



How can you be an **informed food consumer?**

the food DEMOCRACY challenge

The **food DEMOCRACY** project challenge asks you to create a project that is focused on local, national or global food policy.

Your project can be developed around a variety of ideas. Consider the following examples or create your own project focus.

- ◆ Your project could propose an initiative that helps solve a consumer or economic problem. The initiative could address short-term actions or long-term goals. Or you could focus on a global issues connected with food policies, consumerism, trade or quality of life.
- ◆ You can share information about consumer issues or inform consumers about food or farming misconceptions.

For example, you could identify misleading messages connected to economics, consumerism, trade or globalization in Canada's food system. Consider evidence that you find related to topics such as food security and insecurity, supply management, consumer trends, local food production or family farms.

- ◆ Your project could promote strategies that strengthen local or global food security or highlight actions that individuals, farmers or organizations are taking to build a stronger food system. For example, you could focus on ways that the ideas connected to food democracy are represented in local farming practices and food choices.

This **project TOOLS** guide includes graphic organizers, thinking maps, a food DEMOCRACY **Project Planner and Project Pages**.



- Your project could feature a local farmer and profile how she or he is contributing to Canada's food system, food security and food choices.

You may find a farmer through the profiles on farmer group websites or access a farmer's perspectives through one of the Ask a Farmer features. You may also find a farmer or farm family who works close to your local community. Develop questions that focus on the food system and the food that this local farmer raises. Share information about how this farmer or farming family supports the right to safe, nutritious food.

- You could alternatively focus on mapping places, facilities, people, services that are connected to food and food security in order to present conclusions about food democracy in the community.

What types of food-related activities, including farming, are found in this community? Is there an abundance of easy-to-access food sources that provide healthy food choices? Are there too many convenience stores that provide higher cost food choices?

- Your project could address a food policy issue in a local community, in Alberta or across Canada. It can focus on an initiative the government is implementing as part of Canada's first official food policy. It could also be centred on food policy in global contexts.

The tools and templates in this guide as well as on the **project AGRICULTURE** website at www.projectagriculture.ca can help you develop your project. Use the **food DEMOCRACY** information sources, photos, videos, infographics and stories on the **project AGRICULTURE** website to start your research.



Check out the Alberta farm interviews on the **VIEW** webpage of the **project AGRICULTURE** website at www.projectagriculture.ca/view/ for additional perspectives from Alberta farmers on issues and topics connected to food democracy.



project AGRICULTURE Project Planner

being active in the food system

Building food democracy means actively participating in the food system. **Active participation** is about:

- ◆ Working collaboratively with others to discuss and take action, from informed food buying to understanding what local farmers and producers do to building strong, healthy and food secure communities
- ◆ Finding out more and becoming knowledgeable about food and food systems
- ◆ Sharing ideas about the food system



How are you an active food consumer? What more do you think you could do?

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active participation

informed food consumer

project challenge

food policy recommendations

food democracy

share your ideas

meeting the challenge

You are challenged to become a better informed food consumer by creating and sharing a **food DEMOCRACY** project. Your project should focus on local, national or global **food policy**. It can propose an initiative that helps solve a problem, share information about consumer issues, inform consumers about food or farming misconceptions, promote strategies that strengthen local or global food security or highlight actions that individuals, farmers or organizations are taking to build a stronger food system. Your project can address a food policy issue in a local community, in Alberta or across Canada. It could also focus on food policy in global contexts.

A **food policy** is a course of action that governments or organizations adopt to address issues related to the production, processing, distribution and consumption of food. It may address issues such as food security, the environment, access to food and food choice.

Many people and governments think that food policy should actively engage the public in its formation. Food policy should involve consumers, industries, the agricultural sector and nongovernment organizations in critical discussions about the most important issues and priorities.

Food systems include the way food is produced, processed, distributed, consumed, and disposed of, and they have direct impacts on the lives of Canadians. Food systems are interconnected and are integral to the well-being of communities.

The action areas for Canada's first food policy include:

- ◆ Help Canadian communities access healthy food, including local food infrastructure, tackling food fraud and a national school food program
- ◆ Make Canadian food the top choice at home and abroad, including a buy Canadian promotion campaign
- ◆ Support food security in Northern and Indigenous communities
- ◆ Reduce food waste

The food policy has been designed to help Canada meet its commitments under the United Nations' Sustainable Development Goals, including to end hunger, promote good health, cut food waste and encourage a sustainable food system.



For more information on Canada's food policy, visit the Government of Canada's website at www.canada.ca/en/campaign/food-policy.html.

Review the vision, outcomes and elements of Canada's food policy at www.canada.ca/en/campaign/food-policy/thefoodpolicy.html.

plan your project

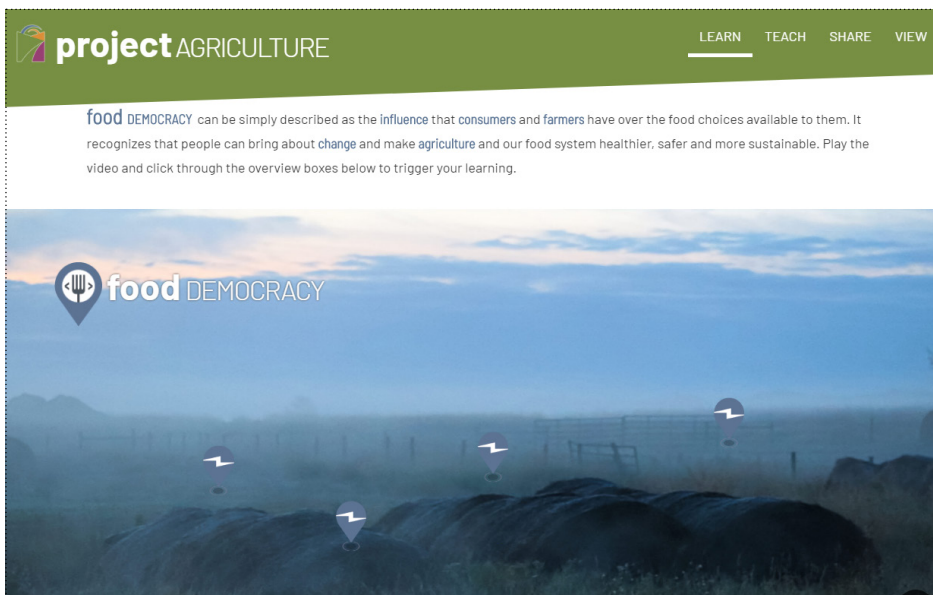
Start to brainstorm ideas for a project that is focused on local, national or global food policy.

Use the **project AGRICULTURE** resources to help you identify a project question.

Click on the animated map pins on the **food DEMOCRACY** banner on the **project AGRICULTURE** website at **www.projectagriculture.ca** to find and download learning sources that spark thinking and questions.



Examples of project questions are provided throughout the **Spark Questions about food DEMOCRACY** sources. These questions are found in **INVESTIGATE MORE** sidebars.



Map a project concept. Identify what interests you and brainstorm ideas. Describe what your project could look like. Consider who you want to reach with your project and what you'd like them to learn.

Use the **food DEMOCRACY Project Concept Map** or create your own.



Assess your conceptual and procedural knowledge as you develop your project.



I create a project question as focus for a **food DEMOCRACY** project.

I gather and organize information to support my project question.

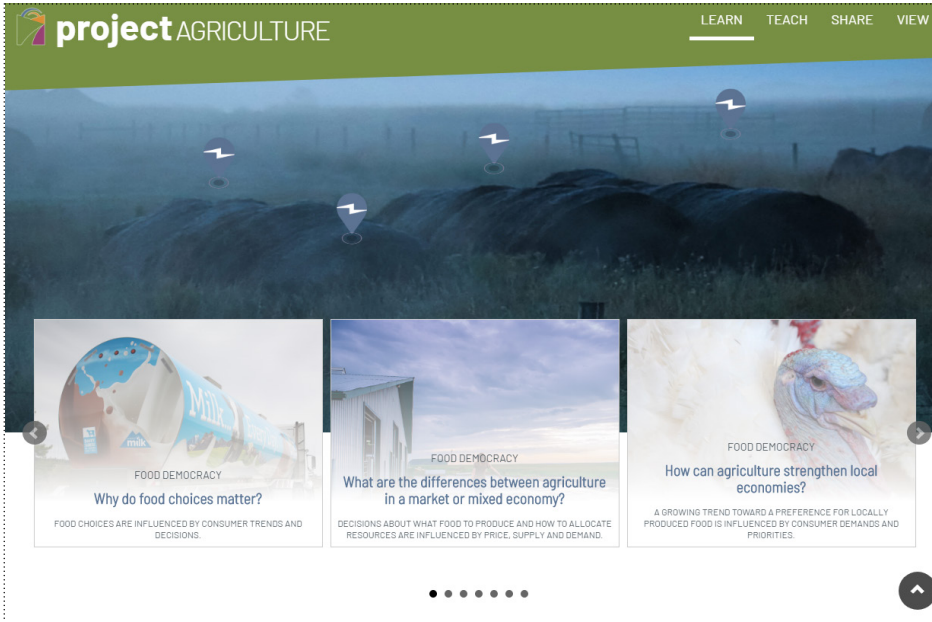


I brainstorm ideas and approaches for my **food DEMOCRACY** project.



Explore the learning sources and information in the **food DEMOCRACY** carousel slides on the **project AGRICULTURE** website.

Each carousel slide focuses on a guiding question. Select from the relevant sources in each carousel slide for your project research.



I research background information and perspectives connected to food policy issues, topics, actions or strategies.

Use the **food DEMOCRACY Project Planner Template** to plan and create your project. Identify a project design and format.

Shoot a video, build a photo essay, write an op-ed, create an infographic or design your own project format. With your teacher, plan to submit your project to the **project AGRICULTURE** website to share it with other students and Alberta farmers. Choose from the following formats, with a maximum file size of 50 MG:

- ◆ PDF document (Word, PowerPoint, Google Docs or Slides to be saved in PDF format)
- ◆ JPEG, GIF or PNG file
- ◆ Project URL for videos or webpages (including Google Docs, Slides, Youtube, Vimeo or videos hosted on Google Drive)



Use the **Project Pages** to find design suggestions for different types of projects. **Project Pages** can be found in the **Project Tools** booklet or on the **project GUIDES** webpage at www.projectagriculture.ca/share/project-guides/.



I choose a project design for my **food DEMOCRACY** project.
I develop my **food DEMOCRACY** project.



food DEMOCRACY project concept map

What are your project interests?



For example, food security, consumer issues, buy local, food fraud, globalization, food waste

Choose **one** focus area and brainstorm ideas.

What will we need to research?

Do our ideas need to be narrowed down?

What will your project look like?

What is the goal of our project?

Who is the audience?

Who can help us?

What do we want the audience to learn?



food DEMOCRACY project planner template

| What is your project question? Relate this to the "need to know" of your project concept. | ACTION |
|---|--------|
| | |

| What are your research questions? | ACTION |
|-----------------------------------|--------|
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| What is the significant content for your project? | ACTION |
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| What resources do you need? Which resources will you use? | ACTION |
|---|--------|
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| What will your final product look like? | ACTION |
|---|--------|
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