

One Planet Conversations

A Food system for a One Planet Region – Notes from Discussion Groups

22 February 2017

Group 1: Reducing Meat Consumption

- * Enticements not regulation
- * Teach in schools about vegetarian diets and cooking
- * Benefits of self-sufficiency
- * Danger of iron deficiency, especially in women
- * Learn from Asian cuisines
- * Beef is the most problematic of the meats; try to eat more ecologically sound meat
- * Make it fashionable and health conscious

Group 2: Supporting Organic Food

Barriers to increasing organic consumption and production:

- * Financial barriers on the farm
- * Transition takes time
- * Many are not able or willing to pay more for organics
- * There are stigmas about the organic consumer
- * There is a lack of knowledge about the problems of conventional agriculture
- * Knowledge about health
- * Doubt has been systematically spread about organics' benefits
- * Structural barriers to increased production

Overcoming barriers:

- * Grocery stores can do more to promote organics, especially in the way they are sold and arranged in the store
- * Put stickers on conventional, not organic, foods!
- * Shift one's spending: if you buy organic meat, which costs twice as much, buy it half as frequently
- * Education about food and nutrition
- * Promote canning, preserving, fermenting...getting more out of your food
- * Mentor programs for young farmers
- * Make accessible public or semi-public arable land
- * Bylaws and VIHA barriers could be addressed
- * Bulk buying and buying groups

Group 3: Relocalizing our Food System

- * Black pots on the top of buildings and balconies
- * Tax incentives for rooftop growing and gardening
- * Use the inventory of suitable rooftops
- * Good business planning

- * Use otherwise unsuitable sites to build soils; marginal lands can be made productive
- * Schools, churches and other institutions have land
- * Using urban greenspaces
- * Better measurements

Group 4: Government Actions

Challenges:

- * Development of LNG and Site C and the effects on arable land
- * Packaging is environmentally unsound
- * Weakening of the ALR

Solutions:

- * Tax credits for organic food
- * Bylaws that allow commercial gardening in yards
- * Foodland Ontario for BC?
- * Subsidies for organics
- * Require schools to buy local, at least in part
- * Strengthen the ALR
- * Grassroots political action

Group 5: Reducing Food Waste

- * Increase food literacy: school curriculum and community kitchens
- * 40% of food is wasted, by some estimates
- * Food rescue programs
- * Educate about best before dates vs. expiry dates
- * Buy and use damaged but edible foods