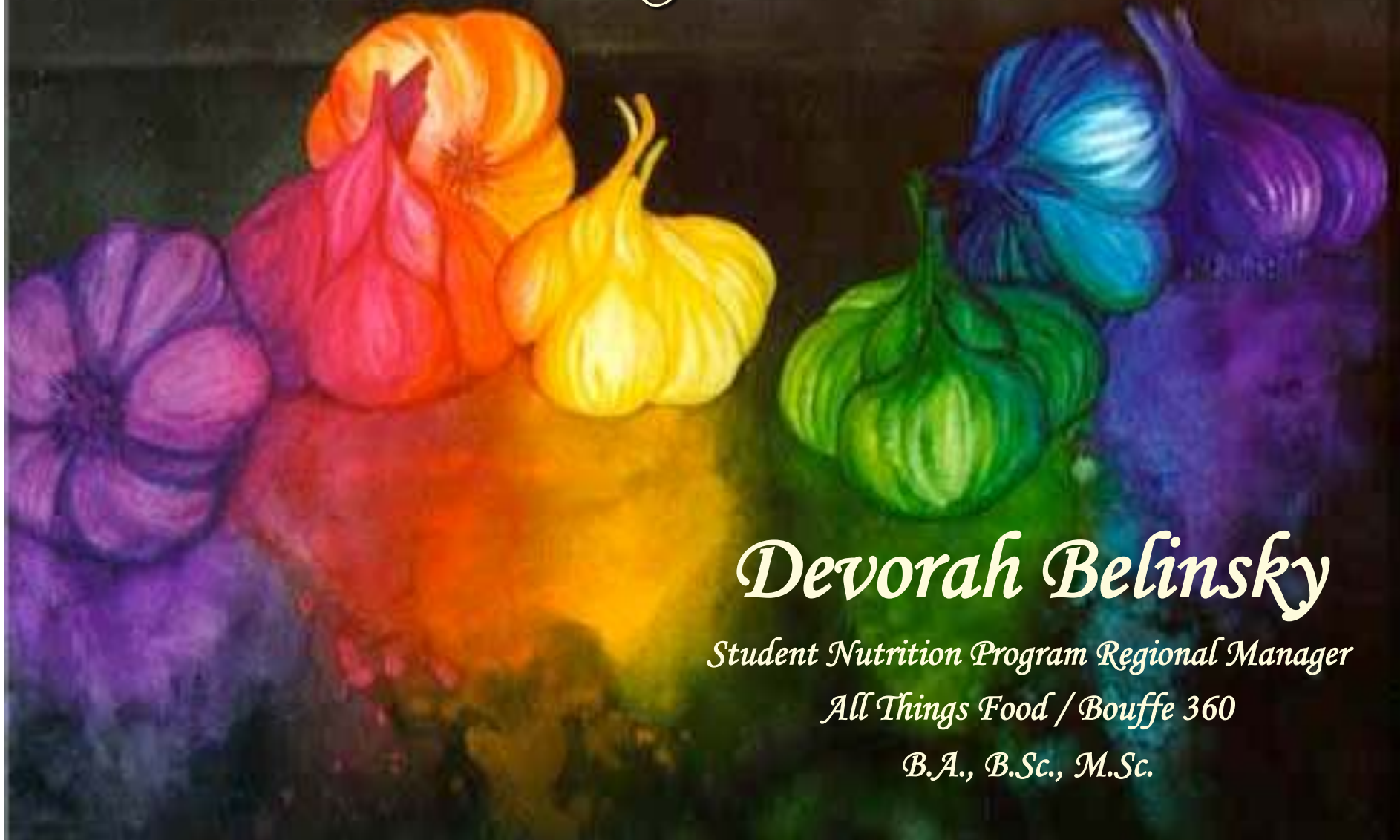


Building Healthy, Sustainable Local Food Systems



Devorah Belinsky

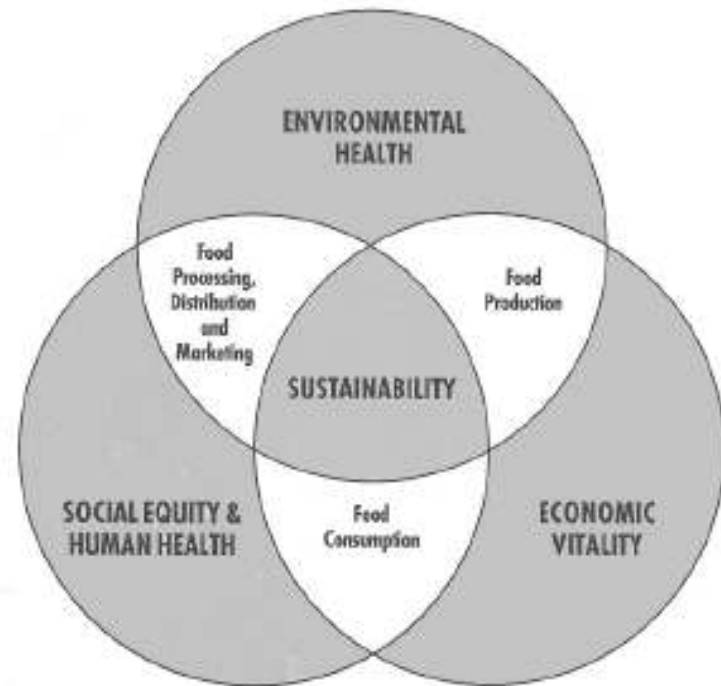
Student Nutrition Program Regional Manager

All Things Food / Bouffe 360

B.A., B.Sc., M.Sc.

Sustainable Food Systems

- **Health promoting**
- **Sustainable**
- **Resilient**
- **Diverse**
- **Fair**
- **Transparent**
- **Economically balanced**
- **Strengthens relationships**





All Things Food
Bouffe 360°

Community Food Network, SDG

Mission: To foster ongoing development of strong and sustainable community food systems.

Vision: Universal support and access to the physical, emotional and socio-cultural benefits of local, sustainable, healthy and just community food systems.



Goals

Ensure network sustainability

Develop collaborative partnerships

Foster local, safe & sustainable food systems

Develop “information hub” of All Things Food

Increase community knowledge, skills & awareness

Improve health through consumption of healthy food

Benefits to serving local food

Improved access to fresh, healthy food

Support local economy & community

Know sources of products

Transportation costs are lower

Local purchases result in good public relations

Can purchase variable quantities & special varieties

Nutritional value of food improved



Green Food Revolution

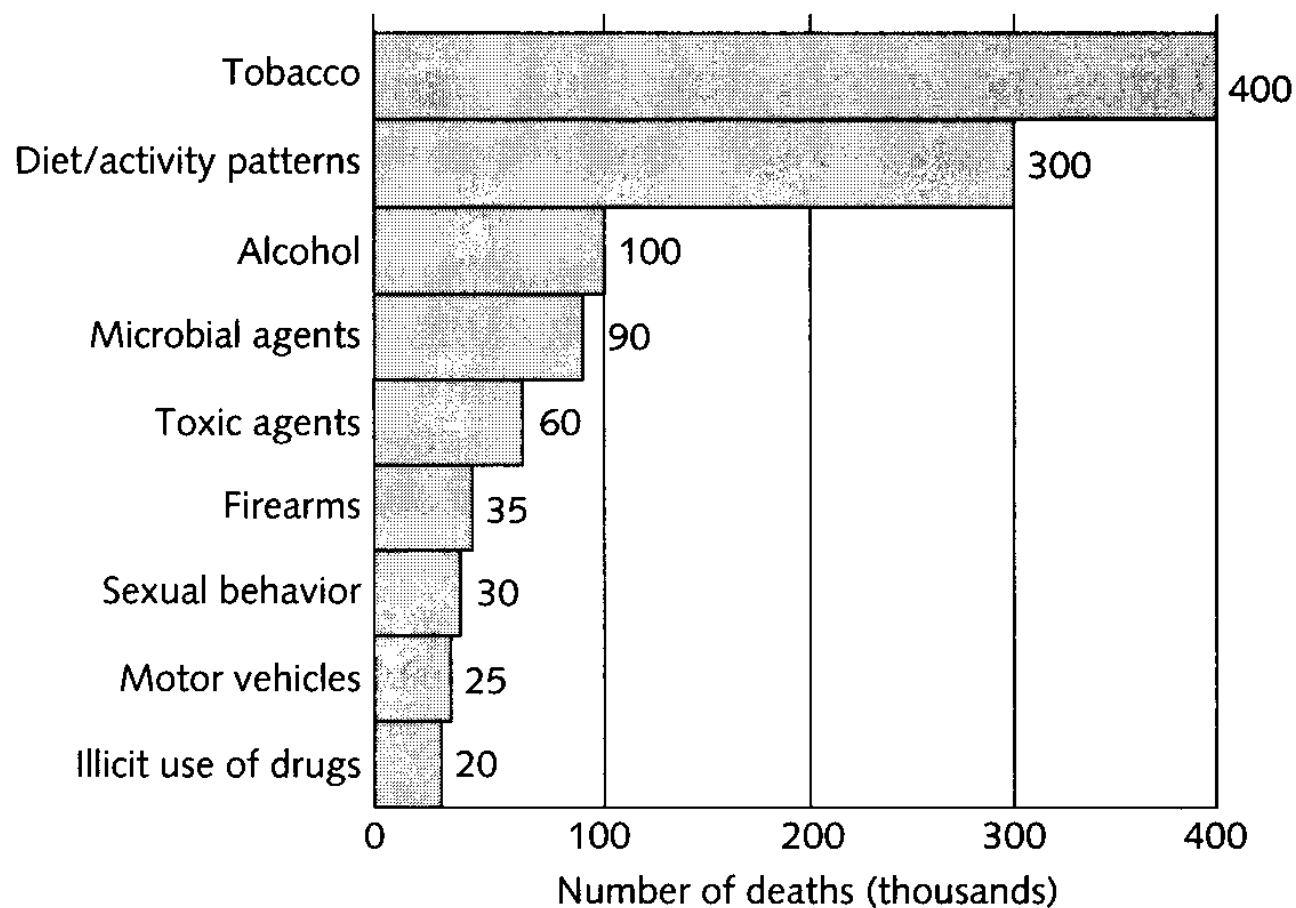
Creation of “Green Jobs”

Decrease soil, water & air pollution

Saves energy: transportation, packaging, marketing



Poor eating habits cause significant disease & death, similarly to tobacco



Health & Environment

Diet change is considered a personal choice
10's of billions of tax and corporate \$ spent
on influencing those choices

Environment shapes our decisions



Unhealthy Food

- Cheaper
- More available
- Portion size increasing
- Most desirable “taste” – eg sugar
- Most heavily marketed – Billions \$\$

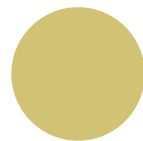
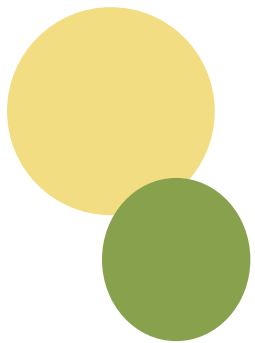


Growing healthy food and healthy communities

Increasing demand for local, sustainable food

School nutrition programs and other institution food can be significant markets for local food producers, businesses and social enterprises.

What needs to happen?

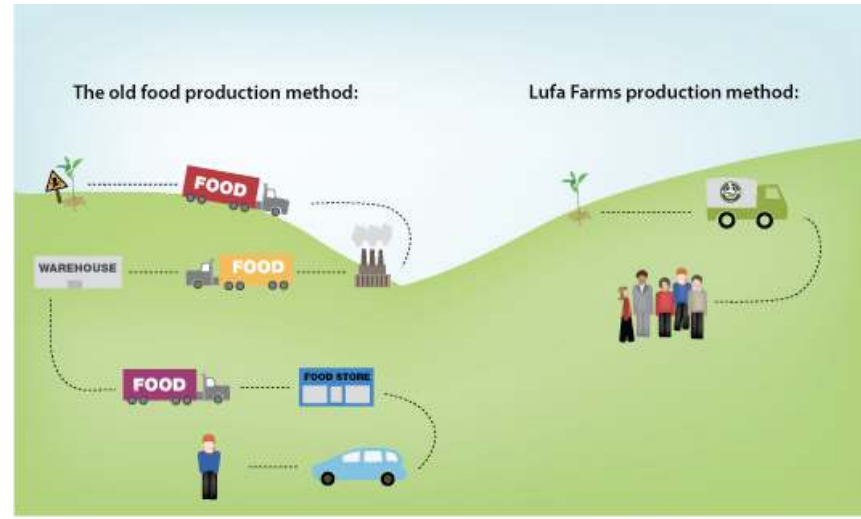
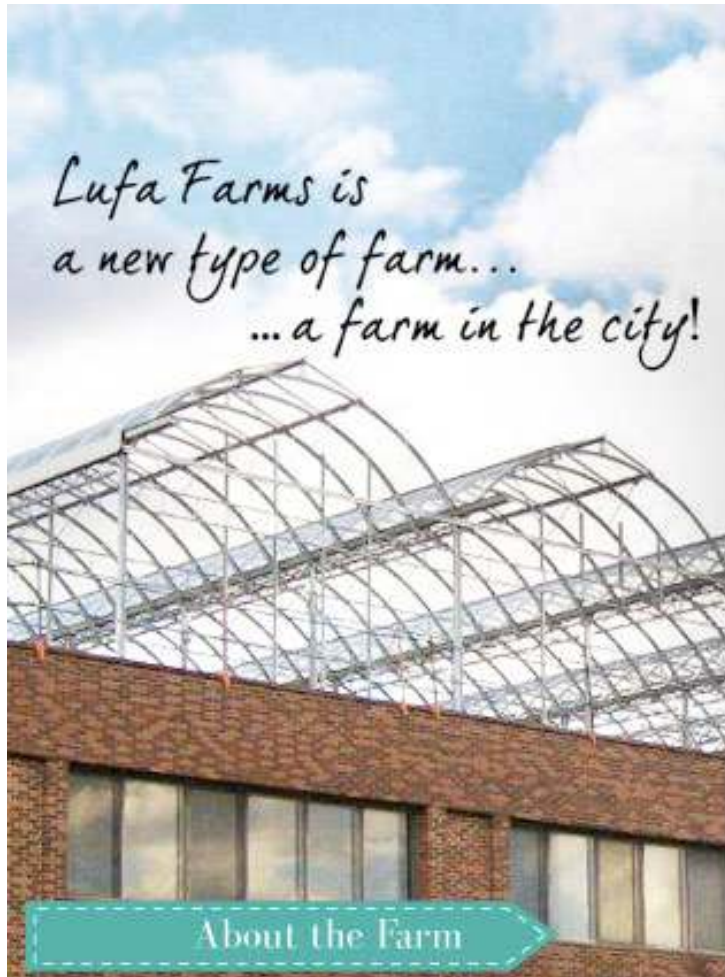


Power of Perception





Montreal, Quebec



Might of life affirming food

Healthier diets – Healthier, more productive people

Fosters positive change in food preference

Relief to health care system

Connection to food, farmers and land

Improved life and cooking skills

Support to local and regional econo

Foster community inclusion

Positive social interactions



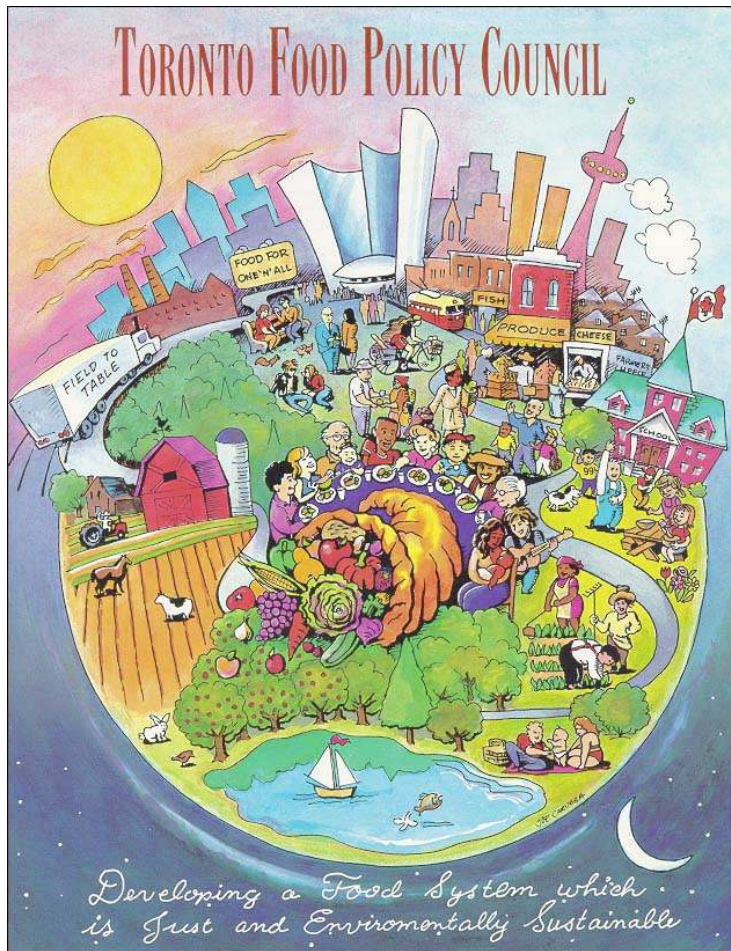
Fletcher Allan Health Centre, Vermont



Strength of Peers & Partnerships!

- Sharing knowledge and skills
- Inspiring others to act
- Building upon other's experiences
- Schools – Institutions
- Farmers – Food producers
- Public health
- Community health centres
- Non-profit organizations
- Municipalities

Policy & the Public Plate



- School food is ideal venue for significant change in our food systems
- Recent nutrition policy in Ontario fosters healthy food
- Institutional food large market for local farmers, food businesses & social enterprises

School Food

Breakfast Programs

Snack program

Lunch program

Special Events

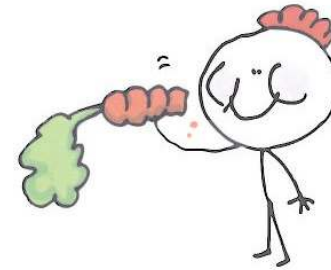
Staff Meetings

Principal Meetings

Vending machines

Tuck shop

Teach children about food – where it comes from, what it is and how to cook it – and they will have a much healthier attitude about food and eating. MARION NESTLE



Schools can be driving force for positive change



Farm to School (F2S)/ Farm to Institution (F2I)

- Local produce is fresher and tastes better
- Educational opportunities
- Reduces institutions carbon footprint
- Rewarding relationships with farmers.



Promoting local food in schools

Celebrate Harvest: eg. Great Big Crunch

Education of food & agriculture

Visit farm or farmers' market

Invite farmer to classroom

Social media & webinars

Planted a school garden

Featured local product

Farmers markets

Food festival

Salad bars



Improving local purchasing

- More sustainable food producers
- One place to order (eg cooperatives)
- Showing & tasting of farm products
- Products available canned or frozen
- Assurances of food safety
- Regulations that make it easier to purchase directly from farmers
- Financial incentives for purchasing local food
- Additional facilities and/or equipment
- Additional manpower
- Training to increase culinary skills
- Classroom teaching about local foods and agriculture



Considerations



- **Quality**
- **Adequate volume**
- **Reliable supply**
- **Ordering method**
- **Payment**
- **Delivery**
- **Cost**
- **Packaging**
- **Food Safety**

Barriers to purchasing local food

- Budget or spending cap / internal policies
- Lack of local producers in area
- Other regulations
- Lack of products available during certain time of year
- Convenience (one-stop shopping)
- Lack facilities and/or manpower to handle large amounts of fresh food
- Lack of cooking skills



Helpful Information for purchasing local food

- List when local food available
- List of Information / promotion for local food
- Lists of local farmers, suppliers and products
- Tested recipes and menus that incorporate local food
- Health and Safety information
- Regulatory information
- Consumer preferences in your institution
- Examples of how others use more local food



Farmers: Factors to Consider

Size of customer: meals served/day; # of months/yr

Size of orders

Infrastructure & Equipment available

Summer programming: camps

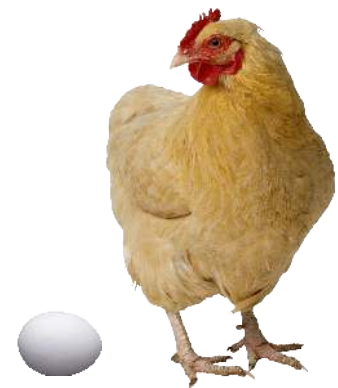
Delivery

School Schedules: vacations and holidays

Diversity of Products

Communication

Food Safety & liability issues



It's in our hands!



To find out how you can get involved in SDG, contact:
All Things Food Coordinator, Dana Kittle
atfbouffe360@gmail.com