

KNOWLEDGE & AGENCY

How we learn about and apply our knowledge of the food system.

What is knowledge and agency?

Knowledge and agency is a situation where citizens have the opportunity to increase awareness, familiarity, and understanding of food and the food system. This includes where, how, and by whom food is produced and distributed. Agency enables citizens to act upon this knowledge in order to enhance personal and community food security and health. Communities are strengthened and citizens empowered through the connections made when we celebrate and share food.

Acquiring food knowledge and skills is a determinant of food security; however, knowing what foods to eat and healthy ways to prepare them requires environments and resources that enable people to apply their skills and knowledge .



What resources exist in our region?



A number of educational, commercial, and academic food training programs exist across the Halifax municipality.

Resources in our communities



25% of public schools in the Halifax municipality have a school garden.



74% of junior and senior public high schools offer food skill development programs.



Several post-secondary institutions offering degrees in Food Science, Marine Science, Agriculture, Environmental Sustainability, Applied Human Nutrition, and training in the Culinary Arts.



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4-H Clubs with 95 members that teach farming and food production skills among other topic areas.



Feed Nova Scotia's Learning Kitchen

29 students

600 meals/day

90,480 meals
for local shelters & soup
kitchens in 2012-13



The Breastfeeding Community of Practice has developed the Breastfeeding Helping Tree as a community resource to support breastfeeding families.

Learn more about this initiative at: www.breastfeedingcop.com

Transition Bay St Margaret's is a volunteer organization which holds skill and training events, educational workshops and other gatherings with a goal of building local resilience. Food plays a central role at these gatherings, as food cuts across all boundaries and unites all people.



Learn more about local events and watch delightful videos at: www.transitionbay.ca

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For further information & sources download a copy of the Halifax Food Assessment at: www.cdha.nshealth.ca/public-health/halifax-food-assessment