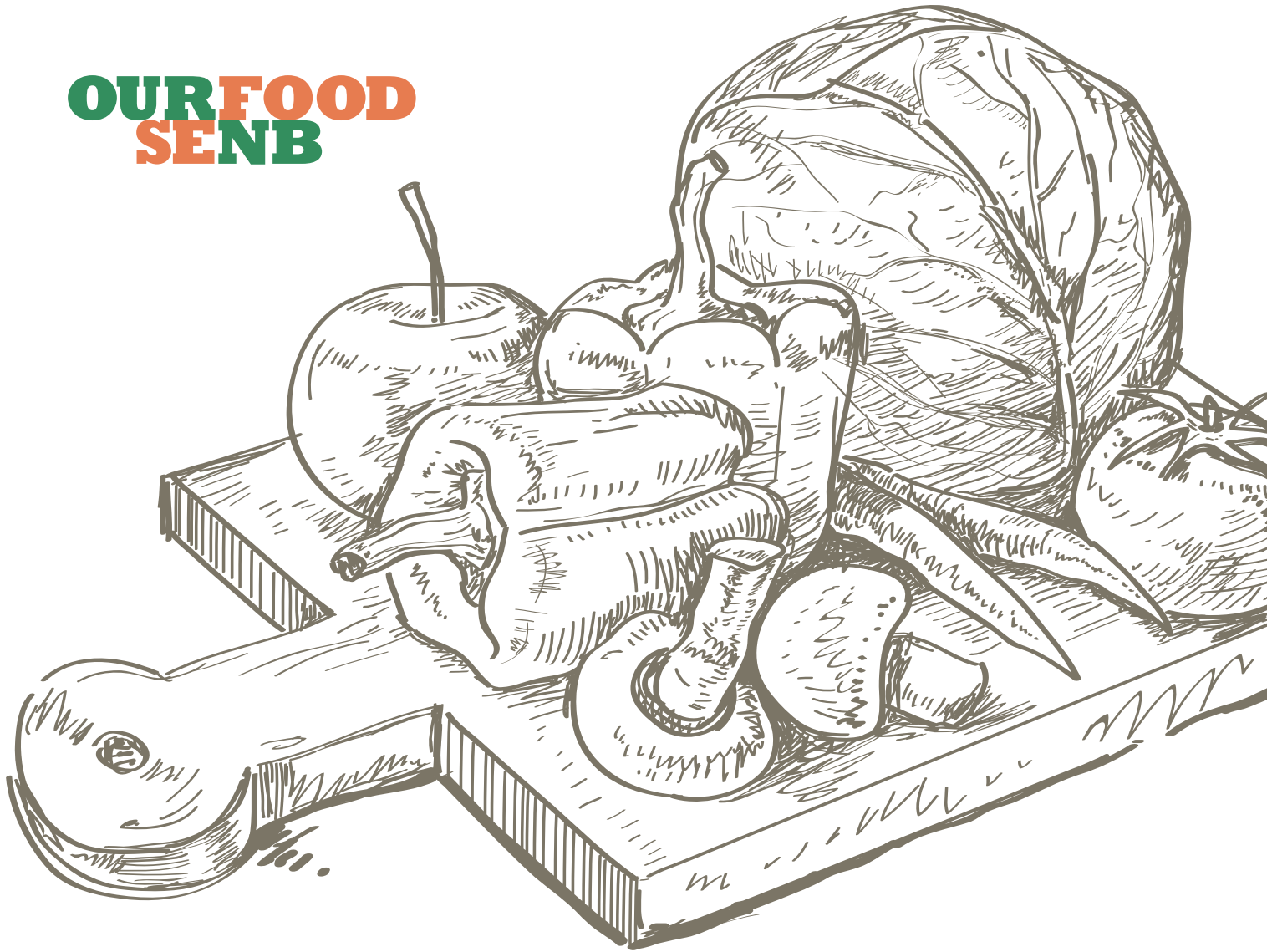


**OUR FOOD
SEN**



FOOD ACTION **Adventure Guide**

.....Produced in March 2017.....



Thank you for supporting the Food Pledge!



Welcome to the **OURFOOD SENB** team!


You have made a commitment to help change our food system. We believe that your choices can make a real difference, and we have prepared this guide to support you as you put your commitment into action.

This guide is designed to help you choose your Food Pledge adventure. Flip to an action of your choice to get started, or read cover-to-cover to see the bigger picture!

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Embrace the challenge—and have fun!

Show your support for the Food Pledge! **#OurFoodAction**



As you put the principles and values of the Food Pledge into action, remember that you play many roles in your life, and that you have many different opportunities to transform the local food system.

Your choices and actions—both small and large—contribute to the well-being of your community and environment. Recognize that you have power in each of your roles, and look out for actions that you can try out in different contexts or situations!



Your choices as a **CONSUMER** affect your health and the health of your community.

How can consumers make a difference?

- Change your shopping habits
- Reduce household food waste
- Learn more about food



As a **PRODUCER** you affect the local economy, environment, and culture.

How can producers improve the local food system?

- Choose environmentally healthy growing practices
- Support community gardens
- Sell surplus crops to at-risk populations



BUSINESSES drive change in the local food economy.

How can businesses lead by example?

- Support healthy eating in the workplace
- Connect with local food suppliers
- Sponsor food-related events



POLICY MAKERS shape many aspects of our food system.

How can policy makers make positive change?

- Protect agricultural land
- Promote local, sustainable food
- Support access to healthy food for all community members

“Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it’s the only thing that ever has.” **MARGARET MEAD**

Eating



Choosing healthy, local, and sustainable food is an important part of the Food Pledge—and a great way to promote better health while building community connections. Although changing your personal or household food habits can be a big challenge, it is also an exciting and rewarding process. The resources in this section will help you to get started as you explore new ways to access, grow, prepare, preserve, or share nourishing food.

Every meal is an opportunity to get creative and put the Food Pledge into action, so get started today!

Bring good food into your kitchen



Plan meals and menus to eat better and save money:

- ▷ [My Menu Planner \(Eat Right Ontario\)](#)
- ▷ [Planning Meals \(Health Canada\)](#)

Take cooking classes, engage with a community kitchen, and learn quick or economical approaches to food preparation and preservation:

- ▷ [Dieticians in the Kitchen](#)
- ▷ [Mapleton Teaching Kitchen \(Moncton Headstart\)](#)

Participate in a bulk buying program for more affordable fresh and/or local food:

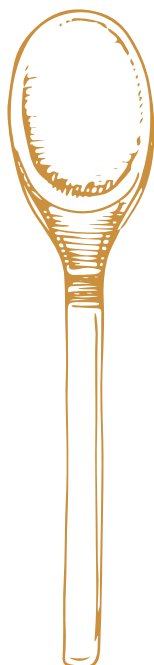
- ▷ [Community Food Smart](#)
- ▷ [Fresh for Less](#)
- ▷ [Speerville Mills](#)

Organize or participate in a food swap:

- ▷ [“Food Swapping—Bartering with Your Preserves” \(Living Homegrown\)](#)
- ▷ [“What is a Food Swap?” \(Food Swap Network\)](#)

Connect and organize your food swap group with Facebook and Twitter!

#OurFoodAction   



Eat with the seasons



- ▼ [Harvest Calendar \(Really Local Harvest\)](#)
- ▼ [“What’s in Season? Your Guide to Canadian Produce in the Atlantic Provinces” \(Sobeys\)](#)

Find good food near you



- ▼ [ACORN Farmshare Directory and Map](#)
- ▼ [Buy Local NB – Smartphone App and Directory](#)
- ▼ [Farmers’ Markets Directory \(Tourism New Brunswick\)](#)
- ▼ [Fish Harbours Map \(NB Food Security Action Network\)](#)
- ▼ [Fundy Fresh \(Foods of the Fundy Valley\)](#)
- ▼ [Local Producers \(Really Local Harvest\)](#)
- ▼ [The Mobile Farmers’ Market](#)



Reduce your food waste



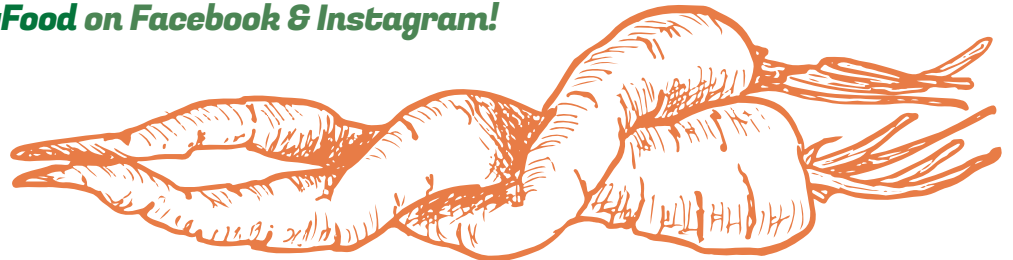
- ▼ [“Ban the Bin: Cutting Food Waste in Canada” Fact Sheet \(Bronwen Tucker\)](#)
- ▼ [“Help End Food Waste” \(David Suzuki Foundation\)](#)
- ▼ [Just Eat It \(Film\)](#)
- ▼ [Manure & Food Waste in St. André \(Renewables NB\)](#)
- ▼ [“Minimizing Food Waste” \(UN Environment\)](#)
- ▼ [“This Startup Will Help the World Reduce Food Waste” \(Opportunities NB\)](#)

Eat and serve ugly food



- ▼ [“Inglorious Fruits and Vegetables” \(Intermarché campaign\)](#)
- ▼ [The Ugly Fruit and Veg Campaign \(EndFoodWaste.org\)](#)

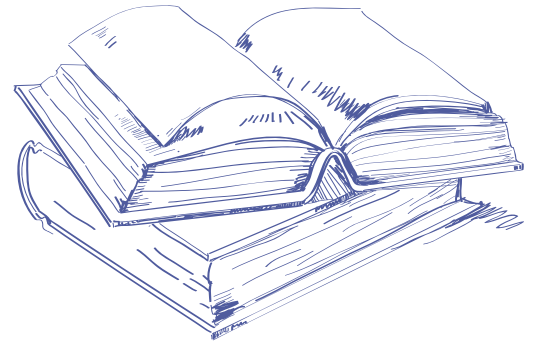
Display your #DeliciousUglyFood on Facebook & Instagram!
#OurFoodAction   



Emphasize health and wellness



- ▼ [“Diet-Related Diseases and Healthy Eating” \(Community Food Centres Canada\)](#)
- ▼ [“Healthy Eating at Work” \(Canadian Centre for Occupational Health and Safety\)](#)
- ▼ [“My Food Guide” \(Interactive tool from the Government of Canada\)](#)
- ▼ [The Weight Coalition](#)



Learning About Our Food

Knowledge is power when it comes to making food choices that benefit your health, your community, and your planet. Learning about food production, preparation, and nutrition helps you to put your values into action with each meal.

Bring food literacy in the classroom



- ▶ [Eat Well and Be Active Educational Toolkit \(Health Canada and the Public Health Agency of Canada\)](#)
- ▶ [FoodSpan Curriculum \(Johns Hopkins Centre for a Liveable Future\)](#)
- ▶ [“Potential School Garden Curriculum Outcomes” \(NB Food Security Action Network\)](#)

What is your school doing to promote food literacy?

Share your stories! #OurFoodAction   

Explore connections between food and health



- ▶ [Fact Sheets \(PROOF Food Insecurity Policy Research\)](#)
- ▶ [New Brunswick Public Health Nutrition Framework for Action \(Province of New Brunswick\)](#)
- ▶ [“Nourishing Food, Nourishing Knowledge: Report on the Forum on Food Security Among First Nations Communities in New Brunswick” \(Canadian Feed the Children\)](#)
- ▶ [Southeast NB Diet and Weight ‘Quick’ Snapshot \(NB Food Security Action Network\)](#)

Help make healthy food a priority in our schools



- ▶ [“A Study of Food Literacy” \(Food Secure Canada / Food Literacy for Life\)](#)
- ▶ [Current School Food Initiatives \(NB Food Security Action Network\)](#)
- ▶ [“Healthier Eating and Nutrition in Public Schools: A Handbook for Policy 711” \(Department of Education, Province of New Brunswick\)](#)
- ▶ [Pan-Canadian Joint Consortium for School Health](#)
- ▶ [Le réseau des cafétérias communautaires Inc. \(District scolaire francophone Sud\)](#)
- ▶ [“Where to Eat in New Brunswick Schools” \(Make Menus Matter / New Brunswick Medical Society\)](#)

Tell us why #NBSchoolFood matters to you. #OurFoodAction   

Recognize food as a social justice issue



- ▼ “Aboriginal Food Insecurity in Canada” (Food Secure Canada)
- ▼ “Canada’s Prison Farms Redux” (Marc Montgomery, Radio Canada International)
- ▼ “Community Food Security” (Dieticians of Canada)
- ▼ “Food Security and Insecurity in New Brunswick: Portrait, Challenges, and Perspectives” (ICRML / CIRLM)
- ▼ “HungerCount 2016” (Food Banks Canada)
- ▼ Til The Cows Come Home (prison farms film from Milkpail Productions)

Plan new initiatives and projects



- ▼ How-To Guides (FoodShare)
- ▼ Toolkits and Manuals (NB Food Security Action Network)

Connecting

Food is a central part of our social lives, in ways that go far beyond the dinner table! Communities are stronger and healthier when we work together to share resources or experiences, to support people in need, and to raise awareness about the food system. Check out the resources in this section for ideas about how to get active and involved.

Become a volunteer



- ▼ Free Rides to the Grocery Store (Connecting Albert County)
- ▼ New Brunswick Association of Food Banks
- ▼ The Peter McKee Community Food Center (Food Depot Alimentaire)
- ▼ Volunteer Centre of Southeastern New Brunswick, Inc.



Contribute with a workplace campaign supported by The United Way



- ▼ Workplace Campaigns (Greater Moncton United Way)

Explore solutions proposed by local organizations



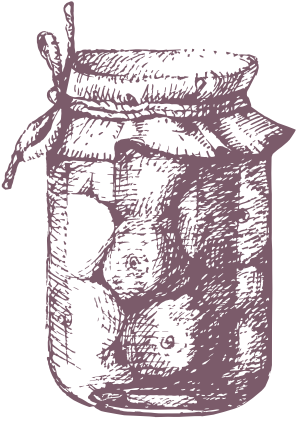
- ▼ Environmental Farm Plan (National Farmers Union in New Brunswick)
- ▼ Organic Resources Library (Atlantic Canadian Organic Regional Network)
- ▼ “Southeast New Brunswick Regional Food Assessment Report – Recommended Actions” (NB Food Security Action Network / Food Secure Canada)

Participate in a wellness network



▶ [Healthy Eating Resources \(New Brunswick Wellness\)](#)

Lead and organize in your community



- ▶ [Bulk Buying Club Best Practices \(Food Security Network of Newfoundland and Labrador\)](#)
- ▶ [Community Garden Best Practices Toolkit \(NB Food Security Action Network\)](#)
- ▶ [Community Kitchen Best Practices Toolkit \(NB Food Security Action Network\)](#)
- ▶ [“Evaluating Outcomes of Community Food Actions: A Guide” \(Public Health Agency of Canada\)](#)
- ▶ [Food Security \(Public Health Agency of Canada Best Practices Portal\)](#)
- ▶ [“Urban Environmental Education Review \(Cornell University\)](#)

Connect with Food Pledge supporters to build your team! #OurFoodAction   

Getting Your Hands Dirty

Growing or gleaning your own food gives you a new perspective on food production, and can help you to forge deeper connections with your environment and your community. You'll also be boosting your diet with fresh, sustainable, affordable ingredients—and with a new sense of creativity and pride.

Connect with a community garden

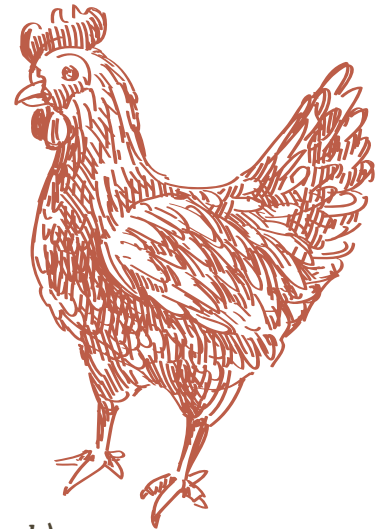


- ▶ [“African Food from Canadian Soil” \(Adventures in Local Food\)](#)
- ▶ [Westmorland Albert Community Garden List \(NB Food Security Action Network\)](#)

Go gleaning



- ▶ [“Gleaning Good Food” \(Adventures in Local Food\)](#)
- ▶ [“The Gleaning Handbook” \(PEI Food Exchange\)](#)
- ▶ [“Kent Food Security Gleaning Guide” \(NB Food Security Action Network\)](#)



Share your #NBGleaning adventure on Facebook & Instagram #OurFoodAction   

Raise chickens for affordable and sustainable protein



- ▶ [“How To Raise Backyard Chickens In Your City —The Basics Of Raising Chickens” \(BackYard Chickens\)](#)

Save and share seeds



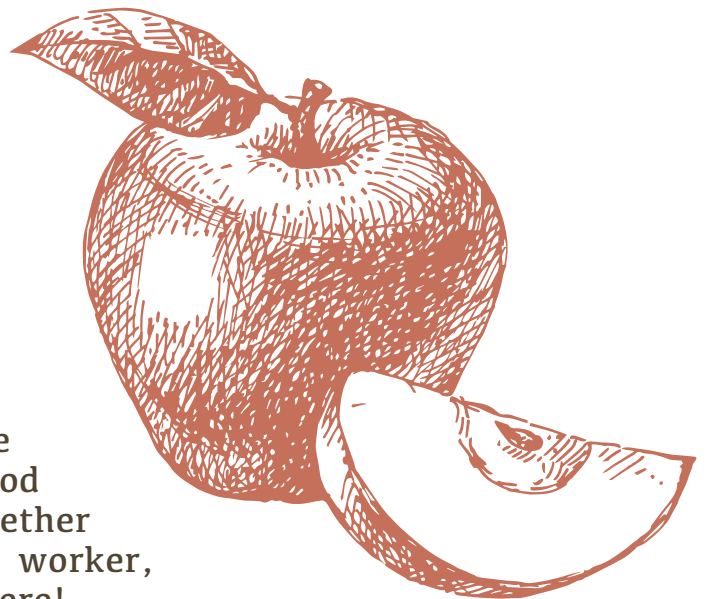
- ▶ [Moncton Public Library Seed Library \(NB Food Security Action Network\)](#)
- ▶ [Seeds for Life \(Pays de Cocagne Sustainable Development Group\)](#)

Learn more:

- ▶ [“Semences pour la Vie - Famille Poirier” \(film from Pays de Cocagne Sustainable Development Group\)](#)
- ▶ [“Semences pour la Vie - Famille Theriault” \(film from Pays de Cocagne Sustainable Development Group\)](#)

Changing the Rules

Citizens who support the Food Pledge value community wellness, social justice, and environmental sustainability. You can put those values into action through your individual choices—but you can also make a difference by learning about food policy and advocating for changes that are important to you. Being informed about food policy is key to making wise decisions, whether you're acting as a consumer, producer, worker, or leader. Get started with the resources here!



Learn about existing food policy



- ▶ [Buy New Brunswick Initiative \(Agriculture, Aquaculture and Fisheries, Province of New Brunswick\)](#)
- ▶ [Canada's Food Security Strategy \(Global Affairs Canada\)](#)
- ▶ [Farm Land Identification Program \(Agriculture, Aquaculture and Fisheries, Province of New Brunswick\)](#)
- ▶ [Food and Nutrition Policies \(Health Canada\)](#)
- ▶ [“New Brunswick's Wellness Strategy, 2014-21” \(Social Development, Province of New Brunswick\)](#)
- ▶ [“Overcoming Poverty Together: The New Brunswick Economic and Social Inclusion Plan, 2014-19 \(Economic and Social Inclusion Corporation / Province of New Brunswick\)](#)

Get inspired by food-focused advocacy and innovation



- ▽ [“A People’s Food Policy for Canada” \(Food Secure Canada\)](#)
- ▽ [Conserving New Brunswick’s Working Lands \(New Brunswick Community Land Trust\)](#)
- ▽ [Farmers’ Market Nutrition Coupon Program \(British Columbia Association of Farmers’ Markets\)](#)
- ▽ [“Feeding Our Future” \(Toronto District School Board\)](#)
- ▽ [Kids Eat Smart Foundation, Newfoundland and Labrador](#)
- ▽ [Second Harvest Food Rescue](#)
- ▽ [“Within Reach: A National School Food Program” \(Food Secure Canada\)](#)

Who are your #FoodJustice role models?

Tell us! #OurFoodAction   

Reach out to your government



- ▽ [Current Members of Parliament](#)
- ▽ [“Government Matters” \(Food Secure Canada\)](#)
- ▽ [Legislative Assembly of New Brunswick](#)
- ▽ [Standing Committee on Agriculture and Forestry \(Senate of Canada\)](#)
- ▽ [Standing Committee on Fisheries and Oceans \(Senate of Canada\)](#)

When you contact your legislator, let us know!

#OurFoodAction   

Visiting

Let the Food Pledge inspire you on culinary adventures around your province! Your New Brunswick experience will be transformed when you focus on fresh, local food. Whether you’re choosing an innovative new restaurant for a business lunch or planning a holiday around your favorite food festival, you’ll be delighted by our distinctive cuisine and culture.



Participate in food festivals



- ▼ [Annual Festivals](#)
- ▼ [Festivals and Events \(Tourism New Brunswick\)](#)
- ▼ [First Nations in New Brunswick \(Aboriginal Tourism Association of Canada\)](#)
- ▼ [Slow Food Cocagne Acadie](#)
- ▼ [World Food \(Mosaïq Multicultural Festival\)](#)

Check out your community calendar



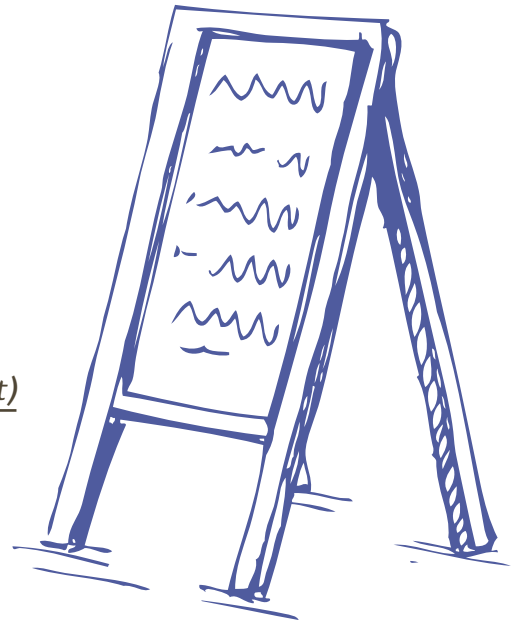
- ▼ [“Connecting Albert County” Calendar](#)
- ▼ [Southeast New Brunswick Communities Event Calendar](#)
- ▼ [Summer Block Parties \(Town of Riverview\)](#)

Retweet or share event listings to support your community
#OurFoodAction   

Plan your next trip



- ▼ [Culinary Experiences \(Tourism NB\)](#)
- ▼ [Delicious New Brunswick](#)
- ▼ [“Eat & Drink” \(Town of Sackville\)](#)
- ▼ [New Brunswick AgroExperiences \(Really Local Harvest\)](#)
- ▼ [Taste This! Food Tours](#)
- ▼ [“The Rise of Food Tourism”](#)
(report from the Ontario Culinary Tourism Alliance and Skift)



Starting a Business

Take your passion for food to the next level. Entrepreneurs in agriculture and food production make tremendous contributions to local communities and economies—and they’re key players in reimagining our food system. Choose your next steps with the resources in this section!

Learn about the potential of value-added food



- ▼ [Agriculture and Agri-food Production in Atlantic Canada \(Atlantic Canada Opportunities Agency\)](#)
- ▼ [Canada’s Smartest Kitchen \(Culinary Institute of Canada at Holland College\)](#)
- ▼ [Case studies and success stories \(Opportunities NB\)](#)
- ▼ [“New Brunswick Value-Added Food Sector Strategy, 2012-16” \(Province of New Brunswick\)](#)

Get help starting a new food business

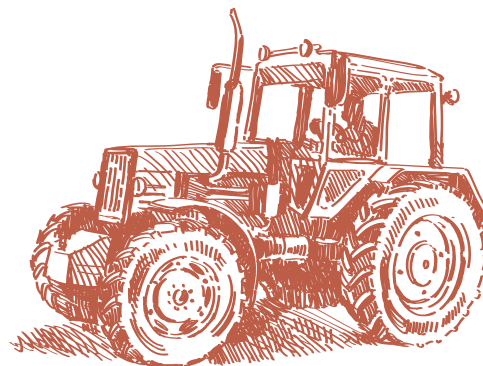


- ▶ [Application Guide - Food Premises License \(Province of NB\)](#)
- ▶ [Apprenticeship and Mentor Program \(ACORN\)](#)
- ▶ [Farmers' Market Best Practices Toolkit \(NB Food Security Action Network\)](#)
- ▶ ["New Brunswick Guidelines for Food Premises at Public Markets \(New Brunswick Department of Health\)"](#)
- ▶ [Worldwide Opportunities on Organic Farms](#)

Look up your farmers' unions



- ▶ [Agricultural Alliance of NB](#)
- ▶ [National Farmers Union in New Brunswick](#)



About #OurFoodAction

Our Food Southeast NB is a network of committed and concerned community members from food banks, community kitchens, food mentors, producers, non-profit organizations, businesses, and government partners who have joined together to work towards reducing poverty and increasing food security in Southeastern New Brunswick.

Learn more about us:

- ▶ [Our Food SENB Website](#)
- ▶ [Facebook](#)

Connect with our partners

The Ecology Action Centre

- ▶ [Our Food Project Website](#)
- ▶ [Food Action Committee blog](#)
- ▶ [Facebook](#)
- ▶ [Twitter](#)

The New Brunswick Food Security Action Network

- ▶ [Website: \[www.nbfoodsecurity.ca\]\(http://www.nbfoodsecurity.ca\)](#)
- ▶ [Facebook](#)

▶ **Support Bill 11, the Local Food Security Act!**

Use our hashtags **#OurFoodAction**   

Choose your first Food Pledge adventure



Where will you begin?

- ▶ Plant a garden!
- ▶ Take a cooking class!
- ▶ Visit a farm!
- ▶ Attend a food festival!
- ▶ Join a CSA!
- ▶ Enjoy ugly food!
- ▶ Donate to my food center!
- ▶ Support local vendors!
- ▶ Love food!



Declare your commitment to the Food Pledge, and tell us your story!

#OurFoodAction   

