



## May 14 final chat-box harvest

- ❖ The idea that previously the idea of “hunger” was somehow hidden or unspoken in conversations or policies regarding food insecurity.
- ❖ Trust people, don't judge.
- ❖ This is a time where messages are able to carry farther than they often do. A time to ask: what becomes possible if we try something differently?
- ❖ Importance of building trust; give them money and don't judge; having to live the experience to understand what's true
- ❖ Our gorgeous moments with food should be examined in the context of our privilege(s). How can more people in our communities access nourishing and appropriate stories about food
- ❖ The importance of local food knowledge (what is available, where & when to harvest it, how to cook it). Especially how to cook!
- ❖ Thought it was insightful when Maggie connected the concept of inherited trauma around our current scarcity mindset around food.
- ❖ Trust people don't judge
- ❖ The relationship between food security and poverty. Issues around poverty and access to food. For instance, locally grown food may be more expensive and unaffordable for those living in poverty.
- ❖ We talk about food security, but often haven't known hunger personally
- ❖ The image of a mansion, with tables full of beans and food for distribution, and a little girl joyful doing what she loves, helping and her father beside her. thank you all

- ❖ Would love to create a community oven!
- ❖ The importance of electing people who have progressive ideas and willing to work creatively to solve problems. I thought of this when Maggie mentioned being on St. John's city council. Working to elect people at the Municipal level who can help change our food systems toward the local.
- ❖ Echoing other comments regarding trust and flowing from that... trusting each other, trusting our capacities, also trusting these stories we are writing
- ❖ There is nothing that builds trust faster than playing together/cooking together and eating together. Adam Barnett and I (Duncan) are working on an operations manual template and community oven getting started guide which will be ready in early June
- ❖ How we bring fuel to the oven, how we take out the ashes and begin again
- ❖ The importance of mindset, recognizing generational fears and insecurities around food.
- ❖ Interesting that gardening and bread making have become so important to people in this time of isolation
- ❖ The fact that our emergency food system ( eg food banks) are not setup to deal with things like this pandemic. and hopefully some of the systems we have for addressing hunger in our communities will change along with so many others when this pandemic is over.
- ❖ Also remembering hunger - these real words and experiences that ground policy/work and remind us of the essentiality of food and food systems
- ❖ Music, food, relationship, love, kindness, all wrapped in a gorgeous bow:)
- ❖ Food is woven through so many of the "big" issues that we work on - climate, truth & reconciliation, economic regeneration, etc. - can be a way of getting people thinking a bit more radically about solving them
- ❖ Halifax Mental Health Association delivers food pantry items to individuals. Also learned about great project in St. John's; offering food insecure people tubs and garden supplies and info to grow jigs dinner; including turnips cabbage...
- ❖ Wildest dream is also very basic. Beautiful food moments for everyone.
- ❖ What if our town could grow 15% of the food we consume? Poverty and our relationship to food is the most significant barrier to food security.
- ❖ Snow, covid stressors opening up cracks, re-setting terms of the conversations, the mind-sets, shifting the stories
- ❖ The vastness of the meaning of food, gathering, nourishment, survival, ritual, stories, connection
- ❖ Actually CMHA Halifax Dartmouth has delivered food to its members of its social support programs but not to just anyone... thanks!

- ❖ The importance of community food hubs that are about sharing and abundance and social interaction. Such things have fallen prey to pandemic-induced fear...yet they are so powerful in addressing community health and well-being. Music as a motivator.
- ❖ My wildest dream is a pan-Canadian framework that addressed food systems reform quickly to improve the quality of life for as many people as possible.
- ❖ The beauty and magic in sharing food that it can tell stories of the past and create new stories filled with love, hope, and happiness. Thank you, Duncan and David Thank you, John and Kathrin for the beautiful stories shared today ❤️❤️❤️
- ❖ When Josh spoke of the experience of living a crisis helping him not have to explain it to decision makers. This reminded me of something Sally Bernard said last week about the idea of not being in crisis long enough to cause the 'hunger' for real change to happen. I loved when Duncan was describing the kids stretching the dough and said "Pulling Apart Together". Outdoor music festivals with friends are the images that come to my mind when I think about sharing food in community. Campfire meals, main stage picnics and the tents full of food vendors.
- ❖ Narratives that have come up for me in all the spaces... we've enslaved our food. We need a massive delocalization. Give people \$ and don't judge- this creates opportunities we can't even imagine possible...bear meat in a free food freezer.
- ❖ Thanks for inviting/hosting/making space for this! So nice to step back from the grind for a bit
- ❖ Thank you for all the energy it takes to host these gatherings.
- ❖ Thank you everyone for beautiful words, insights, stories, music, energy, joy!
- ❖ Good food satiates me, I feel good for hours after when I eat it.
- ❖ Thank you - Merci - Wela'lin
- ❖ Importance of delving into history in how land and food access has been and continues to be an impose system that maintains the colonial system
- ❖ Simple food is so satisfying when the quality of the vegetables are good and come from good soil Good food is like a conversation with an old friend. It satiates me for hours.