



May 2016

Middlesex-London Community Food Assessment

GLOSSARY OF KEY TERMS

Area to Cultivate (or Cultivation Area): an identifiable area within a local food system where both challenges and opportunities exist and can be explored by the community towards creating the change they want to see.

Asset: a tangible resource unique to a region/geographical area and held in common by a community, or available to be leveraged by the community towards creating positive change.

Asset Type: there are various types of assets and these can be grouped into 7 unique categories: social and political assets; cultural and spiritual assets; living assets; financial assets; experiential assets; intellectual assets; and material assets (see 1.2 for further explanation and examples).

Asset Harvesting: the act of identifying and/or cataloguing existing assets in a specific region/geographical area.

Asset Mapping: the act of plotting identified assets in a region/geographical area onto a map of the region/geographical area or onto a conceptual framework, such as a food system diagram.

Community Food Assessment (CFA): a participatory and collaborative process engaged in by members of a community who are interested in exploring their community's food system strengths and issues.

Community Supported Agriculture (CSA): a group of individuals who have contributed dollars or pledged support to one or more local farms prior to the growing season, with growers and consumers sharing the risks and benefits of food production.

CFA Implementation Team: a group of individuals from Middlesex-London who work in the local food system and have come together to help guide the Community Food Assessment process.

Emergency Food Program: refers collectively to emergency meal programs and food banks.

Emergency Meal Program: places that provide free meals to people in need. The meals are prepared by the agency and eaten on site.

Food Bank: places that provide free food and personal hygiene products to people in need. Goods are often non-perishable and are taken home by the individual to be consumed/used at a later time.

Food Desert: "...parts of the country vapid of (i.e. missing) fresh fruit, vegetables, and other healthful whole foods, usually found in impoverished areas. This is largely due to a lack of grocery stores, farmers' markets, and healthy food providers."¹

Food System Asset: a tangible resource that is located along the food system supply chain and held in common by a community, or available to be leveraged by the community towards creating positive food system change. Food system assets can be grouped into the same categories as assets.

Local Food: food that is grown, harvested, or produced in Middlesex-London, or made from ingredients that are grown, harvested, or produced in Middlesex-London.

Local Food System: includes all people, activities and resources needed to feed the people in a given area. This includes everything needed to grow, process, package, distribute, consume and dispose of food. For this assessment, Middlesex-London is the area for our local food system.

Local Sustainable Food System: a sustainable food system provides healthy food to meet current needs while at the same time, keeping the local ecosystem and environment healthy so that food can be provided to future generations.

Food Literacy: a set of skills that help us plan, prepare, and cook meals for ourselves and our families. These skills help us prepare food that is healthy, tasty, and affordable. They can also build our confidence and help us problem solve when working with food.²

Food Procurement: the activities and processes related to the act of obtaining or purchasing food.

Food Security: "When all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life."³

Food Sovereignty: "Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems."⁴

¹ Nutrition Digest, "USDA Defines Food Deserts," Vol. 37, No. 4, American Nutrition Association, 2015, Web, at <http://americannutritionassociation.org/category/newsletter-volume/volume-35-no-3>.

² Ontario Society of Nutrition Professionals in Public Health, Food Literacy Flyer, Web. at <http://www.osnpnh.on.ca/upload/membership/document/foodliteracy-flyer-final-ps.pdf>

³ Food and Agriculture Organization of the United Nations, *Rome Declaration on World Food Security and World Food Summit Plan of Action*, November 13, 1996, Web, at <http://www.fao.org/wfs/>.

⁴ International Forum for Food Sovereignty, *Declaration of the Forum for Food Sovereignty, Nyéléni 2007*, February 27, 2007.

Regional Food Hub: “a regional food hub is a business or organization that actively manages the aggregation, distribution, and marketing of source-identified food products primarily from local and regional producers to strengthen their ability to satisfy wholesale, retail, and institutional demand.”⁵

Urban agriculture: growing produce and/or raising animals in urban and peri-urban areas and settings. Urban agriculture is strengthened by complementary activities, such as the processing and distribution of food grown and the sharing of agricultural knowledge and skills with community members.

⁵ National Good Food Network, “Food Hub Center: What is a Food Hub?,” Wallace Center, 2009, Web, at <http://www.ngfn.org/resources/food-hubs>.