

ACEWH Lunch N Learn
Monday, September 29, 2003
12:00 - 1:30

Participatory Food Security Research: Building Capacity for Influencing Policy

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This presentation will provide an overview of food security, a key determinant of health, and evidence that has been collected through a participatory process to address food insecurity through policy. Community-based participatory research was used to determine the cost of a nutritious diet, and a series of story sharing workshops involving participants of Family Resource Centres in districts throughout Nova Scotia was conducted. The meaningful inclusion of those affected by the issue in actually planning and conducting the research, and the collaboration of key agencies and professionals has developed into a process of capacity building to improve policy. The challenging realities about food insecurity and the affordability of a nutritious diet in Nova Scotia will be discussed.