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## Final Project Report: Meal Exchange

### Background:

Founded in 1993, Meal Exchange is a student-focused local level charity that aims to offer youth a way to engage in meaningful experiences that try to address local hunger (Meal Exchange 2005). Through engaging the youth of tomorrow, Meal Exchange aspires to eliminate the causes of hunger in Canada through student organized and inspired ideas. It is of their certainty that these actions will inspire future activities and foster a belief of the capability for social change (Meal Exchange 2005).

### Purpose:

Working with Meal Exchange, our research surrounded food security and hunger. This research involved examining what food security is (specifically what this means from a youth lens), how this is a complex issue, how this has arisen, what is being done from a community level (specifically in Peterborough) and what resources exist that try to address these issues. Specifically, our goal is to provide information (both positive and negative) for Meal Exchange that can be used in the future as a database for other cities and communities to use. It is basically a starting point for other cities to develop their own record on how food security is trying to be addressed in their area. All in all, through a youth perspective, it is our intention to present these issues and the actions that are being taken in order to possibly engage other youth in the fight for food security.

### Goals:

To begin, it is our first and foremost aspiration to increase awareness of what food security means, how it affects Canadian citizens, how youths can engage themselves and provide information about what community programs already exist in Peterborough. We are trying to reach the youth of tomorrow, through our own youth perspective, and ideally produce a future online database for these issues and how Peterborough is trying to deal with them. Peterborough will be the starting point for other cities to get involved and provide information about their communities for the database. Through youth volunteers and students becoming more informed about food security and hunger issues, communities will be able to benefit from their knowledge through future initiatives and learning opportunities. As well, the greater public will have the possibility of benefiting from a centralized online resource that examines hunger in Canada and how youth can address hunger by becoming leaders in their communities. Information can be a very useful tool and it is with this in mind that we aim to raise awareness about these issues and the possibilities that exist already to try and engage youth especially.

### Organization:

This paper is organized by firstly addressing a working definition of food security and hunger. Through the use of local sources and pre-existing national and international sources that have

defined food security, we have tried to incorporate these to develop our own definition. Secondly, we have looked at what hunger is, what is associated with hunger, statistics that exist and what it means for Canadians. Thirdly, given the data that we have compiled on both food security and hunger, we try to investigate what this means for youth and how they fit into the picture. Fourthly, we will discuss what Peterborough is doing to address this issues beginning with current programs that are offered. Fifthly, this will lead into the examination of the organizations that exist that are attempting to deal with food security. Sixthly, a collection of online and printed resources have been composed and organized to deal with food security and hunger. Lastly, we will bring everything together and discuss what this means for youth and Trent University. We will then conclude with our thoughts on the project and issues that might have arisen.

## **Food security in Canada: definition and exploration**

### *Working Definition*

In the broadest sense, food security can be boiled down to the key terms of access, availability and utilization of food. Since these terms are so broad, food security can be open for interpretation. For us, food security is about ensuring that individuals have the opportunity to access food, have the availability of reliable food at all times and finally being able to utilize safe, nutritious food to meet the daily dietary requirements for a productive, healthy life. Without each of these elements, an individual is not being ensured food security. Youth are intertwined in the possibility of eradicating food insecurity since, as Meal Exchange has pointed out, they are the leaders of tomorrow (Meal Exchange 2005). Youth (mainly meaning 18 years or younger) also make up over 40% of those who use food banks and therefore depend on food security to be the only option for Canadians (Agriculture and Agri-Food Canada 2006). Since youth depend on their parents or themselves to achieve food security, it is especially important for them to become informed about these issues and the opportunities that exist. Food security depends on access, availability and stability but also local programs, resources and citizens that actively engage in trying to end food insecurity.

### *Nationally*

A Canadian perspective looks at defining situations of zero hunger, a sustainable food system, and healthy and safe food; they look at the ideal result and steps needed to be taken to get there (Food Secure Canada 2006). Zero hunger is when “all people at all times must be able to acquire, in a dignified manner, adequate quantity and quality of culturally and personally acceptable food” (Food Secure Canada 2006). A sustainable food system “means that food in Canada must be harvested, produced, processed, distributed and consumed in a manner which maintains and enhances the quality of land, air and water for future generations, and in which people are able to earn a living wage in a safe and healthy working environment by harvesting, growing, producing, processing, handling, retailing and serving food” (Food Secure Canada 2006). Healthy and safe food ties into a sustainable food system, one does not work without the other. According to Food Secure Canada “healthy and safe food means that nourishing foods must be readily at hand (and less nourishing ones restricted); food (including wild foods) must not be contaminated with pathogens or industrial chemicals; and no novel food can be allowed to enter the environment or food chain without rigorous independent testing and the existence of an on-

going tracking and surveillance system, to ensure its safety for human consumption” (Food Secure Canada 2006).

### *Internationally*

In 1996 the World Food Summit formulated three basic components of what is referred to as “food security”: availability of food, stability of food supply, and access to food (World Food Summit 1996). According to a definition of food security from the Food and Agriculture Organization, the situation of food security is described as a state that “exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for and active and healthy life” (FAO 2006). Another organization that is commonly seen in joint-definitions with the FAO to describe this situation is the United States Department of Agriculture (USDA). The USDA, among many people, has provided a distinction between food insecurity and hunger. In their opinion food insecurity is “a household-level economic and social condition of limited or uncertain access to adequate food (USDA 2006). Hunger is an individual-level physiological condition that may result from food insecurity...it refers to a potential consequence of food insecurity that, because of prolonged, involuntary lack of food, results in discomfort, illness, weakness, or pain that goes beyond the usual uneasy sensation” (USDA 2006).

## **Hunger**

According to the World Food Summit, 1 person in every 5 suffers from hunger; 88 hundred million people suffer from chronic malnutrition while 200 million children under 5 years of age suffer from malnutrition and food deficiencies (World Food Summit 1996). Many citizens often believe that hunger is not an issue faced by industrialized countries, as these issues are often associated with developing nations; it is not faced by the wealthy. However, this is a perfect example of misinterpretation and ignorance to the issues that surround many of us every day.

Hunger does not necessarily refer to poverty-stricken countries, although their issues may be greater, but it can also refer to low/no-income individuals within a society experiencing economic growth (World Food Summit 1996). Although their situations are vastly different from those of the poorer countries, they are also entirely the same and connected. Hunger is hunger regardless of nationality, class, age, race, sex, or any other defining characteristic and is an issue, with many daunting aspects, that is in need of immediate and constant attention to obtain its ultimate elimination from our world society (World Food Summit 1996).

### *What defines hunger?*

- “An uneasy sensation occasioned normally by the lack of food and resulting directly from stimulation of the sensory nerves of the stomach by the contraction and churning movement of the empty stomach” (Merriam-Webster’s Medical Dictionary 2006).
- “HUNGER is not appetite; it is a profound, debilitating, devastating, intensively painful, human experience. It keeps us from working productively, from thinking clearly, from resisting disease. Ultimately, if it goes on long enough, it kills us” (Rehydration Project 2006).
- Many people associate “hunger” with third world countries, poverty stricken lands, but hunger is also experienced on a smaller and more local scale in many, if not all, countries. The homeless, lower-income people also suffer from hunger on a daily basis,

but at a different level from those suffering from it in poorer countries (World Food Summit 1996).

### *Different types of hunger*

- *Famine*: “A severe shortage of food (as through crop failure, for example) resulting in violent hunger and starvation and death” (WorldNet 2006). “Famine is a widespread lack of access to food that occurs when drought, flood, or war disrupts the availability of food in a society of chronically undernourished people” and generally occurs in countries who do not have the institutional capacity to compensate for bad weather and political disruption, unlike other countries (i.e., in Europe and North America) who can simply “absorb [these disasters]” (Basic Facts about World Hunger 2006). Famine receives the most media attention compared to other types of hunger. Although being the most visible and dramatic materialization of hunger, the majority of hunger-related deaths are caused by under nutrition, malnutrition and malabsorptive hunger, which all generally go unnoticed and unreported (Basic Facts about World Hunger 2006).
- *Chronic Undernutrition*: “Constant or habitual nutritional deficiency resulting from lack of food or from the inability of the body to convert or absorb it, occurring over an extended period of time” (Dictionary.com 2006). This form of hunger is the most basic and widespread as well as the least recognized. When a person is consuming on a regular basis, fewer calories and less protein than needed by the body, the person eventually becomes too weakened to resist diseases, work productively, or think clearly (Dictionary.com, 2006).
- *Malnutrition*: “Poor nutrition because of an insufficient or poorly balanced diet or faulty digestion or utilization of foods” (The American Heritage® Stedman’s Medical Dictionary 2006). Although malnutrition may not cause death, it can cripple, mutilate, and deform a person. “Lack of vitamin C can lead to scurvy, loss of teeth, and an inability to fight infection. Lack of iron can produce anaemia and loss of energy. Lack of iodine can produce physical crippling and even mental retardation. Lack of vitamin A can cause blindness” (Basic Facts about World Hunger 2006). This, like hunger in general, is not associated with wealthier people; however, they are also at risk of malnutrition. If a person has the ability to afford and obtain whatever type of food they would like, but are continuously eating unhealthy and innutritious food, they will suffer from malnutrition, even though they may have money to no end.
- *Malabsorptive Hunger*: “The inability of the body to absorb the nutrients provided by the food consumed. This is often the cause of parasites in the intestinal tract or severe protein deficiency, and is common in areas where water is contaminated and where there is a lack of medical care” (Basic Facts about World Hunger 2006).
- *Seasonal Hunger*: In some places, this type of hunger can occur annually before each harvest, when the food from the last harvest runs out. People can go hungry for months at a time, which often results in people entering a harvest season too weak to cope with its heavy physical-work demand (Basic Facts about World Hunger 2006).

### *Hunger in Canada*

The Canadian Association of Food Banks, states that everybody is at risk of becoming food insecure at some point in their lives, however, certain groups are more vulnerable (Canadian

Association of Food Banks 2006). Following, are a few groups whom the Canadian Association of Food Banks label as being more vulnerable to food insecurity:

- *Welfare Recipients*  
People who receive welfare as their main source of income, make up over 50% of the clients at food banks, suggesting that welfare rates in Canada are not enough to ensure food security for low-income Canadians, which, according to the National Council of Welfare, continue to fall below poverty lines.
- *Working Poor*  
The second largest group of food bank clients are people with jobs, at about 13.1%. At their low wage incomes, they are unable to meet basic needs for themselves and their families, even with full-time jobs.
- *Persons with Disabilities*  
Another example of Canada's inadequate social assistance is the third largest group represented in food banks. If programs currently in place do not improve, a rise in food insecurity among the disabled will increase, due to the rapidly aging society and life expectancy increase in Canada.
- *Seniors*  
About 7.1% of food bank clients are seniors.
- *Children*  
Children under 18 represent approximately 40.7% of food bank clients in Canada, and the situation of child poverty has not improved since 1989 when Canada had made an all-party resolution to end child poverty. This representation is directly tied to the level of household income, 50% of recipients are families with children.
- *Lone Mothers*  
According to Statistics Canada, 85% or 1 in 4 of Canada's lone-parent or single-parent families, are headed by women.

Between 1989 and 2004, the number of Canadians using food banks increased by 123%, and in 2004 Ontario had the highest provincial food bank use, at 38% (Ontario Association of Food Banks, 2006).

### *Hunger in Peterborough*

This data compiled was received from Kawartha Food Share (2006).

- 57.4% (12,642 people) cannot afford to eat nutritiously in Peterborough City and County
- Kawartha Food Share helps over 3,300 students daily get a nutritional breakfast at breakfast clubs

	March 2001	March 2002	March 2003	March 2004	March 2005	% Change from 2004
Adults	1836	2195	2555	2864	3478	+21%
Children	1672	1877	1943	2263	2565	+13%
Total	3508	4072	4498	5127	6043	+18%

- Kawartha Food Share client base  
Single parent families – 42%

- Single people – 33%
- Two parent families – 17%
- Income sources for Kawartha Food Share clients
  - Ontario Works – 60%
  - Disability and other pensions – 24%
  - “Working poor” – 6%
  - No income, other income, or student loans – 9%

## **Today’s youth and tomorrow’s future**

Youth are one of the largest groups of food bank clients at 40.7%, which is where they come into the picture (Ontario Associate of Food Banks 2006). This “group” which the Ontario Association of Food Banks has labelled, is one that cannot be ignored. Many of the youth within this group, are involuntarily subject to things that are out of their control, which places them into a state of food insecurity. Youth faced with this problem of food insecurity on a day-to-day basis are being inhibited in their development not only physically but also socially; they are becoming more and more neglected and ignored by society as a whole (Ontario Associate of Food Banks 2006). Awareness of this injustice when being addressed by the youth (whether those affected by it or those who witness it), can have an astounding affect on all those who receive the message. This is not something that we can ignore any longer, and to see our youth stand up against it may be just what is needed to grasp the attention of those who can make the biggest impact.

Youth play an enormous part in the issue of food security, as they are what keep the awareness and aid continuing for future generations and they will be a significant part of the work behind the complete elimination of hunger, not only on a local community bases, but also on the large global scale. Without their interest in the improvement of the well being for all mankind, initiatives such as food banks, community relief programs, etc., would not continue and would eventually fade out. Today’s youth are becoming more and more distant from the problems that we all face today as local and global communities, one being hunger. However, without their interest now, the chances for the future are pretty slim. Programs, such as Meal Exchange who work towards engaging youth involvement, are how youth interest in regards to hunger and food insecurity will continue (Meal Exchange 2005). More organizations need to take on a youth approach, getting them involved where they can and where they are willing. The youth can be, and are in a lot of cases, the drive and energy behind many of the initiatives and changes put forward in today’s society, and to the surprise of many, the youth are looking for things they can do to make a difference, they simply need the opportunity and push in the right direction.

### **Community Programs/Initiatives in Peterborough:**

In Peterborough, there are many locally run and organized programs that are in place to try and deal with food security. Some of the most commonly known initiatives are the community gardens and the programs that are being run in schools. The information surrounding these programs was derived from FoodNet, an Ontario-run website that tries to address community food security in most cities in Ontario (FoodNet 2006). This website was formed in conjunction with FoodShare, Ryerson Centre for Studies in Food Security and the Sudbury-Manitoulin Food Security Network.

## Community Kitchens

### **Peer-Led**

- Collective Kitchens are a place where people can meet to cook food for themselves and or their families. Prices are kept low as meals are planned based around supermarket specials. Community Members meet twice a month - once to plan and once to cook 3 to 5 meals to take home. Collective Kitchens are supported by a variety of service clubs and community organizations so the cost to participants is minimal. There are presently 10 Collective Kitchens in the area. More information can be found out through: (705) 743-1000

*This peer-led community kitchen addresses the access and stability elements within Food Security. Unfortunately, it is limited in how many meals and the ability to offer all Peterborough citizens this option.*

## Food Box / Community Supported Agriculture / Field to Table programs

### **Gleaning**

- The ability to pick fruits and vegetables for free. Farmers donate their extra produce and local churches pay for the bus transportation. Because produce ripens quickly and farmers are never sure when they will have any excess, gleaning trips are usually organized on short notice. Last year tomatoes, corn, strawberries and raspberries were some of the fruits and vegetables gleaned by community members.

*This is a fantastic way to ensure that foods will not be wasted that cannot be sold from farmers. It also offers healthy, fresh products for citizens but is limited because it is organized on short notice. More information can be provided through contacting peterboroughgleans@hotmail.com.*

### **Just Food Box:**

- Save up to 25% on your grocery bill and receive healthy, nutritious food and a great newsletter. Two kinds of boxes are available each month. The Staple box holds a variety of non-perishable groceries, as well as some fruit and vegetables. It comes in two sizes: regular \$15.00 and small \$11.00. The Fresh Produce Box is full of just fresh fruit, vegetables and an herb. It comes in two sizes as well: regular \$20.00 and small \$12.00. More information is provided at: <http://www.ywcapeterborough.org/foodbox.htm>

*Provided by the YWCA, this is a simple and easy way to save money (part of the access issue within food security) and enjoy fresh, healthy products.*

## Food Supplements / Coupons

### **Babies First/Steps and Stages:**

- Pregnant women and families with children under 18 months have access to a food cupboard, food vouchers, nutritious snacks and lunch at these CPNP/CAPC drop-in programs at the Ontario Early Years Centre.

*Considering that youth make up almost half of those who attend food banks, the availability of other options that focus on infants accessing healthy nutritious food is essential in the fight for food security.*

#### Inventory/Directory of Emergency Food Access Programs & Services

##### **Food For All:**

- This pamphlet is a list of food programs and food banks in Peterborough City and County. It also can be found at: <http://pcchu.peterborough.on.ca>

*Information is vital in recognizing that a problem exists and that Peterborough has programs and services that exist that are trying to deal with these issues.*

#### Nutritious Food Basket

- The Peterborough County-City Health Unit implements the OMHLTC (Ontario Ministry of Health and Long Term Care) Food Costing program in 7 grocery stores in the area. Results are sent to the Ministry and an annual newsletter is produced. The newsletter, "Food: Some Have It, Some Do Not" is sent to 60 community partners and can be found here: <http://pcchu.peterborough.on.ca/>

*This newsletter is another way to provide information to community members that might not have been available otherwise. In partnership with local partners and the government, it is steps in the right direction to help Peterborough to become a food secure area.*

#### School Food Programs

##### **Food For Kids Peterborough:**

- There are 34 school breakfast clubs in Peterborough City and County, welcoming any student in need of morning nourishment. Contact Food For Kids Coordinator at the Health Unit (705) 743-1000

*This community organized and led event are great ways to provide breakfasts for children who might not have been able to eat otherwise. They provide a way to access food to help youth become informed about issues like food security.*

#### Urban Agriculture

##### **Community Gardens:**

- A Community Garden is a cooperative venture in which families, groups or individuals get together to grow their own vegetables, fruits, herbs, and flowers on public or private land. There are several sites located around the city to garden. More information can be found at: <http://www.ywcapeterborough.org/garden.htm>

*As a way to provide access, availability and stability of food, this cooperative is a fantastic way for community members to come together, learn about the land and provide some food for their families. Due to the limitations in amount of land, costs and seasons, these gardens are not available to all but is a great way for communities to take back their food system and become more informed.*



## Organizations

Within Peterborough, there are many organizations and community-organized programs that try to deal with food security and hunger in the area. These organizations tend to act as databanks for information regarding this subject and they provide information on programs that are being run in Peterborough. They are vital in the cause for food security and are ways that will help to inform and guide youth on these topics and what can be done.

### OPIRG Peterborough

<http://www.opirgpeterborough.ca/>

-A Trent University campus-based, community-oriented non-profit organization dedicated to social justice and environmental issues since 1976.

-large database of current programs (like Food not Bombs) and readings

-Contact: Telephone (705) 741-1208; Fax: (705) 745-3534; Email:

[oprig@trentu.ca](mailto:oprig@trentu.ca)

-<http://oprig.trentwomenscentre.ca/content/view/235/55/>

*A broad-based organization, their topics and areas of concerns are right in line with trying to deal with food insecurity and provide real examples of what can be done. Food not Bombs, for example, uses local resources provided from the green rooftop garden at Trent University, as a way of fighting against large corporately owned food sources.*

### Trent University's United Way Campaign 2006

- <http://www.trentu.ca/admin/unitedway/>

- Works together with the United Way of Peterborough and District

- Contact: Wayne Craft [wcraft@trentu.ca](mailto:wcraft@trentu.ca)

*Currently, Trent University has raised over \$55,000 over with 2006 year. This campaign raises awareness about local issues, runs local events at the university and within the city for community members and donates money, clothes and food as a way of addressing some of the inequalities within Peterborough.*

### Kawartha Food Share

- <http://www.kawarthafoodshare.com/>

- Mission: To coordinate the collection and distribution of food stuff to emergency food distributors that provide food to people in need; to operate and maintain facilities for the safe storage and distribution of foodstuff to emergency food distributors that provide food to people in need; to operate and maintain a food bank to provide food to people in need; to promote the health of the community through educating and instructing the public on the impact of hunger, researching and documenting the impact of hunger in the community, promoting the effective collection and distribution of foodstuff, and by referring people in need to other community support agencies.

- Partners with United Way of Peterborough and District, City of Peterborough, the Ontario Trillium Foundation, and Mazon Canada – A Jewish Response to Hunger.

- Contact: Telephone: (705) 745-5377; Fax: (705) 745-9708; Email: [kfs@pipcom.com](mailto:kfs@pipcom.com)

*Locally, this organization is a great example of how food security is a multi-faceted issue. To address it is not simply to say have more food banks or provide more community gardens but in fact it is about the goals that Food Share is trying to achieve: collect, distribute, provide, promote, research, instruct, document, and maintain (all regarding food, health and security issues).*

#### Ontario Association of Food Banks

- Acquire and distribute food across Ontario, ensure member food banks meet certain standards of safety, quality, and ethics, offer membership support on development, operations and management, and educate the public and government on issues of hunger and poverty.
- Contact: [www.cafb.ca](http://www.cafb.ca); [infor@OAFB.ca](mailto:infor@OAFB.ca)

*This is one of the most common associations/programs that citizens use around the country to deal with hunger. This method attempts to address the element of access within food security and educate the public about current problems.*

#### Kawartha World Issues Centre

- <http://www.kwic.info/>
- Educational programs in Peterborough and the surrounding area.
- Since 1989, KWIC has served the Peterborough community and Kawartha region by promoting awareness and analysis around issues of vital importance in the world today.
- Has a free active lending library of books, current local and international subscriptions, teacher curriculum kits and videos.
- Contact: The Environmental Science Building, East Bank, Trent University Rm. B101 (ground floor) Telephone: (705) 748-1680; Fax: (705) 748-1681

*Located within Trent University, this centre is used as a resource for students and community members of Peterborough. This resource has information about current issues like food security and hunger and what is currently being done. They also provide curriculum kits for schools as a way of reaching youth about these issues.*

#### **Online Resources (suggested readings):**

*These resources and readings are a way to inform youth and other citizens of the issues around food security, how it has arisen, what can be done and why youth are important. These readings provide real examples and real opportunities to get involved and be useful for Peterborough's community.*

#### Centre for Studies in Food Security

- Issues of income, health, & the evolution of the food system, including ecological sustainability & social and cultural diversity.
- News, food security course, conferences, publications, resources.
- Jennifer Welsh, Ryerson University [jjwelsh@acs.ryerson.ca](mailto:jjwelsh@acs.ryerson.ca) (416) 979-5000 x6931; Mustafa Koc [mkoc@acs.ryerson.ca](mailto:mkoc@acs.ryerson.ca) (416) 979-5000 x6210 [www.ryerson.ca/~foodsec](http://www.ryerson.ca/~foodsec)

### FoodShare

- Food issues "from field to table"
- For example, from the growing, processing & distribution of food to its purchasing, cooking & consumption.
- Innovative grassroots projects to promote healthy eating, teach food preparation & cultivation, develop community capacity & create non-market-based forms of food distribution.
- Examples of projects: Community gardens, urban agriculture, promoting healthy homemade food, building a healthy food system, ensuring universal access to food, non-profit fresh fruit & vegetable distribution...
- FoodLink Hotline (416) 392-6655 (listing over 1300 food programs in the City of Toronto), seeking volunteers. [www.foodshare.net](http://www.foodshare.net)
- Education & Research Office, 238 Queen St. W., Toronto, (416) 392-6653  
[info@foodshare.net](mailto:info@foodshare.net)
- Field To Table Centre, 200 Eastern Ave., Toronto, (416) 363-6441  
[goodfoodbox@foodshare.net](mailto:goodfoodbox@foodshare.net)

### Ontario Natural Food CO-OP

- Wholesale delivery of natural foods to retailers and buyers groups of five or more adults.
- [www.onfc.ca](http://www.onfc.ca) [www.life.ca/nl/63/food.html](http://www.life.ca/nl/63/food.html)
- Contact: (416) 503-3663, (416) 503-1144 x233 [kd@onfc.on.ca](mailto:kd@onfc.on.ca)

### Farmers Markets Ontario

- Website & brochure listings of all the farmers markets in Ontario; assistance with creating and/or running a farmers market.
- [www.fmo.reach.net](http://www.fmo.reach.net) [fmo@reach.net](mailto:fmo@reach.net)
- Robert Chorney (613) 475-4769, 1-800-387-3276

### Inforganics

- Listings of over 1893 organic farmers, Green Box Programs, CSAs, Farmers' Markets, organic businesses across Canada
- [www.inforganics.ca](http://www.inforganics.ca)

### Organic Advocates- Knives and Forks

- An introductory website for consumers & interested persons in areas that includes extensive, annotated, Canadian links on organic food & agriculture & genetic engineering.
- Consumers' guide, introductory article on organics, cookbook, quarterly newsletter (print or downloadable PDF). [www.organicadvocates.org](http://www.organicadvocates.org)
- Contact: (416) 422-1944, 1-800-719-9108 [info@organicadvocates.org](mailto:info@organicadvocates.org)

### Canadian Organic Growers

- A national membership that is based on education & networking, representing farmers, gardeners & consumers in all provinces.

- Where to buy organics (annotated links), on-line discussion groups, local chapters, events, Eco-Farm & Garden Magazine, lending library, publications, more.
- [www.cog.ca](http://www.cog.ca)

#### Ecological Agricultural Projects

- National resource centre for sustainable agriculture
- Nearly 100,000 documents & thousands of books & journals and thousands of documents on the website.
- [www.eap.mcgill.ca](http://www.eap.mcgill.ca)

#### Agricultural Biotechnological Infonet

- Website that includes information on the costs, benefits and implications of food biotechnology.
- Includes new "teachers' page", an extensive, up-to-date resources, articles & links.
- [www.biotech-info.net](http://www.biotech-info.net)

#### Campaign for Pesticide Reduction Ontario

- A coalition of mostly citizen groups working towards urban pesticide reduction or elimination.
- Links to member groups across Ontario, health & pesticide links & resources.
- [www.cprontario.org](http://www.cprontario.org); (416) 596-0660

#### Real Food for a Change

- How the simple act of eating can boost your health & energy, knock out stress, revive your community and clean up the planet.
- Learn about low-cost foods that deliver high value; find out how to improve your family & community's health in every food shopping expedition.
- Wayne Roberts, Rod MacRae & Lori Stahlbrand
- [www.realfoodhome.net](http://www.realfoodhome.net) 1-888-326-5444

#### From Land to Mouth: Understanding the Food System

- Discusses why anyone who eats (which is everyone) needs to become informed about their 'choices'
- Brewster Kneen [www.ramshorn.bc.ca/Books.html](http://www.ramshorn.bc.ca/Books.html)

#### Food for Life

- YES Magazine special edition, summer 2000
- Articles by Vandana Shiva, Wendell Berry, David Suzuki, others. Partly online at: [http://yesmagazine.org/14foodforlife/14TOC\\_Main.htm](http://yesmagazine.org/14foodforlife/14TOC_Main.htm)

#### The Ram's Horn

- A monthly journal of food system analysis by Brewster & Cathleen Kneen.
- By subscription, one article each month is available online.
- More info: (250) 675-4866 [ramshorn@ramshorn.bc.ca](mailto:ramshorn@ramshorn.bc.ca) [www.ramshorn.bc.ca](http://www.ramshorn.bc.ca)

#### Stolen Harvest: The Hijacking of the Global Food Supply

By Vandana Shiva who is a world-renowned environmental thinker and leader, physicist, winner of the Alternative Nobel Peace Prize.

- Available at [www.southendpress.org/books/stolen.shtml](http://www.southendpress.org/books/stolen.shtml):
- [www.planetfriendly.net/voices.html#books](http://www.planetfriendly.net/voices.html#books); [www.chapters.indigo.ca](http://www.chapters.indigo.ca); [www.amazon.com](http://www.amazon.com); [www.vshiva.net](http://www.vshiva.net) [www.smallisbeautiful.org/shiva.html](http://www.smallisbeautiful.org/shiva.html)

#### Killing Fields

- Ecologist Magazine, special pullout section, June 2000.
- All over the world, farming is in peril and lists problems & potential solutions.
- [www.theecologist.org/June2000.html](http://www.theecologist.org/June2000.html) (partly online)

#### Organic Gardening

- Bi-monthly print magazine.
- News, action, how-to's, message boards, free trial issue.
- [www.organicgardening.com](http://www.organicgardening.com) (only partly online)

#### Pesticides on your plate

- Agricultural chemicals have slipped invisibly into every corner of our lives. We drink these poisons, we eat them and we breathe them. They accumulate in our body, and every mother has them in her breast milk. We know they kill fish & wildlife and that they cause cancers & reproductive disorders. So why are they still being used? And why aren't governments & corporations doing anything about them? Follow the poison trail from the big pesticide companies to your plate - and learn what we can do.
- Examples of how it's done differently in Australia, Thailand & Cuba. [www.newint.org](http://www.newint.org)  
Full text of articles on-line: [www.oneworld.org/ni/index4.html](http://www.oneworld.org/ni/index4.html)

#### Who needs farmers?

- Worldwatch Magazine, Sept/Oct 2000.
- Think twice about letting Big Ag take over the global food supply. All over the world, independent farmers are being driven out of business - and forced into servitude on their own land. Yet, what we lose when we lose them may be the one link in the agrifood chain that we can't live without.
- [www.worldwatch.org](http://www.worldwatch.org)

#### Consumers' Guide to Eating Organics, 3rd edition.

- Info & listings for consumers, including 300 stores across Ontario, 100 certified-organic farms, a dozen organic delivery services in Metro Toronto, organic farmers' markets, and info about organic agriculture & genetically modified foods.
- Lists what each farm sells, and when & where you can buy their products.
- Print edition: \$5 + \$2.50 shipping. [www.organicadvocates.org/guide.html](http://www.organicadvocates.org/guide.html)

#### Genetic Takeover/Mutant Food (video).

- This excellent NFB video is now available, for free, to be shown to groups, schools, churches or offices in the Toronto area.
- Also, a speaker could be provided to answer questions or moderate discussion following the screening.
- David Pickett (416) 534-0224 [[www.nfb.ca](http://www.nfb.ca)]

## Permaculture Resources and References

- Courses, resources, and books: [www.permaculture.net](http://www.permaculture.net).
- American Permaculture Directory: [www.permaculture.net/apd/index.html](http://www.permaculture.net/apd/index.html).
- Permaculture Magazine - ecological solutions for everyday living - humane sustainable culture: [www.context.org/MEDIA/PermMag.htm](http://www.context.org/MEDIA/PermMag.htm) Permaculture Activist Magazine (North Carolina): [www.permacultureactivist.net](http://www.permacultureactivist.net) [po]

## **Print Resources (suggested readings)**

### FARMAGEDDON: Food & the Culture of Biotechnology

- The latest book by food system analyst Brewster Kneen
- Attempting to address the question of whether or not the manipulation of life forms for corporate control and profit is a reasonable exercise for society

### The End of Food: How the Food Industry is destroying our food supply—and what we can do about it

- This books looks at the food available in grocery stores and it exposes the problems with all foods, including fruits and vegetables that people commonly assume are healthy.
- Author Thomas F. Pawlick

### Real Food: What to eat and Why

- Nina Planck argues that almost all of the food invented in the last century, and especially since the Second World War, is worse than almost all of the food that we've been eating since we developed agriculture
- Available online [www. Amazon.ca](http://www.amazon.ca)

### Supermarket Tour

- Learn about the food you eat and tips for safe and ethical eating.
- Booklet & tour available from OPIRG offices at various university campuses in Ontario.

*These resources discuss issues that surround our food system and discuss how we have entered into a food insecurity mode. Brewster Kneen is a well-known food analyst and has participated in many discussions at Trent University in the past. These readings are useful in seeing how our food gets to our mouths and how we as citizens can engage ourselves.*

## **Youth Future**

Given that we are both young adults, we ourselves feel compelled as citizens of this world to become more informed, to participate in local programs and to educate others. Fortunately, Peterborough has great examples of ways for youth to get involved. At Trent University, there is the Seasoned Spoon, which offers food alternatives to the corporate chain that feeds residence students. This student-run cooperative eatery offers healthy, local food at student-oriented prices. Not only are most if not all the products local or organic, but also this eatery hires students,

which thus gives them a voice to share with other students. Another program run out of Trent is the use of the community garden that exists on the green roof of the Science Complex. This garden provides an environmentally oriented alternative for a roof and also provides vegetables and spices for organizations like OPIRG and for the Seasoned Spoon. Trent offers vicinity to become educated about these issues, a venue to voice opinions and develop strategies, and a way to engage other youth and other citizens all over Peterborough.

Other local strategies that allow youth to engage themselves are Farmer's Market (both the Saturday location on Lansdowne St. and the Wednesday morning location in the Peterborough Square). This venue provides a lot of locally grown healthy foods and a way to engage with other community members. This market is a way for other local people to get together, converse, and share experiences that they have with farming. Farming is essential to food security and life and citizens have become so disconnected with food issues. This way youth can receive nutritious foods and information but also support local food and local resources.

As it has been noted, Peterborough has a wide-range of programs, organizations, and resources available for all community members. These resources are vital in the fight against food insecurity. Within these resources, youth can easily become involved and informed. Youth are the way of tomorrow and without their involvement and understanding of these issues, food security can never be realised. Local knowledge, local experiences and coming together locally are just some of the ways that youth can be ways to address the issues of food insecurity and hunger. It is very important to begin and engage locally because this is how food security can start to be addressed. Locally, community members can gain knowledge, be part of consumers' movements, be instructed on health issues and recognize the need for social justice. As previously noted, coming from our own youth perspective, we have the opportunity to help engage others and it is with this information that we hope to achieve this. Youth have the capability of becoming engaged and it can be easily accomplished by simply becoming informed.

## **Conclusion**

All in all, working with Meal Exchange has been a helpful experience for us because it has allowed us to become more aware of issues regarding food security and hunger and become informed about current initiatives that Peterborough has to offer. Through our research, we found that there already exists a lot of information on food security and what is currently being done and we realized that we were simply putting everything together for Meal Exchange so that they can use Peterborough as a resource for other areas to provide information for the future database. For us, since most of the information previously existed, we felt very limited in our abilities to truly be useful; in that sense we mean that our true work will come from our reflections on the information and not from doing the information itself. Our timeline with Meal Exchange was a good way of keeping us on track but did not always fit with other class workload. The organizers at Meal Exchange were very helpful, supportive and understanding throughout the whole semester. For us, if this information will be used in the future for a database or an online resource for youth, having youth possibly use this data to engage themselves will be very rewarding. Meal Exchange is a unique organization that will undoubtedly develop into a highly-used nation-wide strategy to engage youth in issues regarding food security and hunger.

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