the *Universal Declaration of Human Rights* identifies the right to food

The right to food refers to the access that people have to sufficient, nutritious and safe food. It is part of the *Universal Declaration of Human Rights* (UDHR). The UDHR recognizes the human right to food in the context of the right to an adequate standard of living.

> “Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services...”

**food security and insecurity is a challenge**

“Food security is the condition in which 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.” Other definitions identify “culturally acceptable” as part of the criteria for food security.

1 in 8 households in Canada is **food insecure**, amounting to over 3 million Canadians, and including nearly 1 million children. This means that these Canadians are living in homes that struggle to put healthy, nutritious food on the table.
INVESTIGATE FURTHER
What do measures of food insecurity and security tell us about the way that food is produced?

there are degrees of food insecurity

**Marginal** food insecurity means that individuals worry about running out of food and/or have limited food selection due to a lack of money for food.

**Moderate** food insecurity means that the quality and/or quantity of food is compromised or threatened due to a lack of money for food.

**Severe** food insecurity means that individuals miss meals, reduce food intake, and at the most extreme, go days without food.

food insecurity is a concern in Indigenous communities

Household food insecurity is especially concerning in Nunavut, where almost half the households are food-insecure. With 46.8% of households in the territory being food-insecure, it has the highest prevalence of food insecurity of all the provinces and territories. Over 60% of the children in Nunavut live in food-insecure households.

"Striking" rate of food insecurity found in Indigenous communities, study suggests

CBC News October 2 2017

High rates of food insecurity, difficulties accessing traditional foods and water contaminated with trace metals and pharmaceuticals are prevalent among Atlantic Canada's Indigenous communities, according to a new study.

In the fall of 2014, researchers asked more than 1 000 people from 11 communities in Nova Scotia, New Brunswick and Newfoundland about their health and diet...

The study found that of the Indigenous communities surveyed in Atlantic Canada, 31 per cent of households were food insecure, and nine per cent severely food insecure.


food and democracy go together

Our everyday lives are intertwined with the food system. We make choices about the foods we buy and eat. People in a democracy have the right to make decisions that impact their everyday lives. Similarly, individuals should also have the right to make choices regarding their food.

So — in simple terms — food democracy means having the right to make, or at least influence, decisions about food.

This includes the right of all people to an adequate, safe, nutritious, sustainable and culturally appropriate food supply. At the heart of food democracy is the concept that people can influence, remodel and improve the existing food system.

INVESTIGATE FURTHER

Why is there food insecurity amongst certain groups in Canada when we can produce more food than there are markets for?

INVESTIGATE FURTHER

Should everyone have the right — and responsibility — to participate in decisions that determine our access to safe, nutritious food?

INVESTIGATE FURTHER

What changes in the way that food is produced and distributed — either locally or globally — would have the most impact?