

Nourishing Food Communities in Unama'ki - Cape Breton



Island Food
NETWORK

We believe that lasting change happens when communities lead the way. That's why we work alongside community food leaders and organizations to amplify their voices, support their visions, and celebrate the diverse ways food brings us together.

What We Do

"Food communities" are the natural networks within our broader food system, connected by a shared purpose: growing, sharing, and advocating for good food. The Island Food Network exists to strengthen these communities across Unama'ki - Cape Breton Island. Our work is rooted in relationships. By connecting people, supporting grassroots efforts, and creating opportunities, we help grow a food system that is more just, resilient, and nourishing.



Food **ACTION**

We get behind
community
food initiatives

Food **COMMUNITIES**

We strengthen local
relationships to grow
our shared impact

Food **SYSTEMS**

We connect big-
picture planning and
community efforts



Food Access Principles

These guide IFN's decisions and approaches

Nourishing food access supports physical, social and ecological wellness within joyful, welcoming, and safe environments.

Community-Powered food access is locally networked and centred around relationships of reciprocity and communal care, blurring the line between receiving and offering. Leadership emerges from within the community and is a valued asset that translates into continuity and trust.

People-Centred food access recognizes whole people with varying life contexts, needs and wants. Access should feel like it is for everyone with consideration for rights, equity and justice, and accessibility (transportation, physical, affordability, cultural, etc.).

Responsive food access is resourceful - leveraging the assets of this Land, seizing opportunities, and leaning into deep partnerships and networked solutions. There is a consciousness of the increased need and corresponding increase in response, understood through those living these experiences. There is a sense of the big picture and an awareness of how change is happening or can happen.



Recipe for Change

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Food SYSTEMS

We connect big-
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Nourishing

Community-Powered

Responsive

People-Centred

