Report from Food Secure Canada’s Assembly 2012

Powering Up! Food For the Future

Edmonton, Alberta
Northern Alberta Institute of Technology
**Food Secure Canada** is a Canada-wide alliance of civil society organizations and individuals collaborating to advance dialogue and cooperation for policies and programs that improve food security in Canada and globally.

FSC aims to unite people and organizations working for food security nationally and globally. FSC is a registered non-profit society with a wide membership which includes local and national organizations and unaffiliated individuals. It works for its members, facilitating collaborative activities by members to advance food security. FSC only has a distinct voice when its members so decide through formal approval mechanisms. Projects emerge from the members and, once agreement in principle has been reached, are advanced by FSC with the involvement of those members participating in the initiative.

Food Secure Canada is based in three interlocking commitments: zero hunger; a sustainable food system; and healthy and safe food.

**Zero Hunger:** All people at all times must be able to acquire, in a dignified manner, adequate quantity and quality of culturally and personally acceptable food. This is essential to the health of our population, and requires cooperation among many different sectors, including housing, social policy, transportation, agriculture, education, and community, cultural, voluntary and charitable groups, and businesses.

**A Sustainable Food System:** Food in Canada must be produced, harvested (including fishing and other wild food harvest), processed, distributed and consumed in a manner which maintains and enhances the quality of land, air and water for future generations, and in which people are able to earn a living wage in a safe and healthy working environment by harvesting, growing, producing, processing, handling, retailing and serving food.

**Healthy and Safe Food:** Safe and nourishing foods must be readily at hand (and less nourishing ones restricted); food (including wild foods) must not be contaminated with pathogens or industrial chemicals; and no novel food can be allowed to enter the environment or food chain without rigorous independent testing and the existence of an on-going tracking and surveillance system, to ensure its safety for human consumption.
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“Each one of us now has new friends and supporters, and feels more confident in moving forward in the food movement... “

This report is produced in the Century Gothic font, which uses 30% less ink to print.
Introduction

Food Secure Canada’s 7th national Assembly took place in Edmonton, Alberta from Nov 1 – 4th. More than 300 people gathered at the Northern Alberta Institute of Technology (NAIT) to explore the theme, “Powering Up! Food for the Future”. A reflection of the growing maturity of the national movement, the theme wove through workshops and plenaries as we strove to address the questions of energy, climate and long-term sustainability of our communities and food systems. Participants in the Assembly tackled the problems of hunger, sustainable livelihoods and environmental integrity and exchanged stories of successes, defeats, promising practices, and stark reminders of the work yet to be done. The images of the barren moonscape historically known as the Lakes region in northern Yukon will not soon be forgotten by Assembly participants. Equally powerful were the hundreds of animated conversations as friends and colleagues reunited or met for the first time, sharing their knowledge, enthusiasm and support.

Supported locally by a team of energetic and generous volunteers with Growing Food Security Alberta, this was the first Assembly held in Alberta and gave Food Secure Canada an opportunity to situate our practice and discussions in a province rich with the contradictions and potential of power for our future food systems. NAIT, the Northern Alberta Institute of Technology, provided not only a superb venue without charge for our Assembly, they also delivered loads of in kind support with enthusiasm and professionalism, including the video recording of our plenaries. Members and newcomers to Food Secure Canada gathered in Edmonton from across the country, with representation from every province and territory except Nunavut (weather events and illness conspired to preclude the delegate’s participation). Participants came from all walks of life, including students, Indigenous leaders, farmers, people from cities and the country, government officials, cooks, academics, activists, health professionals, and gardeners.

No Food Secure Canada event can be without a celebration. The Tastes and Sounds of Alberta treated Assembly participants to a wide range of delectable local foods and skillful Alberta artists in the form of both musical entertainment and crafts. The celebration also included the launch of a lifetime achievement award named in honour of Food Secure Canada’s founding and long-time Chair, Cathleen Kneen, who was also its first recipient.
The Assembly culminated in Food Secure Canada’s Annual General Assembly. More than 100 people exercised their democratic right to direct the path of the organization and provide guidance as we adjust our organizational structure and practice. The expansion of staffing levels, combined with the governance changes required to adhere to the new federal Not For Profit Act, provide FSC with an opportunity to reflect on our organizational objectives and practice.

Assembly goals

Early in the planning stages (April 2012), the organizing committee for the Assembly identified some key goals. They were to:

- Advance the priorities identified in the People’s Food Policy
- Strengthen Food Secure Canada’s networks.
- Strengthen the food movement, with an emphasis on providing a platform for strengthening the work being done in Alberta by GFSA, in collaboration with NAIT, specifically by:
  - offering skill-building and training opportunities;
  - showcasing successful food initiatives and practices, with an emphasis on what is taking place in Alberta;
  - by moving our analysis of the food movement forward and getting people thinking together.

A goal to build capacity and identify priorities with regards to advocacy and public policy strategy was added later.

All goals were met or surpassed. The policy plenary, which included a dialogue between an Indigenous Chief, four community activists and two Members of Parliament, in addition to the striking of the budget working group at the Assembly, modeled citizen influence on public policy. Our networks were strengthened through the clarification of their specific goals and elaboration of joint projects and from face-to-face interactions amongst members. One of the greatest achievements of the Assembly was the quantity and quality of participation from the North, and the resulting strengthening of that work as well as the huge increase in awareness about Northern food insecurity issues amongst those of us from Canada’s south.

"I came home happy, enthusiastic, and grateful to everyone responsible for gathering so many wonderful people and putting on such a good show! “
Assembly Sessions

It would be impossible to translate the richness and diversity of the discussions that took place. But below is a snapshot of the four plenaries, over 40 workshops and 10 meetings that took place during our 7th Assembly.

Plenaries

**Plenary 1: Local and Just or Just Local**

- Date: November 2nd, 2012, 8:45am
- Chair: Don Mills, Local Food Plus
- Presenters: Norma Kassi, Arctic Institute of Community-Based Research; Utcha Sawyer, FoodShare Toronto; Jose Sicajau, Association of Guatemalans United for our Rights; Kathleen Charpentier, Farmer.

The local food movement can perpetuate systemic inequalities: for many, local food is both unaffordable and elitist. We heard from rural, urban, Northern and migrant voices exploring how we can create a food system that is both local and just.

The speakers were unified in arguing that we must create inclusive food systems that are equitable for a diverse population, from urban and rural people experiencing social and economic challenges, to migrant workers, to people of the North. They discussed barriers to food security and human rights in their various environments. Kathleen Charpentier, the farmer on the panel, stressed the importance of building relationships with the land, with animals and with eaters. These relationships are vital to local and equitable food systems on which farmers and eaters depend.

**Plenary 2: Energy, Resilience, and the Future of Food**

- Date: November 2nd, 2012, 7:00pm
- Chair: Jim Hole, Businessman/Writer
- Presenters: Pat Mooney, ETC Group; Augusta Henriques, Tiniguenga, Guinea-Bissau; Eriel Deranger, Athabaska Chipewyan First Nation; Michael Lewis, Canadian Centre for Community Renewal.

This plenary asked us to reflect on the importance of energy and sustainability in creating a more resilient food system. The speakers stressed that we must not turn to technological and big capital solutions to our food system’s impacts on the climate and on global food security; rather, we must look to traditional knowledge, biological and cultural diversity, and the resilience of those who produce our food.
Food sovereignty was a theme that wove through all of the presentation. From Northern Alberta to Guinea-Bissau to Japan, we heard stories of people taking back control over their local food systems. Globalisation and the increasing dependency of our food system on fossil fuels are creating a vulnerable food system that is quickly losing biodiversity and its ability to adapt to climate change. One solution to this, put forward by Pat Mooney, is to replace the food chain with a food web, echoing a premise that came up over and over again during the conference: the importance of creating connections.

Plenary 3: The Food Policy Disconnect: An Encounter between Activists and Politicians

Date: November 3, 8:30am
Chair: Diana Bronson, Food Secure Canada
Presenters: Abra Brynne, Food Secure Canada; Rex Knapaysweet, Chief of Fort Albany First Nation; Cathy Holtlander, National Farmers Union; Debbie Field, FoodShare Toronto; Wendy Knowlton, Annapolis County Family Resource Centre; Malcolm Allen, NDP MP; Carolyn Bennett, Liberal MP.

This panel explored the disconnect between community food work and government policy making. It was an opportunity for people working on the ground to discuss the issues pertinent to them with federal MPs and to find specific proposals for action.

All panelists spoke to the need for government to work with populations that are negatively impacted by food policy (or the lack thereof), be it people living with food insecurity, First Nations communities, farmers or food processors. Various policies were proposed that would marry the issues of health, income and agriculture, from a federally funded student nutrition program to more sensible regulations governing meat.
processing plants that would not be counter-productive to small producers. The current
top-down policy approach has created the current emphasis on competitiveness,
innovation and export market strategies that do not recognize the value and needs of
sustainable production and food systems. Open lines of communication and mutual
respect between policy makers and actors across the food systems are called for.

MPs Malcolm Allen (NDP) and Carolyn Bennett (Liberal) provided insightful comments
on the presentations. Dr. Bennett suggested the creation of an all-party caucus to
move forward a national food strategy.

**Plenary 4: Powering Up the Movement!**

Date: November 4, 11:00am  
Chair: Amanda Sheedy, Food Secure Canada  
Presenters: Brigette DePape, "Stop Harper" Page; Kathryn Lennon, Public Interest
Alberta; Cathleen Kneen, former Chair, Food Secure Canada; Joseph Leblanc,
True North Community Co-operative.

This panel asked how we can build our movement to create the food system we want.
A multi-generational panel of food activists shared its wisdom, looking at successes,
challenges and strategies for the future.

The panelists described where they get their energy and strength and how their lives
relate to their work and to the broader movement. They stressed the importance of civil
disobedience, respect for intergenerational and traditional knowledge, diversity, art
and poetry, and forging relationships with other movements. These are all ways to
overcome feelings of powerlessness, to bring about change, and to grow our energy as
a movement.
Workshops

The Assembly, and its 42 workshops, explored the themes of Food Justice, Energy and Power, and Resilience. It challenged the participants to think about how to create a diverse and inclusive movement that respects the right to food for all; it asked where we derive our power from as a movement and within the food system; and it heard from people working on the ground about how to build resilient food systems and organizations that have a meaningful impact.

Food Justice:

The Food Justice stream explored how to create a diverse and equitable food system. There was much discussion on how to regain food sovereignty: many stressed that to combat food insecurity and to regain popular control of the food system, we must build more inclusive networks and organisations.

The importance of diversity in creating an equitable food movement was stressed again and again. There was a lot discussion about and with the various groups of people marginalised by the food system: poverty and hunger are rampant in rural and urban areas, in First Nations communities and in the North. In order to address these issues, it is necessary to involve marginalised people in the movement and to respect different ways of knowing.

Indigenous food sovereignty was a strong theme in several workshops. Government programs to improve food security in First Nations communities are insufficient, climate change and industrial projects are impacting access to traditional foods, and the right and ability to hunt and fish are being threatened. “Indigenous Actions Aimed at Rebuilding Food Sovereignty” discussed the need to bridge the generational gap in food skills among First Nations people. There was a consensus among many that food must be re-indigenised: protecting traditional foods was seen as a vital way to reconnect to Aboriginal history and culture. Many communities, recognising government inaction on addressing food insecurity, are turning to community-driven solutions and focusing on relationship-building.

These issues were tied together in the session “Food Is a Human Right”. There was consensus in this workshop that hunger in Canada is a human rights crisis caused by the failure the dominant food system and that we must shift from a needs-based approach to a rights-based approach. We should for instance be able to adjudicate our rights in Canadian courts. The session also brainstormed ideas for the formal tabling of the UN Special Rapporteur’s report on Canada, due in March 2013. Other sessions discussed further human rights issues, such as the unacceptable treatment of migrant farm workers in Canada.
Global food justice issues were also discussed. Several workshops explored the ways in which land grabs and futures markets affect the global food supply and impact farmers worldwide. One session explored problems with food aid, illustrating that it is increasingly volatile, declining, and rife with problems.

**Energy and Power:**

The Energy and Power stream explored issues of sustainability and energy. Many workshops criticised the dominant food system's dependence on fossil fuels, arguing instead for more environmentally sustainable solutions, such as permaculture, aquaponics, solar energy and do-it-yourself approaches. These solutions, however, must be economically sustainable as well as environmentally sustainable in order to be viable and resilient. Furthermore, a shift toward sustainability also requires a shift in cultural values.

This shift toward sustainability in the food system was examined in “Biofuels, Fossil Fuels, and Renewable Energy”. Methods to reduce agriculture’s dependence on oil were discussed, including supporting the organic sector, reducing fertilizer use, raising fuel prices, and expanding government support programs for ecological farming. “GM Crops Will Not Feed the World” explored the effects of genetically modified crops on the environment, as well as on eaters and farmers, including discussions on themes such as biopiracy and corporate control over intellectual property rights.

The "Livestock, Meat, and Food Security" session instigated a lively discussion about the problems with the industrial model of animal agriculture. Following on the heels of the XL Foods incident in Alberta, the session resulted in the creation of a subcommittee tasked with writing a statement about the company and factory farming in general. The statement was released at the end of the conference.

**Resilience:**

Finally, the Resilience stream explored how to nourish an adaptive and robust food movement with a national impact. Community food centres, co-operatives, new charity models, new rules on advocacy on non-profit organizations, Farm to Cafeteria, a National Student Food Charter, school gardens, farmers’ markets, and various partnerships and collaborations were all debated and discussed.

To create resilient organisations and systems, many workshops argued, community-led food assessments and other participatory processes are key. Partnerships, like those between academic researchers and community organisations, are also vital. At the CFICE (Community First: Impacts of Community Engagement) Round Table, panelists
described the new research project headed by Carleton University and Food Secure Canada and explored community-university partnerships around community food security.

"The Power of Collaborative Networks for Food System Transformation" defined the Canadian food movement as a dynamic web. It explored successes, arguing that alternative food initiatives have been successful at breaking silos, forging relationships with governments and creating rich and vibrant networks. It also examined the challenges of a lack of resources and of capacity-building initiatives.

Many sessions explored the need for organisations to distinguish themselves and become more effective. In "Changing the Way We Do Business", the presenters discussed the untapped funding potential available for alternative food initiatives, ranging from social investment to community bonds. One presenter identified the role of civil society organisations in democratising good food. He stated that in order to be successful, organisations must be dynamic, must measure their success, must work on both campaigns and advocacy, and must link equality and sustainability in their programming.

In "Beyond the Same Old", the panelists discussed funding options in an environment with fewer and fewer grant opportunities and donations. They proposed that organisations can create long-term viability around core services and that they must create shared value through collaborative approaches. The workshop explored social enterprise, private sector partnership, membership-based strategies and Foundation models. Another stimulating session on "Charity Chill" explored the government attempts at de-politicising charity organizations and helped charities think about how to adapt to this new environment. The new limits to advocacy work and the new reporting requirements were elucidated, and the need for a revised public policy infrastructure was put forward.

The necessity for policy changes at all levels was clear across most of the sessions. A few workshops discussed the importance of municipal food strategies and food policy councils and the power of citizen engagement in policy-making. One session asked, "What if health were the driver of our food supply?" It called for comprehensive food policy that links food and health, citing the Ontario Food and Nutrition Strategy as an example of policy recommendations being put forward by civil society. The workshop on Growing Forward 2 posited that Canada's agricultural policy framework is geared toward large agri-business and is pushing small farms out of business.

Further discussion on policy emerged as the challenges for new and retiring farmers were explored in various sessions. The New Farmers Round Table provided an interesting discussion around how Food Secure Canada can help achieve policy change relating to land access, financing and resources needed to get new farmers
on the land. Suggestions to resolve these challenges included the creation of a farmland listing, advocacy on a national farmland policy, and sharing resources through a New Farmers Initiative webpage, webinars and the FSC newsletter.

“This was an amazing experience! I see where I want to go and I have met people who can help me.” ~ Editor of an Alberta Oil Magazine

Complete notes on each workshop are available for reference.
Meetings at the Assembly

FSC has several new networks that work year round to address some of the priorities of the Resetting the Table: A People’s Food Policy for Canada. They allow members to share information and experiences about different successes and challenges faced across the country. The network meetings that took place at the Assembly created great momentum and gave us some preliminary plans for the coming year.

“Each one of us now has new friends and supporters, and feels more confident in moving forward in the food movement... “

Here’s just a sample of what we decided on at the meetings:

**Local Sustainable Food Systems Network** - 41 people came together to identify common interests and needs in the work of fostering local and sustainable food systems. Through a variety of exercises in small groups and collectively the members present were able to strengthen connections for mentoring and information exchange and to identify new areas for collaboration. The path forward will include making explicit the distinct mandate of the Network, establishing mechanisms and scheduling for knowledge exchange amongst and for the members, and identifying common political strategies.

**Northern and Remote Food Network** - About 40 people joined in this meeting where members decided to work on the high cost of food in the North, the problems with the Nutrition North program and the problems with industrial pollution of country foods. The UN Special Rapporteur on the Right to Food’s report on his country mission to Canada (due to be presented in March 2013) will be used to highlight these issues.

**Children and Food Network** - During this meeting, members agreed to develop an ongoing campaign to promote a nationally funded Student Nutrition Program in addition to pursuing other goals, including protection of children from food advertising and ensuring that schools source a portion of their food from local, sustainable food providers.

**Provincial / Territorial Food Networks** - Apart from a great exchange of ideas and offering to support each others’ learning in concrete ways, members of this network decided to pursue funding to develop a Provincial / Territorial Report Card on Food. During this meeting, Propogating the Food Movement, a report on provincial food networks was launched.
Community - Academic Collaboration Network (also known by its project name: Community First: Impacts of Community Engagement, or, CFICE) - This meeting created a space to get to know each other and the new project that FSC, Carleton University and numerous partners across the country will be collaborating on for the next 5 years. The goal of this project is to study how the community food sector and academics can collaborate more effectively. Many other project ideas emerged from this meeting - stay tuned!

Federal Budget Working Group - Just prior to our Assembly, FSC received an invitation from the Standing Committee on Finance to appear before the committee to submit our pre-budget recommendations. In addition, we were looking at the possibility of writing the first chapter on food for the Alternative Federal Budget. This open meeting led to a brainstorm on the ideas that we should put forward (recognizing that both opportunities required us to zoom in on a limited number of priorities) and we struck a working group to get started on pulling the two documents together. A mere two weeks after the Assembly we had prepared a presentation to the Finance Committee and a first draft of a chapter on food for the AFB. These two very complementary initiatives allowed us to highlight work being done by our members and put us in a position to effectively intervene in the coming debates around the federal budget.

Governance Committee - Food Secure Canada will be revamping its bylaws in order to comply with the new regulations of the Federal Not For Profit Act and a small sub-committee of our Steering Committee has been working hard on proposals that will work for our organization. This was an opportunity for members to engage directly with the FSC Executive regarding membership, Board structure, voting rights and other matters that are under discussion. It was useful to hear about the experiences of other organizations and to test some of the preliminary ideas that the Governance Sub-Committee has been working on.

Youth Caucus - Young people from across Canada are passionate about food issues. Building on community and campus work and the energy generated at PowerShift Canada, youth at the National Assembly in Edmonton organized an impromptu meeting. A group of 15 youth discussed the role that FSC could play in bringing together young people from across the country and supporting their work. We decided to set up an FSC Youth Caucus in order to: provide mentorship for youth with food movement leaders; build skills and leadership; maintain youth issues on the FSC agenda; share challenges, successes, and lessons learned; and strategize and mobilize youth around national issues.

New Farmers Initiative - During the first part of this meeting, participants heard 12 inspiring presentations from different new farmer programs across the country. Key gaps for new farmers were identified, including land access, access to non-land
resources, and policy work (advocacy). With the support of FSC, this group will continue to share resources and experience, as well as identify common projects.

**Annual General Assembly**

Over 100 people joined in FSC's Annual General Assembly. The reports from the Eric Chaurette, chair of FSC, Diana Bronson, Executive Director, and Tatiana Fraser, Treasurer, demonstrated the transition that FSC has made in the last year. Significant events include: hiring four staff people; a national campaign surrounding the UN Special Rapporteur on the Right to Food’s visit to Canada put FSC on the national media stage; a focus on organizational development has seen FSC grow into a national non-profit with an annual budget of half a million; and a successful national assembly that many believe was the best yet! A new Steering Committee was elected and an auditor was appointed for the coming year. After the closing of the AGM, an informal endorsement was given for a campaign to promote a federally funded Student Nutrition Program. Review the details [here](#).

"I would do this again. It has so helped me see what I want to do in my profession. Will you be a reference for me? " - Dietetic student.

**Assembly Planning - Roles and responsibilities**

At the centre of the assembly planning were two core teams - the National Planning and Program Team, and the Local Team.

The National Team met regularly by teleconference to set the vision, goals, theme, and title for the assembly. They were also heavily involved in preparing the program, particularly the plenaries. The Local Team was responsible for logistics for all aspects of the assembly, including the feast (Taste and Sounds of Alberta), the public event (Friday night plenary), tours, tabling, the Book Hub (where authors presented and sold books).

During the Assembly, the Local Team set up the space, provided and trained all volunteers for note taking, registration, speaker buddies and more. The Local Team consisted of 10 core members and a paid logistics coordinator (for the two months leading up to the Assembly) who worked with 50 volunteers and 4 NAIT staff during the Assembly itself. Over 1500 hours of volunteer and professional in-kind time made this Assembly possible. At least 2 people from the Local Team participated in the National Team meetings and minutes from the Local Team were shared with the National Team.
Both teams were responsible for fundraising and communications (outreach, media and social media). Staff at FSC provided overall coordination, program development, financial management, registration capacity (web-based), a website, and managed bursaries and logistics for some speakers and bursary recipients.

**Outreach and Communications**

Outreach was conducted mainly through FSC’s newsletter, website, facebook and twitter and radiated out through our many members, networks and supporters. For example, several provincial networks (including Growing Food Security in Alberta and Sustain Ontario) featured the assembly on their websites and in the newsletters to members. Mini-newsletters were issued weekly by FSC during the 7 weeks leading up to the assembly highlighting different parts of the assembly (plenaries, workshops, tours, feast, etc.) and logistics (i.e.: information on accommodations). A hash tag was developed (#pwrup2012) and promoted by local and national teams. In the week leading up the assembly, a number of press releases were issued by local and national teams. The local team coordinated opportunities for journalists to meet with organizers. The media responded well to our assembly with many print and online articles and local radio coverage.

**Finances**

The overall cost of the assembly was $175,000 (excluding in-kind contributions). The costs were covered by registration fees (30%), sponsorships (25%) and grants to support the participation of network members, including presenters (45%). The value of the in kind support for the Assembly went a long way to off-setting costs and to making the assembly a rich and dynamic event. In-kind support included over 1500 hours of professional and volunteer time, the donation of NAIT and Expo Centre space, as well as the many speakers who came on their own costs to contribute to the event. Our estimates value these in-kind contributions at $155,000! In particular, organizers would like to thank the Rural Secretariat of Agriculture and Agri-Food Canada that made it possible to bring such a rich diversity of people from the North through a significant grant but many other organizations and businesses contributed as well.
Lessons learned

What went well?
- Thursday night reception and movies
- Plenaries well organized and good topics
- Variety of workshops
- Tablers and Author's hub
- Tastes and Sounds of Alberta
- Registration was smooth and well-rated
- AV and Technology support including video-taping for free
- Local information table (restaurants, attractions, maps)
- Awesome local and national teams
- Extensive in-kind support

What we can improve on?
- Support workshop presenters in developing participatory workshops and learning spaces.
- Create more spaces for FSC members to think creatively and act democratically to advance our work on food policy in Canada
- Start planning for assembly earlier
- Get program out earlier so it can be used for fundraising and mobilization
- Try not to cram too many speakers into a session
- Knowing the exact amount of food and allergies (have snacks and beverages during breaks)
- Tour promotion needs to be done in advance
- More discussion time and less speakers
- More systematic photography and media outreach

"Thanks for the experience! It was life-changing for me!"
~ Executive Director of a Non-Profit
Appendix A: The Local Team Experience

The story of Volunteers and their contributions to Powering Up! 2012
by Susan Roberts - Local Team leader – Edmonton Alberta - Dec 2012

Volunteers are critical for a successful assembly on two fronts:
1. Critical to mounting the Assembly - local volunteers are needed for many roles – local theme planning, logistics, session reporting, greeters, tour guides, and many other local responsibilities;
2. Critical for local volunteers to see the big picture. The Assembly can be a life-changing experience. The stage is set for an engaging and open environment where information sharing and discussions can freely occur with people and authors in the food movement from across the nation.

The Assembly must be mounted by a local hard-working team because this helps to build the capacity and energy needed to move forward locally by garnering the support of people from across the country. The GFSA local team (over 50 people, called the HERD, because we all wore AB Milk Aprons that were patterned after a Holstein dairy cow) was a wonderful mix of people - local food activists, Non Profit Executive Directors, students completing community service credit or testing their food interests, academics, health professionals, educators and business people. Bar none, all the volunteers said it was a great experience and that the volunteering provided insights on how to run a conference, and more significantly they felt they learned about how a movement gets legs! Three of the young volunteers poured over the binder created by the local team and confirmed that they found the energy and insight on where they personally can make a difference in the movement through their experience with the Assembly.

The MANTRA of the local volunteers at Powering Up!
One seed can start a garden – WE planted seeds
One smile can lift a spirit – WE made each other and others happy
One candle can light a room – Our Technology worked!
One conversation can start a friendship – WE had amazing conversations
One person can make all the difference…that one is you!
Appendix B: The Assembly in Numbers

<table>
<thead>
<tr>
<th>Total Number of Attendees</th>
<th>Number of Members</th>
<th>Number of non-members</th>
</tr>
</thead>
<tbody>
<tr>
<td>313</td>
<td>214</td>
<td>99</td>
</tr>
</tbody>
</table>

112 people joined Food Secure Canada through the Assembly.

Geographical Breakdown

<table>
<thead>
<tr>
<th>Province</th>
<th>Number of people</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alberta</td>
<td>116</td>
<td>37.06</td>
</tr>
<tr>
<td>Ontario</td>
<td>78</td>
<td>24.92</td>
</tr>
<tr>
<td>British Columbia</td>
<td>36</td>
<td>11.50</td>
</tr>
<tr>
<td>Quebec</td>
<td>22</td>
<td>7.03</td>
</tr>
<tr>
<td>Manitoba</td>
<td>17</td>
<td>5.43</td>
</tr>
<tr>
<td>Saskatchewan</td>
<td>10</td>
<td>3.19</td>
</tr>
<tr>
<td>Yukon Territories</td>
<td>7</td>
<td>2.24</td>
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<tr>
<td>Northwest Territories</td>
<td>7</td>
<td>2.24</td>
</tr>
<tr>
<td>Nova Scotia</td>
<td>7</td>
<td>2.24</td>
</tr>
<tr>
<td>Newfoundland and Labrador</td>
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<td>1.28</td>
</tr>
<tr>
<td>New Brunswick</td>
<td>3</td>
<td>0.96</td>
</tr>
<tr>
<td>Prince Edward Island</td>
<td>1</td>
<td>0.32</td>
</tr>
<tr>
<td>Outside Canada</td>
<td>4</td>
<td>1.28</td>
</tr>
</tbody>
</table>

There was representation from every province and territory except Nunavut, where we had a last minute cancellation.

Impact Numbers

20 participants of the Assembly provided information on the impacts of the event on their practice and networks back home. The resulting numbers were startling:

- Total number of people affected by what the participant’s experience at the Assembly: 10,067
- Total number of new relationships developed at the Assembly: 179
- Total number of people who receive a newsletter: 11,530

Extrapolating from this small sample, if all 313 attendees had a similar sphere of influence, then numbers are even more striking:

- Total number of people affected by what was at Assembly: 157,549*
- Total number of new relationships developed at Assembly: 2,801*
- Total number of people who receive newsletter: 180,444*

* estimated values based on the actual responses above (eg. 10,067 / 20 x 313)
Appendix C: Evaluation Data

The table below conveys the responses to the evaluation questions, by number of responses and by percent, using a rating of poor (1) to very good (5).

<table>
<thead>
<tr>
<th>Questions</th>
<th>1 (poor)</th>
<th></th>
<th>2</th>
<th></th>
<th>3</th>
<th></th>
<th>4</th>
<th></th>
<th>5 (very good)</th>
<th></th>
<th>Total Responses</th>
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FSC Assembly Report  Nov12  20 of 24
Quick evaluation stats:

- **Assembly rating**: 94% rated it good or very good {4/5, 5/5}
- **What to improve about the assembly**: more discussion time {46/66 (70%)}
- **The best thing about the assembly**: people, networking {55/66 (83%)}
- **Overall quality of workshops**: 93% rated them good or very good {4/5, 5/5}
- **Plenaries**:
  - Opening Plenary: 89% rated it good (very good) {4/5, 5/5}
  - Energy, Resilience, and the Future of Food Plenary (open to the public): 87% rated it good or very good {4/5, 5/5}
  - The Food Policy Disconnect Plenary: 96% rated it good or very good {4/5, 5/5}
  - Powering Up the Movement Plenary: 99% rated it good or very good {4/5, 5/5}

“I left the place fully energized and refreshed. This was a fabulous Conference. We are a growing organization and movement.”
Appendix D: Assembly Supporters

Thanks so much to all our Supporters!

Three Suns: $5,000 and up

Two Suns: $2,000 to $4,999
One Sun: $500-$1,999
Food Secure Canada is a national voice for the food security movement in Canada. It is a nonprofit organization with individual and organization members across Canada. The organization is based in three interlocking commitments to:

- Zero Hunger;
- Healthy and Safe Food;
- A Sustainable Food System.