



Body Positivity Action Plan

September 2020 - March 2021

Activity	Timeline
<p>Online workshop geared at other agencies doing food work with a focus on how we developed a Body Positivity Framework for FoodShare.</p> <p>Audience: People working in nonprofits, Public Health staff, funders, “food security” and “healthy eating” people.</p> <p>Content: External trainer, formation of taskforce, terms of reference, development of statement, guidelines for working with funders, internal staff training, Board training and approvals, examples of statement in action.</p>	<p>Prep presentation in September 2020</p> <p>Targeted outreach October 2020</p> <p>Hosted on Zoom end of October 2020</p> <p>Workshop feedback evaluated November 2020</p>
<p>Public panel about body positivity and fat liberation in food spaces.</p> <p>Audience: General public, people interested in food and activism</p> <p>Content: Critique of health claims, connection between fat shaming and anti-Blackness</p> <p>Panelists: Dr. Jill Andrew, Anshuman Iddamsetty, maya finoh, Ashlea Gillon, Natalie Borch, moderated by Dr. Sabrina Strings</p> <p>Could also be a conversation between Sabrina and someone else highlighting her book “The Racial Origins of Fat Phobia”</p>	<p>Panel scheduled - Sep 23, 2020</p> <p>https://www.eventbrite.ca/e/panel-dismantling-fat-shaming-and-weight-stigma-tickets-121242801483?fbclid=IwAR2gYXGRCJpsqaSit1XEH5t9rjYQV9bRIByT-kF1h67IsRQ9MbwgP-Q-sXA</p>

<p>Develop a stand alone Body Positivity workshop or mini-series to be available in Community Food Programs</p> <p>Audience: Youth (ages 11-18ish)</p> <p>Content: Exploring values when it comes to food and unpacking what “good” and “bad” foods are. Thinking critically about who has access to “good” foods and what that means in terms of race, class, and otherness.</p>	<p>Draft for October 2020</p> <p>Tested November</p> <p>Finalized and on website for January 2021</p>
<p>Organize Bystander training that includes fat shaming and body policing and opportunity for staff to practice intervening when comments are made</p> <p>Audience: FoodShare staff</p>	<p>Organize training for January 2021</p>
<p>Develop a Checklist for auditing language & images in Communications work; use checklist to audit existing collateral</p>	<p>Draft Checklist for November for review by Comms team</p> <p>Complete Audit in February 2021</p>
<p>Review Body Positivity statement to see if “media” needs to be added to statement as a source of shame</p>	<p>September 2020</p>

Accountability & Transparency:

The list of activities will be posted on our website and shared publicly.

A member of the senior leadership team will provide ongoing internal updates as to the progress of the plan.

If any member of the FoodShare team identifies an activity that has not been achieved in an effective or timely way, they can:

- 1) Contact the director of their department for a response.
 - 2) If the response from your director is unsatisfactory, the item should be raised with the executive director for a response.
 - 3) If the response from the executive director is unsatisfactory the item should be raised with the Board of Directors for a response.
- The HR Coordinator has the up to date email contact for the Board liaison.