

## FoodShare Toronto Glossary of Terms

Term	Definition
Food Security	All people at all times have physical and economic access to adequate amounts of nutritious, safe, and culturally appropriate foods. <i>(World Food Summit 1996)</i>
Community Food Security	A situation in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice. <i>(Hamm and Bellows 2003)</i>
Community-based food programs	A semi-formal group of community or school leaders who come together to develop a food program creating decision-making and engagement. Must be more than one person active and not a part of government.
Grassroots food initiatives	Activists and organizations that lead bottom-up initiatives for sustainable development in the food sector; initiatives that respond to the local situation and the interests and values of the communities involved.
Non Profit Food (distribution) Hub	A non-profit food hub is operated by an organization that actively manages the aggregation, distribution, and marketing of source-identified food products in order to satisfy community and institutional demand. Food hubs offer an exciting bridge between food producers and consumers, providing a mutually beneficial relationship across both ends of the food system.
Community Food Education Centre	A community food education centre is operated by a non-profit organization and provides a variety of food literacy activities such as growing and cooking skills, healthy eating, and food justice.
Communities that experience the most food insecurity	Communities who may live in what are sometimes referred to as low-income neighbourhoods, food deserts, neighbourhood improvement areas, or underserved neighbourhoods.
Food access	Physical and economic access to quality, affordable, culturally appropriate vegetables and fruits for all at all times.

Food literacy	Understanding where food comes from; the impacts of food on health, the environment and the economy; and how to grow, prepare, and prefer healthy, safe and nutritious food. ( <i>Sustain Ontario 2013</i> )
Increased consumption	Consuming more servings of vegetables and fruits each day by adding vegetables and fruits to all meals and snacks - moving from the Canadian average of 3.8 servings/day to FoodShare's recommended 10 servings/day, 7 vegetables, 3 fruits.
Adults	People above the age of 18.
Children	Children from ages of 4-18 (Grades JK-12).
Non-profit social enterprise	Businesses operated by non-profit organizations, that are directly involved in the production and/or selling of goods and services for the blended purpose of generating revenue and achieving social, cultural, and/or environmental goals. Social enterprises are a more tool that FoodShare uses to meet our mission to contribute to just, healthy and sustainable communities.
Animate	To give life to; to inspire to action. Community animators help bring to life projects; their role is occasionally to create, but generally to enable and facilitate community-based food projects.
Just Food System	A food system that actively supports systems based on justice, equality, cultural pluralism and human rights.
Food Justice	To ensure that the benefits and risks of producing, distributing, and consuming food are shared fairly by everyone involved and to transform the food system to eliminate inequities. Food justice has been defined as a cross-class, multicultural movement that engages in a wide variety of work on local, regional, national, and global levels. As a part of the food justice movement, FoodShare Toronto has played an important role in promoting urban farms, developing programs focused on getting fresh produce to people who live in food deserts and much more.
Sustainable food initiatives	FoodShare has adopted many sustainable food initiatives, such as purchasing and supplying local food, building and playing

	<p>leadership in community-based food initiatives (e.g., urban agriculture and composting), offering training programs to increase food literacy, advocating on sustainable agricultural and food policies. Through operating non-profit social enterprises and developing a long-range fund-raising plan, FoodShare maintains financial sustainability. FoodShare is not a vegetarian or vegan organization but is also a part of the global Meatless Mondays movement.</p>
Sustainable food system	<p>For FoodShare, like many Canadian Food organizations, a Sustainable Food System has been defined as "an integrated system of plant and animal production practices having a site-specific application that will last over the long term", for example:</p> <ul style="list-style-type: none"> <li>• Satisfy human food and fiber needs</li> <li>• Enhance environmental quality and the natural resource base upon which the agricultural economy depends</li> <li>• Make the most efficient use of non-renewable resources and on-farm resources and integrate, where appropriate, natural biological cycles and controls</li> <li>• Sustain the economic viability of farm operations</li> <li>• Enhance the quality of life for farmers and society as a whole.</li> </ul> <p>(see <a href="https://en.wikipedia.org/wiki/Sustainable_agriculture">https://en.wikipedia.org/wiki/Sustainable_agriculture</a>)</p> <p>FoodShare prioritizes healthy, affordable culturally diverse food, local and seasonal as is possible, organic when it is the same price and fair trade when it is available.</p>
Local	Food grown in Ontario.
Community capacity	The ability of a group or community to organize itself to identify and solve its own problems. Building community capacity may involve training in areas such as: shared power, leveraging resources, communication and advocacy. ( <i>Access Alliance, 2011</i> )
Capacity building	Building individual and community skills that will help communities become more food secure. FoodShare focuses on supporting this kind of work in schools and communities in Toronto. This can include direct delivery, food literacy and leading food initiatives around gardening, social/community support network building, etc.
Community readiness	The degree to which a community is ready to take action on initiating and developing its own food projects. An understanding of community readiness allows FoodShare to

	tailor an intervention or strategy with the community.
Policy makers	Policy makers who work in all three levels of government (local, municipal and provincial) and large non-governmental organization like Heart and Stroke Foundation that influence policy and decision making within government groups.
Better policies	Those that support increased access and knowledge of affordable vegetables and fruits and communities advocating for themselves.
Partnership	Agreements and actions made by consenting organizations to share resources to accomplish a mutual goal. Participation by at least two parties that agree to share resources, such as skills, knowledge, and people. Organizations in a partnership share common goals. The essence of partnership is for all parties to mutually benefit from working together.
Advocacy	The act of arguing on behalf of a particular issue, idea or person. The purpose of advocacy is usually to convince an organization or government to change their policy in some area. Different ways of doing advocacy include writing letters, contacting political representatives, organizing community meetings or press conferences, distributing public education materials, or participating in a public protest. ( <i>Access Alliance, 2011</i> )
Organizations outside of Toronto	Organizations that approach FoodShare and those FoodShare supports because of policy implications or significant organizational modeling implications.

*Note: Except in the cases of a direct reference, these definitions have been modified from original resources to fit in FoodShare's context.*