



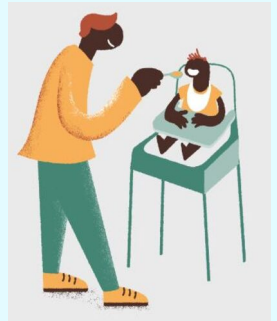
What do you have to say to the next federal government about food in our community?

The Nipissing Area Food Roundtable is prioritizing discussion around the following key issues:

Healthy Diets from Sustainable Food Systems

The way we eat significantly affects our health. Unhealthy eating habits contribute to high rates of chronic diseases, and many households in Canada are not able to afford healthy food. In addition, our food system contributes greatly to climate change and other environmental issues.

Ensuring access to local, sustainable and culturally appropriate food must be part of working towards healthy eating in Canada. In addition, healthy food production should sustain our natural resources by regenerating and preserving biodiversity, water quality, soil health and our climate, treat animals humanely, provide fair work for everyone involved and promote the overall health of communities. Policy changes are needed to achieve these goals. As Canada's Food Guide promotes the importance of culturally appropriate, sustainable and whole, unprocessed foods, it provides a strong policy foundation to build the links between healthy eating, sustainable food systems and addressing climate change.



Food Insecurity

Food insecurity can mean not having enough money to buy food due to inadequate income. It greatly increases the risk for developing chronic conditions in adulthood, such as diabetes, heart disease, high blood pressure, depression and anxiety. In children, it impacts learning and development, and increases the risk of developing chronic conditions later in life.

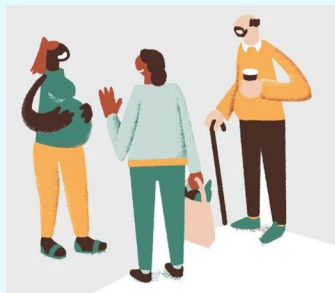
Food insecurity is a serious social and public health problem, and affects 1 in 7 households in our area. Policies that increase household income are needed to address this issue for the long term.

Indigenous Food Sovereignty



Indigenous food systems are deeply connected to Indigenous economies, cultures, health, and wellbeing. The destruction of traditional Indigenous food systems, including hunting, fishing and gathering, is connected to a broader process of cultural genocide and a deterioration of health and wellbeing in Indigenous communities. While food was often used as a tool of colonization, it has the potential to be a tool for healing and asserting Indigenous food sovereignty. This requires respect for treaty rights and a commitment to building nation-to-nation relationships with First Nations, Métis and Inuit peoples.

Talking and consultation are not enough. Addressing the calls to action from the Truth and Reconciliation Commission is a crucial component of reconciliation. In addition, Indigenous knowledge, ways of knowing and cultural practices must be respected and encouraged, and hunting, fishing and gathering must be supported as key food provisioning activities alongside farming and ranching.



Healthy School Food

School food programs offer many benefits to students and their communities. Grassroots organizations, charities, and provincial funding enable one in five children in Canada to access a school food program, and yet Canada is the only G7 country without a National School Food Program. A federal investment would leverage these efforts to expand their impact and improve all children's health and educational outcomes, lowering future healthcare costs while supporting farmers and local economies.

The content in this factsheet has been adapted from the Food Secure Canada Eat Think Vote campaign. Eat Think Vote events are happening across Canada leading up to the 2019 federal election to raise awareness about food policy in Canada. For more information, visit eatthinkvote.ca.

The Nipissing Area Food Roundtable is a collaborative of community stakeholders and food champions, working to create a healthy and sustainable food system for the Nipissing area. For more information, visit nipissingareafood.ca.



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