

# Body Positivity Action Plan - Final

**Time Period:** September 2020 - March 2021

Draft is informed by staff feedback from team conversations that happened January & February 2020 re: food justice Consultation with Managers September 2020

#	Activity	Timeline	Status	Notes
1	<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>	November 2020	Complete	Recording of <a href="#">workshop available on youtube at the link</a>
2	<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>Panel scheduled - Sep 23, 2020</p> <p><a href="https://www.eventbrite.ca/e/panel-dismantling-fat-shaming-and-weight-stigma-tickets-121242801483?fbclid=IwAR2gYXGRCJpsqaSjt1XEH5t9rjYQV9bRIByT-kF1h67IsRQ9MbwgP-Q-sXA">https://www.eventbrite.ca/e/panel-dismantling-fat-shaming-and-weight-stigma-tickets-121242801483?fbclid=IwAR2gYXGRCJpsqaSjt1XEH5t9rjYQV9bRIByT-kF1h67IsRQ9MbwgP-Q-sXA</a></p>	Complete	Recording of <a href="#">panel available on youtube at this link</a>

3	<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>	February 2021	Complete	<a href="#">Sample lesson plan available here</a>
4	<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>	Two training sessions offered for FoodShare staff - February & June 2021	Complete	44 staff attended training
5	<p>Develop a Checklist for auditing language &amp; images in Communications work; use checklist to audit existing collateral</p>	February 2021	Complete	<p>Communications team developed a set of guidelines principles for producing and reviewing communications materials:</p> <p>"Media we choose to use must accurately and respectfully represent us and the communities we work alongside, including: racialized, queer, fat, poor and disabled folks."</p>
6	<p>Review Body Positivity statement to see if “media” needs to be added to statement as a source of shame</p>	September 2020	Complete	<a href="#">Updated statement is available at this link</a>

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.