

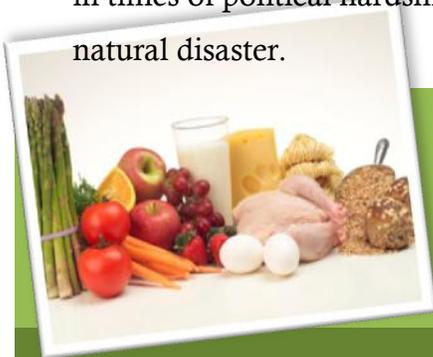
What is a food system?

A food system includes all processes involved in feeding a population, such as: growing, harvesting, processing (transforming or changing), packaging, transporting, marketing, consuming, and disposing of food. Each step is connected to all the others in some way and so when we change one piece, it will impact the others.



Why are healthy food systems important?

- To make sure the food we eat is safe.
- To help people eat healthier food.
- To make sure everyone has access to healthy foods at all times for generations to come
- To protect the environment.
- To support local farmers.
- To support the economy.
- To decrease food waste.
- To build a sense of community.
- To make sure food is available locally in times of political hardship and natural disaster.



Who can get involved?

Everyone!

Key partners include dietitians, developers, planners, government, non-profit organizations, and community leaders.

What areas can you get involved in?

Regulation and legislation; community and social programs; education programs; economic development; environment; transportation; planning and land use; and as community advocates.

For example:

Dietitians work as part of a team with planners and developers to identify how to make spaces available for growing food in both rural and urban environments. They also work with town councils and rural municipalities to develop policies for land use and planning.

What are some successes?

- Short-term relief such as charities or food banks.
- Community development such as community gardens and markets.

Why is there a need to address food systems now?

- Our food system has changed over the years and grocery stores are not what they used to be. With a high number of unhealthy foods in stores and powerful marketing techniques, it is hard to make healthy choices.
- Few Canadians eat a healthy diet based on Canada's Food Guide. Nutrition education is not resulting in behaviour change. Therefore, we need to find more ways to get people to eat healthier and reduce the number of people with chronic diseases.
- In order to help people lead healthier lives, we need to improve our food system. This involves making changes to social and environmental factors. For example, helping people get better access to healthy food.

To find out what is happening in Saskatchewan, visit:

www.reginafood.ca

www.saskatoonfood.ca

www.southcentralric.ca/south-central-food-security-network.html

www.foodsecuresaskatchewan.ca

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