

Household Food Insecurity 101

Definitions & Language

Insecure	Not firmly fixed; liable to give way or break <ul style="list-style-type: none"> If referring to a person: not confident or assured; uncertain and anxious
3 Main Types of Insecurity¹	<ol style="list-style-type: none"> Personal Insecurity – when we are overly critical of our weaknesses <ul style="list-style-type: none"> Usually connected to body image, performance, talents... Relationship Insecurity – not having supportive, trusting relationships <ul style="list-style-type: none"> Related to a specific relationship <u>or</u> a feeling about all our relationships We experience uncertainty about being loved, trusted, protected, valued Domain-Specific Insecurity – insecure about a specific aspect or resource in our life <ul style="list-style-type: none"> Often food, finances, health, or physical safety A problem of access and resources (not personal failures)

Food Security	The <u>right to</u> (and the <u>measure of</u> the availability of) food which is: <ul style="list-style-type: none"> Affordable Culturally appropriate Meets dietary needs + preferences Nutritious Obtained with dignity Sustainably grown
Food Insecurity	The state of being without reliable access to sufficient affordable, nutritious food.
Hunger	Desire to eat to alleviate discomfort or weakness caused by lack of food.
Community Food Security	The measure of food access and availability at the community level – considering community self-reliance, social justice, and sustainability.
Food Sovereignty	People’s right to a food system in which those who produce, distribute, and consume food also control the mechanisms and policies of production and distribution.
Food Justice	A holistic view of the food system that sees healthy food as a human right and addresses structural barriers to that right.
Food System	The processes and infrastructure involved in feeding a community, including the inputs needed for growing, harvesting, processing, packaging, transporting, marketing, consumption, distribution and disposal of food.
Food Desert	Neighborhoods without a grocery store in walking distance.
Food Swamp	Neighborhoods where the only nearby options for food are corner stores or drugstores, which stock limited fresh food.
Food Mirage	Neighborhoods where the only nearby options for food are expensive.
Food Literacy	The knowledge, skills, and attitudes necessary to choose, prepare and enjoy food that supports one's health, community, and the environment.

¹ Brown, B. (2022). Atlas of the heart: Mapping meaningful connection and the language of human experience.

Household Food Insecurity 101

Social Determinants of Health²	Conditions in the environments where people are born, live, learn, work, play, worship, and age that affect health, functioning, and quality-of-life outcomes and risks (i.e., water quality, access to food, schools, neighbourhood...).
Basic Income³	Unconditional cash transfer from government to individuals to enable everyone to meet their basic needs, participate in society, and live with dignity, regardless of work status.
Sustainability	The ability to continue over a long period of time, meeting our present needs without compromising future settings.
Household Food Insecurity (HFI)⁴	<p>Inadequate access to food because of financial constraints.</p> <ul style="list-style-type: none"> • Low-income households struggle to afford adequate healthy food • Affects physical health, mental health, and social well-being <p>Three Levels:</p> <ul style="list-style-type: none"> • Marginal food insecurity: worry about running out of food &/or limited food selection due to a lack of money for food • Moderate food insecurity: compromise in quality &/or quantity of food due to a lack of money for food • Severe food insecurity: Miss meals, reduce food intake, and at the most extreme go day(s) without food

Key Sources

Dietitians of Canada (DC)	<ul style="list-style-type: none"> • HFI Position Statement and Recommendations (2016)
Canada Wide	<ul style="list-style-type: none"> • Food Secure Canada • Proof - interdisciplinary research team investigating HFI in Canada <ul style="list-style-type: none"> ◦ "How to tackle food insecurity in Canada" (short video)
First Nations	<ul style="list-style-type: none"> • Inuit Nunangat Food Security Strategy • Healthy Food Guidelines for First Nations Communities • Planning for Food Security
British Columbia	<ul style="list-style-type: none"> • BC Food Security Gateway – [See map of food security networks in BC] • Food Costing in BC (2017) by BCCDC & PHSA (Infographic Summary) • Priority Health Equity indicators in British Columbia: Household food security indicator report by PHSA and PROOF (2016)
Vancouver	<ul style="list-style-type: none"> • Westside Food Collaborative • Vancouver Neighbourhood Food Networks
Ontario	<ul style="list-style-type: none"> • Ontario Public Health Dietitians Making Cents (2020) and Infographic • Cost of Eating in Northwestern Ontario (2017) & Infographic

Note: this is not an exhaustive list. Many other good sources exist. See more: <http://www.letstastecanada.ca/canada-food-security-reports/>

² <https://www.canada.ca/en/public-health/services/health-promotion/population-health/what-determines-health.html>

³ <https://basicincomecanada.org/what-is-basic-income/>

⁴ <https://proof.utoronto.ca/food-insecurity/>

Household Food Insecurity 101

What We Can Do

Collective Impact⁵ (CI) happens when a group of people from different sectors use a structured form of collaboration for solving a specific social problem.

- Isolated interventions from individual organizations are less effective
- Changes needs collaboration from non-profits, government, health care, businesses, faith communities, media, and the public

5 Conditions of Collective Impact



Condition	Definition & Examples
A Common Agenda	All participants have a shared vision for change that includes a common understanding of the problem and a joint approach to solving it.
	<p>WFC Vision: Our vision is a just and sustainable food system, where everyone on the Westside of Vancouver has secure access to adequate amounts of safe, nutritious, culturally appropriate food, produced in an environmentally sustainable way and provided in a manner that promotes human dignity.</p> <p>Mission: WFC will coordinate efforts, build collective capacity and form a unified voice of community service organizations providing food supports to the Westside residents. Through coordinated collective impact efforts, we will work to improve availability and access to adequate food resources for the most vulnerable community members. Together, we will work towards addressing the underlying factors leading to food insecurity, to advance the vision for a just and sustainable food system for all.</p>
Shared Measurement System	The indicators of success need to be consistently measured and reported using validated tools and a shared vocabulary.
	<p>Proof: Household food insecurity in Canada is measured by Statistics Canada using the Household Food Security Survey Module (HFSSM) on the Canadian Community Health Survey (CCHS)</p> <p>BCCDC COVID SPEAK Survey⁶</p>

6% worry food will run out
54% feel a weak sense of community belonging

35% had difficulty accessing healthcare in last 2 years



⁵ https://ssir.org/articles/entry/collective_impact#

⁶ <http://www.bccdc.ca/health-professionals/data-reports/bc-covid-19-speak-dashboard>

Household Food Insecurity 101

Mutually Reinforcing Activities	Each organization focuses on specific activities which they can excel in a way that supports the cause/issue and is coordinated with other's actions.
	<p>The issues need to be addressed from different organizations:</p> <ul style="list-style-type: none"> • Direct support for people struggling with HFI (food hampers, gift cards, highlighting their experiences, training, transportation, elder + childcare....) • Clinical care, mental health care, addictions treatment, housing support • Government Advocacy <ul style="list-style-type: none"> ○ Template letter for political leaders⁷ ○ Eat-Think-Vote⁸ before elections (Food Secure Canada) • Research and Data Collecting • Business and Industry (i.e., ensure they pay a living wage) • Non-profits + networks • Media to share stats and stories <ul style="list-style-type: none"> ○ Watch the language used
Continuous Communication	<p>Participants need regular connections to build up enough trust to recognize the common motivation behind their different efforts.</p> <ul style="list-style-type: none"> • Facilitate gatherings of key players (ideally in person, or virtually) • When relationships and trust existed, programs can shift faster
Backbone Support Organization	<p>Coordination takes time:</p> <ul style="list-style-type: none"> • Logistical and administrative tasks of scheduling meetings, communications, conflict mediation... • Frontline staff cannot do this off the side of their desks. <hr/> <ul style="list-style-type: none"> • Westside Food Collaborative + Kits House

⁷ <https://www.odph.ca/what-can-you-do>

⁸ <https://www.eatthinkvote.ca/>