

Sustainable Food Systems Workshop

SUMMARY REPORT - MARCH 13, 2015





Prepared through a Collaboration of:

- Campus Food Strategy Group
- Faculty of Agricultural and Food Sciences
- Faculty of Arts
- National Centre for Livestock & the Environment
- Natural Resources Institute
- Office of Sustainability



Sustainable Food Systems Workshop

Contents

1. Background
2. Results and Key Findings
3. Next steps
4. Appendices



Background

In late 2014, the University of Manitoba released a 2015-2020 Strategic Research Plan that includes a research theme (one of eight) of safe, healthy, just and sustainable food systems. The plan recognizes the many strengths and areas of excellence present at the University and invites further cultivation – including cross-disciplinary work – of expertise in support of research excellence. The ad hoc group of researchers involved in the strategic planning process stayed in contact and

discussed how to move forward.

Also in 2014, the student-led Campus Food Strategy Group and the University's Office of Sustainability collaborated on research and community dialogue about food on campus, culminating in the release of a draft campus food baseline assessment that captured food production, processing, consumption, environment and waste and associated research and education activities.

These groups, seeing shared

interests, invited the University community to an open dialogue on the afternoon of March 13, 2015. Supported by a visiting guest expert, Dr. Ralph Martin, Professor and Loblaw Chair in Sustainable Food Production, Ontario Agricultural College, University of Guelph and a lead facilitator, Dr. Martin Scanlon, Associate Dean (Research), Faculty of Agricultural & Food Sciences, more than eighty students, academics and administrators (see Appendix A) gathered to share what we are doing now and explore what we can be doing together at the University of



Manitoba to advance *safe, healthy, just and sustainable food systems*?

In summary, the workshop included:

1. An introduction from Dr. Annette Desmarais, Associate Professor, Department of Sociology & Canada Research Chair in Human Rights, Social Justice and Food Sovereignty

2. A presentation from Dr. Ralph Martin focused on the challenges and opportunities of providing enough healthy food for all, and

with reference to work underway at universities.

3. “Lightning” introductions – quick biographical overviews and work highlights from almost forty participants, shared in a fast-paced and fun format (Appendix B)

4. A refreshment break featuring hors d’oeuvres from four campus food service providers who were challenged to interpret ‘safe, healthy, just and sustainable snacks’

5. Extensive dialogue and information capture at four

engagement stations (education, research, student action and campus life), supported by facilitators and making use of results from the campus food baseline assessment. Summarizing comments from station facilitators were provided to share back results to the group. (Appendix C)

6. Reflections on the day from Dr. Ralph Martin.

7. An exit survey was used to assess participants’ experiences (Appendix D)

Welcome! What will it take for UManitoba to be a leader in safe, healthy, just & sustainable food systems by 2020?

What do you hope to get out of today's gathering?

Results and Key Findings

Overall takeaways:

a. The University of Manitoba is home to a diversity of action, expertise and passion for sustainable food systems. Food system or food-related work is happening in a wide range of areas in the University community.

b. Strengthening connections between faculties, centres, institutes and individual community members could lead to new synergies. Many workshop participants (and the

programs or areas of work they were involved in) were 'new to each other', but quickly identified knowledge sharing and exchange opportunities of mutual benefit (for example, connecting vegetarian meal options to climate change advocacy, or finding partners for a barbecue camp/extension learning opportunity). Connections between infrastructures (such as courses, kitchens, lab equipment and land) and community users could also help advance work on food systems. Improving connections will help ensure the full potential of University expertise and facilities can be reached.

c. The University community felt that the workshop was a valuable first step together. Dialogue and relationship building are important foundational moves for coordinated, meaningful and impactful action and for innovation, as evidenced by some example of success provided by participants.

d. In addition to these broad findings, a variety of specific directions and supporting actions/strategies were captured at the various workstations.

T
STR

The Strategic Research Plan
years for the University of
Our broad research strategy
developing and expanding
regional, national and interna
and complex research fields
many disciplines is often
scientific areas of "frontiers,"
on our established and eme
pressing issues facing Cana
will include enhancing our r
and providing our students
experience to the best

A variety of research Proven
and safe, healthy, and susta
research themes.

RESEARCH

Effective local and global food
culturally appropriate and aff
addressing the health of our ag
minimizes negative impacts to
to developing strong communit
-hallenged by the changing cli
inequalities in domestic, and
processes and cultivates the an
and sustainable food systems
adapt to the rapid change our
experiencing today. Research
systems at the University is a
research that will support susta
researchers in this way are nat
for contributions made to an
connection of food system
production activities both at
and global environment. UMan
and social sciences research in a

University researchers work to
political, ecological and socioe
systems and to optimize nutri
ecosystems. Their research int
facilities and disciplines and is
industry. Food and nutritional
to sufficient amounts of safe an
growth, development and an ac
researchers working in this area
science, engineering and health
food and nutritional security and

Research into sustainable food
Centre for Livestock and the In
resources and sample and data an
crop and livestock production
sample is essential for identifi
feeding and stability. Food safe
scientific reviews at the Health
policy, and the Canadian
Policy and Medicine. The Canad
The Research Institute for Resear
including research on food system
managing, which includes the
interdisciplinary and cross-disc

Key directions emerging from dialogue, as summerized from verbatim notes and picking up on themes:

Area	Directions to Explore	Specific Strategies (Examples)
Education	<ul style="list-style-type: none"> • More cross disciplinary opportunities • New/seasonal courses • More applied and field learning opportunities (formal and informal education) • Integration of (sustainable) food into curriculum (K-12 and at University) – holistic view • Building a connection between Health Sciences and food systems 	<ul style="list-style-type: none"> • Incorporate food literacy component into U1 and International Centre orientations/programs • Awareness raising opportunities – seminars, posters, films, etc. • Field trip program to Farm & Food Discovery Centre
Research	<ul style="list-style-type: none"> • Creating a focus on waste/byproduct value creation • Smaller scale farming/processing research • Growing community-based research 	<ul style="list-style-type: none"> • Research project on food served on campus and how it affects student welfare and performance. • Creating a student farm
Student Action	<ul style="list-style-type: none"> • Facilitating sharing of information on food learning/ research opportunities (online) • Collaboration and cross-disciplinary student project opportunities • Create space/opportunities for food literacy 	<ul style="list-style-type: none"> • Cooking demonstrations • Develop an action research program
Campus Life	<ul style="list-style-type: none"> • Reducing disposable products in the campus retail food system • Making food more visible and accessible on campus • Diversify food offerings (reflect cultural, dietary needs) 	<ul style="list-style-type: none"> • Increased awareness of/ connection to food system – menu information, speakers, farmer’s markets, etc.

Approaches to advancing further action on sustainable food systems:

Based on conversation at the workshop, and supported by feedback received through the exit survey, there is interest in additional opportunities for community dialogue, relationship building, knowledge sharing and collaborating.

Of those responding to the survey (52 of 84 participants), 44% indicated interest in being part of a working group to plan further action on sustainable food systems and 58% said they would like to be involved in future engagement opportunities.

Impact of the workshop on fostering connection and dialogue:

Since one of the goals of the workshop was to provide an opportunity for participants to develop an understanding of the ‘food system universe’ at the University of Manitoba, a mix of formal/ice-breaker and informal conversation opportunities were included in the agenda.

Exit survey results indicate that network connectivity was built at the event: 31% of respondents indicated they had met three to five new contacts, and 42% said they had met more than five.

3.

Next Steps

Based on the interest shown at the workshop, the following actions are proposed:

1. Participants who indicated an interest in being involved in a working group will be invited to a planning conversation to share their input on a structure(s) to advance work on safe, healthy, just and sustainable food systems. *Timeline: late spring 2015*
2. All community members will be encouraged to consider whether there are actions that were identified at the workshop that fit with their own plans, and further to consider whether there are opportunities to involve others in collaboration. *Timeline: spring/summer 2015 (and for further discussion by the working group)*

4.

Appendices

- A.* Participant List
- B.* Lightning Introduction Slides
- C.* Engagement Station Results (Verbatim)
- D.* Exit Survey Results
- E.* Presentation from Dr. Ralph Martin
- F.* Sustainable Recipes
- G.* Planning Working Group Members

Appendix A - Participant List

	Name	Role in Community	Faculty/Student Group/ Campus/External	Email
1	Abigail Maniego	Student	Campus Food Strategy	maniegoa@myumanitoba.ca
2	Ahmed Lasisi	Student (MSc)	FAFS Soil Science	ahmedl@myumanitoba.ca
3	Amy Dytnerki	Student (MSc)	Public Health	amy.dytnerki@gmail.com
4	Amy Goulet	Student (soon to be MSc)	FAFS Human Nutritional Science	amygoulet1@gmail.com
5	Angie Herrera Hildebrand	Student	FAFS Agroecology	herrera3@myumanitoba.ca
6	Ann Tyre	Student	Arts	anntyre@mymts.net
7	Annette Desmarais	Professor	Arts Sociology	annette.desmarais@umanitoba.ca
8	Anny Chen	Service-Learning Coordinator	Student Life	anny.chen@umanitoba.ca
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15	Cody Schuender	Student	CHRFEEER Environment, Earth, and Resources	garden@umsu.ca
16	Colin Durand	-		umduranc@myumanitoba.ca
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24	Emma McGeough	Professor	FAFS Animal Science	emma.mcgeough@umanitoba.ca
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34	Jacob Pachikara	Food Bank	External Winnipeg Harvest	-
35	James House	Professor	FAFS Human Nutritional Sciences	james.house@umanitoba.ca
36	Janelle Duerksen	Food Bank	External Winnipeg Harvest	-
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41	Karen Schwartz	Research	Social Work and Education (Research Facilitator)	Karen.Schwartz@umanitoba.ca
42	Karin Wittenberg	Professor/Dean	FAFS	agdean@umanitoba.ca

	Name	Role in Community	Faculty/Student Group/Campus/External	Email
43	Kate Turner	Student (PhD)	CHRFEER NRI	umturn22@myumanitoba.ca
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85	Weijing Wu	-		-
86	Yuan Zhou	Student (MSc)	FAFS Agri Business and Agricultural Economics	zhouy311@cc.umanitoba.ca

EXPLORER INNOVATOR PIONEER ADVENTURER VISIONARY TRAILBLAZER

**Ian Hall, Director
Office of Sustainability**



- Campus sustainability champion, engagement hub, planning & decision making support
- March 2015: published draft campus food baseline assessment (available on umanitoba.ca/sustainability)
- 2015/16 food system projects:
 - Composting solutions for campus
 - Community garden irrigation project
 - Support for community-led fair trade initiatives
 - Support for a campus food strategy

Contact: ian.hall@umanitoba.ca, 204.474.7995



EXPLORER INNOVATOR PIONEER FOLLOWER VISIONARY TRAILBLAZER

**Canada Research Chair in Applied
Soil Ecology**



- Lab headed by Mario Tenuta in Soil Science
- Solutions Research
- 2+ PDF, 4+ IndetTech, 6+ DeterminantTech, 5+ GradS
- Mainly Prairie focused and supported by farmers and industry
- Microbial Indicators of Sustainable Food Systems
 - GHG: Soil emissions of N₂O and soil C
 - N use efficiency (4R nutrient management)
 - Soilborne plant pathogens/pests: nematodes and fungi
 - Beneficial organisms: AMFungi, nematodes
- Recently broadened geographical scope: Internationally (Xinjiang China) and Northern MB
- Campus collaborations: Soil Sci., Animal Sci., Plant Sci., Biol., NRI, Geog/Environ, NCLE



- EXI
- Area: Political ecology of food systems interventions
 - Through: IDRC's CIFSRF program



Derek Johnson, Anthropology



EXPLORER INNOVATOR PIONEER ADVENTURER VISIONARY TRAILBLAZER

Bruno Dyck
Asper School of Business
Business Administration Department



- Diffusion of Conservation Agriculture among small-scale farms in low-income countries
- Management and organization theory aspects
- Others providing support on the project include: Martin Entz, Nathan Greidanus, Bruno Silvestre



EXPLORER INNOVATOR PIONEER ADVENTURER VISIONARY TRAILBLAZER

Trust Beta
Professor & CRC in Grain-Based Functional Foods
Department of Food Science
Faculty of Agricultural & Food Sciences

Malawi Farmer-to-Farmer Agroecological (MAFFA)

Ongoing Project (2013-2017) funded by Department of Foreign Affairs, International Trade and Development (Partnerships with Canadians Branch) involves the following collaborating partners

CANADA

- University of Western Ontario
- University of Manitoba
- Canadian FoodGrains Bank
- Presbyterian World Service & Development

MALAWI

- Ekwendeni Hospital
- Chancellor College



EXPLORER INNOVATOR PIONEER ADVENTURER VISIONARY TRAILBLAZER

Fikret Berkes, Professor, Natural Resources Institute,
CHR Faculty of Environment, Earth, and Resources

- Aboriginal Food Security in Northern Canada
http://www.scienceadvice.ca/uploads/eng/assessments%20and%20publications%20and%20news%20releases/food%20security/foodsecurity_fullreporten.pdf
Report of the Expert Panel on the State of Knowledge of Food Security in Northern Canada, Council of Canadian Academies, 2012-14
- Fikret Berkes, member of CCA panel and co-author of report
- Livelihood and food security in Norway House Cree Nation, northern Manitoba, 2013 - current
- PhD project of Durdana Islam (Fikret Berkes, advisor)



Campus Food Strategy Group

(Michaela and Abigail)



- Since 2012
- Identified and connected with stakeholders
- Food baseline study with OOS
- Student engagement and opportunity in research, curriculum, and extra-curriculars
- Summer Plans: Online Database
- National Movement



Annette Desmarais, Dept. of Sociology, Arts

- Analyzing how communities in various countries are transforming food systems = food sovereignty
- Theory, practice, potential, politics and challenges of building food sovereignty
- Environmental and social impact of land grabbing and land concentration in Sask. (with colleagues at the U of S and U of R).



EXPLORER INNOVATOR PIONEER ADVENTURER VISIONARY TRAILBLAZER

**Teri de Kievit,
Department of Microbiology**



- Biocontrol bacteria as substitutes for chemical pesticides to control diseases of canola
- The laboratories of Mark Belmonte (Biological Sciences), Dilantha Fernando (Plant Science) and Teri de Kievit (Microbiology)
- <http://youtu.be/dHM-9FoOlw0>



EXPLORER INNOVATOR PIONEER ADVENTURER VISIONARY TRAILBLAZER

**Teresa Looy, UofM
Natural Resources Institute**



- Master's thesis:
 - Action for sustainability through community gardening: The role of adult learning



Jim House,
Human Nutritional Sciences & Animal Science



Current Projects

- Assessment of the quality of dietary protein in plant-based foods
 - Multi-disciplinary team from UM, AAFC, UofS, Pulse Sector
- Enhancement of the nutrient content of animal-based foods
 - Multi-disciplinary team from UM, Laval, Local & National Commodity Groups
- Anti-nutritive factors in the food supply
 - NSERC Discovery Program



Christine Rawluk, National Centre for Livestock and the Environment

*Integrated, Whole Systems Research
– for whole system outcomes*



EXPLORER INNOVATOR PIONEER ADVENTURER VISIONARY TRAILBLAZER

**Stéphane McLachlan,
Environmental Conservation Lab,
Environment and Geography**



- Manitoba Alternative Food Research Alliance
 - 52 NGOs; five universities
- *Gagieg Mama Weijan*: Implications of Hydro Development
 - 15 Manitoba First Nations; 19 NGOs; eight universities
- One River Many Relations: Implications of the Oil Sands
 - Fort Chipewyan (AB); Fort Smith(NWT); Fort Resolution(NWT)



EXPLORER INNOVATOR PIONEER ADVENTURER VISIONARY TRAILBLAZER

**Stefan Epp-Koop & Leanne Dunne, Food
Matters Manitoba**



- Manitoba on the Menu: a pilot project examining local, sustainable food procurement in institutions across Manitoba.
- Who has been involved? The U of M Sustainability office & food buyers on campus



EXPLORER INNOVATE

SUMMER ACADEMY

'The Geopolitical Economy of Food Security and Food Sovereignty in a Mutliple World'

July 6 - 17th, 2015
 POLS 4160 T01, POLS 4170 T01, and POLS 7290 T0
 Course Coordinator: R. Desai

Food security and sovereignty have increasingly dominated discussions in recent years and the many, both in rich and poor countries, food security is at critical juncture. At the same time, the manner in which this issue will and can be addressed is undergoing rapid changes as the world economy and its political structures adapt to multipolarity.

A Summer Academy on 'The Geopolitical Economy of Food Security in a Mutliple World', essentially a 6 credit hour course will be delivered in a compressed format over 2 weeks. It is the first of an annual series of courses on topical issues in world economic and political affairs to be organized by the provincial Institute for Geopolitical Economy.

Students will be sent the course outline and a list of reading materials at least 2 months in advance to enable us them to prepare themselves for the summer experience. The assignments on which evaluations will be based will be due after classes are over. They will be tailored differently depending on whether the students are graduate students or undergraduates. The chief rationale for the two-week format is to enable students from across Canada and abroad to attend. The dates are July 6-17th of July 2015. Dr. Radhika Desai, Professor, Department of Political Studies, member of the Global Political Economy Steering Committee, and author of the path-breaking *Geopolitical Economy: After US Hegemony, Globalization and Empire* (2013), will be the course coordinator. The Summer Academy features classes led by three major scholars in the field:

- Professor Ugo Panfili of the Jawaharal Nehru University, New Delhi, India, is renowned for his expertise on the world food order and changing agrarian relations and is author of *The Long Transition* (1999) and *The Republic of Hunger and Water Issues* (2007).
- Dr. Hanvon Adams-Lodis of Uppsala University and expert on agrarian change and its social and ecological dimensions and author, most recently of *Hunger for Change: Farmers, Food Justice and the Agrarian Question* (2013).
- Dr. Anurag Deshpande, University of Manitoba's own Canada Research Chair in Human Rights, Social Justice and Food Sovereignty, who has written extensively on food sovereignty and social movements, including *For 18 Centuries: Globalization and the Power of Peasants* (2007).

The interdisciplinary theme will also be the subject of other University of Manitoba faculty seminars in the area. We also hope to incorporate some experiential education as well as will be provided by Winnipeg Harvest, for instance, to the Summer Academy.

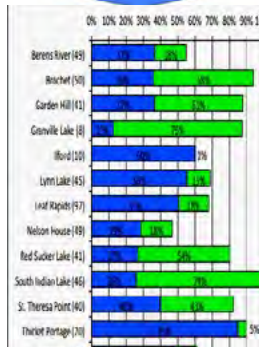
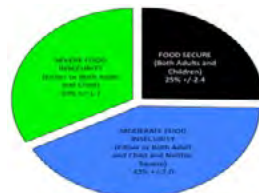
For registration information please contact:
 Jennifer Kralik, Summer Session, (204) 475-4019, Jennifer.Kralik@umanitoba.ca
 jkralik@umanitoba.ca

For course information please contact:
 GEEA@umanitoba.ca
 geepol@umanitoba.ca



Food-based community development research
 Shirley Thompson, NRI
 s.thompson@umanitoba.ca

INTERVENTION: Community development in fishing, farming, country food programs, etc.

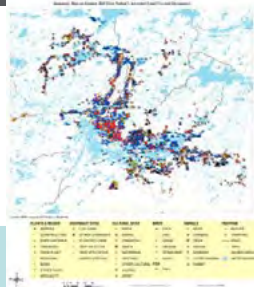


CAUSAL FACTORS

- High food cost
- Monopoly food market
- Low incomes
- Less or no services (bank, credit, piped water/sewage in homes, etc.)
- No roads



Gardening (Again) In Garden Hill
 Growing good jobs and healthy food through social enterprise



OUTCOMES

- Healthy food availability
- Physical activity opportunities
- Hunting & fishing supports
- Job Generation

IMPACTS

- Improved food security
- Capacity building
- Employment opportunities
- Increased land-based cultural a
- Country food sharing



EXPLORER INNOVATOR PIONEER ADVENTURER VISIONARY TRAILBLAZER

**Douglas J. Cattani, Asst. Professor
Plant Science, Faculty of Agricultural and
Food Sciences**



- Breeding of Herbaceous Perennials for Sustainable Food Production
- D.J. Cattani, S.R. Asselin (PhD student), G. Linski (MSc. student), A. Slama (Technician)



EXPLORER INNOVATOR PIONEER ADVENTURER VISIONARY TRAILBLAZER

Kate Turner, PhD Candidate, Natural Resources Institute

- **Nature-based solutions for sustainable and resilient communities**
- **Collaborators:** Dr. Iain Davidson-Hunt, Dr. Julián Idrobo, Olivia Sylvester (PhD Candidate), Valeria Kuzivanova (MNRM student), Mariana Rodríguez (PhD Candidate)
- **Some UM Partners:** Drs. J. Sinclair, F. Berkes, T. Beta, J. Peters
- **Needs:** grad. students; social enterprise & value chain researchers

Harvest Systems for: food; medicine; energy; shelter; ceremony



Canadian Boreal Forest, Costa Rican Forest, Southern Bolivia, Southeast Coast of Brazil



Kim Ominski, Professor, Sustainable forage-based beef cattle production systems

- A multi-disciplinary team working together to sustain rural communities through exploration of environmentally sound, low-cost beef cattle production systems
- Working at the soil-plant-animal-landscape-human interface
- Contact: Kim.Ominski@umanitoba.ca



Susie Taylor, Lead Service-Learning Coordinator Service-Learning, Student Engagement

Current programs:

- **PRAXIS and Alternative Reading Week Winnipeg**
- **Alternative Reading Week Belize (ISIS Belize):** indigenous Maya knowledge and struggle for land rights, traditional food systems and changing food preferences in youth
- **Leaf Rapids Service-Learning Experience (Grow North):** food security and sustainability in northern Manitoba, local solutions to food security challenges
- **Alternative Reading Week El Salvador (Lutheran World Federation):** impacts of climate change on food security, farming as a business, small-scale food processing project
- **Bangladesh Service-Learning Experience (RDRS Bangladesh):** impacts of climate change and environmental degradation on agriculture and food security in rural communities
- **Alternative Reading Week Ecuador (Ecuador Volunteer Foundation):** impacts of environmental degradation due to the oil and gas industry on agriculture and food security in indigenous communities
- **Alternative Reading Week Nicaragua (LWF & ADEES):** impacts of climate change and environmental degradation on agriculture and food security

Upcoming programs:

- **Kent Road School Food Club (Winnipeg School Division & Food Matters Manitoba)**
- **Peaceful Village Garden (Manitoba School Improvement Program)**

Contact: service.learning@umanitoba.ca, 204.474.8612



EXPLORER INNOVATOR PIONEER ADVENTURER VISIONARY TRAILBLAZER

The Campus Planning Office



EXPLORER INNOVATOR PIONEER ADVENTURER VISIONARY TRAILBLAZER

Dr. Rotimi Aluko, Dept. of Human Nutritional Sciences



- Research program underway
 - Value-added utilization of oilseed and pulse seed proteins as raw materials to develop natural iron-binding, antihypertensive and cholesterol-binding agents.
 - Dietary plant proteins as effective modulators of kidney diseases
- Who is involved
 - Dr. Harold Aukema (Human Nutritional Sciences)
 - Dr. Michel Aliani (Human Nutritional Sciences)
 - Dr. Prashen Chelikani (Oral Biology)



Joe Kaufert, Professor, Community Health Sciences

The undergraduate curriculum committee in Community Health Sciences, College of Medicine

- Have developed modules and community experience at food banks as a way of integrating food security in health professional education.
- In the new curriculum we are developing additional linkages with Wpg Harvest in terms of simulations and service learning enabling health professional students to understand the limits of alternative models in food redistribution and realities of families living within the inner city with health-related nutrition needs.



Evan Bowness, Instructor, Department of Sociology

- Building A Community Commons' UM Summer Institute (SOC 3460). This course is a 2-week long 'hands on' summer institute where students learn how to bring a community-based urban agriculture project to life. The first week of the course focuses on planning and design, the second week we're out in the field 'building' a community project - last summer we expanded the South Osborne Community Orchard.
- The course is run as a partnership with Sustainable South Osborne Community Cooperative. I'm looking for interested students and possible partnerships with other faculty (esp around the possibility of cross listing the course, as it's very interdisciplinary in nature).



EXPLORER INNOVATOR PIONEER ADVENTURER VISIONARY TRAILBLAZER

Martin Entz, Professor in Plant Science and Natural Systems Agriculture Research Group Lead

- Our work is inspired by conservationists (Aldo Leopold, Rachel Carsons, Wes Jackson, Grant McEwan, former dean of our faculty), activists (Vandana Shiva, David Suzuki and P. Sainath) and farmers. Embracing natural processes in food production is an "upstream" approach; in contrast to the "downstream" approach where symptoms of an ecologically dysfunctional system are the main focus. Our work involves projects on 3 continents. One of our initiatives is to breed crops for organic production, and to involve farmers directly in that process. This empowers farmers, giving them legal rights to their plant genetics, and it allows them to select wheat, oat, potato and corn varieties for their particular places. Farmer-led plant breeding counters the global shift from particular locatedness to transnational placelessness. Part of the on-farm breeding project is to develop a wheat variety specifically for "Degrees" student restaurant here at the U of M.
- Student involvement is a central focus of this program. We have involved graduate and undergraduate students in on-farm development work in Canada, Central America and Africa. Our home-grown carbon offset program has allowed us to enter into community with Central American small-holder farmers.
- I am grateful to the University of Manitoba for the opportunity and freedom to pursue this work



EXPLORER INNOVATOR PIONEER ADVENTURER VISIONARY TRAILBLAZER

Joyce Slater, Assoc. Professor, Department of Human Nutritional Sciences

- My research involves nutrition surveillance and food literacy. Food literacy is an emerging concept which goes beyond food preparation skills to include functional, interactive and critical food literacy. I am currently engaged in the following research: assessing food skills of Canadians using the Canadian Community Health Survey; understanding critical food literacy competencies required by youth as they transition to adulthood; and conducting action research to promoting food literacy in several Winnipeg communities. I will also be analyzing the Canadian Community Health Survey nutrition data, being released in 2017.
- I work with several University of Manitoba and community partners including:
 - Dr. Thomas Falkenberg, Faculty of Education, UM
 - Dr. Lawrence Deane, Faculty of Social Work, UM
 - Food Matters Manitoba
 - North End Food Security Network
 - William Whyte Residents' Association
 - CanU Canada
- I worked in public health for 18 years before transitioning to an academic career.



Yuan Zhou, MSc candidate, Agribusiness and Agricultural Economics, Regular volunteer at NorWest Food Center

- My research interest is food security and sustainable development, which derives from volunteering at Winnipeg Harvest and NorWest Food Center through the ARWW (Alternative Reading Week Winnipeg) program.
- The underway research paper will focus on urban poverty, food access and sustainable development in north end of Winnipeg.
- Planning to include survey among food center users and interview with paid staff at food center (in proposal phase)



Appendix C - Engagement Station Results (Verbatim)

Sustainable Food Systems Workshop

Engagement Station Results (verbatim)

March 13, 2015 – Pembina Hall

Station 1 Topic - Overarching comments

What do you hope to get out of today's gathering?

- Finding food waste reduction partners (Ian – Sustainability Office – 204 474 7995)
- Reliable food source that minimizes my impact on the environment (Sean Scammell – 204 801 4200)
- Having a 75% reduction of disposable cups on campus (Kim – Sustainability Office)
- Better management of food waste
- Networking or learning who else is working in food
- No more plastic water bottles - Bring reusable water containers on campus to fill up.
- Broad vision for food – not just hard science and production.
- Support interdisciplinary efforts among the fabulous scope of researchers at U of M working with food.
- U of M could if it not already started, get involved in policy that would help in provision of safe, healthy, just and a sustainable food system. Such polices that could encourage affordability of and accessibility to said food. QUESTION: IS U OF M PRESENTLY INVOLVED IN POLICY MAKING PROCESS IN THE PROVINCE?
- Less of a corporate food presence on campus, and promote campus based food production and integrate with food services.
- Let the U of M be the first that includes sustainability as a component in every course. Great way to focus our efforts on teaching students how to think.
- Partnership, collaboration and support for University of Manitoba Vegetarian Student's Association (Katie and Melissa - umveggie@gmail.com)
- Integration from scales of local knowledge to global initiatives - beyond food science to social culture – political contexts.

Station 2 Topics - Education

What learning opportunities could you offer to the community? What do you need?

- Attract younger academic colleagues to act as “gatekeepers” and draw the medical and nursing field into real/applied food – Jo Kaufert
- More health and soil courses

How can educational infrastructure resources advance campus food culture and student action initiatives?

- Students need to be supported, rather than penalized for trying something new (taking a course you know you might not get a good grade in because it is not your area)
- Making auditing or visiting lectures more common and possible
- Cross disciplinary/cross faculty “friendships” and community. (Important for larger continuity of work)
- More hands-on experiences
- More opportunities for cross pollination and sharing
- Increased access to food literacy on campus
- Public/common area for students to congregate and cook--→ Community kitchens (Having it in an accessible place where people encounter frequently ie University Centre)
- Can U Program – Agri-Food Academy --→ IN THE WORKS...
- Maintain connection/network made during education...Post Education
- Mandatory primary school garden/food course.
- Want to see more interdisciplinary (mixed) students in traditional courses
- Reduce barriers to allow students from different faculties to par-take in courses
- Increase collaborations and partnerships between faculties, student groups, departments and community agencies.
- Awareness raising activities – Drama, short movies, cartoons, flyers, posters that are in public vehicles and public places.
- Students in ALL courses should be given insight how sustainability can be incorporated into their careers (guest lecturers, in their learning outcomes...)
- Food courses more accessible for 1st year students (ie...no pre-reqs)
- More integration between agriculture and nutrition curriculums + share buildings..We feel very segregated.
- Urban and rural exchange program – Get to know a local organic farm (students that are from the city)
- Business/Asper – Ramp-up weekend that follows a theme of ventures + innovations in sustainability.
- Education at the K-12 levels; set students up for success – Nutrition presentations during school PD days.
- More (potentially some) seasonally relevant course offerings (ie summer for agriculture)
- Inclusion of Health and Food Security as its own description.
- Polinal Economy for medicine students.
- Teaching impacts of food systems beyond just food nutrition

Appendix C - Engagement Station Results (Verbatim)

- Culturally sensitive food education
- Teach cooking and nutrition for early education (even if it's just a sandwich)
- Incorporate food literacy education into U1 and International Centre for students – build program with Human Nutritional Sciences.
- Let us get the folks teaching urban agriculture gardening and working together to determine if we can deliver 1 or 2 excellent courses.
- Permaculture model at the University of Manitoba farm
- Class gardens and community gardens for use for education.
- Support partnerships with finances and recognition for service learning opportunities
- Learning around small scale agriculture as a viable livelihood in Manitoba.
- Shared learning outcomes that reflect core values and missions (i.e. indigenous perspectives, sustainability)
- More cross departmental information sharing regarding food systems/issues
- Share more co-curricular opportunities (i.e. service learning)
- Courses/classes on “Oral Processing” for Food, Nutritional Sciences and Dentistry.
- A multi-cultural community like University of Manitoba can transfer knowledge of varying background, cultural and traditional food recipes to one another by organizing a workshops or symposium where everyone can teach other people from different parts of the world how to make the food of their best choice, \$ and recipes.
- Students need to be aware of food security issues in Manitoba
 - This should be integrated into syllabus. It may not necessarily be in form of courses but should be integrated one way or another.
 - An understanding of how food security could affect student success as well as completion of career goals need to be put out there.

Station 3 Topics - Research

What are some research opportunities or things to be explored?

- Research on consumer awareness would be highly appreciated. In Canada household waste is 20% We always talked about efficient use of energy in food production, but there is responsibility of a consumer to waste less food and contribute to food security for future generations.
- Research project on food served on campus and how it affects student welfare and performance.
- Studies on how sustainable and just food systems improve wellbeing.
- Support for First Nation fisheries and farm and value chain marketing development.
- Research in aboriginal ways and how we could apply them to today.
- What can be done to support safe, sustainable and just systems in Northern Canada
- Research needs to be more focused on specific points that are more relevant to the community. (Mayowa A – Soil Science MSC student)
- No incentives to research/use waste byproducts
- Efficiency is a key goal objective for research in sustainability – considering we have limited land to use. (Emma)
- Funding shortages – Experimental design challenges between disciplines and departments make collaborating challenging.
- I believe that research policies/laws/politics and availability of or lack thereof is a good place to research. This would allow monitoring and accountability – research on regulatory policies particularly
- Policy work –
 - 1) Identify the objective of the policy
 - 2) Propose different tools to achieve those objectives
 - 3) Research those objectives individually
- Feasibility /support for smaller scale ecological farming in MB (Kendell Fawcett)
- Don't forget about "consumption" part of picture – food literacy, education, relationship of food to well-being and citizenship.
- How to educate citizens to be food literate.
- "I don't think this is a research action but I think we need to implement a system to compost food scraps at U of M".
- It is a question of actions and not research we need to bring awareness to kids a young age to support local small scale farmers. Busy lives often lead to an unsustainable busy life and we need to get these people involved in creating an atmosphere that will be favorable to them.
- Salad for pigs
- Working/ volunteer opportunities for students on the U of M farm, to understand how food systems work. – Summer worker residence.
- Reduce meat production and diversify vegetable production so that the price will balance. Healthy foods will cost less and leave half of domestic animals to nature
- Agroforestry missing at the U of M (Jon Rosset)
- Health Science students need broader exposure to how farms and food systems work. Trips to farm discovery centre?
- Linda Lam: Public engagement: translating research into something used to engage the public; something general public can understand and relate to; why it is important to them? And: more community-based projects; work with communities to ensure research is applicable to them (culturally sensitive, economically feasible, etc.)

Appendix C - Engagement Station Results (Verbatim)

Station 4 Topics - Student Action

How are students playing a role and how can they (moving forward)?

- Student community kitchens
- Supporting value chains in markets with farmers at University of Manitoba
- Incorporate “sustainability” in our school curriculum
- Cooking demonstrations of foods for students from different cultures, peer to peer recipe teaching and sharing. (i.e. Soup exchange)
- Action research projects
- Building relationships with/within community
- Eat less meat, less fast food or no fast food at all
- How can I get involved in more groups and make progress? Encourage my peers to be sustainable and get involved as well.
- Help make a difference in our community and on a global scale. (Rebecca Kingdon)
- Get well informed about the food they are consuming and about the impact it has for their health.
- Get informed about all the processes that the food went through knowing where it comes from will create awareness for the students.
- Creating an online database would be key component in sharing info and opportunities, as well as co-curriculum, extracurricular, service learning and volunteer opportunities. Includes funding opportunities.
- Early and ongoing development of interdisciplinary cross-department research teams in preparation for major funding opportunities and proposals for research initiatives. Collaborations ready to go when the opportunity arises.
- Having a minimum number requirement of collaborators with different groups as an objective would create greater depth of interactions.

Station 5 Topics - Student Life

What opportunities do you see for fostering safe, healthy, just and sustainable food system on campus (and How would you like to be involved?)

- What if a group of students got together every week as a team to purchase, prepare and cook one week's worth of food? In a community kitchen on campus?
- Challenge and get rid of Aramark monopoly – build more grassroots, community led food cultures
- Menus provided are limited and does not reflect multi-nationality of students available on campus. It would be great if it can be diversified.
- More healthy food options at the Bannatyne campus
- Diversify healthy foods by finding different types of recipes – Encourage students to eat homemade foods.
- Food discounts for students who bring their own reusable container
- Students should know where to direct questions and know that their voice can be supported by others to make a change at University.
- Better food service facilities during July and August
- Farmer's Market weekly on campus during the summer.
- Community kitchens where students can cook and learn to cook.
- More talks/lectures regarding sustainability that are open to all and put in University Centre.
- I understand rules about using Armark for catering....do those apply to me bringing snacks for my class/office
- Residences with full kitchens. Kitchenettes are not enough to eat healthily. "I live off campus because of this and it increases commuting as well fuel usage".
- More diverse food options→ collaborate with international student community
- More natural foods →i.e. vegetables that are not just salads
- Less Tim Hortons
- More sustainable cooking skills workshops to educate students.
- "I ran a community kitchen cooking class and had to go off campus to do it (West Broadway CC). Would be great to have more access on campus".
- Organize trips to farmer's markets. (campus shuttle)
- More microwave/sink stations so students can bring and eat their own food on campus as well have UM caretaking clean them regularly.
- Need dedicated accessible modern community/UM outreach teaching infrastructure for food and nutrition education (food labs and prep areas)
- Drawing from other sustainable Winnipeg cultural institutions like "Folk Fest", incorporate other options for plates, knives, forks, water and the full lifespan of everything that goes into the process, not just the food on the plate.
- More locally run "pop-up" businesses and food trucks. – at the student garden with music
- More transparency about where our food comes from.
- Campus wide composting system (Campus Food Strategy Group would love to help).

Sustainable Food Systems Workshop Planning Group

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Annette Desmarais, *Canada Research Chair in Human Rights, Social Justice and Food Sovereignty, Dept. of Sociology, Faculty of Arts*

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