



Food First<sup>NL</sup>

# Growing Solutions

How Municipalities Can Strengthen Access to Food

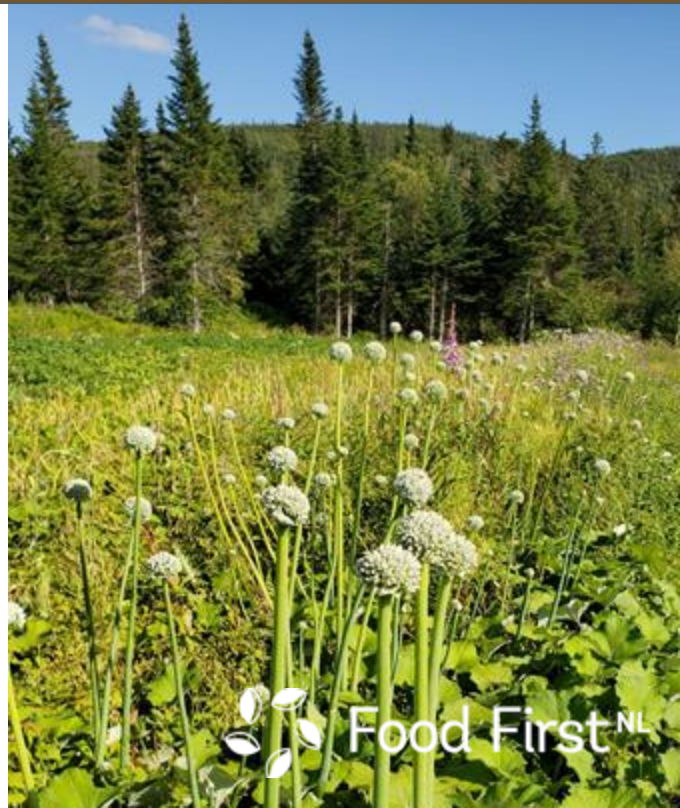
Joshua Smee, CEO

Sarah Crocker, Program Coordinator

May 6th, 2023

# What we'll cover

- **Food security snap shot**
- **Municipal Food Action Examples**
- **Roles for Municipalities**
- **Resources to support this work**



# About Food First NL

Food First NL's **vision** is a province where everyone can eat with dignity and joy.

Our **mission** is to advance the right to food in Newfoundland and Labrador.

We accomplish our mission through 4 **pathways**:

- Advocating
- Organizing
- Taking action
- Valuing people





Food First<sup>NL</sup>

# Food Security in NL: A Snapshot



# What is food security?

- When “all people, at all times, have **physical, social, and economic access** to **sufficient, safe, and nutritious food** that meets their food preferences and dietary needs for an active and healthy life.”
- It's different from food **self-sufficiency**





# What is food insecurity?

- Food insecurity is the inadequate or insecure access to food due to financial constraints.
- Includes **marginal, moderate, and severe** levels of food insecurity
- We usually talk about them together to capture how easy it is to move between categories





17.9%

**Almost 1 in 5 NLers  
was food insecure  
as of 2021.**



---

26.4 %

NL has the highest  
share of children  
living in food insecure  
households of any  
province





---

7.5%

The share of food-insecure households who accessed a food program in a given month during the pandemic



8.9%

**Increase in food  
prices in 2022**



---

93%

**How much of their  
income support  
cheque a family of  
4 would need to  
spend to afford a  
“nutritious food  
basket”**



70+%

Of our food is  
imported from out  
of province

# The Food System



## PRODUCTION

FISHING,  
FARMING,  
PROCESSING &  
PACKAGING



## DISTRIBUTION

TRANSPORTING  
& WHOLESALING



## ACCESS

GROWING,  
HUNTING,  
FISHING,  
HARVESTING, &  
BUYING FOOD



## CONSUMPTION

PREPARING,  
PRESERVING,  
CELEBRATING &  
EATING FOOD



## DISPOSAL

COMPOSTING,  
RECYCLING, &  
DISPOSING OF  
FOOD

# System-level organizations

- Food First NL
- Food Producers' Forum
- Community Food Sharing Association
- At the ground level: hundreds of organizations and businesses, many government agencies





# Big policy shifts

- Health Accord
- Social and Economic Well-Being Plan
- All-Party Committee on Basic Income



Food First<sup>NL</sup>

# A growing role for municipalities

Municipalities are:

- Connectors
- Funders
- Enablers

Since the COVID-19 pandemic, they are also often **program operators**

Out of **228 applications** for pandemic food program funding administered by Food First NL, **34 came from municipalities.**





Food First<sup>NL</sup>

# Municipal Food Action: Examples



# Production: Killick Coast

- Agriculture Strategic Plan created by 6 Communities of Portugal Cove- St. Philip's, Logy Bay-Middle Cove-Outer Cove, Torbay, Bauline, Flat Rock and Pouch Cove
- Strategic themes include economic development, enterprise, healthy living, and policy
- PCSP Chamber of Commerce as backbone organization



Food First<sup>NL</sup>

# Distribution: Food on the Move

- Mobile, pop-up, affordable food market
- Operates across St. John's in NL  
Housing Community Centres and MUN  
University Centre
- City of St. John's is a supporter in-kind  
and financial, aligning other  
programming



Food First<sup>NL</sup>



# Access: Basic Income Advocacy

- Municipalities across Atlantic Canada are advocating for Basic Income
- Halifax, Fredericton, Moncton, Saint John, and St. John's have passed motions
- A chance to build momentum and influence provincial and national policy





# Consumption: Community Freezers

- Supports wild food access in Inuit communities
- ICGs / Municipalities provides a reliable public space, equipment, staff supports receiving contributions and access



# Disposal: Community Composting

- 15+ initiatives to divert organic waste and reduce disposal costs
- Operating at neighborhood and regional scales
- Funding through MMSB programs



Food First<sup>NL</sup>



Food First<sup>NL</sup>

# Roles for Municipalities



# The Big Picture

- Internal policy: Procurement, food charters, Food Policy Councils/Advisory Committees
- Funding and in-kind resources (assessments)
- Advocacy to government
- Food as economic development



Food First<sup>NL</sup>



Food First<sup>NL</sup>

# Resources





# Community Food Action Space

- [www.nlfoodaction.ca](http://www.nlfoodaction.ca)
- Local programs and resources for food programs in NL
- Food Program Map with Community Gardens, Food Banks and Community Freezers, Drop-in meal programs, and Farmer's Markets





# Food First NL Support

- One-on-one support and mentorship
- Navigation of funding programs
- Direct funding (sometimes)
- Coming soon: Regional Food Animators



# Thank You & Questions

Find us online:

**foodfirstnl.ca**

**@foodfirstnl**