

EQUITY AT THE TABLE

Building Inclusive Food Communities



Concordia Food Coalition

FOOD EQUITY ROADMAP & GUIDE

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LAND ACKNOWLEDGEMENT

We would like to begin by acknowledging that the Concordia Food Coalition is located on unceded Indigenous lands.

The Kanien'kehá:ka Nation is recognized as the custodians of the lands and waters on which we gather today.

Tiohtiá:ke/ Mooniyang/ Montreal is historically known as a gathering place for many First Nations. Today, it is home to a diverse population of Indigenous and other peoples. We respect the continued connections with the past, present and future in our ongoing relationships with Indigenous and other peoples within the Montreal community.

We acknowledge that, for those of us who are settlers and non-Indigenous people, our knowledge of this land's history is limited, has been corrupted and that it is our duty to decolonize this land as well as our minds.

Dear reader,

Welcome to Equity at the Table: A guide for building inclusive food communities. This guide was written with the hope of serving as a lending hand for anyone dedicated to making their local food system fairer, more inclusive and sustainable for everyone in their communities.

The first pages of this guide will introduce you on how to identify what food equity looks like, and unpack how its absence in our food systems has resulted in barriers and systemic inequities for underrepresented individuals. The second half of the guide offers a practical toolkit for launching your own food passion project, filled with research strategies, grant-writing tips and multimedia training resources.

This guide is a living document, and will be updated with new resources and information as they become available. Feel free to bookmark it for future reference or share it with your local food activists or organizations committed to the same mission.

If you have your own insights to contribute to the work and wish to share it with our readers, we encourage you to connect with our team at info@concordiafoodcoalition.com.

Here's to taking bold, first steps in transforming our local food systems.

Cheers,



Kashish Makhija
Concordia Food Coalition



2 UNDERSTANDING FOOD EQUITY

What if access to nutritious food was not determined by someone's race, class, culture, or background? This is the picture that is painted when food equity in a community becomes a right, instead of a privilege. This chapter will explore the layers of these ideas, their past, and what a more equitable future should look like.

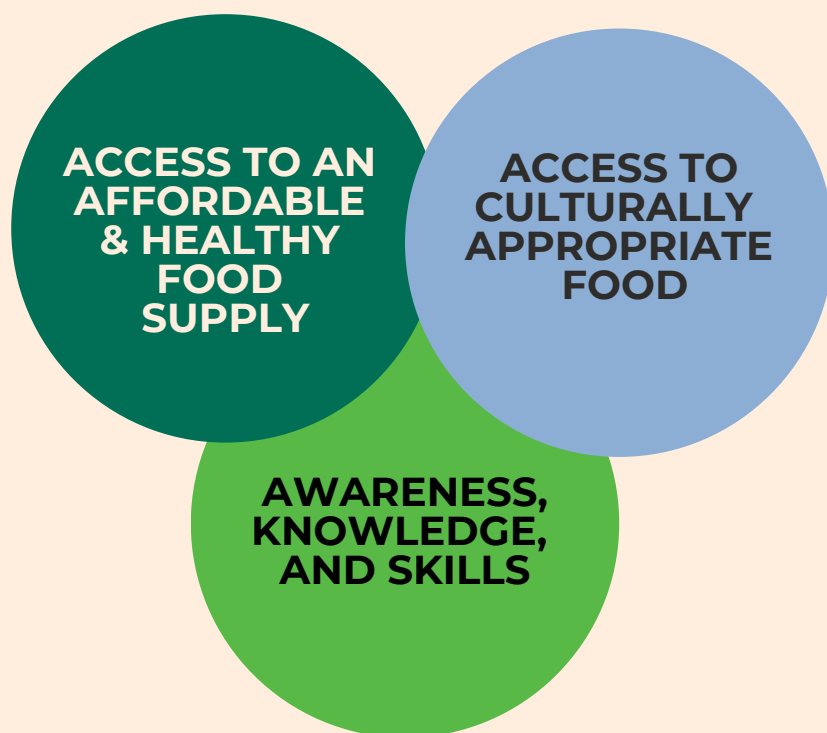
Before unpacking how injustice and inequity have made their way into today's food systems, let's explore what the absence of these challenges looks like, viewed through the lens of food equity and food sovereignty.

— What is food equity?

"The notion that all people, regardless of race, income level, or background have equal access to consumption of nutritious, and affordable, and culturally appropriate food, from seed to the plate"

— What is food sovereignty?

"The rights of individuals and communities to control their own food systems to prioritize autonomy, sustainability, and local needs over corporate influence or profit"



IMPORTANCE OF EQUITY IN TODAY'S FOOD SYSTEMS

Food equity isn't just about having enough food on the table. It's about tackling the deep-rooted issues in how food is produced, distributed, and consumed.

In today's world, complex laws and policies have created social disparities, making it tougher for underrepresented groups to access the food they need. These challenges arise from systemic inequities that restrict access to land, resources, and opportunities.

Colonial Roots of Food Inequity

Food inequity is rooted in the legacies of colonial actions and imperialism. Colonial practices during this era included land and resource exploitation, causing malnutrition, and disrupting traditional food systems in a way that still has long-term health impacts in societies and nations across the world to this day.

Impact on Indigenous Populations

Indigenous populations in the Americas were deliberately denied access to their traditional food sources and consequently forced into dependence on survival through small rations. Colonizers added legal restrictions on hunting, fishing, and farming, key practices which the communities relied on to gather their food. This loss of food sovereignty stripped Indigenous peoples of their means of sustenance, while undermining their cultural practices and health. The consequences extended to compromised community resilience and economic independence, leaving lasting impacts on their way of life.



INTERGENERATIONAL IMPACTS AND FUTURE SOLUTIONS



South Asian Experience Under British Colonization

South Asian people have also suffered at the hands of the British colonizers, who orchestrated systematic, large-scale famines in Bengal during the 18th and 19th century. The practice of intentionally starving the population with 31 famines in a 50-year period, permanently altered how South Asians metabolize sugar, a response which makes the people risk six times higher of developing diabetes at present day.



Disruptions Across Africa, the Caribbean and Latin America

Many colonized populations in Africa, the Caribbean, and Latin America, also faced disruptions to their food systems through exploitative colonialist practices, resulting in nutritional deficiencies and health complications. In Africa, the introduction of European concepts of land ownership, which was foreign to African communities, displaced indigenous land stewardship and communal farming practices.

These historical injustices continue to shape inequitable food legacies and food insecurity among Indigenous and racialized communities to this day.

Once exacerbated by ongoing socio-economic injustices, Indigenous and racialized groups continue to bear a disproportionate disadvantage of these inequities. The bottom line is that the impacts of food inequity extend far beyond affecting just one lifetime.

Their impacts are intergenerational and leave lasting traces in the health and well-being of their descendants, further reinforcing disparities across generations.

For a healthy future and population (and that of our planet), it is necessary to establish new infrastructures, resilient against the injustices of the past, and to build healthier futures for the health of our successors and the planet.

KEY CONCEPTS OF FOOD EQUITY

EFOD (Equitable Food-Oriented Development) organizations were developed to promote equitable food systems by empowering marginalized communities with access to healthy, culturally appropriate food and sustainable economic opportunities. They aim to address disparities in food access and ownership within the food system.

The identifying characteristics of **EFOD-aligned** organizations are:

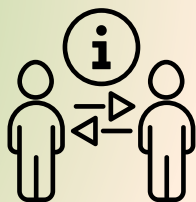


THE SEVEN PILLARS OF FOOD SOVEREIGNTY



1. Focus on food for people

Food is more than a commodity. People's need for—and right to—food must be at the center of policies.



2. Build knowledge and skills

We need to build on traditional knowledge, using research to support this knowledge and pass it to future generations. We also need to reject technologies that undermine or contaminate local food systems.



3. Work with nature

We need to optimize the contribution of ecosystems and improve resilience through the use of diverse agro-ecological production and harvesting methods that improve ecosystem resilience and adaptation, especially in the face of climate change.



4. Value food providers

We need to support sustainable livelihoods for farmers and everyone else involved in food production or harvesting, and we need to respect their work.



5. Localize food systems

We need to reduce the distance between food providers and consumers, to reject inappropriate food aid, and resist dependency on remote and unaccountable corporations for food and seed.



6. Put control locally

We need to place control over food systems in the hands of local food providers and reject the privatization of natural resources. We also need to recognize the need to inhabit and share territories.



7. Food is sacred

Food is a gift of life, not to be squandered. It cannot be commodified.

3

CHALLENGES IN FOOD JUSTICE

A deep dive into food insecurity in Canada reveals that food insecurity is directly linked to deep-rooted economic inequity, especially among people belonging to Black, Indigenous and immigrant communities.

Compared to predominantly non-racialized households, these groups have a history of facing tougher challenges in accessing healthy, affordable and culturally-appropriate food.

Difficulty meeting financial needs:

40.3% Indigenous people

46.6% Black people

56.9% Arab people

30.5% Not a visible minority

50.1% Southeast asian people

40.7% Within the 2SLGBTQIA+ community

32.7% Outside of the 2SLGBTQIA+ community

38.8% Individuals with Disabilities

28.5% Individuals without Disabilities

• from the Canadian Social Survey (CSS)

The racial disparities in food insecurity point to the serious health consequences of Canada's long and ongoing history of colonialism and systemic racism. This chapter will delve into these challenges and differences standing in the way of fair food access. Understanding these challenges and their roots will allow us to realize solutions that promote equal access and food equity for everyone.

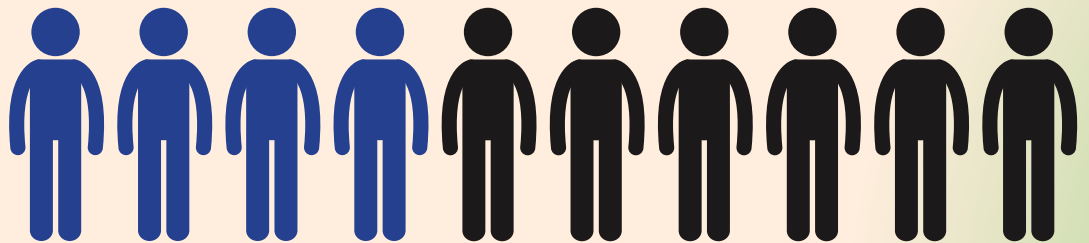
IDENTIFYING SYSTEMIC INEQUITIES

“ In Canada, recent immigrant households experience more food insecurity than the general population ”

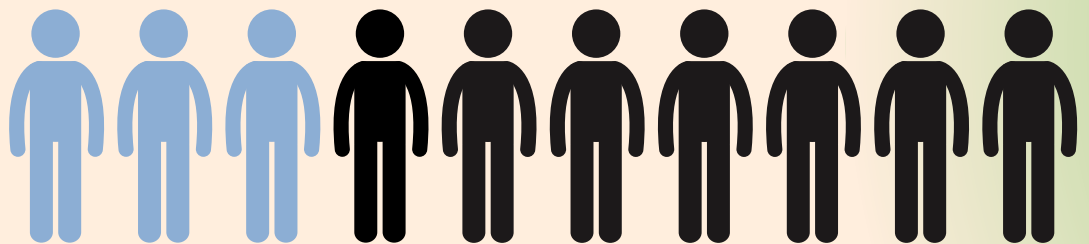
- International Journal of for Equity in Health

As food insecurity rates vary noticeably among different cultural groups, non-racialized households face less food insecurity compared to other groups, with Indigenous and racialized people experiencing much higher levels.

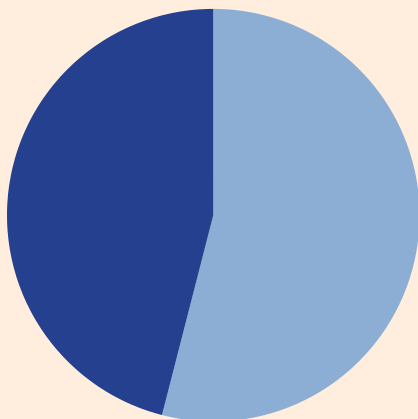
In 2022, 39.2% of Black households in Canada faced food insecurity



33.4% of Indigenous households in Canada faced food insecurity, far higher than non-racialized households



■ Not facing food insecurity
■ Facing Food Insecurity



The problem is even worse for children: **46.3% of Black children** and **40.1% of Indigenous children** lived in food-insecure homes.

These stark numbers highlight an urgent need to tackle these deep-rooted inequalities.

■ Not facing food insecurity
■ Facing Food Insecurity

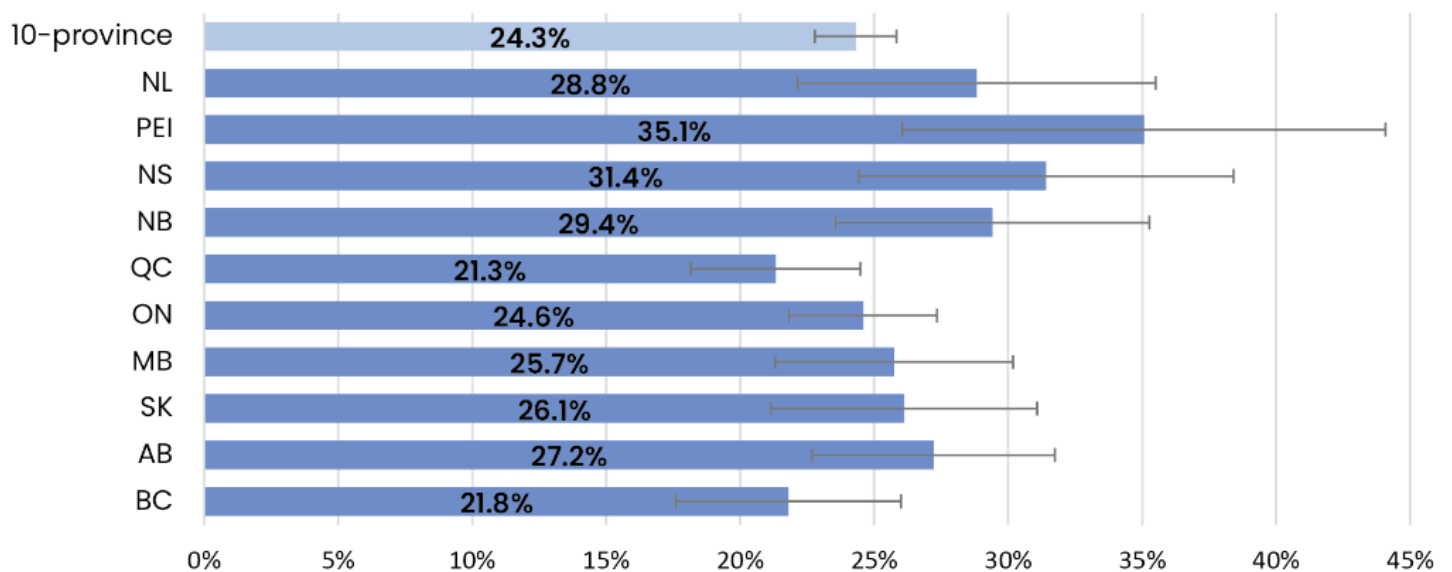


IDENTIFYING SYSTEMIC INEQUITIES

“Families with a racialized major income earner (23%) reported higher food insecurity compared to families with a non-racialized, non-indigenous earner (16%). This was especially true for Black Canadians (38%)”

Statistics Canada

Percentage of children under 18 living in food-insecure households by province, 2022



Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors' calculations.

From *Household Food insecurity in Canada, 2022* by Li, Fafard St-Germain & Tarasuk (2023)

BARRIERS & CHALLENGES TO FOOD EQUITY

Canada is bustling with immigrants, making up one in every five Canadians. But in Ontario, where 40% of the population resides, a whopping **42.5%** are immigrants — almost half of the province. The numbers show how wide a pool newcomers represent in the makeup of Canadian demographics.

A recent study in Toronto, the immigrant capital of the country, shines a light on the severe food insecurity experienced by recent Latin American immigrants, a stark contrast to the broader Canadian population. The study, involving 70 newcomers who arrived in the past five years, reveals that newcomers often face an access gap in trying to obtain safe, nutritious, and culturally appropriate food.

The study pinpointed four key barriers fueling food insecurity: limited finances, language hurdles, cultural preferences, and unawareness of community food services in the home community.

GAP

- Food affordability
- Access to food outlets
- Transportation costs
- Limited time for grocery shopping due to work conditions
- The ability to obtain well-paid employment

GAP

Concerning awareness about where, when and how to access community-based food resources and services.

Cultural food preferences

Limited financial resources

Language difficulty

Limited awareness of community food resources

Concerning food preferences and limited access to culturally appropriate foods and resources.

Newcomers have indicated a need for providing community-based food program resources that are linguistically and culturally appropriate.



BARRIERS & CHALLENGES TO FOOD EQUITY

So how do we minimize food insecurity?

Here are a few practical options highlighted in the study,
*'Perceived barriers in accessing food among recent
Latin American immigrants in Toronto'*

1

Engage communities with food aid programs by providing support resources, such as nutritional guidance, cooking workshops, and access to additional social services



2

Assess existing social and community services for their accessibility, cultural match, and diversity to ensure it aptly reaches the people that need it most



3

Combat the stigma linked to food charity through culturally-sensitive communication that normalizes support-seeking, and acknowledges diverse food practices and needs



A TIMELINE OF FOOD EQUITY ADVOCACY IN NORTH AMERICA

Indigenous food systems

pre 1600s

People in North America had diverse, sustainable, ethically sourced food systems that ensured community-wide access to culturally appropriate, nutritious and sustainable food

Colonial Era & Enslavement

1600s-1800s

The arrival of the new settlers brought on exploitative agricultural practices and the local food system infrastructure was disrupted. The result was cash crops, malnutrition and long-term health disparities among certain communities to this day (african-americans, indigenous peoples), as a result of this historical trauma

Industrial Revolution

1800s-1900s

When the rise of industrial agriculture equity-deserving small racialized farmers that were recovering from slavery shifted control of food production to large corporations/gvmnts

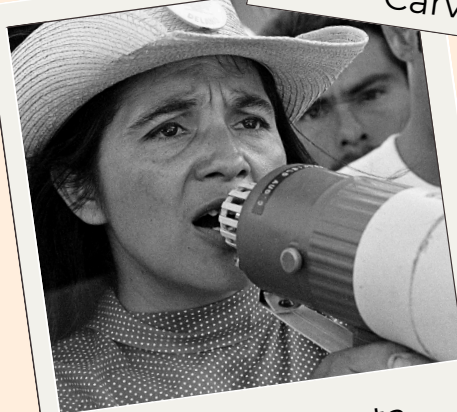
Civil Rights Movement

1950s-1970s

The rise of industrial agriculture pushed small racialized farmers, who were still recovering from the impact of slavery, to the margins. This shift concentrated control of food production in the hands of large corporations and government



George Washington Carver



Dolores Huerta



Dr. Vandana Shiva

Modern Food Justice Movement

2000s - Present

Contemporary movements focus on addressing systemic inequities in food systems through policy changes, community initiatives, and advocacy by diverse leaders and organizations

4

COMMUNITY CASE STUDY

CASE STUDY: AFRI-CAN FOODBASKET

Afri-Can FoodBasket is a Black-led, Black-serving, Black-mandated non-profit with a mission to reduce hunger and promote health and wellness within the African, Caribbean, and Black (ACB) communities in the Greater Toronto Area.

Family-led and Toronto-based, Afri-Can FoodBasket recognizes how cultural food awareness is often overlooked in conversations about food security. Beyond serving as a pillar of food access support, they offer culturally-relevant grocery baskets, food literacy workshops, and pop-up food pantries to over 200+ households every month.

Core Missions

- 1 Hunger Relief** - started the Black Food Access program to distributes grocery baskets to those in need
- 2 Cultural Food Access** - provides recipes, pop-up pantries, and food aid that aligns with culturally-relevant diets of the people it serves
- 3 Food Literacy** - educates community members by offering workshops about nutrition, reading food labels, and consuming a balanced diet



Milestones

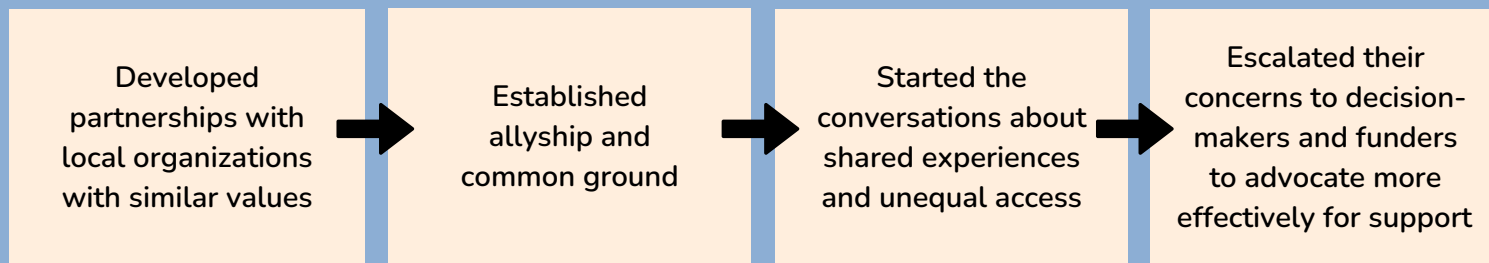
- Distributes roughly 300 baskets/month and has served 41,000+ households in the Greater Toronto Area
- Provides food access with dignity by internally handling the administrative work and delivering aid anonymously to those seeking support people by forming partnerships with local delivery businesses
- Served as a major pillar of food access support in the the community during the COVID-19 pandemic by supplying 500 baskets/week to families in need

Afri-Can FoodBasket team preparing grocery baskets for distribution during COVID-19 pandemic

Next, let's take a look at some practical examples of some challenges faced by Afri-Can FoodBasket and the lessons they learned in the process.

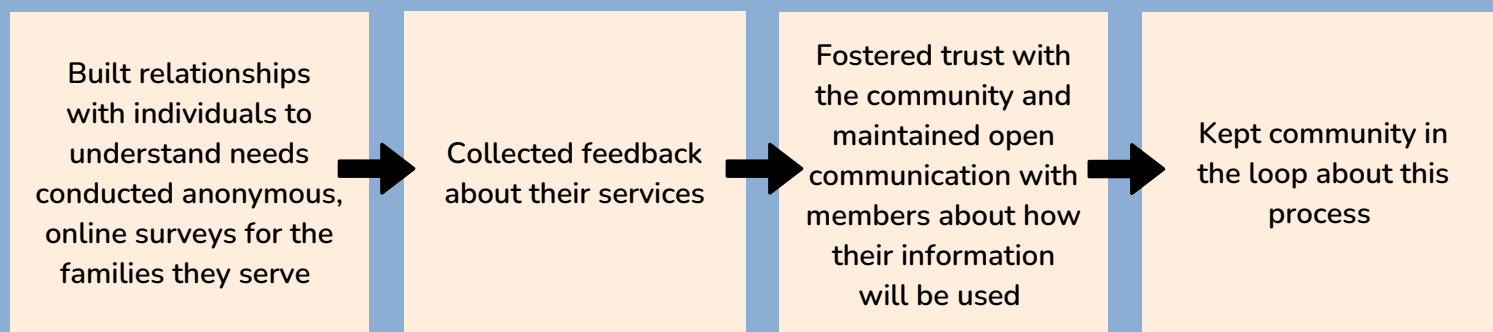
1 CHALLENGE: Challenges in securing space and sustainable funding to expand their services

Lessons Learned:



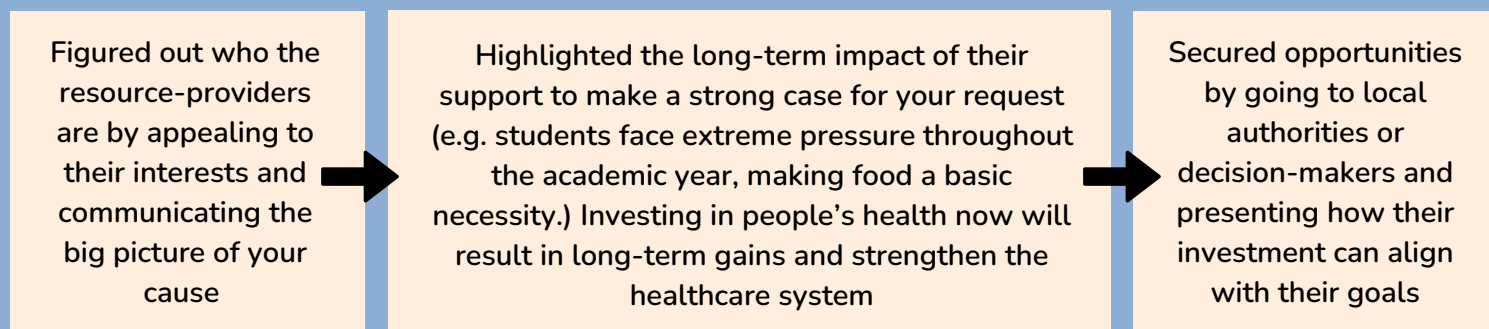
2 CHALLENGE: Gathering specific feedback from community to strengthen services

Lessons Learned:



3 CHALLENGE: Securing resources through strategic communication with investors and grant-funders

Lessons Learned:



AFRI-CAN FOODBASKET

Future Vision

- Developing education literature to offer with food literacy workshops and awareness
- Continuing pop-up food pantries
- Enhance basket contents by introducing produce and a guide to add freshly-pressed juices to diets



Executive Director, Zakiya Tafari in the field

"It's not just about making sure people are eating enough. It is also about what they are eating (nutrition), making sure they understand what they are eating (food literacy), and making sure what they eat is culturally-appropriate."

Zakiya Tafari

Executive Director, Afri-Can Food Basket



Support the goals of Afri-Can FoodBasket!

- Join the team by becoming a volunteer!
- Donate

<https://africanfoodbasket.ca/>

+1 416-832-5639

4929 Jane St, North York, ON M3N 2K8, Canada




Afri-Can FoodBasket

Allyship in Food Access & Activism

By viewing food access through an intersectional lens, allies can move from symbolic support to meaningful action—building stronger, more inclusive, and equitable food systems for all.

1 Understanding Intersectional Allyship

What it means



Different identities — like race, gender, income, and more— interact and create unique barriers for each person. An ally's job is to be aware of this and support communities by recognizing these overlapping challenges

Actionable Steps


- Listen to stories directly from those affected to understand their experiences
- Familiarize yourself with the local issues that different groups face by attending community events

2 Listening, Learning, and Centering Voices

What it means


People with firsthand experience know best what they need. As an ally, try making space for these voices in conversations about food and resources

Actionable Steps

- Show up at local food equity events, listen to people's experiences, and engage with their stories
 - Find and amplify voices from food justice by sharing their content online
- 

3 Leveraging Privilege to Open Doors and Resources

What it means



Allies may have access to funds, contacts, or decision-makers that could help communities. Use these to support food access initiatives led by and for these groups

Actionable Steps

- Listen to stories directly from those affected to understand their experiences
- Familiarize yourself with the local issues that different groups face by attending community events

4 Taking a Backseat and Redistributing Power

What it means

Equity means that communities need control over their own food solutions. Allies should support this autonomy by stepping back where necessary

Actionable Steps

- Trust that communities know best what they need, and offer help without taking control
- In project planning, create space for people from the community to take leadership

5 COMMUNITY CONNECTIONS

Participatory Mapping for Community Assets: How-To Guide

What is participatory mapping?

Participatory mapping is a **community-minded research process** in which members come together to create maps that represent their shared experiences within a specific area. It is a powerful tool for bringing people together to identify, visualize, and address issues that matter to them and can serve as a strong starting step in community action or program development.

When a community comes together to share its experiences, insights, knowledge, and challenges, this information can be harnessed to create a map that visually represents the community's assets. Through outreach, collaboration, and dialogue, it allows one to bridge the gap between researchers, decision-makers, and the local community, fostering a more inclusive and informed decision-making process in the end.

Unlocking the potential of any community project hinges on the strength of the connection among its members. Successfully understanding, engaging with, and involving your community requires participatory action—ensuring that community members are active contributors throughout the process. This begins with a simple, but vital step: how you communicate with them. The following approaches can serve as a roadmap to foster participatory engagement, helping you connect with the right individuals to steer your project and build meaningful, impactful community relationships.

When is participatory mapping used?

- In community-organizing
- Project planning
- Advocacy
- Outreach
- Resource management

Why use participatory mapping as a research tool for your project?

- Build on existing strengths of the community
- To identify, leverage and manage resources and assets
- To identify barriers in community organizing

Behaviors	Needs
Skills	Resources
Gaps	Solutions
Insights	Strengths
Information	Awareness

Behaviors: These are the actions or patterns that you observe or want to influence.

Needs: These are the corresponding requirements or areas of support that arise from the behaviors.

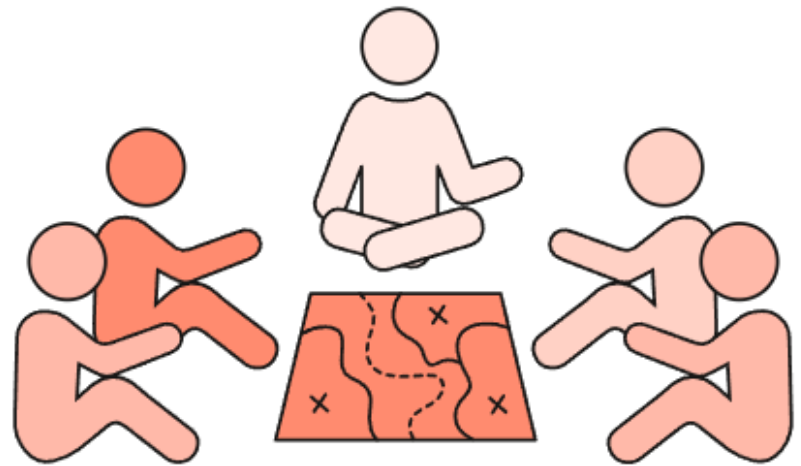
COMMUNITY CONNECTIONS

Participatory Mapping for Community Assets: How-To Guide

If you're new to this tool, use the following table as your anchor.

This tool lays out a template for the research process with tips and guidelines for each step.

The column on the right explores an example of a Food Market Study, a project aimed at investigating and improving local food access points in the neighbourhood.



Steps	How To Do It	Example: Food Market Study
1. The Research Question	<p>What kind of data are you after? This is where you narrow the scope of your study. Are you seeking experiences, numbers, locations, resources, none, or all of the above? Narrowing down the research object to qualitative or quantitative data can also be helpful.</p>	<p>What types of food access points exist in this community? Examples could be grocery stores, farmers markets, and food banks. You may want to map out their locations, hours of operation, and the type of food they offer.</p>
2. Methods	<p>Decide the route you will take to get answers to your research question. This can be a combination of tools, and more than one mode of communication is encouraged.</p>	<p>Conducting surveys and community walks to identify grocery stores, farmers markets, and food banks in the area. You may want to find out how often people shop at these locations, what kinds of products are purchased and any trends in particular community groups.</p> <p>Here are some ideas: workshop Interviews Community walk Focus group Survey</p>

Participatory Mapping for Community Assets: How-To Guide

6 YOUR TOOLKIT FOR ACTION

Besides interviews, surveys, and community walks to independently further your research, below are some visualization tools to help in the mapping process

Google My Maps

This is a free, digital mapping tool that allows you to mark data on a map in the form of text, markers, images, lines, videos, and more. Interactive, shareable, and accessible on almost any device, it is known as a universal tool for visualization in mapping. Downside - the free version of the tool has limits on storage, so you may be limited in terms of features if you are doing any intense mapping exercises

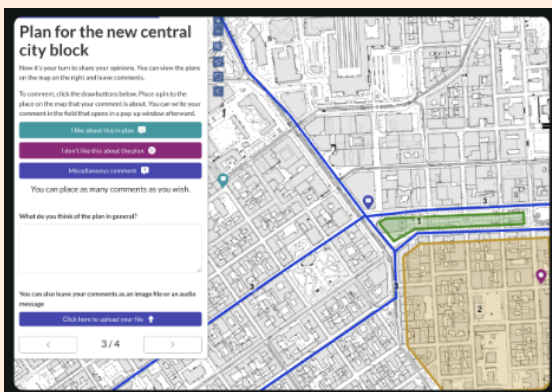


Tabletop Mapping

This is a focus group-style group mapping exercise in which participants gather around a large table-sized map to add experiences and insights on local assets. Conducted in small groups, this exercise is best for gathering feedback from community members and answering specific questions (“what resources are missing? What can be improved? What do you travel outside your neighborhood to access?”)

Mapping for Change

A free, community-minded tool specifically designed for members to share local knowledge and experiences with others on the platform. Equipped with similar features as other platforms such as adding notes, highlighting areas, and customizing map styles, it has the added benefit of leveraging existing data that others before you have added onto neighborhood maps. It has been used in the past for urban planning, sustainability projects and similar community work.



Maptionnaire

A mapping tool specifically designed for community and urban planning. It can be integrated directly with survey results, live feedback, and produce heatmaps with inputted information, without requiring any technical skills or knowledge. Downside - requires a paid subscription and limited to survey-based mapping

COMMUNITY ENGAGEMENT STRATEGIES

Unlocking the potential of any community project hinges on the strength of the connection of its members. To successfully understand, engage with, and involve your community is a process guided by a simple action - how you communicate with them. The following approaches can serve as a roadmap to this process as you prepare to connect with the right folks to help steer your project and form impactful community connections.



KNOW YOUR AUDIENCE

Take time to learn about your community's needs, preferences, and challenges before connecting. Attend meetings, conduct research, and have one-on-one conversations with folks to gather insights.

REACH OUT TO THE COMMUNITY ON THEIR TERMS

Engage with the community where they are, in places where they feel comfortable and during times that suit their schedules.



COMMUNICATE CLEARLY & USE THE RIGHT LANGUAGE TOOLS

Communicate in a way that everyone understands. Use straightforward, inclusive language and visuals. Break down barriers by providing information in multiple languages and offering accessible formats.

CONNECT THROUGH DIVERSE CHANNELS OF COMMUNICATION

Maximize your reach by leveraging social media, email, surveys, newsletters, local radio, and/or face-to-face interactions.



MAINTAIN TRANSPARENCY

Maintain open dialogue with the community about the information being collected, the purpose of your project, and how the data will be used. Regularly share relevant updates and seek feedback where appropriate.

BE CONSCIOUS OF CULTURAL DIFFERENCES

Approach the community with understanding and respect for their cultural norms, traditions, and etiquette, ensuring your communication is culturally sensitive and accessible.



YOUR TOOLKIT FOR ACTION: WORKSHEET

Template/worksheet for drawing up a first-steps action plan
for your food passion project

Project Title	Date

Project Description <ul style="list-style-type: none">• What are you trying to achieve with this project?

Scope <ul style="list-style-type: none">• Who will be the target community?• Are there particular groups that will benefit?

Project Goals (what are the long-term achievable goals of your project?)	Objectives (what are the short-term measurable outcomes that will help you reach those goals?)
—	—
—	—
—	—

Resources <ul style="list-style-type: none">List the resources you will need for the project	Stakeholders <ul style="list-style-type: none">Who are the important people or groups involved in the project?E.g. community members, organizations, local leaders, partners)	Community strengths <ul style="list-style-type: none">Highlight strengths within the community that will support your project

Actionable Steps	Collaborators	Due date

GRANTS & FUNDING

In the systems that exist today, it is not uncommon to spot signs of inherent racism in the granting application process. Several systemic barriers line the way for marginalized groups as they apply for funding, as these processes, set up by lending institutions, are rooted in colonial practices and language designed to benefit non-racialized groups. Some organizations require applicants to pay fees or purchase certain software to apply, creating further inaccessibility to financial aid. While historically, funders have not considered the different life experiences and disadvantages that bring underrepresented individuals to apply for grants in the first place, there has been a recent trend of increased funding opportunities for this community. For this reason, experts encourage candidates to openly highlight if they are an individual belonging to the youth or equity-deserving community in their application.

Grant writing can be a tedious process and is a skill that often takes time to refine. If you are new to the strategy, check out the following starter tips to fuel the steps to writing your first proposal.

SELECTING THE RIGHT GRANT

- ☐ Is the chosen grant aligned with your mission? Is there a match between the priorities of those providing the funding and the specific needs and goals of your project?
- ☐ Ensure the grantor is committed to equity and diversity
- ☐ Verify the fine print and the eligibility criteria before starting application

LONG-TERM CONSIDERATIONS

Assess sustainability vs. scalability

Consider how you plan to sustain your project after grant funds have been exhausted.

Is there a second round of funding that you can apply to?

Pay thought to how you plan to stay financially resilient in the long term to ensure future stability, especially if no follow-up grant is available to apply. This can look like exploring and securing multiple revenue streams. For example, focusing on establishing a well-connected community network and strong donor relationships can offer sponsorships, donations, and support in other forms so you can sustain your mission long-term.

Depending on grants to financially fuel your organization long-term can be precarious, exhausting and ultimately not sustainable!

Reporting requirements

Be sure to review any long-term obligations tied to the grant. If you will be required to provide any final deliverables, consider the time and resources needed to prepare these along with your project's launch timeline. Review the reporting criteria. Is the effort worth the funding provided? Is it manageable?

GRANTS & FUNDING

CRAFTING THE WINNING APPLICATION

Ensure your profile and application is well-seasoned with relevant experience such as volunteer work, internships and community projects

Seek mentorship and training workshops to enhance your grant-writing skills

Grant-writing can be a time-consuming process, so if you can, invest in online tools or programs to help prepare your proposal. Outside aid can also help you identify certain keywords funders look for when reviewing applications!

LEARN FROM FEEDBACK

If your application was not accepted:

Contact the reviewing office to inquire why it was rejected → collect specific feedback → apply the corrections into your next submission

LEVERAGING OUTSIDE SUPPORT

Take advantage of outside support to strengthen your proposal. Organizations like the Fair Finance Fund offer financial mentorship and training for those entering the Ontarian food and farm sector, or attend a grant-writing webinar by Sundance Harvest for practical advice and refining your skillset.

It's also a good idea to consider hiring a professional grant-writer to write your proposal for you. For example, Cheyenne Sundance, founder of Sundance Commons, offers her services for a fee when she's not tending to her farm. She can be contacted at sundanceharvest@gmail.com.

GRANTS AND FUNDING SUPPORT

- Food Banks Canada
- Food Secure Canada
- Harvesters Support Grant & Community Food Fund (specifically for Indigenous community)
- Hope Blooms BIPOC Grant
- Youth Harbour Grants
- Local Food Infrastructure Fund
- Canadian Agricultural Loans Act (CALA) program
- Laidlaw Foundation - specifically for youth-led initiatives and social projects
- Inspirit Foundation - funds projects that address inclusion and diversity with emphasis on systemic change and community resilience
- Farm Credit Canada
- Fair Finance Fund
- Inclusive Prosperity (African Canadian Farmers Fund & the Nourish Fund)

[VISIT THE CFC WEBSITE
FOR INFORMATION ABOUT
FUNDING OPTIONS AT CONCORDIA](#)

7 Food Systems Resource Hub

Educational Food Systems Resources

GENERAL RESOURCES

- Vertical Gardening, vermicomposting, and regenerative agriculture self-learning
- Newfoundland & Labrador's New Farmer Guide
- The No-Till Growers Podcast Network: Cooperative Farming with Dan Brisebois of Tourne-Sol Farm - Challenges & Advantages of Cooperative Farming in Quebec (podcast episode)
- New Farmer Envisioning Manual by Cheyenne Sundance
- Food System Resilience: Defining the Concept
- Food System Sustainability for Health and Well-being of Indigenous Peoples | Public Health Nutrition | Cambridge Core
- Gardening Resources by the Black Creek Community Farm
- Food in Economy, Environment, & Health | HEAL Food Alliance

SOUL FIRE FARM'S RESOURCES

- Farmer Resource List - Training, Land, Capital, Business Planning
- Black, Indigenous, and People of Color led – How To Videos, Gardening Projects, Educational Resources
- Sowing the Seeds of Food Justice - A Guide for Farmers Who Want to Supply Low-Income Communities While Maintaining Financial Sustainability
- Liberation on Land Skillshare Video Series featuring teachings from farmers and land stewards who carry on sacred legacies of land care and livelihood

MENTORSHIP & TRAINING RESOURCES

- Fair Finance Fund
- Real-Assist Mentorship Program
- Sundance Commons New Farmer Training Program
- SETSI (Social Economy through Social Inclusion)
- Social Justice in Food System Policy



FOOD SYSTEMS RESOURCE HUB

Books and Articles

BOOKS

- How the Other Half Eats: The Untold Story of Food and Inequality in America by Priya Fielding-Singh
- Farming While Black: Soul Fire Farm's Practical Guide to Liberation on the Land by Leah Penniman
- Fragility by Robin DiAngelo
- Farming While Black by Leah Penniman
- Davis Food Coop's Black food history reading list
- Black Food Matters
- Braiding Sweetgrass
- A Land Not Forgotten
- Indigenous Food Security and Land-Based Practices in Northern Ontario
- Indigenous Food Systems
- Concepts, Cases, and Conversations
- 5 Little Indians
- Making Food Systems Work for People of Color: Six Action Steps
- The Pueblo Food Experience
- The New American Farmer
- An Indigenous People's History of the United States
- Decolonize your Diet

ARTICLES

- Article: Dimitri Espérance, épicier et entrepreneur noir dans Saint-Henri (in French)
- Article: La solidarité alimentaire noire (in French)
- Article: Food Sovereignty, or the Right to Eat One's Culture



SCAN ME

For our full list of
references, please
scan to view



8 GLOSSARY

ACCESSIBILITY

/ak-SES-uh-BIL-uh-tee/

The physical and economic ability to acquire food. This affects the degree to which different products, information and services are designed to be inclusive for people of all abilities, including those with disabilities

COLONIALISM

/kuh-LOH-nee-uh-liz-uhm/

a practice of domination by one nation over a land and its people, which has often resulted in exploitation, forcing local people to adopt to their foreign culture, and adapt to new social systems

DISPARITY

/dis-PAIR-uh-tee/

Differences in access, opportunities, or treatment across different groups of people

FOOD JUSTICE

/Food-jus-/

A movement that addresses the structural inequalities in food access, distribution, and production, advocating for fair treatment, rights, and opportunities for equity-deserving communities in the food system.

FOOD INSECURITY

/food in-seh-KYUR-ih-tee/

The state of being without reliable access to a sufficient quantity of affordable, nutritious food due to economic, social, or geographic barriers.

AGENCY

/AY-juhn-see/

The ability of people to influence socio-political systems, including access to wealth and resources

CULTURALLY-APPROPRIATE

/KUL-chur-uh-lee uh-PROH-pree-ayt/

A term used to describe food and dietary practices when they respect and reflect the traditions and preferences of diverse communities

FOOD APARTHEID

/food uh-PART-hide/

A term used to describe the deliberate and systemic segregation of certain communities from access to healthy, affordable, and culturally relevant food. Unlike food deserts, food apartheid highlights the role of inequality and racism in shaping food access.

FOOD DESSERTS

/food DEZ-urts/

Areas where there is a large amount of people without access to an adequate, affordable, healthy food supply which meets their needs

FOOD SYSTEM

/Food SYS-tum/

The group of activities which connects people to their food (includes production, distribution, and consumption)

GLOSSARY

FOOD EQUITY

/food sov-RUHN-tee/

The notion that all people, regardless of race, income level, or background have equal access to the consumption of nutritious, and affordable, and culturally appropriate food, from seed to the plate

FOOD SOVEREIGNTY

/food/ /sov-RUHN-tee/

The right of peoples to determine and control their own food and agriculture systems and to access healthy and culturally appropriate food produced through ecologically sound and sustainable methods.

LAND SOVEREIGNTY

/land SOV-er-un-tee/

The right of Indigenous and other racialized communities to control and manage their ancestral lands, including the right to make decisions about food production and resource use without external interference.

PARTICIPATORY MAPPING

/par-tis-uh-puh-tor-ee/

A collaborative exercise done to help collect information such as facts, experiences and resources about a particular community and visualize it on a map for research

RACIALIZED PEOPLE

/ray-shuh-lized/

Refers to individuals or groups who are categorized by society or institutions based on perceived racial characteristics, often leading to experiences of discrimination or differential treatment. The term emphasizes that race is a social construct rather than a biological fact, and it highlights the impact of systemic structures that define and treat people based on racial categorization.

SYSTEMIC INEQUITY

/si-stem-ik in-ek-wi-tee/

Biases within social or economic systems which lead to unequal opportunities and resources for different people and communities

UNDERREPRESENTED PEOPLE

/un-der-rep-reh-zen-tid/

Groups of people who experience discrimination based on factors such as race, ethnicity, gender identity, sexual orientation, disability, or class status

RESTORATIVE AGRICULTURE

*/re-STOR-uh-tiv
AG-ri-kuhl-chur/*

A farming approach focused on healing the land and ecosystems, often inspired by traditional practices. It emphasizes soil regeneration, biodiversity, and community well-being, rejecting exploitative agricultural systems.

In choosing 'racialized and Indigenous communities', we sought terminology that best aligns with the diverse communities we serve. We are aware of the ongoing nature of this conversation and that language is dynamic. We are committed to listening, learning, and adapting as perspectives shift.

9 Directory of Food Equity Initiatives in Canada

Quebec

- **Santropol Roulant** - santropolroulant.org - Montreal, QC
- **DESTA Black Youth Network** - destabyn.org - Montreal, QC
- **Community Food Centres Canada** - cfccanada.ca - Montreal, QC
- **L'Abondance** - abondance.org - Montreal, QC
- **Maison de l'amitié** - maisondelamitie.ca - Montreal, QC
- **Projet Nourrir** - projetnourrir.org - Montreal, QC
- **Action Interculturelles** - actioninterculturelles.org - Montreal, QC
- **Brique par Brique** - briqueparbrique.org - Montreal, QC
- **The Sankofa Farming Co-operative** - [instagram.com/sankofa.cooperative](https://www.instagram.com/sankofa.cooperative) - Montreal, QC
- **Hamidou Horticulture** - hamidouhorticulture.com - Montreal, QC
- **Équiterre** - equiterre.org - Montreal, QC
- **Carrefour Solidaire** - carrefoursolidaire.org - Montreal, QC
- **Moisson Montréal** - moissonmontreal.org - Saint-Laurent, QC
- **La Rencontre Chez Nous** - larencontrecheznous.org - Lachine, QC

Ontario

- **Black Creek Community Farm** - blackcreekfarm.ca - Toronto, ON
- **FoodShare Toronto** - foodshare.net - Toronto, ON
- **Afri-Can FoodBasket** - africanfoodbasket.ca - North York, ON
- **The SEED** - theseedguelph.ca - Guelph, ON
- **Roots to Harvest** - rootstoharvest.org - Thunder Bay, ON
- **Sundance Harvest** - sundanceharvestmarket.com
- **Sundance Commons** - sundancecommons.com
- **The Stop Community Food Centre** - thestop.org - Toronto, ON
- **Nia Centre for the Arts** - niacentre.org - Toronto, ON
- **Caribbean African Canadian Social Services (CAF CAN)** - cafcan.org - Toronto, ON
- **Sistering** - sistering.org - Toronto, ON
- **Toronto Black Farmers and Growers Collective** - [instagram.com/torontoblackfarmers](https://www.instagram.com/torontoblackfarmers) - Toronto, ON
- **Saugeen First Nation Food Bank** - saugeenfirstnation.ca - Southampton, ON

Saskatchewan

- **Turnor Lake & Birch Narrows Community Food Centre** - <https://www.facebook.com/people/Turnor-Lake-and-Birch-Narrows-Community-Food-Centre/100064618276635/> - Turnor Lake, SK

Directory of Food Equity Initiatives in Canada

British Columbia

- Fresh Roots Urban Farm Society - freshroots.ca - Vancouver, BC
- Vines Art Festival - vinesartfestival.com - Vancouver, BC
- Working Group on Indigenous Food Sovereignty - indigenousfoodsystems.org - Vancouver, BC
- Black Food Sovereignty Society - blackfoodsovereigntysociety.org - Vancouver, BC
- Migrant Workers' Dignity Association - migrantdignity.ca - Vancouver, BC
- Freedom Dreams Co-op - freedomdreamscoop.com - Haida Gwaii, BC
- Qiyuk Collective - qiyuk.org - Vancouver, BC
- Indigenous Food Systems Network - indigenousfoodsystems.org - Vancouver, BC
- Migrant Workers' Dignity Association - migrantdignity.ca - Vancouver, BC

Alberta

- YYC Growers and Distributors - yycgrowers.com - Calgary, AB
- Fresh Routes - freshroutes.ca - Calgary, AB
- Action Dignity - actiondignity.org - Calgary, AB
- Woven Journey Community Services - wovenjourney.ca - Edmonton, AB

Manitoba

- Food Matters Manitoba - foodmattersmanitoba.ca - Winnipeg, MB
- North End Food Security Network - <https://www.facebook.com/nefsn/> - Winnipeg, MB

Nova Scotia

- Hope Blooms - hopeblooms.ca - Halifax, NS
- African Nova Scotian and Black Food Sovereignty Working Group

Nunavut

- Qajuqturvik Community Food Centre - <https://www.qajuqturvik.ca/> - Iqaluit, NU

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Afua Asantewaa

Fair Finance Fund



Cheyenne Sundance

Sundance Commons



Zakiya Tafari

Afri-Can FoodBasket



Catherine Rokakis

ABCompost

ABOUT THE CONCORDIA FOOD COALITION

The Concordia Food Coalition (CFC) is a nonprofit organization dedicated to promoting a more just, sustainable, and community-driven food system at Concordia University.

Through initiatives like workshops, advocacy, and supporting campus-based food projects, the CFC strives to increase access to affordable, nutritious, and ethically sourced food for all students.

We work with student groups, local farms, and community partners to challenge corporate food models and create alternatives that reflect the values of equity, sustainability, and inclusivity in our campus food landscape.

How to Get Involved with the Concordia Food Community

- Join campus food events
- Volunteer for food projects
- Work in food systems
- Learn about equitable food systems
- Start new food projects
- Help advocate for change!



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