RESULTS AND IMPACT
of the Community Food Security and Food Education Program (2017-2018)

Community Food Security involves all of the steps in the food production system, and the ability of communities to control and influence those steps to ensure wellbeing with respect to healthy, safe and nutritious foods. It is a concept that also raises questions about how to support local food, local producers and the local food industries in one’s community.

Community food security impacts. The projects completed 167 activities which resulted in over 230 outcomes. This included the following types of outcomes:

- 26 Increasing the amount of local food on school lunch menus
- 48 Promoting good nutrition and healthy food choices
- 47 Promoting community collaboration
- 26 Linking farmers to consumers
- 29 Enhancing the pride of growing food
- 43 Enhancing capacity to create food system change
- 24 Fostering multisectoral partnerships to work towards community food security

SOME OF THE PROJECTS THAT PROMOTED COMMUNITY FOOD SECURITY & FOOD EDUCATION IN PEI:

- Tajkei - I am Healthy (Mi’kmaq Family Resource Centre)
- Organic & Locally Grown Lunch Program (PEI Certified Organic Producers Cooperative)
- Educate and Eat Locally (Merry Pop-Ins Childcare Centre)
- Virtual Community Food Security Network (Canada’s Smartest Kitchen)

$120,000 invested in 17 projects that promoted community food security & food education in PEI

Some of these activities included:

- Provided education on traditional indigenous meals using local produce
- Integrated community-grown food into lunch menu
- Integrated local food into breakfast programs
- Used local food to develop participant’s meal preparation skills

Engagement
The projects engaged 2043 students & 12 schools

Over 2600 people participated in projects. This included:

- 183 Indigenous Peoples
- 5 Newcomers to Canada
- 52 People with a disability
- 238 People from low-income backgrounds
- 64 Pre-K children
- 2043 Students
- 183 Residents in urban areas
- 963 Residents in rural areas

NOTE: A participant may identify with multiple participant types (therefore the total number of participant types is greater than the total number of participants)

The program’s geographic impact

Changes to food environments must be comprehensive and have a long-term plan. Evidence-based strategies are important.

Community Project Coordinator

Prince Edward Island Agriculture and Fisheries

NOTE: Data is based on the final reports submitted to the Department by community project coordinators as per the Funding Agreement.
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Theoretically, Community Food Security (CFS) has a broad scope. CFS emphasizes comprehensive approaches to promote food security for everyone, and implicitly recognizes the role of the larger food system in ensuring food security. CFS involves long-term planning with a wide range of stakeholders working toward a healthy, just, and sustainable food system. CFS exists when all community residents obtain a safe, personally acceptable, nutritious diet through a sustainable food system that maximizes healthy choices, community self-reliance and equal access for everyone.

The Dietitians of Canada (2007) references the following elements as some of the characteristics of CFS activities: promoting good nutrition and healthy food choices; building community self-reliance and collaboration; linking farmers to consumers; enhancing the pride of growing and preparing food; building the capacity for people to create change; and creating multi-sectoral partnerships that work towards CFS. The model below further defines these characteristics in terms of specific examples of project-level activities.

### COMMUNITY FOOD SECURITY

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<th>COMUNITY FOOD SECURITY</th>
<th>ACTIVITIES</th>
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<td>Promote Good Nutrition and Healthy Food Choices</td>
<td>Educational projects that help people learn about food and nutrition</td>
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<td>Build Community Self-Reliance and Collaboration</td>
<td>Community-supported agriculture</td>
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<td>Link Farmers to Consumers</td>
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<td>Enhance the Pride of Growing and Preparing Food</td>
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<td>Create Multi-Sector Partnerships and Networks that Work Toward CFS</td>
<td>Activities which increase groups’ knowledge of the food system</td>
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### ACTIVITIES

- Educational projects that help people learn about food and nutrition
- Guidelines for institutions to purchase produce from local growers
- Activities which increase knowledge of food purchasing, handling and storage
- Community-supported agriculture
- Community garden opportunities
- Activities which promote social connections
- Farm to cafeteria activities
- Activities which increase knowledge about food production and preparation
- Activities that increase cooking skills
- Activities that increase gardening skills
- Activities which increase groups’ knowledge of the food system
- Activities which build infrastructure necessary for CFS
- Activities which provide opportunities for groups to impact public policy
- Food policy councils
- Collaborative CFS decision making processes
- Projects which are delivered through community partnerships

### References


