

Eat your Words

Food Insecurity and the Library

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About Me

- MLIS Student
- Public Library Experience
- Previous Food Bank Volunteer

This Presentation

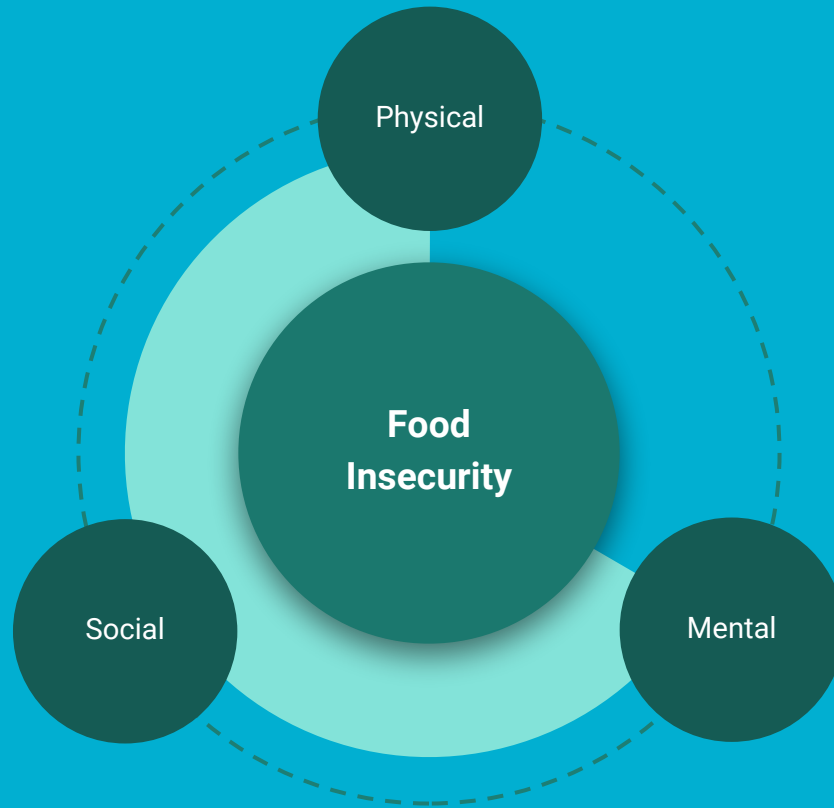
- What is food insecurity?
- What impacts does it have?
- What organizations combat food insecurity?
- What can the library do?

Food Insecurity

Food insecurity is the limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.

United States Department of Agriculture

Economic Research Service



Food Security

Availability: Sufficient food for all people at all times.

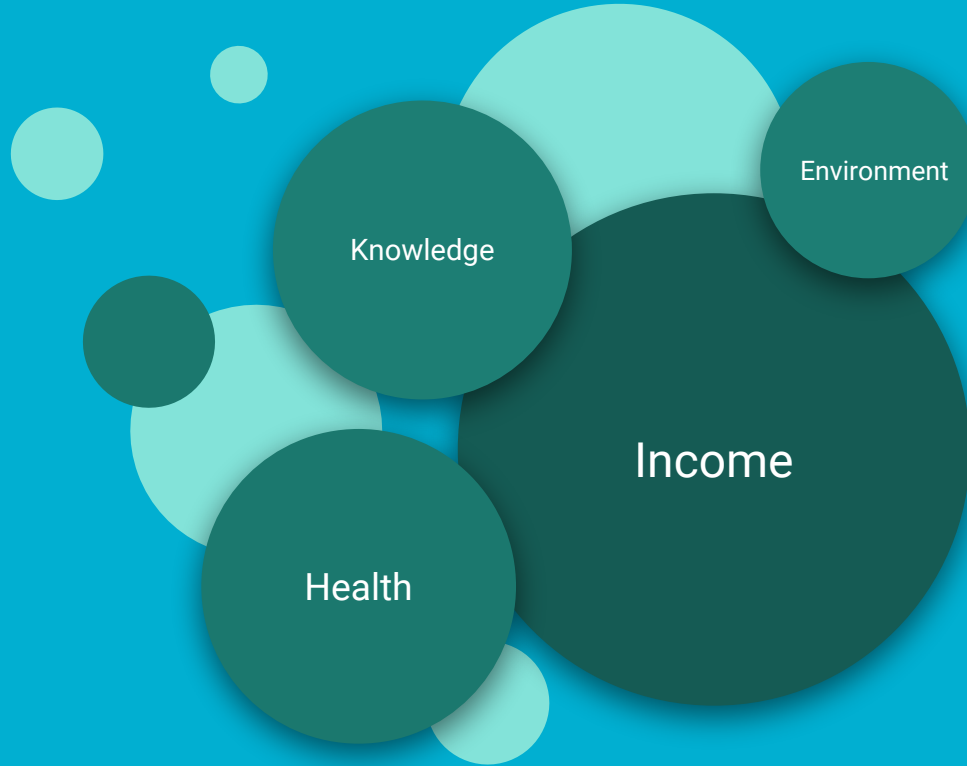
Accessibility: Physical and economic access to food for all at all times.

Adequacy: Access to food that is nutritious and safe, and produced in environmentally sustainable ways.

Acceptability: Access to culturally acceptable food, which is produced and obtained in ways that do not compromise people's dignity, self-respect or human rights.

Agency: The policies and processes that enable the achievement of food security

Causes of Food Insecurity



Impacts

- Physical

- Underweight
- Overweight
- Nutrient Deficiencies

- Mental

- Stress
- Anxiety
- Depression
- Feelings of Powerlessness
- Frustration
- Shame

Resources

Food Bank

- Collecting, storing ,and distributing food donations
- Short term and emergency relief
- Act as a reference centre

Community Meals

- Pre-made hot meals eaten together
- May also provide other services
- Also provide shelter



Community Gardens

- Space and opportunity to grow food
- May be for the gardener themselves or for the community
- Fosters community
- Encourages healthy eating

Community Kitchens

- People come together to make food
- Share knowledge
- Save time and money

Meal Delivery

- Deliver hot or easy to prepare meals to the homes of those who need it
- Mental and physical wellbeing

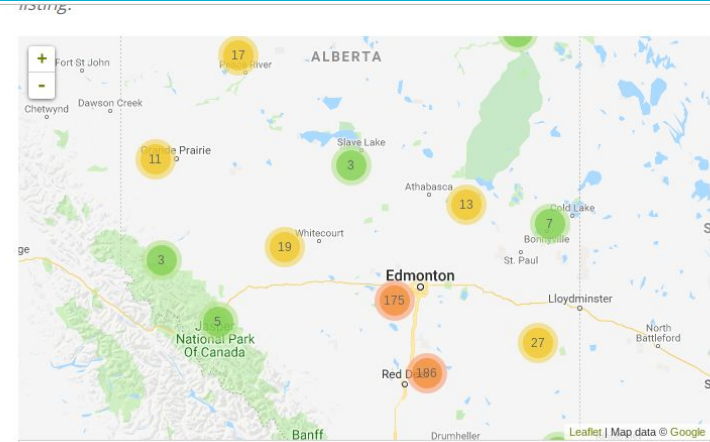


U.S. Air Force photo/Airman 1st Class Katrina Heikkinen, Wikimedia Commons

Quick Resources

- [Edmonton Food Bank](#)
- [Free Food in Alberta](#)
- [Local Food Asset Map](#)

- Alberta Health Services
- Canadian Prenatal Nutrition Program (CPNP)
- Children and Youth - Community-based
- Children and Youth - Prenatal
- Children and Youth - School-based
- Community Associations (Leagues)
- Community Development / Social Justice
- Community Food Centres
- Community Gardens
- Community Kitchens
- Community Meals
- CSAs
- Dietitians
- Emergency Meals
- Farmers
- Farmers' Market



Name	Group Name	City	Full Street Address
AG Country Food Market	Food Delivery	Didsbury	2405-20th Street
AG Country Food Market	foodsecurityalberta.org	Didsbury	2405-20th Street
AG Country Food Market	Listserv (subscribers)	Didsbury	2405-20th Street

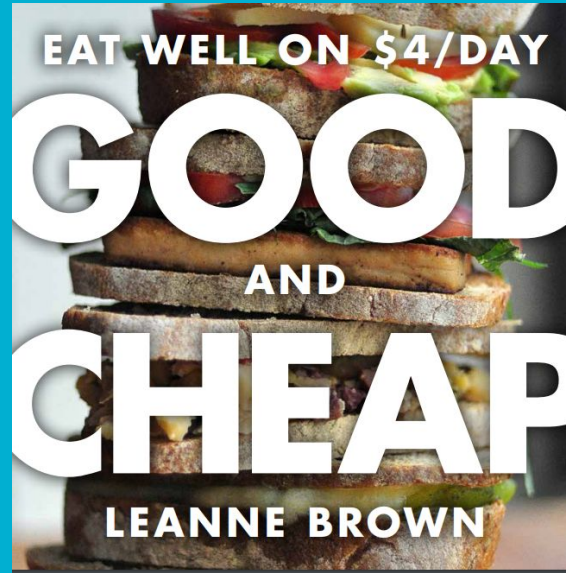
Libraries

**“By providing a wide range of materials
to support education and by making information
accessible to
all, the public library can bring economic and social
benefits to individuals
and to the community.”**

-IFLA Public Library Service Guidelines

Collections

- Cooking
- Gardening
- Budgeting
- Food Security
- [Cake Pan Collection](#)
[from Way Public](#)
[Library](#)



Leanne Brown

Gardens

- Community Gardens located at the library
- Relate them to programming



Programming

- Gardening
- Cooking
- Budgeting
- Meal Prep



Thank you!

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