RESULTS AND IMPACT of the Community Food Security Sub-Program (2018-2019)

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.

The projects completed 81 activities which resulted in over 118 outcomes. This included the following types of outcomes:

- Promoting good nutrition and healthy food choices
- Promoting community collaboration
- Linking farmers to consumers
- Enhancing the pride and joy of growing, preparing, and eating food
- Enhancing the capacity for people to create change through education and empowerment
- Creating multi-sector partnerships and networks that work toward community food security

Some of the projects that promoted community food security in PEI:

- **Farm to Fork** (Abegweit First Nation Early Childhood Centre)
- **Charlottetown Rural Gardens Project** (Charlottetown Rural High School)
- **Local Food for Better Health in West Prince** (O’Leary Community Health Foundation)
- **Improving Access of Local Food for Lower Income Diabetic Patients** (PEI College of Family Physicians)

Over $100,000 invested in 18 projects that promoted community food security in PEI.

INDUSTRY INVOLVEMENT

Some local producers that engaged with projects include:

- Island Hill Farm
- Shepherds Farm
- Schurman Family Farm
- Rollo Bay Holdings
- Wymans Blueberries
- McPhee’s Apple Orchard
- Fortune Bridge Farms
- McNally Berries
- Barnyard Organics

Local Food Impact

Community project coordinators identified over 42 activities which had a direct impact on access to local food. Some of these activities included:

- Integration of local food into daily menus (Eastern Kings Early Learning Academy).
- Increasing project participants’ knowledge of local farming and growing initiatives (The Native Council of PEI).
- Increasing awareness of local product options that can be included in institutional menus (O’Leary Community Health Foundation).
- Using local food to develop participants’ meal preparation skills (West Prince Sports Council).

OVER
2250
people participated in projects.

This whole project has been a huge success. We have developed new partnerships with our local producers, gained an insight into the benefits of buying locally and exposed our children to a wider understanding of what our small town and province has to offer.

Project Coordinator

Canadian Agricultural Partnership Results:

- 19 training and knowledge transfer events
- 2440 participants at knowledge transfer events

Note: Data is based on the final reports submitted to the Department by community project coordinators as per the Funding Agreement. File No: 2395-15-02/Aug, 2019/DAL.

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

### PROGRAMMING COMMUNITY FOOD SECURITY

**Alignment of Program Theory and Activities**

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

<table>
<thead>
<tr>
<th>ACTIVITIES</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Promote Good Nutrition and Healthy Food Choices</strong></td>
<td>Educational projects that help people learn about food and nutrition(^5)</td>
</tr>
<tr>
<td></td>
<td>Guidelines for institutions to purchase produce from local growers (^4)</td>
</tr>
<tr>
<td></td>
<td>Activities which increase knowledge of food purchasing, handling and storage (^5)</td>
</tr>
</tbody>
</table>

### References


