

## EXPLORING POVERTY REDUCTION GAME CHANGER SERIES

### GAME CHANGER #7 - FOOD SECURITY

**Affordable, accessible, sufficient, and nutritious food that meets dietary needs for an active and healthy life.**

Food security, as defined by the Food and Agriculture Organization (FAO) of the United Nations exists “when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life.” Food forms a key part of our daily lives, both socially and culturally. It has the power to bring people together through traditions and experiences, but can also incite exclusion, for example where people are faced with the need for nutritious food products that they cannot afford. Intimately connected to health, having a nutritionally adequate, balanced diet is foundational for well-being. Beyond individual and community health, our food system and the local food industry play an important role in community economic development, job creation, environmental issues, and in building strong, diverse and resilient communities.



**What is a poverty reduction Game Changer? Read: [Sometimes to hear the music you have to turn down the noise](#).  
Have feedback or ideas on our Game Changer exploration? Let us know by filling out this [short survey](#).**

### RECOMMENDATIONS ON BEST PRACTICES AND POLICIES

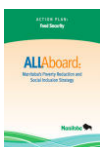
#### FEDERAL



Government of Canada

[Nutrition North Canada](#) - Subsidy program to provide Northerners in isolated communities with improved access to perishable nutritious food.

#### PROVINCIAL / TERRITORIAL



[Manitoba’s Poverty Reduction and Social Inclusion Strategy: Food Security Action Plan](#) – Improving long-term access to affordable and nutritious food.



[Nunavut Food Security Strategy and Action Plan 2014-2016](#) – Reflects two years of collaborative effort. Actions improve food security in Nunavut.

#### MUNICIPAL / COMMUNITY



[Ottawa Food Policy Council](#) – Enables a broader and more coherent discussion and elaboration of policies related to food.



[The Good Food Charter of Windsor Essex County](#) – Nutritious food for all, food skills, healthy choices in schools, and healthy public policies.



[Food Secure Canada](#) – Pan-Canadian alliance of organizations and individuals advancing food security through Zero Hunger, healthy & safe food, and sustainable food systems.



[New Brunswick Food Security Action Network](#) - Networking, food mentoring, public relations, and partnerships to ensure that all residents have access to food.