realities of immigrant food entrepreneurship through the pandemic timeline and how regional identities through food have been negotiated due to the crisis.

Monika Korzun

Food Secure Canada's (FSC) report, "Sustainable Consumption for All" (2019) explored how and to what degree people living with low incomes access sustainably produced foods. Since then, COVID-19 has brought significant changes in the food system, including how people access food. Although some preliminary reports outline the impacts of COVID-19, research about sustainable food consumption among those living with low incomes is lacking. This new research, led by FSC, focuses on communities disadvantaged by systemic oppressions, including Black, and Indigenous communities and other equity-deserving communities, during the pandemic in Canada. It revisits the questions from FSC's 2019 report using the lens of the pandemic, and Canada's commitment to the Sustainable Development Goals, including goal 2: Zero Hunger. The research assesses how the pandemic changed access to sustainable food for those with low incomes, what innovations surfaced in response, and what this means for measures to facilitate greater access to



sustainable food. This presentation showcases the results of two rounds of questionnaires with selected leaders in community food programming and anti-poverty groups across Canada, using the Delphi method. The Delphi method is a process that asks participants to reflect on a topic via several rounds of questionnaires until the experts arrive at a group opinion. The findings of this project provide valuable insights into potential policy mechanisms to improve the accessibility of sustainable foods and support the capacity of those living with low incomes including Indigenous Peoples, Black communities and other equity-deserving communities to advocate for improved access to sustainably-produced foods.

Sara Deris Crouthers

Campus food-growing spaces (CFS) “are intensely pedagogical, and often—importantly—are student led and directed...[they] are sites for a ‘pedagogy of radical hope’” (Classens, Adam, Crouthers, Sheward & Lee, 2021, p.1). Access to land, food systems education and food-growing infrastructure has become increasingly difficult for aspiring farmers; these barriers are further exacerbated for those who are Black, Indigenous, or otherwise racialized (Figueroa & Penniman, 2019). CFS can thus present an important opportunity for access for BIPOC folks looking to become involved in food systems work. However, many tensions exist within these institutions, their existence being grounded in settler colonialism and white supremacy (Tuhiwai Smith, 1999). This paper uses an autoethnographic analysis of the author’s experiences with a BIPOC-led CFS to articulate an emerging radical pedagogy of place (Ruitenberg, 2005) in campus food systems learning. Using an abolitionist, anticolonial framework, this inchoate pedagogy invites and platforms the exchange of funds of knowledge (Cruz, Selby & Durham, 2018) and community cultural wealth (Yosso, 2005). It is explicitly political, change-oriented, and grounded in embodied knowledge as well as knowledge of place. A radical pedagogy of place facilitates intergenerational and intercultural solidarity-building, aids in the development of social capital between seemingly disparate groups and resists neoliberal ideologies of scarcity and competition perpetuated through the modern university. BIPOC-led CFSs may allow collaborators to prefigure a future grounded in collective care and radical love while still allowing us to experiment with “new modes of living together in aporetic conditions” (Ruitenberg, 2002, p.836).

Thursday, May 12, 2022, 830AM, Room B

Session 6: Food Studies: Matter, Meaning, Movement (new open-access textbook)

Organized panel

**Irena Knezevic, Jane Clause, Amanda Di Battista, Ali Kenefick,
David Szanto, Annika Walsh**



As Food Studies continues to stretch and evolve, the ways in which scholars and students approach food, food culture, and food systems grow ever more diverse. Our understanding of food now brings together the physical, human, and social sciences, the humanities, arts, and design, and myriad aspects of media studies, communications, and representation. Throughout these overlapping and complementary approaches, food itself remains constant—an object and a process, a lens and an outcome. But what is “food itself”? And how do the relationships between food and humans affect our ways of creating and showing knowledge?

Food Studies: Matter, Meaning & Movement is a new, open-access, food studies textbook that unpacks these questions by foregrounding the substances, discourses, and processes related to food. With nearly 60 chapters, Food Studies brings together perspectives, cases, and creative works that address identity and culture, bees and bento boxes, sovereignty and knowing, financialization and fisheries, and more. Together, the texts will support undergraduate learning about food and food systems, from introductory survey courses to upper-year seminars and theme-specific study.

This roundtable will feature three of the book editors, a contributing artist, and two authors. The discussion will highlight the innovative nature of the textbook, its pedagogical approach, and some of the challenges in developing interdisciplinary teaching resources. We will then invite the audience to collectively pose questions and propose possibilities for the future of food studies in postsecondary classrooms.

Thursday, May 12, 2022, 1030AM, Room A

Session 2: Agroecology

Paper presentations

Zoe Mason

A concept, policy, or philosophy can only be understood according to the terms that are available to represent it, and these terms are in turn informed by the broader social and political circumstances that exert their force on language. This is the foundational philosophy that drives discourse analysis, and this paper seeks to understand the ways in which the discourse around a crucial resource and subject — soil — is shaped by a capitalist-industrial language, with detrimental ecological effects. Soil is a critical part of both ecosystems and agricultural enterprises, but does not occupy a significant place in the public imagination or the sphere of policymaking. This paper utilizes the framework established by Michel Foucault and expanded upon by Éric Darier to create an in-depth understanding of the ecopolitics that govern the management of soil. The article reviews the current state of the ecopolitics of soil, including a brief overview of the adverse effects of soil degradation. It then offers a critique of the dominant soil discourse and compares it to the alternative discourse practiced by Indigenous peoples. Through this comparison, it



becomes possible to imagine a new foundation for soil policy, based in a new understanding of soil itself as informed by the language used to treat it. The research has implications for the Canadian context, where conversations of reconciliation have failed to include any significant reconceptualization of 'natural resources.' This article may serve as a means of identifying next steps in the ongoing process of reconciliation.

Bryan Dale

Within the Canadian food system there is a clear need to improve distribution mechanisms through which consumers can access ecologically grown food, while ensuring the farmers producing it consistently earn fair returns. There are three especially notable challenges in this regard: (1) the direct marketing of food through farmers markets or Community Supported Agriculture (CSA) programs can be inconvenient for consumers; (2) ecologically grown food is often only affordable to higher-income consumers due to the competitive imbalance of externalities that arises with a system that implicitly rewards the usage of chemicals over human labour; and (3) through conventionalization, the retailing of organic (and sometimes 'industrial' organic) foods is becoming more common, ignoring a host of socio-ecological problems that need to be resolved with regard to the political ecology of agriculture. This paper draws on research findings from interviews and secondary research to explore these challenges. I focus on the question of why ecological farmers in Canada are not engaging more in institutions that have been identified as possible ways to address the challenges listed here—namely, for example, food cooperatives and food hubs. I argue that the conceptual frameworks offered by food sovereignty and agroecology, as well as the theories advanced by Antonio Gramsci, offer important analytical tools that can contribute to a praxis that will help resolve the significant problems inherent in establishing alternative economic models that will support a fairer, climate-friendly agricultural system.

Jessie MacInnis, Evan Bowness, and Annette Desmarais

Agroecology has been proposed to increase climate resilience of farming and food systems. Despite being an explicitly place-based concept, agroecology in the Canadian prairies remains understudied with little academic understanding of how it is defined in this region. The prairies contains both a range of alternative agricultural practices and farm sizes, making it a useful site for examining the question of whether agroecology can happen across different farm scales. We explore the expression of agroecology in three provinces (Alberta, Saskatchewan, and Manitoba) using visual methods including photovoice, visual elicitation and participatory video; this presentation focuses on the photovoice phase of this study. Nineteen non-conventional farmers, diverse with respect to farming systems and farm size, shared photos and reflections on their experiences of climate change, farming philosophies and practices over the 2021 growing season. Our preliminary analysis of this data advances the conversation about what agroecology looks



like on the prairies and provides lessons about using photovoice and visual methods for agroecological research.

Thursday, May 12, 2022, 1030AM, Room B

Session 7: School Food Systems Elements and Models

Organized panel

Emily Doyle, Yukari Seko, Jennifer Black

In some ways, the Canadian school food system has been stripped of culture, place and care as a victim of the larger impact of an industrialized food system. In this panel we bring multiple perspectives to the following questions. Has there ever existed an ideal school food system in this country? What does that food system look like and how can/should it be shaped by care, culture, place? What role does the history of the Canadian school food system take in shaping the potential forward motion of this system? Three different perspectives on these questions will be discussed. Yukari Seko will discuss Asian immigrant youth's perspectives on the Canadian school food environment based on a small qualitative study. Emily Doyle will discuss how the NL school food system is shaped by that province's history, culture and place. Jennifer Black and Rachel Engler Stringer will discuss a forthcoming chapter which guides Canadian policy makers to actively centre the voices and needs of children, and pursue comprehensive notions of wellbeing and justice at the heart of school food programming. We are hopeful that this panel will bring forth a rich and emergent discussion of a future school food system that is sensitive to culture, place and care.

Thursday, May 12, 2022, 1230PM, Room A

Session 3: Cultural Histories of Food and Food Movements

Paper presentations

Alkim Kultu

Food television has long been a genre that focuses on the promises of personal transformation, implying upward mobility (De Solier 2004; Naccarato and Lebesco 2012). However, current environmental, social and political have changed the foodie sentiment and with it, the representation of food on television. Considering the rise of viewership (i.e. bingeing) with the rise of streaming platforms and on demand content, especially during the COVID-19 pandemic, the messaging of these programs has become even more poignant.

In this paper, I will draw attention to recent developments in contemporary food television in US television, namely how it has started to address overlooked topics, peoples, and food systems. Drawing from the definitions of the foodie identity and the new ways of



'doing food' (Khorana 2020; Bauman and Johnson 2009), I will focus on how food television developed during the COVID-19 pandemic from comfort cooking to addressing topics such as the undocumented workers, obscured (culinary) histories, and food inequity. Through a concentrated look into the discourse and aesthetics of selected episodes of Hulu's *The Next Thing You Eat* (2021) and the PBS and Tastemade co-production *Broken Bread* (2019-), addressing (broken) food systems and social injustices within the food industry, I will conclude that the changing paradigms of the foodie sentiment and the impact of COVID-19 on food systems has impacted the discourse on food television, exposing the systems of oppression, calling for accountability and awareness while also working to diversify the mediated narratives around food.

Gabrielle Kathleen Machnik-Kekesi

In response to the advertised subtopic of food and media, I propose to discuss "Blasta," the crowd-sourced, community archiving project. Based on an island-wide invitation to send in photographs of "recipes and food artefacts," "Blasta" is a digital archive of Ireland's food heritage. The archival project also had an associated bilingual television show, which mirrored the project's premise of participatory heritage-making by visiting contributors on-site and considering objects in their original contexts. Presented objects include cookbooks, wooden spoons, scales, and handwritten notes. My paper provides background information on why this project (the archive and the television show) is both culturally and academically significant – for the latter, offering strong evidence against claims made in some scholarship that Ireland lacks an elaborate food culture. I discuss the meanings behind the project's partnership with the National Folklore Commission, the emphasis on bilingualism, and will lean on my archival studies training to discuss how this project provides an example (and reveals the potential) of alternative approaches to archiving cultural heritage. In closing, I suggest recommendations for how the project can improve as it progresses and what insights can be drawn from this archive in building Ireland's food systems back better.

Kristen Lowitt

This paper presentation will share the results of a literature scan looking at the impacts of COVID-19 on food security in Canada. This literature scan emerges from a community-university partnership project involving Queen's University, the University of Manitoba, and the non-profit organization, Food Matters Manitoba. As a first step in our collaborative project together, we identified a need to look towards the broader literature from across Canada to further understand key changes in the national food security landscape during the pandemic that could inform the community-based research we are planning in Manitoba. As such, we asked: how has the food security landscape changed with COVID-19 in Canada? And how can an understanding of these shifts inform a food movement response in Manitoba and more broadly? This presentation will present key findings from this literature scan focusing on food security policy, programming, and



funding; food security for individuals, households, and vulnerable populations; and food systems. Drawing on our experiences as food scholars and activists, we will then discuss the implications of these findings for food movement organizing focusing on networks, policy advocacy, and local food systems as key considerations.

Tarran Maharaj

Socio-pedagogical in nature, *Dinner & Conversation* is an on-campus, food-systems-program deeply rooted in the theory *food kinship*, (Maharaj, 2018), *food literacy*, and the food-poverty-reduction methodology of *slocalization*, (Maharaj, 2018).

Dinner & Conversation engages upon a humanistic, holistic approach to food systems; it facilitates for the production and distribution of knowledge, pertinent to the geographical origins of food, and its relevance to the geo-spatiality of “bodies-of-the-others”, locally, regionally, and internationally.

Thursday, May 12, 2022, 1230PM, Room B

Session 8: Faces of School Food Research

Organized panel

Mary McKenna, Jennifer Black, Suchitra Roy

The central question of this session is, who is at the table when it comes to school food research, and how can we promote wider involvement and engagement of voices that are frequently under-represented. It will provide a forum for discussing what and how the research community who care about school food see as the next steps for ensuring that emerging research and evidence are inclusively informed by and done in partnership with key stakeholders who will be affected and should have a chance to inform the research agenda (including Indigenous leaders, children, food workers, parents, BIPOC communities, people living in poverty, and others who shape and are shaped by these systems). First, we will ask participants to share their current engagement and interactions with people from under-represented and diverse groups -- with special acknowledgement of participants who are from those groups. Next, we will facilitate a discussion informed by illustrative examples and principles from the Tri Council Policy Statement, such as fairness and equity, burden, inclusion and exclusion, respectful relationships, and collaboration and engagement throughout the research process – from conceptualization, to recruitment, through dissemination. During the discussion, note-takers will identify challenges and existing and potential actions to address them. The workshop will conclude with summarizing key points, which will be shared with participants, post-workshop. This workshop may raise more questions than provide answers, but is an important step to advancing the conversation on these vital topics.



Thursday, May 12, 2022, 230PM, Room A

Session 4: Cultural Histories of Food / Food Advocacy and Food

Movements

Paper presentations

Eli Lumens

Food insecurity, which affects a significant percentage of the world's population, is more pervasive in the USA among the lesbian, gay, bisexual, transgender, queer, questioning, intersex, agender, asexual, and Two-Spirit (LGBTQIA2S+) community and among university students, although research has been limited to date (Black & Taylor, 2021; Gates, 2014; Patterson et al., 2020). In this case study, I utilize an intersectionality framework to examine the experiences of LGBTQIA2S+ students with food access at the University of North Carolina at Greensboro during the COVID-19 pandemic. Data was gathered in two iterative phases. Initially, participants were asked to use PhotoVoice methods to visually identify local physical, social, and political factors that serve as opportunities and barriers to food access. The PhotoVoice materials were then analyzed during interviews, in which participants also shared if and how their self-identification as LGBTQIA2S+ has impacted their food access. Thematic decomposition analysis was used to identify and analyze overall themes. The results of this research have implications for future programming and policy by showing how positionality within systems of oppression due to specific markers of identity and distinction as determined by the distinguishing categories within society, specifically gender and sexual orientation, affects the availability and accessibility of food. The findings will be of interest not only to North Carolina, but also to other communities and universities in the US and Canada by showing how university students currently experience food access in their local environment, highlighting realistic opportunities that could be promoted or barriers that could be mitigated.

Tressa Alexiuk

The dietary intakes and eating behaviours of youth in Canada are inadequate. Additional social and personal factors of newcomer youth may contribute to extra vulnerability. The study used an observational cross-sectional design. Using the online WEB-Q survey, grade nine Manitoba students (n=1,347) provided a 24-hour diet recall and responded to questions about eating behaviours and self-reported health. A Healthy Eating Index – Canada score was derived from the diet recall of each participant and intakes were compared to nutrition guidelines. Descriptive and comparative statistical analyses were performed for newcomer youth and other study participants, and between sex/gender for some measures within the newcomer sub-set. There were no differences in overall diet quality between newcomer youth and other study participants. However, newcomer youth



did not meet recommendations for most food components, especially for vegetables and fruit (97.1%), fibre (95.3%), calcium (80.3%), and vitamin D (91.0%). Thirty-seven percent of newcomer females and 36.2% of males reported changing their eating behaviours to lose or gain weight, respectively. Greater proportions of newcomer participants reported weight-modifying eating behaviours to lose (95% CI: 2.3, 14.3) or gain (95% CI: 4.9, 16.1) weight. More newcomer females than males reported inadequate sleep ($p=0.001$) and lower self-rated health (95% CI: 4.8, 27.6). Using a large province-wide sample of adolescents, this is the first known Canadian study to compare nutrition-related eating behaviours and self-reported health between newcomer and non-newcomer adolescents. It also contributes to a gap in the research by describing the dietary intakes of newcomers during adolescence.

Mohini Mehta

My creative presentation, titled *Perform, Resist, Reclaim: Exploring the Queer and the Subaltern in Gastropoetics* intends to explore the relationship between food, gender, queerness and social marginalization through the effective medium of performance poetry. The performance poems I work with are the interpretation of my ethnographic interactions on the field which are understood and analysis through poetic analysis. Poetic analysis involves presenting and critically discussing the information generated by mapping the interactions and oral histories of the participants. It is an effective tool in phenomenological research (Cahnmann-Taylor, 2008). I follow the method of academic enquiry known as *ethnopoetry*, which gives representation to not only the experience of the participants, but also to the experiences the researcher undergoes through the process of conducting the research (Islam, 2019: 6). This is a crucial aspect to produce collaborative feminist research. As a performance poet, I am keen to explore the role of poetry in pedagogical interventions and interactive narration, which actively brings forth the voice of the participants in a creative manner without compromising on their emotional and empirical realities.

This presentation will involve a 10 to 15 minutes performance of gastropoetry – an ethnographic spoken word poem which will weave together the sociocultural and political transactions around food and commensality. The latter part of the presentation will involve an interactive discussion with participants in World Café Format (suited to the virtual platform) around deconstructing gastropoetry not simply as a literary genre, but both as a pedagogical and creative method to accommodate expressions and emotions which get left out in the conventional styles of interpreting and presenting the information generated during the course of any research. There will also be a discussion around the importance of ethnopoetry (and gastropoetics in particular) in making academic spaces more inclusive and praxis oriented.



Abigail Ayala Romero

The following paper discusses the relationship between soundscape and agriculture through a case study of a community garden in the neighbourhood of La Dolores in Quito, Ecuador. Ecuadorian Indigenous communities such as the Puruhá and Panzaleo have a historic tradition and relationship with agriculture and soundscape. For farmers in these communities the sounds of nature offer queues that inform them of different natural phenomena that can affect their crops or their agricultural practices. Taking this Indigenous knowledge in consideration, this paper conveys the ways in which it is beneficial to analyze and understand the soundscape of a community garden by arguing that developing a relationship with natural sound queues can improve not only the agricultural practice itself, but also help the members of La Dolores reclaim Ecuadorian Indigenous heritages and develop a stretcher relationship with nature.

Thursday, May 12, 2022, 230PM, Room B

Session 9: Enabling Just and Sustainable Transitions

Organized panel

Irena Knezevic, Peter Andrée, Ryan Katz-Rosene, Faris Ahmed

This roundtable will consider the role of broad policy approaches to food systems transitions. Our three opening presentations will discuss: 1) the avenues through which agroecology can be connected to other policies in Canada, and where agroecological principles and practices can accelerate transition to more sustainable food system; 2) community contributions of small-scale food processors and policy barriers that they face; and 3) a “state of affairs” report on the status of Canadian agricultural and food systems and the transition to sustainability, focusing on perspectives, policies, processes and programs. Two discussants from the farming and processing sectors will then reflect on the presentations, before opening the discussion to all session attendees.

Thursday, May 12, 2022, 430PM, Room B

Session 10: Technology-Facilitated Sustainable Practices

Panel presentation

Yu Han

This research takes the city of Kunming, China, as the site of studying middle-class consumers' everyday food practices through six months of in-situ and semi-structured interviews in 15 Kunming households and their food practices settings such as the supermarkets and street-food stalls. The lens of social practice theory are applied to understand how technologies can be utilized to facilitate the sustainable food consumption



and the reduction of food waste generation. According to Schatzki's (1996) practice theoretical frame, technologies, along with artifacts and materials, form a set of arrangements that facilitate particular practices. Technologies help bridge the gaps between consumers' personal values and their actual practices, which may be constrained by social, political, and economic structures and institutions (Blake, 1999; Cited in E. Ganglbauer et al., 2013). This research will look at technologies in the households or portable to the individuals, such as the fridges, cooking appliances, smartphones and food related Apps, etc. It discusses how these technologies assist the consumers in different food consumption stages, from planning, shopping, food preparation, dinning, storage, to leftovers and waste management. How the avoidable food waste is reduced in each stage will be analyzed. Moreover, by examining the application of Western sociological theory in the Chinese food practicing contexts, this study also contributes to the advance of social practice theory.

Friday, May 13, 2022, 830AM, Room A

Session 11: Food and Social Movements / Production, Labour, and Class

Inequity / Food and Culture / Food and Decolonization

Paper presentations

Aqeel Ihsan

The conceptualization of identity around food is not new to Canadian historiography. Many contemporary historians have, by analyzing culinary narratives such as cookbooks and oral interviews, illustrated how food acts as an intellectual and emotional anchor for immigrant subjects and becomes a source of identity for them in their new country. The scholarship suggests that this was the case for Goan-Canadians. In the absence of a distinctive skin colour, religion, and language, it was Goan food that allowed Goans to have a unique identity in South Asia. This difference is most explicit in the Goan dish sorpotel, which is made from beef and pork. This dish is one of many that allowed Goans to distinguish themselves from Hindus, who do not eat beef, and Muslims, who do not eat pork, and made it possible for Goan Canadians to form a community around food. This is one of the conclusions that Andrea D'Sylva and Brenda Beagan, the only two scholars to write about Goan Canadians, arrive to in exploring the experience of Goan Canadian women and their efforts to conserve their dietary habits.

My paper, which examines menus from various Goan Canadian cultural events, finds that Goan Canadians have a complex relationship with traditional foods, and that food was not as important a boundary marker for their identity as the scholarship might suggest. Instead, Goans in Canada developed their own distinct sense of identity based on community, celebrations of holidays, village feasts, and other social events.



Amélie-Anne Mailhot (FR with EN translator)

Peut-on se libérer de l'idée-force du « patrimoine culinaire »? Devant l'omniprésence de l'usage du terme, dont la connotation semble toujours positive, on peut se demander, quand on est un enfant de la nourriture industrielle, des réseaux coloniaux d'approvisionnements et d'un usage de la terre qui s'inscrit dans l'horizon d'un écocide, ce qu'il est possible de réclamer. Y'a-t-il un patrimoine culinaire subversif à dénicher dans l'expérience vernaculaire, les rencontres, les ballades, les échanges et les ancrages idiosyncrasiques aux territoires qui nourrissent? Comment intégrer ces réflexions à l'établissement de systèmes alimentaires durables? Peut-on réfléchir au patrimoine culinaire en termes non plus d'appartenance aux catégories identitaires de l'État-nation, et l'aborder selon les lignes d'une autre géographie, plus terrienne, à la fois dans son immédiateté et sa continentalité? Comment alors peut-on actualiser un patrimoine culinaire situé sur ce continent-ci, l'Amérique du Nord, qui ne soit pas un héritage colonial?

Regard auto-ethnographique sur un parcours alimentaire dans le Nord Est de l'Amérique du Nord, la présente communication se pose comme un exercice performatif dans lequel la chercheuse se questionne sur la possibilité, depuis son point de vue situé, de rebricoler un « patrimoine » à partir de l'idée d'une désaffiliation au colonialisme continental - sans toutefois en nier les ressorts. À partir de l'énumération des menus de son enfance dans une petite ville de la Beauce, la chercheuse entreprend une quête joueuse qui expose et questionne son héritage culinaire en remontant son fil de trame : l'injonction de « faire avec ce qu'on a ».

Sierra Garofalo, Barbara Parker

Student food insecurity affects many Canadian students. Previous research finds that many Canadian students are food insecure and experience academic and social precarity as a result. The Covid-19 pandemic revealed deeper challenges with food access for post-secondary students (Laban et al. 2020). On university campuses, there are many different approaches to addressing student food insecurity. One important group seeking to improve food access and increase food security are students themselves. For example, students have initiated and lead campus foodbanks, the Good Food Box program, community gardens, and campus farmers markets in addition to providing affordable hot meals through student collectives and unions (ie. the People's Potato). However, there is limited research on the experiences of student activists involved in food advocacy work on university campuses. Questions arise such as: Who are the students who pursue food secure campuses? Why do they become involved? How do students understand food justice? What particular strategies do student activists pursue in their desire for food security on campus? What are students' experiences working on food advocacy and activism? What are the issues students face given the neoliberal climate of post-secondary institutions?



In this paper, I will begin by briefly outlining the academic and grey literature relating to student activism and postsecondary student food insecurity. This will be followed by a discussion of preliminary findings from one participatory action research project on student food activism at Lakehead University. In this MA project, a focus group and four interviews were conducted with student leaders and activists, as well as administrators who work on the issue of campus food security. This presentation will offer insights on the successes and challenges with doing food advocacy and pursuing food justice on one university campus.

Jenelle Regnier-Davies, Mustafa Koç

The City of Toronto is recognized as the largest immigration hub and the most diverse urban region in Canada. Cultural diversity in Toronto did not become prevalent until late 1960 when changes to immigration policy and the introduction of multiculturalism meant opening borders for a range of ethnic populations. Diversity is reflected in the city's current reputation as a rich culinary metropolis. However, in early 2020, the COVID-19 pandemic emerged as a global public health crisis, placing tremendous strain on the food system. The pandemic disrupted food supply chains and introduced new shocks to economies with limited support or social safety nets to protect food system actors. Though scholars have begun examining the impacts of the COVID-19 on the food system, emphasis has been placed on agricultural systems and food supply chains, with little attention given to food business and even less on immigrant food entrepreneurs in urban regions. With each pandemic wave, food businesses have been forced to shift their operations to reflect public health mandates and navigate impacts on family assets. This paper examines the changing practices among ethnic food entrepreneurs and the broader impact of the pandemic on culinary and cultural practices in the City of Toronto. Findings are derived from in-depth interviews with fifteen select ethnic food businesses (n=15). This paper sheds light on the everyday realities of immigrant food entrepreneurship through the pandemic timeline and how regional identities through food have been negotiated due to the crisis.

Thursday, May 12, 2022, 830AM, Room B

Session 16: Meet and Greet

CAFS Board

Friday, May 13, 2022, 1030AM, Room A

Session 12: Food and Pedagogy

Paper presentations

Jennifer Sumner



In 2021, the UN Intergovernmental Panel on Climate Change announced a code red for humanity (UN-IPCC, 2021). The COP26 meetings in Glasgow that followed resulted in a renewed commitment to net-zero emissions by mid-century to keep rising temperatures within 1.5 degrees Celsius. Around the world, countries and communities are being encouraged to work together to secure our global collective future (UN, 2021) and foster societal shifts in how we relate to food, the environment and each other.

Pedagogy is a crucial aspect of such shifts, including transitions to just and sustainable food systems. In particular, embodied learning is an essential component of sustainability education (Gillard & Vanwynsberghe 2016). “Learning to be affected” means acknowledging and having an embodied experience and, as theorized by Latour (2004), involves becoming sensitive to previously unperceived differences. For example, Australians are learning to be affected by climate change through “the embodied experience of hotter and drier summers, and more extreme climate events,” resulting in greatly increased uptake of household solar power to replace coal-fired energy (Gibson-Graham et al. 2016, 205). Learning to be affected by climate change has the potential to shift human-to-nature relationships and enable transitions by illuminating how sustainability is perceived, learned, and embodied through food.

This paper will explore pedagogies of a just transition to sustainable food systems in the face of climate change. Learning to be affected by climate change is significant for developing socio-ecological connections (O’Neil et al., 2021) and embodying sustainability in our relationship with food.

Johanna Wilkes

Our food systems are in desperate need of transformation. The Food and Agriculture Organization notes that we produce more than enough food for the world’s population yet, nearly one in every three people lack access to adequate food. In Canada, the PROOF Institute notes that over 15 percent of people lives in a food insecure household. At the same time as people struggle, our planet is under immense pressure: soil erosion, biodiversity loss, and climate change are underway. There is much research that directly links such adverse effects to food production methods encouraged by current national policy. In this presentation, the author explores the policy landscapes of Canadian food systems within which such national policy is made.

Specifically, by reviewing the actors across Canadian food systems, this presentation explores where and how different perspectives are included in the decisions made under the current national policy landscapes. The author reviews the historical archive of news releases available through Agriculture and Agri-Food Canada from 2012 – 2022 with a focus on which actors are explicitly quoted or included as sources of authority. These results are then layered over a landscape map of Canadian food systems actors to highlight potential areas where embedded bias may be present. Part of creating



transformative spaces is reflecting on who is, or is not, considered as a meaningful part of the conversation. By identifying such biases, we can then begin to craft policy landscapes that are more equitable and representative of the broader landscape versus the selected few.

Phoebe Stephens

To date, there has been little empirical research on how food studies pedagogy has developed in Canada. Yet, across Canada, more and more postsecondary institutions are offering food studies in formalized programs and individual courses to undergraduate students. This paper contributes to the literature on food studies pedagogy by gathering insights from interviews with key faculty in food studies undergraduate programs at Canadian higher education institutions, and other food studies scholars in Canada. The purpose of this empirical research is to provide clarity regarding the ways that food studies programs are conceptualized and taught to better understand the evolution and future course of food studies pedagogy. Semi-structured interviews were undertaken to explore the normative commitments and philosophical underpinnings of food studies programs; various ways that scholars scope food studies; and challenges faced by food studies programs. We found that food studies programs in higher education in Canada and their associated pedagogy do not have a set of fixed attributes, but they do share common threads. Transformation is a defining characteristic of food studies and its pedagogy and puts critical thinking at the core of how food studies are taught in Canada at the undergraduate level. Interviewees also emphasized the importance of moving beyond critique towards solutions in their teaching to facilitate a transition towards more socially and ecologically just food systems.

Friday, May 13, 2022, 1030AM, Room B

Session 17: The Risks of Techno-Fixes to Just and Sustainable Food Systems

Organized panel

Heather Lee, Elisabeth Abergel

Climate change is causing wide-ranging impacts on food systems, locally and globally.

Technological fixes such as genetic engineering and the digitization of agriculture are increasingly being considered as tools to mitigate the impacts of climate change on food production and to support climate-friendly agriculture. However, many of these technologies could themselves have irreversible environmental consequences, as well as profound socio-economic impacts. When considering their introduction, it is important to evaluate:



- Can we envision and implement governance structures to regulate these technologies, evaluate their success, and identify and mitigate problems they might generate?
- Who owns and controls the technologies and what profit-seeking motives might be bound up in their pursuit?
- Are the fixes proposed appropriate to the problem itself? What non-technological solutions are available or could be built, and how do the different futures compare and contrast?
- Would adoption of the techno-fix entrench systemic disadvantages including socio-ecological and economic inequalities and increase food insecurity?
- How might the techno-fix limit future options for creating sustainable food systems?

Join panelists Elisabeth Abergel, Professor of Sociology at the Université du Québec à Montréal, and Lucy Sharratt, Coordinator of the Canadian Biotechnology Action Network, as they examine these questions through a discussion on how the use of genetic engineering in farming over the past 30 years has already impacted the future for sustainable and just food systems. The session will be moderated by Heather Lee, who focused her masters' and undergraduate theses (University of Waterloo) on the regulation of genetically engineered foods in Canada.

Friday, May 13, 2022, 1230PM, Room A

Session 13: Food and Gender

Paper presentations

Bruna Trevisan Negri

Urban and peri-urban agriculture (UPA) is a type of agricultural production carried out in small areas within cities (intra-urban space) or surroundings (peri-urban space); UPA constitutes one of the alternatives to help reduce hunger and food insecurity. It can be practiced in a variety of forms and production systems, from small-scale production intended only for one's own consumption to that carried out in urban lots with the application of capital. The benefits of UPA are diverse, including extra income generation, jobs and skills development and increased availability of fresh food with high nutritional value. Our presentation will provide a comparative case study analysis of UPA as practiced in two case studies: the Township of Centre Wellington, Ontario, Canada, and Regente Feijó, São Paulo, Brazil, which are two municipalities of similar size and with a certain tradition in this type of agriculture. Interviews with urban and peri-urban farmers in these two case study landscapes reveal the role of this type of agriculture in the local food supply of the municipalities; the contribution to food security to the local population;



the profile of the farmers, identifying the incidence of the presence of women in the leadership of the crops; the main types of crops grown; and the inputs used.

Emily Dobrich

The current food system is unsustainable, undemocratic, socially unjust and constructed upon gender inequalities (Bornemann & Weiland, 2019; Maraka, 2021; Sumner, 2011). Food shortages threaten the ability of our global food system to support the nutrition, health, and wellbeing of all communities and demand immediate attention. We need to learn not only how to envision an alternative future but ways in which to take meaningful action (Pacis & Vanwynsberg, 2020). In September 2021, the United Nations Food Systems Summit convened to envision a global food system transformation with key actions, strategies, and priorities. This 2021 Food System Summit yielded five Action Tracks with four Levers of Change. Gender Equality and Women's Empowerment is one particular Lever of Change and the focus of this paper (United Nations, 2022). Research indicates that women's empowerment and gender equality can improve household nutrition as well as dietary quality and diversity. This knowledge has great potential to support the change needed to make food systems more equitable and sustainable (Njuki et al., 2021). The purpose of this paper is to explore the relationship between sustainability and empowerment and show why women's empowerment and gender equality are central to transitioning to just and sustainable food systems. Transforming culture, focusing on community development, and thinking holistically and relationally are three key elements which will be explored to leverage and support this transition, and are the author's addition to advance the current discussion supporting women's empowerment and gender equality.

John Mills

In Canada, foodwork continues to be gendered in terms of who performs the material acts as well as the significance attached to the acts. Women are more likely than men to take on primary responsibility for foodwork, and women spend on average more time than men engaging in foodwork. Researchers have demonstrated how the COVID-19 pandemic has exacerbated these responsibilities for many women as they disproportionately lost work and shouldered more care for families and loved ones. Other research examines the shifting roles that foodwork plays in discourses surrounding parenting and gender performance. I explore the experiences of male parents and their partners who are part of produce box programs in the region of Greater Victoria. By centering produce boxes, I hope to clarify the specific forms of foodwork involved in an increasingly prominent method of food distribution in Canada. I draw on food diary entries and semi-structured interviews to examine how different households divide responsibilities for foodwork and justify their arrangements. As well, I plan to conduct a focus group with fathers to discuss how they engage ideas about masculinity and foodwork in their parenting. When I wrap up data collection and complete my thematic analysis, I anticipate learning more about



how men from different households engage in family foodwork and frame their roles, particularly in terms of emotional significance. These findings will help us better understand both why gendered disparities in household labour continue to persist as well as how certain families have managed to establish equitable arrangements.

Maria Jude

The purpose of this study is to make sense of how the neoliberal university disrupts collective action and predisposes student bodies towards food insecurity (hunger) at X* University campus. We developed an long-form survey that positions itself within a feminist intersectional theoretical framework (Crenshaw, 1991) since “intersectionality emphasizes the interacting dimensions of inequality, such as race or ethnicity, class, and gender, in producing and maintaining health disparities” of which food insecurity is one (Ciciurkaite and Perry, 2018, p. 21). Of the 110 responses to date, most were white (35%) women (64%) aged 20-24 years old (54%) who lived with their parents or family members (52%). Forty-six percent paid school expenses without any family support, 30% reported less than \$100/month income, yet over 56% received no financial support/emergency funding from the university. Sixty-two participants indicated they were definitely or possibly food insecure. Students reported skipping meals, worrying their food was going to run out, and being unable to afford to eat balanced meals. Almost 40% of students indicated that food insecurity severely affected their mental health and almost 50% indicated that food insecurity affected their academic performance. Responses shed light on how the pandemic has hastened and intensified food insecurity at X University. Because of the intersectional conditions in which the data emerges, policy recommendations that address food insecurity should also amplify socially-just pandemic responses. We intend to offer the results of this research to advocate for a food sovereign campus where every member of the community is well-nourished. *renaming in process.

Friday, May 13, 2022, 1230PM, Room B

Session 18: Reflections of COVID-19: Challenges and Opportunities for

School Food Programs in Canada

Organized panel

Mary Coulas, Indra Noyles

Prior to the COVID-19 pandemic, in Canada, food insecurity was the impetus for establishing most school food programs. While the mandates of many provincial and territorial school food program guidelines have broadened to include metrics of environmental sustainability, health and nutrition before the pandemic, since the pandemic's onset many school food programs across provinces and territories have been



rolled back or stopped completely. This panel explores the challenges, opportunities, and mitigation strategies faced by school food programs. Looking at the language in official provincial and territorial school reopening plans Mary Coulas discusses how these documents have implicated the operation of school food program across Canada, rolling back the effectiveness and ability to help mitigate rising food insecurity rates. Looking to the case study of Ontario's Student Nutrition Program, Indra Noyles presents observed shifts and continuity from the perspectives of 12 of the 14 lead-regional agencies.

Friday, May 13, 2022, 230PM, Room A

Session 14: Towards a National School Food Program

Organized panel

Tracy Everitt, Suvadra Datta Gupta, Kaylee Michnik

In Canada, school food programs struggle to provide quality and consistent meals, and nutrition and food education to students. Growing evidence supports a school food model that is multicomponent and universal, where food and nutrition education is woven throughout core school subjects and all students are included in nutritious meal programs, regardless of income. Incorporating sustainable food systems (SFS) in school food programs can address food system-related impacts on climate change while developing skills and fostering healthy habits in children. How do all of these components come together in the school context? In this panel, Dr. Tracy Everitt discusses a case study conducted in two elementary schools looking to understand their capacity to implement sustainable food systems strategies in curriculum, policy, and practice. Suvadra Gupta examines parents'/caregivers' willingness to participate and willingness to pay (WTP) in a cost-shared school food program, and the factors that are associated with it. Kaylee Michnik discusses a recently launched two-year CIHR-funded universal, curriculum-integrated lunch population health intervention. This case study plans to describe the learning, change and negotiation processes that support two low-income, culturally diverse schools in Saskatoon to implement and sustain a school food program based in universality, sustainability, and food cultures. Lessons learned from these research projects conducted in Saskatchewan are well-timed to inform the development of a national school food program.

Friday, May 13, 2022, 230PM, Room B

Session 19: Farm to School in Canada

Organized panel

Tammara Soma, Amberley Ruetz, Carolyn Webb



Farm to school is about engaging school communities in their food systems. This includes sourcing locally-grown food, engaging students in experiential food literacy and building community connections. Farm to school, also known as local food to school, has been growing in leaps and bound across Canada. On this panel, Carolyn Webb will share Canada's first Farm-to-School Evaluation Framework developed by Farm to Cafeteria Canada in partnership with academics and practitioners across the country. Using a bilingual modified Delphi method, the process to develop the framework involved 140 individuals from diverse sectors and led to the articulation of 18 outcomes and 45 high-priority indicators that people want to see measured relating to public health, education, community economic development and the environment. Next, Dr. Tammara Soma will highlight preliminary findings from a study in partnership with Farm to School B.C. and explore the role of a planner and the field of food system planning in facilitating local food procurement for schools in British Columbia. The presentation will conclude with Dr. Amberley Ruetz, who will present on an economic contribution analysis of an intermediated F2S model operating in two regions of the province of Ontario. Lessons from the three case studies highlight the important role of Farm to School programming in contributing towards a just and sustainable food system transition.

Friday, May 13, 2022, 430PM, Room A

Session 15: The Routledge Handbook of Sustainable Diets

Organized panel

Alicia Martin, Kathleen Kevany, Ning Dai, Amanda Shankland

Advances in agricultural sciences, techniques, and practices have succeeded at producing more food to feed more people in the world. Innovations have been successful to increase yields, enhance reserves, and distribute more food. Gains have come with great social and economic costs and have engendered contradictions and inequalities and epidemic levels of non-communicable diseases, bio-diversity loss and environmental contamination. Increasing global warming and disrupted weather patterns are making food production tremendously volatile. Our food systems are failing to produce food in ways that retain the integrity of life supporting systems.

This organized session offers four perspectives on conditions necessary for more sustainable diets and explains how the new Routledge Handbook of Sustainable Diets seeks to be a “wake-up call” to world leaders, policy makers, media, practitioners, researchers, farmers, citizen consumers, all of us, to act in ways to avert catastrophic climate change. This handbook offers perspectives of leading scientists urging action on these culminating crises. This panel seeks to offer evidence and reminders that we must guard against only marginal improvements. Establishing bolder goals as our signposts and



calling governments to action are critical components of this effort. This is the time for “rapid, far-reaching and unprecedented changes in all aspects of society” (IPCC, 2018).

Friday, May 13, 2022, 430PM, Room B

Session 20: Towards Just Food Futures: Divergent approaches and possibilities for collaboration across difference

Organized panel

Marit Rosol, Charles Levkoe, Rosie Kerr, E. Richan, A. Fenton, C. Sproule;

Amanda Wilson; Teresa Lloro, Anelyse Weiler, Evelyn Encalada Grez;

Eric Holt-Giménez, Lauren Kepkiewicz, Elizabeth Vibert

The call for Towards Just Food Futures reflects a desire to address social inequities, health disparities, and environmental disasters created by overlapping systems of oppression including capitalism, white supremacy, and heteropatriarchy, in favour of food systems that: feed everyone healthy culturally appropriate food; ensure dignified livelihoods for farmers, fishers, hunters, gatherers and workers; decommodify land and food systems; value, support, and defend BIPOC foodways; and regenerate food ecosystems.

While many food movement actors share a desire to meaningfully tackle these issues, the richness and broadness of the food movement does not come without problems. The challenge of engaging with the intersectional nature of food-based inequities is apparent in the tensions between distinctive food organizations and movements and their sometimes conflicting goals, approaches, tactics, and strategies. For instance, tensions may arise between initiatives that seek to foster more direct, localized or ‘alternative’ food networks — often based on market mechanisms — and those seeking to regulate or dismantle corporate market power; between approaches that focus on social justice issues and those that emphasize ecological sustainability; between community food security organizations that work towards ensuring access to food in a dignified way and approaches that shift attention away from food towards income, welfare, and labour policy; between approaches that understand the state as a necessary arbiter in facilitating the right to food and work towards policy change and those that consider the nation state as perpetuating colonial power; of those that struggle for international solidarity and those that focus on their very localized communities only; between those that seek to resist and combat a powerful agri-food industry in militant ways and others that seek to educate, create dialogue and build relationships. This list is of course illustrative rather than exhaustive, and the tensions are not always as binary.

This session brings together some of the contributions to and reflections from a virtual three-day workshop held in May 2021 in which we aimed at better understanding the



differing approaches, the spaces in which they work, and where we explored collaborative possibilities within, between, and beyond food movements.

Saturday, May 14, 2022, 830AM, Room B

Session 26: Breaking Bread: Changing Paradigms of Food Television

During COVID-19

Lightning talk

Alkim Kutlu

Food television has long been a genre that focuses on the promises of personal transformation, implying upward mobility (De Solier 2004; Naccarato and Lebesco 2012). However, current environmental, social and political have changed the foodie sentiment and with it, the representation of food on television. Considering the rise of viewership (i.e. bingeing) with the rise of streaming platforms and on demand content, especially during the COVID-19 pandemic, the messaging of these programs has become even more poignant.

In this paper, I will address recent developments in contemporary food television in US television, namely how it has started to address overlooked topics, peoples, and food systems. Drawing from the definitions of the foodie identity and the new ways of 'doing food' (Khorana 2020; Bauman and Johnson 2009), I will focus on how food television developed during the COVID-19 pandemic from comfort cooking to addressing topics such as the undocumented workers, obscured (culinary) histories, and food inequity. Through a concentrated look into the discourse and aesthetics of selected episodes from the second season of PBS and Tastemade co-production Broken Bread (2022), addressing (broken) food systems and social injustices within the food industry, I hope to draw attention to the fact that the changing paradigms of the foodie sentiment and the impact of COVID-19 on food systems has impacted the discourses on food television, exposing the systems of oppression, calling for awareness and accountability while also working to diversify the mediated narratives around food.

Saturday, May 14, 2022, 1030AM, Room A

Session 22: Food Production and Procurement / Food Sustainability /

Health and Policy / Food and Ability

Paper presentation

Vanessa Daether

Organizations that operate community food initiatives (CFIs), such as community gardens, food literacy projects, gleaning programs, and buy local campaigns, are being



challenged to provide evidence of the tangible contributions they make towards the advancement of food security and/or sovereignty and how they support just and sustainable food systems. Critiqued within the literature for failing to address income as a root cause of food insecurity (Martin, 2018), acknowledge how they reinforce systems of power and exclusion based on class and race (Reese, 2018), and offer meaningful alternatives to the neoliberal economic system (Moragues-Faus, 2017), the efficacy of CFIs is under question. However, for many organizations that operate CFIs, meeting this demand through program evaluation remains elusive due to a lack of conceptual frameworks, evaluation models, literature, and financial supports designed to assist them to conveniently and reliably evaluate their work from a food perspective (Barton, Wrieden & Anderson, 2011).

This presentation will reveal the results of a community-based research project that investigated how to evaluate the impacts of CFIs from a food systems perspective. This study was conducted in partnership with two food security organizations operating in central Vancouver Island and resulted in the development of a food systems-focused evaluation framework for the research partners in late 2021. The findings informed how organizations that run CFIs can apply the evaluation framework to better understand the reach or limits of their impacts and/or contribute to just and sustainable food systems more effectively.

Erna van Duren

Food affordability is a more extensive concept than food security and can be assessed on a timelier, broader basis. This paper integrates the food security and literature about the affordability of food with data on food prices, household spending, incomes and earnings to develop indicators that can be updated monthly and annually. These indicators rely on Statistics Canada data that accessible to the public. Food affordability measures the cost of food, which reflects prices, quantities and the type of food purchased within a person's or household's financial and other abilities to purchase or obtain food along with other needs and "wants".

Mainstream media often present soundbites about food affordability along with strategies that lack generalizability, are trivial and neglect critical differences in resources available to people with different incomes, living conditions and other aspects of the food system that contextualize those differences. This paper addresses this problem by developing and inviting discussion on two food affordability indices; (1) a "simpler" monthly index for Canada, the provinces and possibly larger cities, and (2) an annual index that is available for more geographic locations and has more data and contextual complexity.



The paper will be presented for discussion using:

- (1) a presentation on the basic concepts, data requirements and key results for the food affordability indices,
- (2) a technical methods paper (available online), and,
- (3) an online survey that will enable conference participants to evaluate the food affordability indices.

Hanika Nakagawa

As an Indigenous woman (Amami) with dyslexia, I engage a reframing oral/aural decolonizing sociology. First colonized by the Ryukyu Kingdom around 1450, the Amami Islands (consisting of Amami-Oshima, Yoro, Uke, Kakeroma, Kikai-jima, Tokunohsima, Okinoerabu, and Yoron) were later colonized by Satsuma of mainland Japan in 1609 (Siddle 1998). In my grandmother's youth, bulls were kept by most households led by men, their power harnessed by men to pull ploughs and to power the sugar cane press. I set out to gather life histories through the qualitative interview methodology of yarning. My participants are Amami elders from Tokunohsima who experienced the social changes occurring with the introduction of supermarkets and policy changes that disrupted Indigenous foodways, specifically Daimaru chain supermarket. The Daimaru chain department store brought the first supermarket to Tokunohsima, establishing the idea of food as a commodity and the importance of retail in what came to be the food industry after World War II (e.g., Burch & Lawrence 2005; Hamilton 2018). With the introduction of Daimaru, Ryukyuan Amami people (Shimanchu) were able to purchase food items they traditionally lived without, with the result that traditional attitudes toward food production, preparation and provisioning shifted. The Elders have memories of life during a time of dynamic shifts including US occupation, restrictions on local salt production, and (recently) being named a UNESCO World Heritage site. I will be presenting analysis of interviews conducted via virtual yarning, a new method imposed by pandemic limitations.

Cate Henderson

My research is focused on the crucially important, but little-considered seeds that grow our food. It has been estimated that 9 out of 10 bites of food relies on seed, according to SeedChange Canada, because even when we consume meat and dairy, those animals were fed seeds and plants that grew from seeds. Yet increasingly we in the Global North give over control of seeds to ever-larger corporations, rather than growing and keeping our own community seeds in our own gardens. This issue has been examined and explained in high-level economic and political terms to some degree, but if we are to transition to sustainable food systems relatively quickly, I believe, we will need to reconnect actual human beings with the soil and seeds that grow their food. Human beings have grown their own food crop seeds for thousands of years-why, in an age of climate



change, would we suddenly stop this practice-when it could be argued that we need resilient local seeds more than ever? My Participatory Action research aims to partially answer this question, and hopefully offer solutions to some of the barriers that have arisen more recently. By interviewing folks who have engaged with seed saving I seek to find out how they overcame barriers to this practice and what finally catalyzed them to take it up. The hope is that by identifying these barriers some can be addressed and removed particularly for youth; and we all can be inspired to take action.

Saturday, May 14, 2022, 1030AM, Room B

Session 27: The Social Implications of Cellular Agriculture and the

Future of Food

Organized panel

Evan Bowness, Sarah-Louise Ruder, Alesandros Glaros, Katherine Newman, Rob Newel, Colin Dring

Cellular agriculture refers to a suite of technologies and techniques for using cell cultures and advanced fermentation instead of live animals (e.g., livestock, poultry, fisheries) to produce food for human consumption. While there is much and growing interest in this area of research, a focused and in-depth, critical examination of the social and political issues surrounding this emerging technology remains comparatively underdeveloped.

This session will host original empirical, theoretical, and analytical papers addressing the social, political, ethical, and cultural implications of cellular agriculture. These papers will examine the prospects of cellular agriculture as a vehicle for, but also a potential hindrance to, social and ecological sustainability and justice.

The papers fall into the following five themes: Food (In)Security: Is cellular agriculture positioned to improve the availability and accessibility of animal protein, and if so, which groups of people are most likely to benefit from these potential increases in food security? Will cellular agriculture improve the distribution of food by bringing production closer to urban centres, and, if so, what might the effects be on rural food security? Who will be able to afford cellular agricultural products, and are they likely to become a boutique product only available to those with relative social privilege in the short term?

Labour and Employment: Is the emergence of cellular agriculture likely to be accompanied with more 'highly skilled' jobs which are more secure and generously compensated? Will cellular agriculture shift employment opportunities away from rural settings? What are the different ownership models that could foster greater equity, inclusivity, diversity, and stability in different scenarios of the development of cellular agriculture?



Power Relations and Governance: If cellular agriculture is successful and disrupts conventional animal protein production systems, how might this technology "amplify" global political-economic disparities between nations? Given concentration in other agri-food sectors such as the meat processing sector, is it likely that cellular agriculture will display similar levels of corporate concentration? How might cellular agriculture challenge or reproduce colonial, gender, and class relations?

Animal Ethics: If cellular agriculture is possible at scale, is there an ethical obligation to adopt this technology? Given current technologies in-use and development, is cellular agriculture really "animal-free"? How might these technologies affect human-animal relationships, from the perspective of protein consumers, livestock farmers, and other members of the public?

Human-Environment Interactions: What are the social, cultural, economic, and political challenges cellular agriculture faces in terms of it becoming an approach for addressing critical environmental issues (e.g., biodiversity loss, climate change, pollution, etc.)? What effects (both beneficial and detrimental) might a growing cellular agriculture industry have on ecosystem services, and what are the implications of these effects with respect to human and environmental well-being? How might cellular agriculture change our place-based relationships with the natural world, and how would such changes influence or affect efforts toward environmental sustainability?

Cellular agriculture is positioned to spur changes across the food system. Interdisciplinary social science research is needed to assess the degree to which these technologies both alleviate and reproduce existing social problems in the food system. Our session will explore research specifically addressing this need.

Saturday, May 14, 2022, 1230PM, Room A

Session 23: Food and Place / Food Ethics and

Values / Food justice

Paper presentation

Michael Dubnewick

"The places we work harden the hearts of practitioners". For this presentation I come back to this teaching that was shared to me by a Traditional Knowledge Holder that I worked alongside during an inner-city community garden research project. His words, then and now, asked me to reflect upon how non-Indigenous recreation practitioners negotiate living in respectful ways amidst the landscapes they live and work. Specifically, this presentation is a narrative inquiry into the experiences of two early-career non-Indigenous recreation practitioners, as well as the author, as they each learned how to live in relationally ethical ways in recreation practice. By drawing on the field texts of the author as he participated



in a community garden project alongside people living in precarious housing situations as a researcher-practitioner over two years, this presentation shows that the particularity of place matters when contemplating how lives come together in food-based wellness programs. The purpose of this presentation is to show that place is more than a simple backdrop for human interactions and activities, place is part of the fabric of our relational space. Place shapes who we are and are becoming, particularly when it is understood simultaneously with temporality and sociality (i.e., a narrative understanding of place).

Yukari Seko

At Canadian elementary schools, where many students bring packed lunches from home, children's lunchboxes represent family's food traditions, social locations, norms, and moral accountability. Children from cultural minority backgrounds sometimes experience lunchbox shaming – feeling ostracized for bringing foods that are seen as deviant from the majority of their classmates. Little is known about the extent of lunchbox shaming at Canadian schools and its reverberating impacts on family food practices. In particular, it remains understudied how Asian immigrant families, whose food culture has historically embodied “Otherness” in the White imaginary, navigate through the Canadian school food system.

This project focused on the experiences of youth from the three largest Asian ethnic groups (i.e., Chinese, Indian, Filipino) that accounted for 41.4% of newcomers to the Toronto Census Metropolitan Area in 2016 (Statistics Canada, 2019). We conducted image-elicited interviews with 25 youth (aged 16-25) and 2 parents from the three Asian communities, using Google Jamboard as visual stimuli. Drawing on Pamphilon's (1999) zoom model, we focused on different layers of meanings at macro-level (socio-historical discourses), meso-level (family values, school demographics), and micro-level (personal experiences and emotions). Many youth experienced being teased by classmates of “stinky” lunch, throwing away homemade lunches, or asking parents to pack “normal” lunches to fit in. Conversely, some youth shared positive memories of their lunches being praised and felt proud of their food cultures. The experiences of lunchbox shaming have substantial impacts on children's and their families' understanding of the self and belonging to Canada.

Claire Perttula

Food insecurity is an increasing concern in Toronto, the COVID-19 pandemic notwithstanding. A number of innovative projects across the city are working to meet urgent needs and address structural issues. Flemo Farm and Malvern Urban Farm are two such projects, addressing income supports and land access as part of the overall landscape of solutions. As part of the City of Toronto's Community Engagement and Economic Development (CEED) project, the ½ and 2-acre farm respectively are operating



at the intersection of government, non-profit, and community, challenging how we think about feeding the city.

The two farm locations were chosen to target areas of the city which are particularly hard hit by underlying injustices of food systems. Having these farms increases the availability of fresh, culturally relevant food in the target neighbourhoods, which are known to have high rates of food insecurity, highly racialized/newcomer populations, and few grocery stores and food markets. They also create income-generating opportunities through agriculture on otherwise underutilized “public” land (hydro corridors). This paper explores the politics of the partnerships behind these farms, and provides lessons learned from their first year of operation, towards a new food vision for the city of Toronto as a new piece of the broader food action environment.

Eleanor Boyle

Transition to food systems that are more just and sustainable has been achieved before, and can be achieved again. My presentation will examine the case of Britain in World War II and its crisis-oriented food policies that aimed to ensure all domestic citizens could feed themselves through an uncertain time. The presentation will demonstrate parallels to today's crises of climate and inequality, and draw four lessons from wartime to help our societies attain food access, ecology, and health. The presentation will explore major wartime shifts in British food procurement, production, and consumption, through programs that required citizens to grow more of their own, reduce food waste, and more fairly share foods made scarce by wartime conditions. It will discuss citizens' involvement, agency, and attitudes toward the shifts, and results for the war effort and for personal and communal well-being. It will also examine historians' analyses of the food shifts as helping win the war against fascism and, unexpectedly, improving public health and social equality. Based on research for my new book *Mobilize Food! Wartime Inspiration for Environmental Victory Today* (in press, to be published June 2022), this case study demonstrates that food systems can be transformed to help populations face a crisis.

As a community member and independent scholar not associated with a university, I am part of a group that is under-represented in academic spaces.

Saturday, May 14, 2022, 1230PM, Room B

Session 28: Monitoring/Evaluating School Food Programs and Policies

Organized panel

Mary McKenna, Amberley Ruetz, Tracy Everitt, Stephanie Ward, Kaylee

Michnik, Carolyn Webb



Announcements by the federal government in 2019 and 2021 of a potential national school food program and COVID-19 increased interest in research on school food programs and policies, evidenced by increased membership in the School Food Working Group. This workshop will use examples of recent studies to address key research considerations, with a special emphasis on connections between research, practice, and food advocacy to inform health policy. Research examples relate to systems and sustainability and include the development of a national framework to inform evaluation research related to farm-to-cafeteria projects, a Canada-wide survey on key characteristics of school food programs, a provincial evaluation of a school food program, and implementation and evaluation of a school lunch program. In sharing learnings and challenges associated with conducting this research, workshop leaders will address key topics, such as monitoring versus evaluating; purposes and potential beneficiaries of school food research (SFR) and researchers as advocates; sampling challenges and decisions in complex school food systems; guiding frameworks for SFR and sustainability; engaging school food communities in research, how and when – especially diverse and vulnerable communities; navigating requirements of schools and educational administrators to conduct research; challenges of data collection, including participation, participant burden, reliance on self-reported data; and researcher roles and responsibilities in sharing findings with school communities, practitioner groups, researchers, policy-makers, and others. Workshop leaders will offer potential tools that participants may find useful and encourage a shared, lively discussion among participants on their experiences, challenges, and questions (using breakout rooms, depending on attendance).

Saturday, May 14, 2022, 230PM, Room A

Session 24: Food and Health

Paper presentation

Alexandra Overvelde

Background:

COVID-19 has transformed countless aspects of the food system; however, these effects are not evenly distributed. Individuals working in food industries face the increased risk of exposure to the virus from customer interactions in combination with the daily pressures of their jobs. The food hospitality industry is an example of a workplace that may be vulnerable to creating an environment where these stressors merge concerningly.

Objectives:

This study explores pandemic-related alterations that have been made to Ontario's food hospitality industry and how these changes may have positively or negatively influenced the health and wellbeing of staff.



Methods:

Semi-structured interviews (n=22) were conducted between June 2020 and May 2021 as part of the Food Retail Environment Study for Health and Economic Resiliency (FRESHER). Transcripts were analyzed inductively using grounded theory; then initial codes were sorted into themes.

Results:

Three main themes emerged from the analysis: physical aspects of food hospitality businesses as influencers of wellbeing, social relationships as sources of support and stress, and symbols of fear and safety within food hospitality workplaces. Participants tended to focus on how these themes connected to their psychological health as well as how they aided or hindered their ability to cope. Recommendations made by participants for employers and government were also highlighted.

Conclusions:

These findings provide insight into the adverse health outcomes which food hospitality employees have faced and describe methods for dealing with a work environment that is perceived to be unsafe.

B. Mackenzie Barnett

Food insecurity continues to be a major issue in Canada, named a public health and human rights crisis by leading scholars and practitioners. The most common approach to addressing food insecurity continues to be through emergency food provision services, such as food banks, community pantries, and meal programs. Such services have been criticized for not addressing underlying issues of poverty and equity, inducing shame and stigma for those accessing services, and providing a band-aid solution. However, evidence demonstrates that they may provide other important opportunities, for example when people come together, across various divides, challenge notions of the “deserving poor”, recognize systemic and underlying issues, and reimagine a more equitable future. This research used a combined methodology to interview four staff working in food security services in Thunder Bay, Ontario to understand how they conceptualized their work. Initially, participants submitted photos representing their experiences which were then explored together through interviews with the researcher. From these conversations, three superordinate themes emerged: (1) participants were considering underlying and systemic issues; (2) tensions surfaced in the role of lived experience (e.g., as both a motivation to come to the work and a risk factor for burnout); and (3) participants described their role as care work underscored by shared values. This presentation will describe the themes and contribute to conversations about the role and opportunities of emergency food provision services.



Kelsey Speakman

Flexitarianism was one of the top food trends of the summer of 2020 according to Canadian retailer, Loblaw. Describing reduced levels of meat consumption in Canada as representative of adjusted daily routines and reassessed personal health practices, Loblaw (2020) situated the company's expanded plant-based offerings as a response to a developing "new us" that would emerge from the COVID-19 pandemic. What food future(s) does Loblaw prefigure by promoting "flexitarian choices for changing lifestyles"?¹ The paper explores these possibilities through a case study of beef shopping in Loblaw supermarkets that examines the paradoxical role that plant-based options play in shoring up the fortunes of big players in the interconnected beef and retail industries. Flexitarianism is well suited to a neoliberal model that positions shopping as an investment. Overtly, shoppers are given a choice of whether or not to purchase meats. Covertly, however, Loblaw guides valuable shopper-investors toward beneficial options for the company and the globalized food system on which it depends. A flexitarian diet of meat analogues and choice meats supports a consolidated Canadian meatpacking industry that can offer prime cuts domestically and a range of products internationally, all while moving into the plant-based protein market. The risks of decreased domestic meat consumption are thus shifted to small-scale regional producers, processors, and surrounding rural communities. The meat byproducts that pile up as regional processing infrastructures shut down are a visceral reminder of the need for a more contextual form of flexitarianism.

¹ Loblaw. (2020, May 15). Like many Canadians, we're trying something new. Insider's Project. <https://secure.pcinsiders.ca/insidersproject/en>

Saturday, May 14, 2022, 230PM, Room B

Organized panel

Session 29: Campus Food Growing Spaces

Michael Classens, Sophia Srebot, Jane Morrison, Bryan Dale, Darren Bardati, Cyrille Odinne Reyes, Eric Ebata, Krisha Dave, Andrew Paton, Lesley Campbell, West Suhanic, Clare Cullen, Shane Jones, Kelly O'Brien

On campuses across North America, students, staff and faculty are actively prefiguring alternatives to the fundamental inequities and unsustainability of the capital-intensive, industrialized food system through a variety of interventions we refer broadly to as Campus Food Growing Spaces (CFGs). These initiatives take a variety of forms (from planter boxes outside of student residence, to large on-campus farms); are implicated across the campus food chain (linking on-campus production/distribution/consumption/waste management through, for example, student-



run cafés); and are implicated in a multi-scalar politics of food systems and broader socioecological transformation (with partnerships with local activist networks).

Beyond the material alternative food provisioning function of CFGS, these initiatives provide an important pedagogical function. Whether formally integrated into course curricula (through service or experiential learning) or through informal/nonformal learning opportunities both on and beyond campus (curated workshops and the like) CFGS provide the opportunity to actively educate for what Agyeman might call just sustainabilites (2008; 2016). However, in the absence of deliberate strategies, we cannot expect CFGS to effectively integrate equity, justice and sustainability (see Classens et al, 2021).

In order to more explicitly frame CFGS as material and pedagogical spaces that can (and do) contribute to realizing more just and sustainable food systems, participants at this roundtable will share their experiences, collaboratively workshop, and collectively strategize.

Saturday, May 14, 2022, 430PM, Room A

Session 25: Defining School Farms and their Capacity for Food Literacy

Education

Lightning talk

Sammy Blair

School farms can positively impact community food literacy and food security. The farms grow abundant produce for classes and students as well as community food access, school meal, and market programs. However, little research exists on school farms' connection to food literacy in secondary schools. This community-based research study aimed to develop a working definition of 'school farm' and understand their connection to food literacy initiatives. We used semi-structured interviews with multiple stakeholders (n=18) across 6 school farms in British Columbia, Canada and applied Critical Food System Education (CFSE) and food literacy frameworks as well as inductive coding to analyse qualitative data. Our analysis showed that school farms are defined by 1) size; 2) food production capacity; 3) community integration, and 4) educational opportunities to teach food system and core curriculum. School farms offer comprehensive food literacy education (cooking, food production, etc.) while emphasizing components of CFSE like agroecology, food justice, and popular education. Our data also revealed school farms' positive impacts on students' mental health and the academic success of neurodivergent and culturally diverse students who often struggle in traditional formal education settings. Additionally, the data indicated school farms face major barriers like funding, sustainability, and management obstacles. This study helps to clarify the concept of school farms and explain how they contribute to student food literacy.