

Everybody Eats:
Presentation & Discussion



Food First NL

Presented By:
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Executive Director



Food First NL

Aims to actively promote comprehensive, community based solutions to ensure access to adequate and healthy food for all.

We do this by focusing on three key goals:

Public Awareness

Community Action

Strategic Partnerships

Visit foodfirstnl.ca to learn of all our programs

Everybody Eats!

Goal: To create a vision and road map for the future of food security in NL

- **Discussion Paper**
- **Regional Forums, Kitchen Table Talks, & Online Forum**
- **Provincial Assembly**

Available at foodfirstnl.ca

Food Security means that all people, at all times, have access to adequate amounts of nutritious, safe, and culturally appropriate food to maintain a healthy and active life.




PRODUCTION
FISHING, FARMING, PROCESSING & PACKAGING
DISTRIBUTION
TRANSPORTATING & WHOLESALING
ACCESS
GROWING, HUNTING, FISHING, HARVESTING, & BUYING FOOD
CONSUMPTION
PREPARING, PRESERVING, CELEBRATING & EATING FOOD
DISPOSAL
COMPOSTING, RECYCLING, & DISPOSING OF FOOD

NL Food System



90%

OF NEWFOUNDLAND & LABRADOR'S FRESH VEGETABLES ARE GROWN OUTSIDE THE PROVINCE[1]



NEWFOUNDLAND & LABRADOR
WOULD HAVE ONLY A

2-3 DAY

SUPPLY OF FRESH VEGETABLES
IF THE FOOD SUPPLY CHAIN
WAS DISRUPTED[1]





FOR EVERY

10,000

NEWFOUNDLANDERS &
LABRADORIANS THERE ARE[2]

14 FAST FOOD OUTLETS



8 CORNER STORES



4 GAS STATIONS WITH STORES



3 GROCERY STORES



EACH PERSON IN NEWFOUNDLAND & LABRADOR PRODUCES

4.5 LBS

OF WASTE PER DAY. THIS IS OVER 400,000 TONNES EACH YEAR, THE WEIGHT OF 80,000 ELEPHANTS.



25%

OF NEWFOUNDLANDERS & LABRADORIANS EAT VEGETABLES & FRUITS FIVE OR MORE TIMES A DAY



NEWFOUNDLAND & LABRADOR HAS THE

HIGHEST RATE

OF OBESITY AND DIABETES OF ALL THE PROVINCES IN CANADA[5]



NEWFOUNDLAND &
LABRADOR HAS
INCREDIBLY RICH

FOOD HERITAGE

INCLUDING FISHING, HUNTING,
GARDENING, & SHARING



THERE IS GROWING INTEREST AND

FOOD ACTION

ACROSS SECTORS IN NEWFOUNDLAND AND LABRADOR.



Food System Players

Everyone has a role to play in advancing the food system – there are four main types of players that can influence the food system:

Public **Private** **Community** **People**





Community Gardens

Farmers Markets





St. John's Food Policy Council

Discussion:

What is the most important thing that needs to be done to improve food security in NL?



Get Involved

Food First NL is eager to work with you to improve food security in NL!

Lots of ways to get involved:

- **Monthly Newsletter**
- **Host an Everybody Eats Discussion or Event**
- **Connect with Food First for resources & support**

Learn more at foodfirstnl.ca



Food First NL

St. John's Forum on Food Security

Date: Tuesday, March 1st
Time: 9am - 4:30pm
Location: Canon Wood Hall, 8 Military Rd.

Learn more & register at:

foodfirstnl.ca



Thank you!



Food First NL

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