



ONTARIO FOOD
COLLABORATIVE

**From Waste to Well-being...
A Focus on Building Healthy,
Sustainable Communities.**

AGM & SYMPOSIUM 2022

November 22, 2022

PARTICIPANT GUIDE

Ontario Food Collaborative AGM & Symposium Participant Guide

The Ontario Food Collaborative (OFC) is a unique collaboration bringing municipal public health and waste management professionals together to share resources and align education and outreach initiatives on food literacy, healthy eating, and food waste prevention.

OFC's AGM & Symposium 2022: *From Waste to Well-being...A Focus on Building Healthy, Sustainable Communities* is a virtual event with opportunities to learn from inspiring practitioners in the food system.

We would like to recognize and thank our members and contributors for helping to co-create this program. We hope it is of value to all.

Land Acknowledgment

We would like to acknowledge the Indigenous Peoples of all the lands that we are on today. While we meet virtually today, the Ontario Food Collaborative acknowledges that its work and that of its members takes place on the traditional indigenous territories of many nations across the province. The area we refer to as Ontario includes lands covered by over 40 treaties and agreements as well as unceded territories. We are thankful to be able to work and live in these territories. We thank the generations of indigenous people who have taken care of this land for thousands of years and continue to do so, providing leadership and inspiration for our work. As we share thoughts and ideas today, we encourage you to reflect on how we can honour our collective commitment to make the promise and the challenge of Truth and Reconciliation real in our communities through the work we do building a more sustainable future.

Program at a Glance

Time	Session	Contributors
9:50 - 11:00 am	Reimagining Food in Ontario's Northern Communities	Dr. Charles Levkoe, Lakehead University Mair Greenfield, Nourish Leadership Dennis Chippa, The Gathering Place
11:00 - 11:15 am	Wellness Break	
11:15 am - 12:00 pm	AGM: Ontario Food Collaborative Member Update	OFC Steering Committee Members
12:00 - 1:00 pm	Lunch Break	
1:00 - 2:10 pm	Combat Climate Change!	Katie Harper, Project Neutral Anneke Hobson, Drawdown Dietetics Dr. Sourabh Jain, Ivey Business School
2:10 - 2:20 pm	Wellness Break	
2:20 - 3:30 pm	A taste of the Doughnut Economy and Design Thinking	Tara Campbell, David Suzuki Foundation Muryani Kasdani, Regenerative Space

Session Descriptions

Reimagining Food in Ontario's Northern Communities

Food security, equity and access to culturally appropriate foods are issues affecting communities across Ontario and Canada with growing concern in the face of current economic conditions. The pandemic has highlighted many areas for improvement within our food systems while also demonstrating the ability for communities to come together to achieve positive outcomes. Join this inspiring expert panel to learn about the power of collaborative approaches to addressing complex food systems issues within Ontario's Northern communities.

The Thunder Bay and Area Food System Report Card

Dr. Charles Levkoe, Lakehead University

The Thunder Bay and Area Food Strategy (TBAFS) was established in 2007 to address food systems challenges through a collaborative approach. In 2015, the TBAFS created a Report Card to develop a snapshot of the region's food system. The resulting data has been used as a reference point for the City, researchers, practitioners, surrounding municipalities, and First Nations in their struggles to build a more equitable and sustainable food system in the region. In Fall 2022, the TBAFS will be releasing an updated interactive, virtual Food Systems Report Card that will offer comparative information, audio and digital vignettes, and further interpretation and analysis.

Nourish Leadership: Strengthening Food Sovereignty in Northern Ontario

Mair Greenfield, Nourish Leadership

Nourish Leadership is a national non-profit working with innovative individuals and teams, empowering bold leadership in climate action and health equity. Nourish's work focuses on the power of food to build health for both people and the planet, in addition to providing comfort and healing to patients, creating more resilient communities, and addressing climate change. This presentation will be about the collaborative approach of Nourish's Anchor Cohort, which works with seven interdisciplinary teams across Turtle Island on complex challenges in their communities. More specifically on the Northern Ontario team's work to strengthen food sovereignty in an area of 800,000 residents, spanning urban, rural, and remote areas. Grounded in a participatory, Indigenous-led approach, this team brings together the Northern

Ontario School of Medicine, Gaagige Zaagibigaa, the Thunder Bay & Area Food Strategy, City of Thunder Bay, Sioux Lookout First Nations Health Authority, Thunder Bay District Health Unit, and the North Bay Parry Sound District Health Unit.

Reducing Food Waste and Increasing Food Security in North Bay

Dennis Chippa, The Gathering Place, North Bay

The Gathering Place has operated a food rescue program over the past six years, which took in over 140,000 pounds of usable, safe food from local grocery stores, department stores and pharmacies. The food is used for the operation of the local Soup Kitchen, as well as for distribution to local and area food banks, social service agencies and individuals who cannot access the food bank. This presentation will share successes, challenges, and the possible expansion of the program.

Combating Climate Change

Climate change is a growing global crisis, with some saying it is the biggest health threat of our time! It is causing significant impacts on our physical and mental well-being as well as negatively effecting the economic, social, and environmental health of our communities. The good news is that food policies, business practices and individual measures have the potential to reduce greenhouse gas emissions. Join our exciting expert panel to learn how our daily choices are impacting climate change and what strategies we can do now to help reduce our carbon footprint at home and in the community.

Engaging Canadians in Climate Action

Katie Harper, Project Neutral

Many Canadians are concerned about the climate, yet feel uncertain about how to take action. Project Neutral offers a hopeful narrative that emphasizes that each of us has agency to contribute to systems-level change. In this brief talk, Katie Harper will share an overview of Project Neutral's interactive tools and programming designed to kickstart Canadians on their climate journey.

The importance of food literacy in climate-friendly eating

Anneke Hobson, Drawdown Dietetics

Food literacy is often missing from discussions of addressing climate change. This is a mistake, because food literacy is central to reducing the greenhouse

gas emissions from both diets and food waste. This presentation explores food literacy as an undervalued climate change solution, with a focus on waste.

Does upcycling FOOD discards mitigate climate change? A Lifecycle Analysis

Dr. Sourabh Jain, Ivey Business School

The presentation summarizes research findings on when upcycling is climate smart and how it compares to other alternative (animal feeding, composting, anaerobic digestion, and landfilling) on the environmental criteria. The research used lifecycle thinking to quantify the environmental impacts of upcycling and other alternatives using real-world data. The results indicated that contrary to general expectations, real-world upcycling was not always environmentally superior to the alternatives. The presentation concludes with important insights and recommendations for those aiming to promote “Climate-Smart” upcycling in food industry.

A Taste of the Doughnut Economy and Design Thinking

The [doughnut \(or donut\) economy](#) concept aims to support solutions that ‘meet the needs of all people within the means of the planet’. Design thinking provides the approach to create programs to support those solutions. Join our community experts for a session exploring these two exciting concepts and how we can apply them in our work.

Using Doughnut Economy and Design Thinking to address challenges in the food system

Tara Campbell, David Suzuki Foundation

Muryani Kasdani, Regenerative Space

Food waste is a complex problem that requires a multi-pronged approach. It happens on many levels and requires various stakeholders to work together to achieve positive outcomes. In this taster session, we’ll look at using the Doughnut Economy framework to understand the food system more holistically and how to use Design Thinking to build effective programs and initiatives that help create better engagement with community members and key stakeholders.

Contributor Bios



Dr. Charles Levkoe
Director, Sustainable Food Systems Lab
Lakehead University

Charles Levkoe is the Canada Research Chair in Equitable and Sustainable Food Systems, a member of the Royal Society of Canada, the Director of the Sustainable Food Systems Lab and an Associate Professor in the Department of Health Sciences at Lakehead University. His community engaged research uses a food systems lens to better understand the importance of, and connections between social justice, ecological regeneration, regional economies and active democratic engagement.

Mair Greenfield
Indigenous Program Manager
Nourish Leadership



Mair lives in North Bay, Ontario, close to the Nipissing First Nation and in the Robinson Huron Treaty area. Her family is from North Bay and the Kebaowek First Nation, and she has a mixed heritage with First Nations, Italian, Irish and French settler relatives. Mair is devoted to working with Indigenous communities to nourish traditional ways of learning and doing. For over 15 years, she has worked alongside Indigenous families and communities to ensure healthy transitions into urban areas and complex institutions.

Dennis Chippa
Executive Director, The Gathering Place



Dennis Chippa is the Executive Director of the Gathering Place in North Bay, a not-for-profit charitable organization addressing food insecurity issues. He has a long history of volunteerism and leadership in the North Bay community, including Literacy Nipissing, the North Bay Warming Centre and the Canadian Red Cross. He has been named to the Order of Ontario for his work with North Bay's vulnerable population. In 2020, he was awarded an Honourary Doctorate of Letters from Nipissing University for his work with the area's most vulnerable.

Katie Harper
Senior Advisor, Project Neutral



Katie Harper is a Senior Advisor at Project Neutral, and where she designs and delivers climate education and activation programs, including Talk Climate to Me (a fun, free, unscary online climate education experience for women) and Green from Home (a climate education and action program for workplaces). Katie has worked on climate engagement in the non-profit and corporate sectors since 2008, and loves helping people see that they can be part of creating a climate-safe future. She holds an MSc. in freshwater ecology from McGill University, and can often be found exploring nature in her local parks.



Anneke Hobson, MA, MPH, RD
Director, Drawdown Dietetics

Anneke is the founder and a director at Drawdown Dietetics, a federal nonprofit organization in Canada. She worked as a public health dietitian in Kingston, Ontario, before leaving earlier this year to start a private practice and to grow Drawdown Dietetics.



Dr. Sourabh Jain
Postdoctoral Fellow, Ivey Business School

Sourabh Jain is a Postdoctoral Fellow at the Ivey Business School. His research interests include systems thinking, data analytics, and mathematical modelling to address issues relating to circular economy and sustainability. Sourabh has been working under the supervision of Prof. Jury Gualandris, focussing on quantifying from a life cycle perspective the extent to which the repurposing of food discards between businesses mitigates climate change.



Tara Campbell
Wellbeing Economies Specialist,
David Suzuki Foundation

Tara Campbell is a designer specializing in change-enabling collaborative processes. As the wellbeing economies specialist at the David Suzuki Foundation she is working alongside a national network of organizations and individuals to establish WEAll Can - an alliance to accelerate the transition to an economy that prioritizes human and planetary wellbeing.



Muryani Kasdani
Founder, Regenerative Space

Muryani is a human-centred designer who helps businesses and organizations to build circular economies. Using behavioural science theories and system design, Muryani helps organizations to increase community engagement to take on more eco-friendly behaviours, and build circular strategies and services.

Thank You

This event was made possible through the efforts and contributions of OFC members, contributors, volunteers, and participants.

Many thanks to each and every one of you for your engagement with and commitment to our collective efforts towards advancing food literacy in Ontario.

For more informatio about the OFC, visit: ontariofoodcollaborative.ca