

SHARED FOOD VISION FOR CAPE BRETON- UNAMA'KI

This Shared Food Vision has been created to serve as a guiding document for food-related change across Cape Breton Island. It was created with diverse communities and practitioners and aims to represent many and various voices, landscapes, and experiences through our shared vision, values, and commitments. This collaborative process is the first phase in an initiative to design and implement a Food Action Plan: a set of shared goals, activities, and measurable outcomes, which will guide policies, programs and practices for the short and long term future for food in Cape Breton - Unama'ki.



SHARED FOOD VISION PROCESS

2016



2017

FOOD POLICY WORKING GROUP

2018

ASSET
MAPPING

FOOD STORIES
RESEARCH - PHASE 1
(CBU)

KEY INFORMANT
INTERVIEWS

2019

COMMUNITY ENGAGEMENT

COMMUNITY
INPUT
SURVEYS

COMMUNITY
FOOD
CONVERSATIONS

PRESENTATIONS
TO COUNCILS

"WHAT WE HEARD"
SHARE BACK AND
SENSEMAKING SESSION

2020

SHARED FOOD VISION
AND REPORT

COLLABORATIVE FOOD SYSTEM DESIGN

PROCESS

SHARED FOOD VISION (2017 - 2020)

A set of shared values and principles informed by diverse stakeholders.



FOOD ACTION PLAN (2020 - 2021)

A strategic plan grounded in the Shared Food Vision.



IMPLEMENTATION (2022 - Beyond)

Working together to put the plan into practice including measurement of progress and impact.

PEOPLE

FOOD POLICY WORKING GROUP

A cross-sectorial team of food leaders that formed around the goal of developing a vision and action plan for food in Cape Breton-Unama'ki.



STEWARDSHIP BODY

Coalition across sectors and geography. This team will carry the development and implementation of the Food Action Plan.



IMPLEMENTATION PARTNERS

With shared goals and metrics, organizations and government will work together on creating a vibrant, healthful, just and resilient food system for Cape Breton - Unama'ki.



We believe a just food system is a decolonized food system; one in which everyone grows, catches, harvests, shares, accesses, distributes, and eats free from inequities related to race, class, gender, ability, income, or religion.

WE VALUE...

...social justice, wherein everyone has equitable opportunity for meaningful participation in change.

...the Treaties of Peace and Friendship.

...community food sovereignty: a community's right and agency to shape its own food system and diet.

...dignified food-related experiences for all, grounded in awareness of the ways food intersects with gender, race, class, mobility, ability, sexual orientation, body type, and culture.



...Indigenous food sovereignty: honouring Indigenous self-determination, traditional foodways, and the inter-connectedness of land, food and identity.

...environmental justice, which acknowledges the disproportionate exposure to environmental harms for marginalized communities.

...all people's right to sufficient, safe, and nutritious food that meets their food preferences and dietary needs for an active and healthy life.

We believe good food is the heart of healthy communities.
Food intersects environmental, emotional, spiritual, mental, and physical health.

WE VALUE...

...innovative approaches to emergency and affordable food access.

... food as medicine with the capacity to nourish and heal the body and spirit, and create connection.



...safe, nutritious, available, accessible, culturally acceptable, and affordable food for all.

...the role of positive food environments in helping to create the conditions for individual and community health and well-being.

...compassionate, dignified, stigma-free approaches to addressing the root causes of food insecurity.

We believe healthy lands and waters are vital in feeding our communities.
By protecting our environment, we can feed ourselves
and future generations with good, healthy food.

WE VALUE...

... stewardship of the lands and waters of Cape Breton-Unama'ki for current and future food production and harvesting.

...the natural abundance and biodiversity unique to our region.

... that farming, foraging, hunting and fishing on Cape Breton-Unama'ki takes place on the unceded territory of the Mi'kmaw Nation.

LANDS & WATERS

...food production and harvesting practices that prioritize the humane treatment of animals.

...climate change adaptation and mitigation in all parts of the food system.

...the Mi'kmaw principle of Netukulimk, which states that we should only take what is needed and waste nothing to ensure balance and sustainability.

We believe food literacy is an essential life skill. It can lead to
informed food choices for better personal and community health.

WE VALUE...

...the development and sharing of skills related to growing, foraging, hunting, preserving, farming, fishing, and preparing food.

...enhancing individual and collective capacity to transform food systems.

...our food leaders and food knowledge holders: Intergenerational learning opportunities and mentorship enhance food literacy and stewardship.

FOOD LITERACY

...action grounded in evidence gained through community-based research, community engagement, evaluation, and storytelling.

...deepened understanding of the root causes of food insecurity, grounded in the wisdom of those with lived experience.

...nutrition education and appreciation for the relationship between food and health, with consideration for cultural factors and how good nutrition can look different for different people.

We believe food offers an opportunity for economic resilience.
Cape Breton can be a leader in sustainable agriculture and food-based tourism;
a place where people want to live and create.

WE VALUE...

LOCAL FOOD ECONOMY

...opportunities to grow food and food-related businesses that foster a strong local food system.

...living wages, safe working conditions and other rights for workers within our food system.

...a support system of people, organizations, policies, programs and government that fosters a vibrant, thriving food economy.

...the improved viability of farming, through appropriate local food infrastructure, training, research, and coordination of effort.

... sustaining the traditional/informal food economy (i.e., foraging, hunting, and fishing).

We believe food brings people together.
Food is central to family, celebrations, traditions and cross-cultural learning.

WE VALUE...

FOOD CULTURE & CELEBRATION

...spaces where people can socialize and share in food growing, preparation and eating.

...the vital role of a culture of collaboration in cross-sectorial, system-wide change.

...the power of food to connect people across differences.

...events that showcase and celebrate local and cultural foods.

... celebration of the unique and diverse food histories, cultures, and traditions of Cape Breton-Unama'ki and beyond.

...the authentic expression and continued learning around the guiding principle of Two-Eyed Seeing (coined by Mi'kmaq Elder, Albert Marshall) which illustrates seeing with both Indigenous and Western knowledges and ways of knowing.