

Food Justice: It's...



What every student should know!

Dear Food,

We need to taco 'bout our relationship. Things used to be great between us – I would eat you when I was hungry and share you with my friends. You would energize and sustain me through the best and worst of times. But over the years, things have become, well, a little weird.

People have been talking. They say that you are bad and that I need to be careful around you. They tell me that you'll change my body and I won't like it. That I won't be liked if I let you change my body.

I know that I often take you for granted and don't always value you. I think a lot about the communities in Canada where healthy, fresh food isn't accessible. Why aren't you there for people who need you?

And sometimes those communities are a lot closer to home than I realize. A lot of my friends can't afford to eat well and it's hurting their studies. Your nutrients are so important but sometimes you cost way too much. What's up with that?

Lately I've been hearing rumours about you getting trashed. Are they true? I don't know what to believe anymore. It seems like so many people want a piece of you, but you are always in the wrong place, at the wrong time. Isn't there anything we can do about that?

Food, we've been through so much together. You nourish my body and foster my growth. You carry me through difficult study sessions and strenuous physical tasks. We celebrate every occasion together, from birthday parties to family get-togethers. I see that my relationship with you is unique, complex, and wholly mine. Maybe I'll learn to love you again. Maybe we'll learn to work together again.

Yours,

Concerned Students

Brain Food

Eating nutrient-rich foods is an important part of staying healthy. They keep your mind sharp and preserve brain health over time – perfect for your long days of studying! Ten great foods for boosting brain power are hidden in these pages. Can you find them all?

Food Justice

Do you know where your food comes from? Who produces it? Who owns the land? Who makes the decisions about what to plant? Who decides how much to pay the labourers? What are the environmental costs of production? Who has access to that food, and who doesn't? If you're asking these questions, you're talking about food justice. The fact is, food distribution is susceptible to all kinds of prejudice, colonialism, power dynamics, and inequality, and traditionally marginalized groups are especially vulnerable. Here in Canada, organizations like Food Secure Canada advocate for food production systems based on "justice, equality, cultural pluralism and human rights" (<http://foodsecurecanada.org/>). If we are going to solve problems of food injustice and food waste, we need to see the big picture. Food justice means healthy, safe, and sustainable food for everyone. EVERYONE!

Food Justice and You

Did you know four in ten students will forgo healthy food to pay for tuition, books, and rent? Almost 24% of students say that food injustice affects their physical health and 20% say that it affects their mental health. Canadian campuses have taken note. There are now 104 hunger-relief programs on campuses across Canada. If you are experiencing food injustice, don't be afraid to ask for help. There are many hungry students out there just like you. And there are a lot of caring people out there trying to do something about it.

"Hunger is not an issue of charity. It is an issue of justice."

– Jacques Diouf, former director of the United Nations Food and Agricultural Organization

Effects of Food Injustice

Food injustice has lasting impacts on populations and takes a large toll on public health. Individuals who frequently have limited access to healthy, nutritious food report higher rates of hospitalization.

Physical Effects of Food Injustice	Psychological Effects of Food Injustice
Obesity Asthma Anemia ** Diabetes Heart disease Hypertension* Fibromyalgia * Oral health problems**	Depression Social skills Hyperactivity** Aggression** Anxiety** Mood swings** Stress

(Paying for Nutrition: A Report on Food Costing in the North, Food Secure Canada

http://foodsecurecanada.org/sites/foodsecurecanada.org/files/201609_paying_for_nutrition_fsc_report_final.pdf 2016)

*(Food Injustice in Canada, PROOF Food Injustice Policy Research <http://proof.utoronto.ca/food-injustice/> 2016)

** (Food injustice and health impacts, Michigan State University Extension

http://msue.anr.msu.edu/news/food_injustice_and_health_impacts 2013)

Word Search

N I N G L J L Y C E S W J J F S D L G T
P O J E E H L N T I C X J G Y P A H D I
P F I I O W P T D I S T R I B U T I O N
B G B T Z Z V F K F L B Q O E H D A J T
M Z W R I D Q I O Z M I T B S K G A E Z
T O R M U R O K E H O R B N S F F C M G
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W G L S T E K A H X Z S J A N X O W N X

ACCESS
COST
POLICY
SAFETY

AVAILABILITY
DISTRIBUTION
POVERTY
SECURITY

CLIMATE
NUTRITION
PRODUCTION
WASTE

Food Justice Issues

795 million people worldwide do not have enough food to lead healthy, active lives. That's more than double the population of the United States! Here are some of the biggest issues in food justice.

Access	Food insecure community members often have trouble obtaining sufficient food supply. The two major determining factors for creating accessible food are geographical location and income.
Cost	Cost is a key barrier to accessing nutritious food. In urban centres like Toronto, cost of living is rising faster than income so people must compromise on purchasing healthy foods. In remote locations like Nunavut, food is 3.1 times more expensive than the in the rest of Canada.
Policy	Governments make regulations to implement and maintain healthy, sustainable, and equitable food systems.
Safety	When food becomes scarce, hygiene and nutrition are not prioritized. Citizens must understand food storage and preparation to reduce foodborne illnesses.
Availability	Having enough food of sufficient quality through import, domestic agriculture or food aid programs.
Distribution	A system designed to transport food equitably and efficiently to food insecure community members.
Poverty	Most food insecure households are low-income and may not have the means to purchase food.
Climate	Extreme weather conditions and climate-related disasters lead to destruction and inability to grow crops.
Nutrition	Food insecure households are at a higher risk of inadequate nutrient intake leading to poorer health and wellbeing.
Production	Practicing sustainable food production will increase food supply and create the infrastructure to achieve global food justice.
Waste	Every year, one third of all food is wasted – meaning, not consumed by humans. Much of this discarded food is consumable. If distributed correctly, wasted food could make a huge impact on combatting world hunger.

Food Justice and Body Positivity

If we're going to talk about food, we've got to talk about body positivity. So often, we are told exactly how our bodies should look and act. Shaming public figures for being too fat, skinny, tall, short, muscular, petite or curvy has become a cultural norm. Achieving every expectation is unrealistic and negatively impacts mental and physical health.

Being body positive means building a positive self-image through forgiveness and acceptance towards our bodies. Sound difficult? You're not alone. Almost half of Canadians are not satisfied with the way they look. If we learn to incorporate body positivity into our lives, we can make self-love the new normal.

Here are 5 ways to embrace body positivity:

1. Appreciate your capabilities

Your body is capable of some amazing things. Take a moment to thank your body for moving, singing, dancing or breathing.

2. Make a list of what you like about yourself

There are so many wonderful parts of you, unrelated to your weight or appearance. Keep a list and read it often!

3. Talk to positive friends

Get together with supportive people who accept you exactly as you are.

4. Be critical about the media

Realize that many media messages are meant to make you feel bad. Notice the information that you are consuming, and reject what doesn't elevate your confidence.

5. Ask for help

There's no shame in seeking professional guidance. Centennial College offers free counselling for students. The Counselling Centre is open Monday to Friday from 8:30 am to 4:30 pm. To make an appointment, contact:

Campus	Phone Number
Ashtonbee	(416) 289-5000 x 7252
Morningside	(416) 289-5000 x 8025
Progress	(416) 289-5000 x 2627
Story Arts Centre	(416) 289-5000 x 8664

What Is Food Waste?

Remember when you bought that combo meal deal in the cafeteria last week – and then tossed half the fries and all the onions? Nobody ever intends to waste food, but our production systems, our legislation, and even our cultural values have an impact on what we throw away. It happens when good food is left behind in the fields after harvest, when surplus food is not purchased by producers, when retailers reject imperfect or imperfectly labelled food, and when consumers throw out the food that they purchase and never eat. Food waste, like food injustice, happens all around us, but we don't pay much attention.

What's Food Waste Got to Do with Food Justice?

Is a scarcity of oranges in Yellowknife really connected to the dumpster full of discarded hummus behind a Toronto supermarket? How can so many people be without accessible food when we produce so much wasted abundance? Food injustice and food waste represent two ends of the same problem. Both are symptomatic of bigger issues in our food distribution systems. If we want to correct this imbalance, we are going to have to make some changes.

How Much Food Are We Wasting?

The UN estimates that 1/3 of all food (1.3 billion tonnes) is wasted each year. That's about 19 large watermelons for every single person on Earth, every year – in the garbage! If we could save even 1/4 of what we currently waste, we could feed 870 million hungry people. Instead, here's what the richest countries are tossing out.

Food Type	% of food wasted at all levels
Fruits and Vegetables	40 - 50%
Roots and Tubers	40 - 50%
Fish	35%
Cereals	30%
Oils, seeds	20%
Meat	20%
Dairy	20%

(Food and Agriculture Organization of the United Nations, <http://www.fao.org/save-food/resources/keyfindings/en/>, 2016)

Canada wastes \$31 billion worth of food each year – that's about 60,000 railway cars full of food, stretching for 1000 km. Most of that (47%) is wasted by consumers. Why are Canadian families throwing away an average of \$112 worth of edible food every single month?

Why Do We Waste So Much Food?

Can you imagine having a big family dinner – a holiday, or a wedding – and running out of food? It's an unthinkable horror! Cultural norms dictate that we honour our guests by over-stuffing them, and there had better be leftovers on the table when we are done! Somehow, if we've cleared the plates, it feels like we've failed to provide enough. It's all in our minds. But there are lots of other reasons we waste perfectly good food. Let's take a minute and check off the ones we've said before:

- ☐ I forgot about it.
- ☐ It went bad before I could use it.
- ☐ I didn't know how to store it.
- ☐ I didn't like it and now it's stuck in my fridge forever.
- ☐ They were on sale, so I bought 6 of them.
- ☐ That "doggie-bag" didn't look so good the next day.
- ☐ I wasn't in the mood for that.
- ☐ It was easier to just order a pizza.
- ☐ It was past its best before date.

Ah – don't get me started on those dates! Did you know that Canada has no standards for establishing best before dates? And that they are not an indicator of food safety? Each food inspection agency sets different guidelines – it's a bit of a mess.

Best before dates are required on foods which do not keep past 90 days. The dates are a guarantee of freshness as long as the package is unopened, and not frozen. However, in many cases, food is still good after the best before date. The food may lose some flavour or nutritional value, but it is still considered safe to eat. Of course, foods that change colour or smell bad should be tossed, but that yogurt cup that's 2 days past its date probably won't make you sick.

Expiry dates are different from best before dates. Expiration dates are required by law on foods like infant formula, nutritional supplements, meal replacements, and prescription food items. These foods are intended for those with specific dietary needs and should never be used after the expiry date.

Some organizations are lobbying for clearer and more accurate food labels, but until that happens, you'll have to use your best judgment. "When in doubt, throw it out" may be the best we've got right now (<http://www.inspection.gc.ca/food/information-for-consumers/fact-sheets-and-infographics/date-labelling/eng/1332357469487/1332357545633>).

Who Cares About Food Waste?

The award-winning 2014 documentary Just Eat It: The Food Waste Movie (<https://www.knowledge.ca/program/just-eat-it>) shows how one couple in Vancouver decided to stop grocery shopping and survive only on discarded food which they rescued from bins. What they found was shocking. Dumpsters full of perfectly good food provided more than they could eat or give away. When 1 in 10 Canadians face food injustice, it doesn't seem right.

In October, 2016, CBC Marketplace ran an eye-opening report: Food Waste: What some supermarkets throw out – about the food waste found regularly behind a Toronto supermarket – again, bins of edible food, tossed well before its best before date (<http://www.cbc.ca/marketplace/episodes/2016-2017/food-waste>). People were horrified. Facing a public backlash, the store was forced to issue a statement promising to improve its efforts. But one chain is only the tip of the iceberg lettuce, and promises need to be turned into action.

One solution that tackles food waste and food injustice is food rescue – collecting edible food which is destined for the garbage, and redistributing it to agencies in local communities. In Toronto, organizations like Second Harvest and Daily Bread Food Bank, along with hundreds of agencies across the city, are working to recover and redirect food waste before it's sent to landfill. This year, Second Harvest will rescue and deliver 8.5 million pounds of food. Grocery stores, food producers, hotels, restaurants, and markets are donating excess and nearly-expired food to agencies which provide hundreds of thousands of meals to those in need.

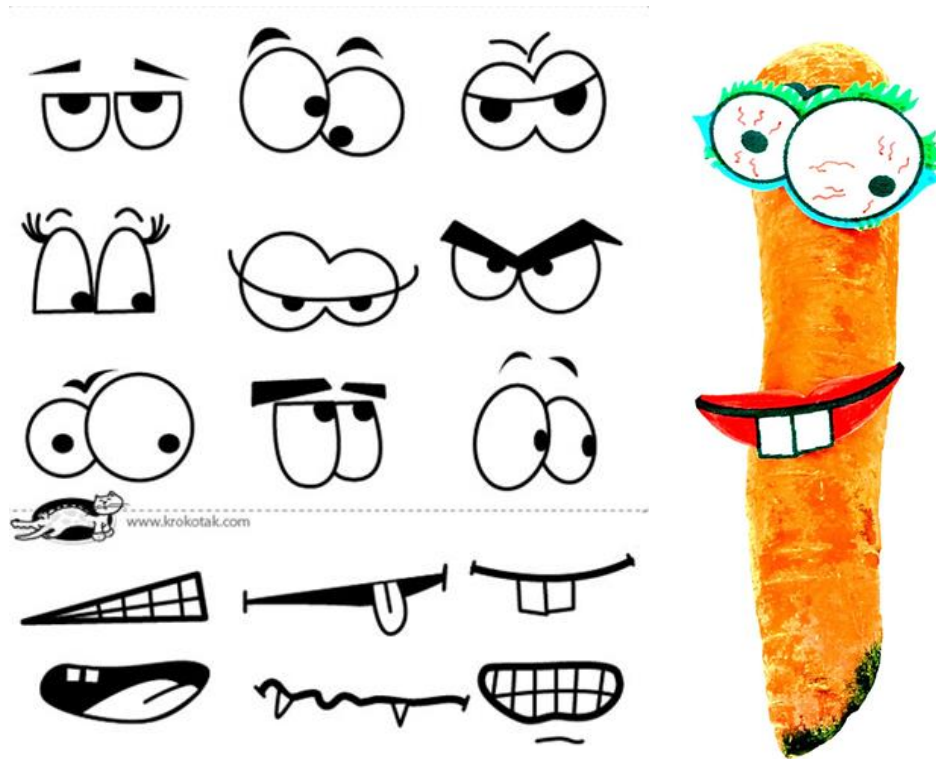
10 Easy Ways to Reduce Food Waste at Home:

1. Make a shopping list. Stick to it! (Try free apps “Out of Milk Shopping List” and “Smart Shopping List”)
2. Make a weekly meal plan. Stick to it!
3. Chill! Get friendly with your freezer. Package up leftovers for easy lunches and snacks. They make all kinds of packages these days... plastic ones, glass ones, tin foil ones, zipper-bag ones... get familiar.
4. Flip some fridge real-estate. Make a shelf or a drawer for “use me first” items. Use them first. Shake things up in there. Keep it moving!
5. Plant it or compost it. You can plant carrot tops, potatoes, celery, lemongrass, bean sprouts, ginger, and lots of other scraps. They'll grow! This turns waste into more food – not methane.
6. Don't shop hungry. Go when you're full. Go when it's really busy. You'll want to leave as soon as you get there!
7. Buy loose fruits and vegetables – not multipacks. How many apples are you really going to eat this week? Do you need that bag of 24?
8. Use what you have. Don't just buy more because you're lazy or not in the mood. Make it a habit to use whatever you find. Hey, you can always pretend you're a contestant on Chopped!
9. Be wary of due dates. Best before dates are not the same as expiry dates. The food may still be safe to eat. Use your common sense. Check out this site for more details: <http://www.gettystewart.com/what-you-need-to-know-about-best-before-dates-in-canada/>
10. Set a 1-month challenge to use every single food item that you buy. Repeat!

Ugly Food Deserves Love, Too!

To prevent food waste, some supermarkets have started selling “Ugly Food” at discount rates. Retailers often reject perfectly good food for aesthetic reasons, thinking that customers won’t buy produce that’s less than perfect. But the Ugly Food movement has been a big hit! If it diverts food from landfill, and gives us nutritious food at a better price, lettuce embrace the ugly! If you carrot all about food waste, it’s a no brainer!

DIY - Food Uglifier: Colour. Cut. Tape. Instagram!

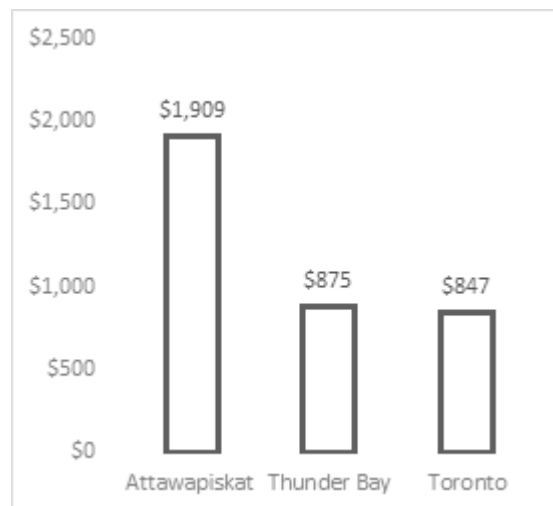


#UglyFood #ReduceFoodWaste

Food Justice in Indigenous Communities

Food justice is profoundly connected to physical, social, and cultural wellbeing. The reality is that 25.7% of Indigenous households living off-reserve experience food injustice, compared to only 12.0% of the rest of the Canadian population.

So, what does this look like? On-reserve communities in Ontario's northeast spend over 50% of their income on food. In June 2015, members of the Attawapiskat community spent over twice as much on food as Toronto households.



(Paying for Nutrition: A Report on Food Costing in the North, Food Secure Canada

http://foodsecurecanada.org/sites/foodsecurecanada.org/files/201609_paying_for_nutrition_fsc_report_final.pdf 2016)

Causes of Food Injustice

Deep historical roots: Indigenous communities have lived harmoniously and sustainably with nature, land, and the planet. However, reserves established by the federal government were not considerate of culturally significant access to traditional medicines, clean water, building materials, harvesting practices, and hunting territories. These policies and laws, for example, have restricted the number of animals a hunter can kill and keep, limited hunting to specific seasons, and prohibited hunting of certain animals.

Residential schools: Thousands of Indigenous children endured a cultural genocide when they were taken away from their families and cut off from essential traditional knowledge about how to harvest, prepare, and consume food.

Climate change: With temperatures rising, animal migration patterns are changing and further impacting how Indigenous peoples traditionally access food on their territories.

Land rights: It is impossible to grow food without land. Indigenous communities continue to suffer and are marginalized by governments and corporations that are driven to make a profit off treaty land with rich natural resources. Stripping Indigenous communities of their land breaks these treaties and impedes on their rights.

The Cost of Food in Remote Communities

As traditional means to accessing food in Indigenous communities are being restricted, households in these communities are growing more and more dependent on the food supplied by grocery stores. Unfortunately, these grocery stores are often not owned by a local businessperson and food is supplied at much higher costs.

There are many factors that drive food prices up:

- Long and less frequently travelled transportation routes for food orders
- Perishables have a higher risk of spoiling during long transportation routes
- Airplane weight capacities limit large orders of food
- Food availability is unreliable because of unforeseen circumstances, such as weather
- High cost of fuel to transport food
- High cost of lighting, heating, cooling, and building maintenance of grocery stores
- Limited grocery store options
- Consumers have low purchasing power in small populations

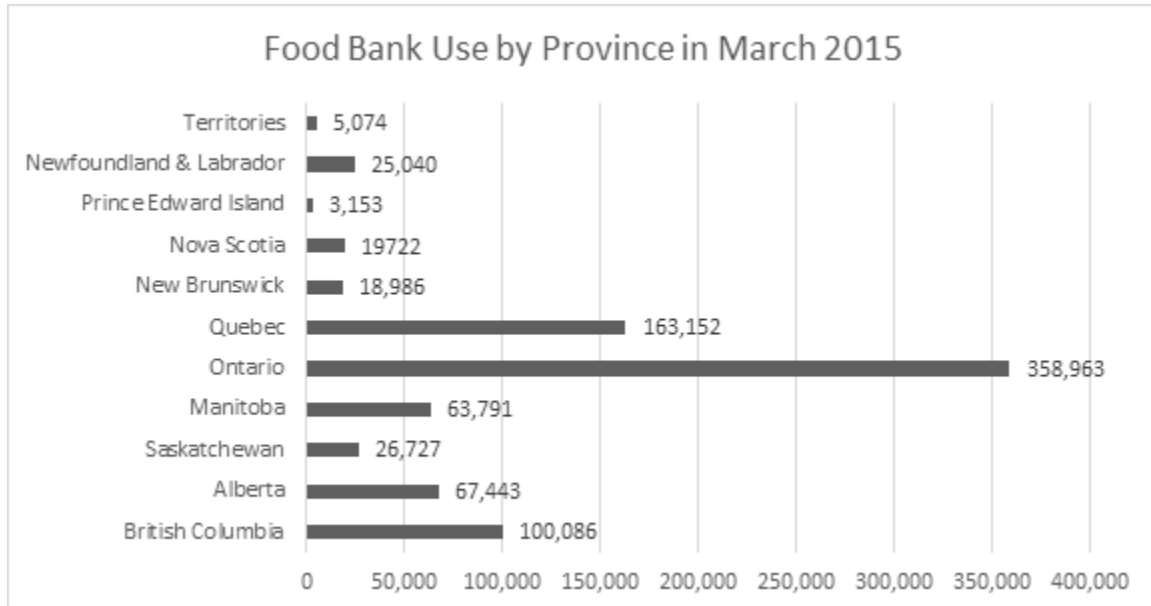
Farmers Markets

Visiting farmers' markets is an excellent way to find out where food comes from in your community. They offer fresh food products that are locally sourced and often organic such as meat, dairy, eggs, fruits, vegetables, and baked goods. Fresher food means higher nutritional value as vitamins break down as time passes. Likewise, when food is free of pesticides and GMOs, it is safer and more nutritious for our consumption. Food from farmers' markets is also more sustainable because it travels less distance to get to your plate and is produced in harmony with the seasons, reducing your meal's carbon footprint.

By supporting farmers' markets, you're promoting your community, local agriculture, and food justice. Check out a farmers' markets near you!

Food Banks

Of 852,137 Canadians who relied on food banks in March 2015, almost one-half were from Ontario. When individuals and families lack access to healthy, nutritious food, food banks help supplement their diet. These programs rely on food distributors, grocery stores, donations, and dedicated volunteers.



HungerCount, Food Banks of Canada <https://www.foodbankscanada.ca/Hunger-in-Canada/HungerCount-2015.aspx> 2015

Centennial's Food Bank Program

Centennial connects students to temporary food support in collaboration with recognized international charity, Humanity First. After registering online, supplementary food is delivered to Progress Campus or delivered right to the student's door.

To access the registration form, visit: <http://humanityfirst.ca/foodbank/college>

Good Food Box Program

The Centennial College Student Association (CCSAI) collaborates with Food Share Toronto to offer all students local, affordable, and fresh fruits and vegetables. Students can pre-order their box size and preferred contents for delivery on-campus, twice a month.

Haven't seen food boxes at your campus? Gather ten of your classmates/faculty to bring this convenient food distribution system to you.

For more information about the Good Food Box Program, visit <http://ccsai.ca/good-food-box/>.

Want to Get Involved with Food Justice?

Deciding to get involved with food justice in your own community is the first step to creating lasting positive change. Check out these awesome organizations:

- <http://thestop.org/>
- <http://foodshare.net/>
- <http://www.torontoenvironment.org/>

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Designed by Rhyanne Beatty and Postgraduate Interactive Media Management student Melissa Frew.

APPENDIX

Brain Foods Challenge

Walnuts

This food is rich in Vitamin E – a powerful antioxidant that traps brain damaging free radicals and lowers Alzheimer’s risk. Munching on a few per day will assist in greater alertness and mental function.

Blueberries

These bright little powerhouses are one of the most antioxidant rich foods in the world. Regular consumption improves learning and motor skills and protects your brain from oxidative stress.

Legumes

Part of the bean family, a bowl of these contain enough protein to keep your body fueled and mind sharp for hours. They also contain lots of folic acid – a B Vitamin known to help with memory recall.

Avocado

This fatty fruit is a nutritional powerhouse for brain health. It is full of Vitamins K, B, and C which contribute to healthy blood flow and lowering risk of stroke. Healthy blood flow is key to maintaining brain function and contributes to optimal memory and concentration.

Beets

This root vegetable improves mental performance by increasing blood flow to the brain. It creates high levels of nitric oxide in the body – which relaxes the blood vessels to increase stamina, energy and endurance.

Salmon

This food is rich in DHA – a fundamental omega-3 fatty acid. DHA is essential for protecting neurons and quick information transfer between brain cells. Low DHA is linked to memory loss, mood disorders, cognitive decline, and ADHD, so it is important to have at least 2 servings per week of this superfood!

Bananas

This common fruit is rich in potassium – which keeps our oxygen levels normalized and promotes strong signals between cells. It also promotes a healthy dose of tryptophan – an amino acid that elevates mood and eliminates brain fog by stimulating serotonin production in the brain.

Oats

This low glycemic breakfast food provides glucose – our brain’s main source of fuel. This food allows our brain to function optimally and is known to ease information processing, memory and visual and spatial understanding.

Turmeric

This spice has been used as a medicinal treatment for thousands of years. It contains curcumin – a potent antioxidant known for its anti-inflammatory properties. This aromatic spice, which is used often in Indian cooking, helps protect and heal the brain from damage and neurological disease.

Broccoli

This green vegetable helps improve brain function thanks to its abundance of Vitamin K, which strengthens cognitive abilities like thinking, reasoning, learning, and imagining, and Choline – which improves memory function like memorization and information recall.

Toronto Farmers Markets

Where?	When?
St. Lawrence Market 93 Front Street East	Saturdays from 5am-3pm (year-round)
Leslieville Farmers' Market 20 Woodward Avenue	Sundays from 9am-2pm in (May to October)
Evergreen Brick Works 550 Bayview Avenue #300	Saturdays 9am-1pm and Sundays 10am-3pm
The Stop's Farmers' Market 601 Christie Street	Saturdays from 8am-12:30pm (year-round)
Dufferin Grove Farmers' Market 875 Dufferin Street	Thursdays from 3-7 pm (year-round)
Sorauren Farmers' Market 50 Wabash Avenue	Mondays from 3-7pm (year-round)
Junction Farmers' Market 2960 Dundas Street West	Saturdays from 9am-1pm (May to November)
East Lynn Farmers' Market 1949 Danforth Avenue	Thursdays from 3-7pm (June to October)
Humber Bay Shores Farmers' Market 2225 Lake Shore Boulevard West	Saturdays from 9am-2pm (June to October)
East York Farmers' Market 850 Coxwell Avenue	Tuesdays from 8am-2pm (May to October)
North York Farmers' Markets Mel Lastman Square	Thursdays from 8am-2pm (May to October)
Cabbagetown Farmers' Market Winchester & Sumach	Tuesdays from 3pm-7pm (May to October)
Annette Village Farmers' Market 680 Annette Street	Wednesdays from 3pm-7pm (June to October)
Bloor-Borden Market Bloor and Lippincott	Wednesdays from 3pm-7pm (June to October)
Liberty Village Farmers' Markets Hanna Avenue Parking Lot	Sundays from 9am-2pm (June to November)
Metro Hall Farmers' Market 55 John Street	Thursdays from 8am-2pm (May to October)
Nathan Phillips Square Farmers' Market 100 Queen Street West	Wednesdays from 8am-2pm (May to October)
UofT Scarborough Farmers' Market 1265 Military Trail	Wednesdays from 3pm-7pm (June to October)
Ajax Farmers' Market 792 Bayley Street East	Thursdays from 2pm-7pm (June to October)
Pickering City Centre Farmers' Market 1355 Kingston Rd	Tuesdays from 8am-3pm (June to October)

Toronto Food Banks

Parkdale Community Food Bank
1316 King Street West

St Paul's Basilica
83 Power Street

North York Harvest Food Bank
116 Industry Street

Bluffs Food Bank
33 East Road

Churches on The Hill Food Bank
230 St Clair Avenue West

The Salvation Army
77 River Street

Society for the Living
274 Eddystone Avenue

Markham Food Bank
190 Bullock Drive

Vaughan Food Bank
71 Marycroft Avenue

Allen Gardens Food Bank
191 New Toronto Street

Fort York Food Bank
797 Dundas Street West

Muslim Welfare Centre
100 McLevin Avenue

Glen Rhodes United Church
1470 Gerrard Street East

Yonge Street Mission - Christian
Community Centre
270 Gerrard Street East

St. Bartholomew's Anglican Church
509 Dundas Street East