Welcome to Issue 13:
Fall Winter 2012-2013 Newsletter

Happy fall 2012 CAFS Members,

I’m writing this en route to the Food Secure Canada Assembly in Edmonton. I’m very keen to take the pulse of all sorts of food system organizing going on across this vast country. And keen too that CAFS will have a presence there, with about 20 of us gathering for a networking meeting, in addition to a few sessions linked to the food security hub of a new Partnership Grant on Community-University Partnerships, led by Peter Andree (Carleton University) and Cathleen Kneen (Food Secure Canada).

Skimming through the contents of this newsletter, I’m happy to see such a wealth of exciting research going on, on themes as diverse as community food security approaches, community cookbooks, co-operative business models to address food deserts, applying complex adaptive systems theory to understand food system change, a new toolkit to support emerging community food projects, and alternative food networks in China, to mention a selection. I hope you savour these enticing samples of good food ideas and inspiring research going on within the Canadian Association for Food Studies’ growing network.

Finally, an invitation: we look forward to having you join us next June 1-4 at CAFS’s 8th annual meeting, being held in Victoria, BC. Please help us spread the word amongst your networks of academic and non-academic researchers. See the call for papers herewith.

All the best for a productive season in all your research, teaching, and food engagement endeavours,

Steffanie Scott
CAFS President
Associate Professor & Director, Department of Geography & Environmental Management, University of Waterloo
2013 CAFS Conference Call For Submissions
Held at the University of Victoria, June 1-4, 2013

The 2013 CAFS conference theme, which reflects the Congress theme, is “At the Edge: Exploring the Boundaries of Food Studies.” Our subject matter involves the bridging of many disciplines, ideas, places, and people. “At the edge” represents our individual and collective exploration of these boundaries—of disciplines, methods, forms of collaboration—and our sense of the need to embrace the periphery. The theme of “at the edge” encourages us to reflect on the realities of social inequality and how we can aim for greater inclusivity by bringing more marginalized voices to the centre of food studies. This relates to how we position food studies at larger scales—in broader social, academic, and policy debates—and how food may engage diverse actors, voices, and perspectives.

We invite submissions that deal with these “at the edge” questions within (but not limited to) food production, consumption and renewal, regional and local foodscapes, relationships between urban practices and rural environments, as well as investigations from community development to interdisciplinary education to crossings of art, technology, and food.

SUMMARY OF DEADLINES:
Session proposals: December 16, 2012
Paper proposals: January 13, 2013
Pecha-kucha proposals: January 13, 2013
Exploration Gallery: March 30, 2013

Also, plan to attend the Graduate Student and New Researcher Pre-Conference on June 1, 2013 in Victoria. This will be a full day event for students and emerging researchers involved in food studies to network with others, learn from experienced faculty and professional researchers, and develop collaborations for future writing projects. Details will be available soon.

For more information: www.foodstudies.ca

New Publication:
CuiZIne Magazine: Issue 3.2

This sixth issue of CuiZine is about change. What reasons do we have for changing our food choices and practices? What are the signs of this change? Our contributors approach these questions from several intriguing angles. Catherine Turgeon-Gouin draws our attention to the ways in which Martin Picard of Au Pied de Cochon reimagines Québec’s traditional cuisine. Fiona Lucas uses the lens of the kitchen sink to identify pivotal moments of technological innovation. Catherine Bradley examines the changing shape and design of aprons, and the changing roles of those who wore them. This latest issue is packed with a considerable range of food-filled material: from research papers, interviews, and photographic exploration, to the ever popular Petites Madeleines.

Call For Papers: Community Cookbooks
CuiZIne is now accepting French and English submissions for scholarly articles (2,500-3,500 words) about community cookbooks. Contributors might potentially examine these texts for their historical, sociological, literary, artistic, or economic import. Contributors may focus on individual examples or examine them collectively. Please send 250-word abstracts along with a short CV to cuisine.info@mcgill.ca. Creative pieces, interviews, and articles on related topics are also welcome.
CAFS Conference Report 2012

Held May 25-28, 2012 at Wilfrid Laurier University, the 2012 CAFS Conference saw a record 176 attendees registered from all provinces and territories. Over 100 entries (academic presentations and gallery entries) where put forward over 4 days with an additional 250 people visiting the gallery. The two pecha kucha sessions were very well attended (45 and 60 participants).

Our reception held in the Gallery during the evening of May 26 featured book launches (Jennifer Clapp, Pat Kerans, Annette Desmarais) and the student paper award (Jennifer Brady). Food at reception was provided by a local supplier (Bailey’s) who was great to work with. Three local tours were all very well received. Our AGM went well including presentation of visual identity, website, journal, new board members, and interim financial statement. Banquet was held in Victoria Park Pavilion with local food, local drinks and 88 attendees.

Many thanks again to all sponsors and volunteers, including:
-Kathleen Novelia for her work with D. Szanto on the gallery
-Charles Levkoe for various and sundry support and attention to details, chairing the student session and interdisciplinary panel
-Alison Blay-Palmer for extensive support and for facilitating the keynote and chairing the opening plenary
-Ellen Desjardins and Phil Mount for endless local work
-Kristen Lowitt, Fiona Yeudall, Annette Desmarais for their help chairing sessions
-Wanda Martin, Kevan Marshall and Emily Doolley, Paula Byrk, Sarah Martin, Lisa Ohberg, Hannah Renglich, Joel Fridman, Sarah Corey, Marianne Stewart, Ryan Deska, and Kristen Lowitt for volunteering to help with the information desk, signage, banquet, food purchasing.
-Wilfrid Laurier University and University of Waterloo for supporting the gallery (through the cultural events fund)
-CFHSS for supporting the international keynote speaker and the interdisciplinary session with folklore, and for promoting our events
-Ice Cream and Bailey’s Local Foods for doing tastings
Journal Article:

In the last two decades, emergency food provision (e.g., food banks, meal programmes) has become an increasingly institutionalized form of hunger relief. Critiques of the emergency food system, as articulated by Poppendieck’s 1998 book *Sweet Charity*, suggest that such programmes are unable to cope with growing hunger in a meaningful, stable, efficient, or culturally appropriate way, and that they may facilitate government retrenchment. Meanwhile, popular attention has increasingly focused on the environmental and social costs of our globalized industrial food system, and efforts to challenge it (e.g., urban fruit gleaning, chicken rearing) are becoming widespread. These efforts have drawn new kinds of organizations into the world of food (in)security.

Drawing on organizational documents and key informant interviews, this paper examines how emergency food provision is changing because of the rise of ‘community food security’ discourse and practice in the period since *Sweet Charity*. Findings suggest that emergency food providers have responded to critiques in partial and incongruent ways. Organizations face structural constraints that curtail their ability to reorganize, while new kinds of organizations are engaging in community food security projects, in ways that both challenge and reinforce the charity food model.

Abstract Announcement:
Melanie Bedore. Geographies of capital formation and rescaling: A historical-geographical approach to the food desert problem. Canadian Geographer

Although the “food desert” concept has captured the public imagination and spurred public policy efforts in many North American cities, the term has been critiqued by academics for being definitionally and methodologically vague, and for providing an incomplete picture of the complexity of food access. Rather than dismiss the study of urban, inner-city food deserts, however, scholars can study disparities in retail food access through a historical, critical political economy lens to understand underserved retail landscapes as a product of capital formation and rescaling over time. The purpose of this article is to conduct such an analysis, using the case study of a low-income community in Kingston, Ontario.

Using historical research and qualitative interviews, the major finding of this analysis is that the physical accessibility of retail food appears to have declined over time in relation to the capitalization of the retail food sector. An imperfect relationship can be outlined over three phases of Canadian urban economic history to suggest that the food desert problem emerged largely in the transition from a decentralized, small-scale, and neighbourhood-embedded retail food industry to the scaled-up, disembedded industry that now dominates the landscape. This industry-level rescaling is contributing to a new urban politics of class and consumption through subtle, everyday activities such as food shopping.

Melanie Bedore is a post-doctoral fellow at the University of Ottawa’s School of Political Studies. She is supervised by Professor Caroline Andrew, and her current project is titled *Food Desert Responses: Policy Innovation and Transfer from American to Cana-
**Book Announcement:**
Mustafa Koç, Jennifer Sumner, and Anthony Winson. Critical Perspectives in Food Studies

Showcasing the diversity and breadth of the field, Critical Perspectives in Food Studies brings together original contributions by Canadian scholars with backgrounds in various disciplines. With a focus on food as fundamental to the human experience, the collection introduces students to the shifting interpretations, perspectives, challenges, governance issues, and future visions that shape the study of food and food issues in Canada and around the world.

---

**Abstract Announcement:**

Food security policy, programs and infrastructure have been incorporated into Public Health and other areas of the Provincial Government in British Columbia (BC), including the adoption of food security as a Public Health Core Program. A policy analysis of the integration into Public Health is completed by merging findings from forty-eight key informant interviews conducted with government, civil society, and food supply chain representatives involved in the initiatives along with relevant documents and participant/direct observations. The paper then examines the results within the context of historic and international trends and theoretical models of food policy, community food security and applied policy research.

Public Health re-emerged as a driver of food security in BC – both as a key player, and in positing the public’s health as a driver in food security and food systems. While Public Health’s lead role supported an increase in legitimacy for food security in BC, interviewees described a clash of cultures between Public Health and civil society. The clash of cultures occurred partly as a result of Public Health’s limited food security mandate and top down approach. Consequently, civil society voice at the provincial level was marginalized. A social policy movement toward a new political paradigm - regulatory pluralism - calls for greater engagement of civil society, and for all sectors to work together toward common goals.

A new, emerging policy map is proposed for analyzing the dynamics of food security and health promotion initiatives in BC.

---

*dian Cities.* The above abstract is for a forthcoming article in *The Canadian Geographer.*
Major Research Project Update:
Steffanie Scott. The Evolution and Structure of China’s Organic and Ecological Agriculture Sector and Alternative Food Networks

Steffanie Scott and a capable team of doctoral students—Aijuan Chen, Zhenzhong Si, Theresa Schumilas—at the University of Waterloo’s Department of Geography and Environmental Management have spent the past two years engaged in a SSHRC-funded study that sought to (1) explain the organization and ownership structures of ecological and organic farms in China; (2) identify how small-scale farmers have been integrated into these organizational structures; (3) explain the interests and activities of Chinese government bodies at different levels for promoting ecological and organic agriculture; and (4) explore the relationships between producers and consumers in organic food networks such as CSAs (community supported agriculture), buying clubs, and farmers markets.

We have a paper forthcoming in Food Policy on “Contradictions in China’s Path to Zero Food Safety Risk: State- and civil society-driven developments in the ecological agriculture sector.” A seven-page summary of research findings, a list of publications and presentations by the research team, and many photos, are available on our project website at env-blogs.uwaterloo.ca/ecoagchina. For more info, contact sdscott@uwaterloo.ca. Below is a summary of some of our key findings.

China had its first certified organic products in the early 1990s, and developed national organic standards in 2005. There is a general lack of trust of certified organic and green food labels, which has spearheaded a trend for some consumers to make direct contacts with farms through home delivery schemes, farmers’ markets, or renting a small plot on a farm to grow their own vegetables. Our research also identifies four types of organizational structures in China’s ecological and organic farming sector: private enterprises leasing in land, contract farming, farmers’ professional cooperatives, and social enterprises. There is substantial government support, particularly at local and provincial levels within wealthier provinces, for organic production.

Based on 100 key informant interviews conducted across the country between 2010 and 2012, we reveal a number of contradictions within state- and civil society-led greening of China’s agro-food system. Our research reveals that (1) the Chinese state has been pursuing a path to limiting synthetic chemical inputs and GMOs by developing a progressively more stringent set of production standards (hazard-free, green, and organic); and (2) consumers have been seeking zero food safety risk and chemical residues, and are attempting to connect with farmers through direct purchasing relationships. Yet each of these pursuits has inherent contradictions. First, ecological agriculture is still a small sector, and the government’s commitment to ecological agriculture is somewhat superficial. The strong state support for ecological agriculture in the form of eco-agri-tourism can be contrasted with the absence of support for, or endorsement of, grassroots action. Second, consumers are motivated by food safety concerns, but show limited concern about environmental protection or farmer livelihoods. This is evidenced by the trend toward home delivery schemes that are devoid of any connection to real farmers or the realities of farming.
Major Research Project Update:
Anna Weier: The Manitoba Alternative Food Research Alliance (MAFRA)

The Manitoba Alternative Food Research Alliance is made up of students, academic researchers and community members and organizations who are working together to increase communication, provide support, resources and funding to communities and students. Our end vision is to achieve a socially and environmentally just, culturally relevant, healthy food system that is controlled by local communities.

It is at the mid-point of our 5-year SSHRC CURA Grant and this milestone has provided us with the opportunity to reflect on the work that we have done. We have invited all of the students, academic researchers and community organizations that we work with to provide feedback using qualitative and quantitative approaches, as well as social network analysis. Below is a very brief synopsis of our evaluation results. The complete evaluation report can be found at localandjust.ca.

The social network analysis shows a tight network of organizations working together toward food justice. In the middle of the diagram the two most central and prominent dots, the Principle Investigator and Project Co-ordinator of MAFRA, are used to represent MAFRA’s position in the network. MAFRA plays a central and important role in the food justice network in Manitoba.

Part of the evaluation was to investigate MAFRA’s ability as a community-university alliance to facilitate collaboration between community organizations and universities. There were a large number of respondents who were involved in community-university partnerships before MAFRA, but respondents more strongly indicated that as a result of MAFRA they were now more likely to engage in community-university collaboration and also more supportive of community-university collaborations. Respondents indicated strongly that MAFRA facilitated communication between community organizations and university researchers.

“[MAFRA] has...provided a great networking opportunity which is so valuable to get like minded people linked up. It has also been great to provide resources like funding to organizations” (L23, Urban Community Member)

“MAFRA has brought an important hub together, allowing community projects to flourish around the organization, in partnership between university and community actors. This networking opportunity creates capacity and resilience within social system, allowing us to think forward, into the future, to address some of the complicated matters of food justice and access.” (L7, Rural and Northern University Researcher)

Importantly participants felt strongly that community-university collaboration had great potential to contribute to food justice. Indeed, MAFRA partners were very appreciative of our organization as a com-
munity-university collaboration:

“Working with universities and conducting research that works towards solutions will help legitimize out the action we are taking.” (S57, Northern Community Organization).

“Universities have a way of keeping their knowledge outside of communities. Connecting people’s need for food to the university’s knowledge of the wider and actually highly complex system of food funding, procurement, policies, and marketplaces is a really useful way to contribute to ensuring accessibility to food.” (L36, Urban Student).

There was some agreement by respondents that universities in Manitoba and in general have a poor record when it comes to facilitating food-justice, although in both cases many people indicated neutral responses. Keeping this in mind, it is important to examine what is getting in the way of good collaborations and how community-university collaborations could be improved:

Some of these barriers have been systemic in nature, “Where to start. Frankly, the university has been a huge bottleneck and undermined our CURA at every turn. Whether this is incompetence or deliberate (or both) or whether it is only this university or all universities still remain to be seen.” (L1, Northern and Rural University Researcher).

The centralized and bureaucratic nature of many universities also undermined our CURA. This compromised the support that might be provided to community organizations, “Initial letter of support implied that supporters would receive financial assistance if funding approved. Once funding was approved it became clear that supporters would have to compete with other community groups and not all received funding. SSHRC requirements not always aligning / being too restrictive / competing with community groups’ needs in MB Diversity of interests on MAFRA steering committee - understandable because many different groups involved, but stretches funds very thin and can challenge decision-making” (L8, Rural Community Organization).

It also undermined the research itself, “universities are VERY slow at processing travel claims, making money move and in general slowing down research.” (L12, Rural and Northern Researcher).

Some participants felt that these delays might have been avoided by locating the CURA in a community organization, “One possibility would have been to have the project held by a community organization rather than a university - it would be interesting to reflect on how things might have been different (if at all). Figure out how to better link up academics/students with community needs (matching).” (L3, Rural Community Organization).

All respondents agreed that students should play an important role in facilitating community-university research regarding food justice. “Students are central to food-related research, and MAFRA has done a good job of providing space for students to get involved.” (L3, Rural Community Organization).

MAFRA also facilitated networking between university researchers and community groups, “MAFRA connected me with a community group who enabled my students to contribute to research in the community on food access and histories of local foods.” (S64, Urban University Researcher).

The great majority (97%) of researchers at least somewhat agreed that MAFRA had increased their research productivity. MAFRA has facilitated a lot of food justice related work in Manitoba and now that
we have conducted our evaluation, we have an even better idea of how to proceed as a research alliance.

**Major Research Project Update:**
Caitlin Dorward. The Sustainable Food Systems Research Group

In an era of rising food prices, peak oil, peak water, climate change and environmental degradation, creating resilient agri-food systems has become a sustainability imperative. Community, government, and agriculture sector leaders are increasingly expressing concern about the vulnerabilities in our current agri-food systems, and there is growing evidence of a desire to improve regional food self-reliance while concomitantly creating jobs and enhancing regional economies. Disparate efforts to this end are being undertaken, and while these important initiatives are valuable, none in and of themselves constitute the comprehensive, integrated agri-food system design and plan that is required to accomplish these goals.

The Sustainable Food Systems Research Group at Kwantlen Polytechnic University’s Institute for Sustainable Horticulture is undertaking three-year, interdisciplinary research projects in the Yukon and in south-west British Columbia. The aim of this research is to develop, for each region:

- A bio-regional Food System Design (including production, wild and traditional food provisioning, processing, distribution, access, and waste management) that supports agriculture and food provisioning, strengthens the economy, promotes environmental stewardship, fosters food security and public health, maximizes food self-reliance, and strengthens communities; and,

- An Implementation Plan consisting of critical information and targeted tools to be used by existing and future farmers and food-sector entrepreneurs, consumers, and community, Government, and First Nations leaders to actualize the Bio-Regional Food System design.

In the Yukon, this research is being led by ISH in partnership with the Yukon Agricultural Association (YAA) and is funded in part by the YAA and the Canadian Agricultural Adaptation Program (CAAP). ISH researchers are working with the Whitehorse-based Arctic Institute for Community Based Research (AICBR) to develop the Territory-wide partnerships with community, industry, and government representatives (including First Nations Governments) that are considered critical to achieving project goals and ensuring that the research results are appropriate and useful for all Yukoners.

In South-West British Columbia, partial funding has been secured from the Real Estate Foundation of BC, with additional funding and support partnerships currently being negotiated with municipalities and regional districts, as well as industry stakeholders across the region.

The research is being led by Drs. Kent Mullinix (Director- Sustainable Agriculture and Food Security) and Arthur Fallick (Director- Sustainable Urban Systems) at the Institute for Sustainable Horticulture, Kwantlen Polytechnic University. The research team includes investigators from the University of British Columbia, the University of the Fraser Valley, Royal Roads University, and Ben-Gurion University. The Institute for Sustainable Horticulture (ISH) is a Western Canadian agri-food system research institution dedicated to developing knowledge and mechanisms to enhance, environmentally sound, and economically viable food systems.

More information about ISH, and these projects, can be found at [www.kwantlen.ca/ish](http://www.kwantlen.ca/ish) or by contacting Kent Mullinix at kent.mullinix@kwantlen.ca or Arthur Fallick at Arthur.fallick@kwantlen.ca.
The Food Practices on School Days Study is a cross-sectional study that is building on a larger 5-year SSHRC Community University Research Alliance project that was funded to initiate and support a variety of food system and curricular initiatives in Vancouver Schools called Think&EatGreen@School. To better inform the ongoing work of Think&EatGreen@School, as well as public health programs and school-food policy, research is needed to improve understanding of the contextual factors that shape food practices in and on route to school (particularly in the Canadian context). Therefore, the purpose of this study is to document what Vancouver students eat and drink on school days and how dietary practices are influenced by the school food environment and neighborhood-level factors.

As a first step, to begin to fill these gaps, a questionnaire was developed in 2011 with input from Think&EatGreen@School colleagues and local school stakeholders. After being pilot-tested for refinement and validation, the questionnaire was finalized in February, 2012. Since then, 26 schools from across the city have participated in the study, representing a diverse student population in terms of age, race/ethnicity, and socioeconomic status. Approximately 1,000 students in Grades 6-8 from 20 Vancouver School Board elementary schools (27% of all public elementary schools) and 6 secondary schools (33% of all public secondary schools) have now completed an in-class survey, and we are partnering with the Think&EatGreen@School team to collect on-going data about the school food environment.

We are now in the process of analyzing our data. Going forward, we plan to explore students’ reported demographic and socioeconomic characteristics and food security status, participation in school food and nutrition-related activities and students’ attitudes and beliefs related to food and eating and associations with dietary practices. We also plan to combine these student-level data with information about the school food environment which will contribute to a greater understanding of the role of school and neighborhood-level factors in shaping food-related practices at school. Findings from this study will be disseminated to Vancouver School Board stakeholders, as well as academic and community partners.

The Food Practices on School Days study is co-led by Dr. Jennifer Black and Dr. Gwen Chapman, both in the Faculty of Land and Food Systems at the University of British Columbia, and is funded by the Canadian Institutes of Health Research. We are also working with a strong team of colleagues including Alejandro Rojas, Sarah Carten and Hassan Vatanparast and graduate students including Naseem Ahmadi, Teya Stephens, Stephanie Shulhan and Joshua Edward.
For more information about this study please contact Cayley Velazquez, mailto:cayley.velazquez@ubc.ca. Cayley is a post-doctoral fellow whose research focuses on understanding how food and beverage advertising shapes youth dietary outcomes.

**Major Research Project Update:**
Phil Mount. Nourishing Ontario

Nourishing Ontario conducts research on local sustainable food systems in collaboration with academic institutions, community, and government. The research group grew out of recent SSHRC and OMAFRA funded research projects which undertook more than 170 interviews with community food initiatives across the province, producing eight Participatory Action Research projects, as well as 21 case studies.

The results of this research were presented at the CAFS 2012 conference, and will be featured as a collection of ten papers in a forthcoming in Local Environment themed issue, working title “Hybrid food spaces: constructing sustainable communities of food”.

The case studies also formed the backbone of a toolkit designed to support emerging community food projects, by helping them to define a vision for their community food system, and identify their resources, capacities and challenges. The toolkit was presented to representatives of municipal and provincial government, public health units, producers’ organizations, farmers’ markets – among many others – who participated in our May 2012 workshop in Waterloo, in person or via webinar. In the coming months, the toolkit will be tested by local food organizations in Northern and Eastern Ontario that want to build more resilient, sustainable communities of food by respecting principles of ecological resilience, social justice, participatory democracy and economic viability.

We have recently received additional funding from the Ontario Ministry of Agriculture, Food and Rural Affairs and as our work expands, there is a growing need for Nourishing Ontario to have an online presence. So as the next phase in this work, we will be asking our existing partners to help us create a useful, effective, and attractive website that will facilitate knowledge sharing and collaboration.
The current research projects were designed with the help of regional and provincial advisory committees made up of farmers, academics and representatives from farm organizations, local governments, and food councils, as well as non-profit, cooperative and for-profit food initiatives. Building from the previous research, in which community food initiatives identified barriers to growth and viability, these advisory committees selected the policy issues that resonate in each region. Setting regional priorities reflects what we know from our toolkit work: these efforts are place-based, and so are the gaps and resources.

In Eastern Ontario, research will look to address the conundrum between equitable access to local food and producer economic viability, focusing on food and housing, as well as the accessibility of local food that rewards producers fairly. This regional project will also look at the challenges of joining sustainable, local food systems, and the opportunities and barriers for farmers.

The Northern Ontario research will investigate the potential of crowd sourcing or financing as a mechanism to develop sustaining local food systems, while gauging the effectiveness or appropriateness of outside vs local capacity models.

The Southwestern Ontario group will tackle the tensions in sustainable food systems between local, ecological and affordable, pulling apart the tensions between how to produce, process, distribute and consume sufficient, healthy, accessible yet economically and ecologically viable food. This research will focus on income streams for farmers (including the role of public procurement, supply management and subsidies) as well as costs to farmers that drive up prices (including land, certification and regulation).

Our goals are to both do research with practical relevance, and extend and strengthen the network of people committed to sustainable, local food.

**Major Research Project Update:**

**Addressing Food Security with an Innovative Model.**

**The Nova Scotia Participatory Food Costing Project**

The Nova Scotia Participatory Food Costing Project (PFCP) has been investigating accessibility of a nutritious diet in communities across Nova Scotia since 2001. The PFCP explores the cost and affordability of a healthy diet by collecting the cost of basic food items, from the National Nutritious Food Basket (NNFB) tool, in randomly selected grocery stores across Nova Scotia. The NNFB is comprised of foods that make up a nutritious diet, in accordance with Eating Well with Canada’s Food Guide. From 2002 to the present, six rounds of food costing have been completed; the most recent being in June 2012. The PFCP is a model unique to Nova Scotia (Williams et al., 2012), and those involved have been leaders in working to address food security at local, provincial and national levels. Participatory Food Costing (PFC), unlike traditional food costing methods, engages community partners at all stages of the research, and includes those affected by food insecurity. The development of the PFC model has been an iterative process, with change occurring as the cycles of food costing have been completed.

The PFC model reflects a commitment to work with communities to address the root causes of food insecurity. A participatory model builds capacity, strengthens social inclusion, and leads to collaboration and community mobilization (Williams et al., 2012). The PFCP has had some success in influencing organizational and public policies at provincial and local levels, including informing the Healthy Eating Nova Scotia strategy, and advising on increases to income assistance rates in Nova Scotia. The long-term establishment of the PFCP has created solid relationships between partners, and demonstrates a strong commitment to meaningful community engagement and collaboration between community, university and government partners. In spring 2011, the Canadian Institutes of Health Re-
search awarded the PFCP with their partnership grant for $25,000, providing further evidence of its commitment to community engagement.

In April 2011, coinciding with the 10 year anniversary of the PFCP, funding was secured from the Nova Scotia Department of Health and Wellness (DHW) to build on the project evaluation. As a first step toward a more in depth evaluation, a synthesis report was completed, reviewing and compiling learnings and actions from existing food costing materials. To support the developmental evaluation approach, an Outcome Mapping (OM) workshop was held in Halifax, in April 2011. Outcome Mapping is a "methodology for planning, monitoring and evaluating development initiatives that aim to bring about social change" (Smutylo, 2005). Outcome Mapping views outcomes as behavioural change, and aligns with PFCP’s objective of influencing behaviour surrounding food security. In addition, the DHW funding was used to pilot test photovoice, a data collection tool that allows community members affected by an issue, under study, to collect information and define problems through photos. Photovoice aligns with the PFCP; it is a participatory approach that allows facilitators to establish an understanding of reality from the viewpoint of participants, while empowering participants through photography and shared discussion.

Moving forward, the PFCP evaluation process will continue to explore research methods relevant to PFC, and to engage partners in a participatory evaluation process. Building on its years of success, the PFCP will continue to foster creative solutions to build food security in Nova Scotia and beyond.

References


Upcoming Major Research Project:
Simon Berge
Coop Food Project

Consolidation within the food system has limited access to healthy food in areas known as food deserts. This proposal seeks to examine the co-operative business model as a means to provide healthy, local food to these food deserts and under serviced, rural areas. By looking to the advantage of combining local food with short food supply chains in a co-operative manner this research will determine the opportunities and challenges that exist for co-operatives in the current local food market. By accessing local food markets co-operatives can provide healthy foods to areas with poor food distribution and keeping more food expenditure within the local economy. This research will examine the current state of Ontario co-operatives through case studies and financial analysis determining the barriers and opportunities that exist within the local food market. A tool kit will be produced to outline marketing strategies, common challenges and financing models for capital investment. A tool kit will be produced to outline marketing strategies, common challenges and financing models for capital/social investment.

Current Status:
The project has started as of September 2012 with the initial hiring of a graduate student to help with the development of interview questions, the jurisdictional scan and the project website. The project website will have an interactive blog to keep interested parties up-to-date with the status of the project. The website is expected to be up and running before the end of the year.

The Jurisdictional scan will examine the history, po-
political and cultural influences on co-operative development in British Columbia, Alberta, Ontario and Quebec. The jurisdictional scan is expected to be completed at the beginning of 2013.

The interview questions will be aimed at an audience of co-operative managers seeking to determine the decision making rationale for financial decisions, operational decisions and even some personal decisions for choosing a co-operative business model as a means to sell their products.

The next steps for the project will be to begin selection of co-operatives willing to be a part of the study. Our partners, who are part of our Research Advisory Committee, will be assisting us with the selection process.

**Milestones of the Coop Food Project:**

<table>
<thead>
<tr>
<th>Milestone</th>
<th>Description of Activity</th>
<th>Completion Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jurisdictional Scan</td>
<td>Four jurisdictions will be examined; Ontario, Alberta, Quebec, and British Columbia</td>
<td>2013-01-01</td>
</tr>
<tr>
<td>Case Studies</td>
<td>Ten food co-operatives from Eastern, Northern, South Western, and Central Ontario detailing successes, challenges, opportunities, financial analysis, and management practices will be collected</td>
<td>2012-01-01</td>
</tr>
<tr>
<td>Interviews</td>
<td>Direct discussions with cooperative managers, staff and board members will be conducted for the ten cooperatives chosen for case studies. Details of challenges, opportunities, trends, and personal accomplishments within the cooperative will be collected.</td>
<td>2012-01-01</td>
</tr>
<tr>
<td>Food access inventory and spatial examination</td>
<td>Volume inventory examination to determine types and quantities of healthy foods as well as spatial determination.</td>
<td>2012-01-31</td>
</tr>
<tr>
<td>Financial Analysis</td>
<td>Analysis of the capital structure, cash flow, and dividend distribution over five years amalgamating the results for confidentiality.</td>
<td>2012-05-01</td>
</tr>
<tr>
<td>Tool Kit</td>
<td>Documentation of the challenges, opportunities, financial trends and managerial practices for distribution to co-operatives, government and educational institutions.</td>
<td>2012-09-01</td>
</tr>
</tbody>
</table>

**Major Research Project Update:**

Connie Nelson
The Democratization of Knowledge
Food Security Research Network (FSRN)

Over the last six years, we (Stroink M.L. & Nelson, C.H.) have been researching how a themed approach to service learning seeks to democratize knowledge, including shifting the traditional focus on faculty as academic knowledge experts to faculty as learner, participant, guide and community member. The FSRN has involved 28 faculty members from 7 academic faculties and 16 disciplines in service learning courses organized around the theme of food security, or sustaining access to food. This innovative approach to service learning focused on food security has proven to attract a diverse group of multi-disciplinary faculty which results in a comprehensive approach to food security, including issues of production, distribution, processing and marketing, social justice issues of fair income for producers and fair accessibility for consumers.

We have enlisted the theoretical lens of Complex adaptive systems theory (CAS) as a suitable framework to articulate the complexities of a community-based movement to transform the food system through the FSRN network. We call our CAS inspired approach Contextual Fluidity that is characterized by five core dimensions: (i) context-based, (ii) fluid in embracing the richness
of the complexity of multiple community perspectives engaging with many disciplines and numerous student learning needs, (iii) driven by vision, (iv) organized as webs of service learning networks and (v) open to new interconnections, which we term strange attractors for their unanticipated nature. From this lens, the service learning process is viewed as an organic self-organizing open system across a range of scales that focuses on localized actions within the context of a globalized strategy of food security. Through this vision-driven and place-based approach, service learning can use accumulated experience and influence to open up possibilities and new directions for the democratization of knowledge.

Thus, service learning, as we operationalize it, allows faculty to step outside the campus and participate in a holistic, integrated way with both their academic knowledge and their personal knowledge, operating collectively as members of the larger community. From this vantage point of service learning ‘in community’, the community-based knowledge collaboratively generated by community members, faculty and students, as community, returns to the academy where it both enriches the existing academic understanding and is transformed by academic inquiry. Community members equally embrace and use this collaboratively generated knowledge, and in a co-evolving process are transformed by the association with faculty and their students. We suggest from our research findings that this is the essence of engaged scholarship and a pathway for the subsequent democratization of knowledge.

Report:

This report was prepared for the Economic Developers Council of Ontario (EDCO) by a group comprised of faculty and Master’s students from the University of Waterloo’s Local Economic Development program. The report outlines a cross-sectoral case study of the Waterloo region looking at models of regional governance and collaboration, opportunities for collaboration between individual municipalities, organizational models that could foster economic development opportunities, and also the challenges and barriers facing regional actors in fostering development. Through a mixed method approach including extensive interviews and an innovative social network analysis, four themes were identified:

- Understanding local networks is fundamental to fostering development in emerging, knowledge-intensive industries (such as the local food economy);
- Regional identities shape, facilitate, and/or hinder sector-specific development;
- Coordination and consultation requires strong regional vision and leadership; and
- Many barriers and challenges require a regional approach to support the sector’s development.

These themes cut across all three sectors; however, the report also provides sector-specific findings with clear examples from the Waterloo region. Each sector’s unique informational needs drive the structure and evolution of their respective networks. For the local food sector, the value derived from associated information (i.e. production practices, location of origin, etc.) makes trust essential for local relationships, with businesses recognizing the importance of well-established relationships in value-creation. Moreover, local food system issues require comprehensive, horizontal networks that encompass all actors across the agri-food value chain. This presents problems for many industry associations which have been developed around specific commodities or specific segments of the supply chain.
Sector-specific networks are also shaped by a region’s identity. Waterloo region’s technology-centric identity effectively illustrates this relationship. Despite an established history in agriculture and food processing, the recent strength of high-tech manufacturing in Waterloo has led the region to focus its identity around the strength of this sector. However, this identity has limited attention and support for the Region’s local food sector, with urban economic developers focused on large-scale processing facilities, missing opportunities to support the network of small, local agriculture and food-related businesses in the region.

A lack of regional vision and leadership was identified for all sectors, with each municipality working towards individual priorities and not capitalizing on cross-jurisdiction opportunities. In the region’s local food sector, this has resulted in fragmented promotion efforts, lack of coordination between valuable civil society assets, and economic developers not taking advantage of valuable community knowledge and leadership assets.

Without this vision at a regional scale each sector was found to face challenges that individual municipalities will struggle to overcome. In terms of local food, regulatory burden and associated costs have led to a dearth in local food-processing infrastructure, while regional land-use policies pose difficulties in establishing retail channels for small- and medium-sized food enterprises. Although these challenges reflect forces outside the region, necessary approaches to their support require collaboration between the region’s actors around a vision identifying these challenges with a regional approach to mitigating and/or overcoming them.

For a copy of the report, please email: sdsclott@uwaterloo.ca

Reference: Tara Vinodrai, Riaz Nathu, Scott Ross, Emily Robson, Steffanie Scott, Paul Parker.
The overall research goal of the Community Food Security (CFS) hub is to try to make sense of the many models that currently exist and to articulate “best practices” in the areas of community-engaged teaching and community-based research in the context of furthering Community Food Security in Canada. The expected outcomes of the CFS hub’s activities include: establishing a network of academics and community organization representatives, a collaborative research process that will involve gathering experiences and reflections on existing partnerships in various media forms for the purposes of establishing best practices, and building on these experiences in 3-5 demonstration projects through each of the years of the project to establish and then “test” the lessons learned and pilot new models of campus-community partnerships.

For any further information please contact Christina Muehlberger at Christina_Muehlberger@carleton.ca

Report:
Charles Levkoe
Propagating the Food Movement: Provincial Networks and Social Mobilization in Canada

This report is part of a study that explores the structure and constitution of networks of food initiatives in British Columbia, Manitoba, Ontario and Nova Scotia, working in partnership with four provincial network organizations. The main purpose of this study has been to enhance our understanding of how organizations in Canada are mobilizing around food-related issues. In particular, the research explores the role that food networks, rather than individual initiatives, play in developing resistance to the corporate, industrial food system. This research also seeks to support and strengthen the activities of each provincial network by providing useful information about how they work. The report summarizes the initial findings from a network survey, semi-structured, in-depth interviews, popular education workshops, and highlights from a roundtable discussion with provincial network representatives reflecting on the research findings.

Closing Remarks:
CAFS Newsletter Team

Thanks to everyone that made contributions to the fall 2012 edition. The CAFS newsletter is published twice annually - we look forward to more great content from the food studies community for the spring 2013 issue. Please send any comments, questions, concerns or future submissions to newsletter@foodstudies.ca.

Newsletter Advisors:
Charles Levkoe & Steffanie Scott

Editors:
Jenelle Regnier-Davies & Ryan Hayhurst

Assitance from:
Rachelle Campigotto & Suraya Hudson