



# FOOD AND INCOME GLOSSARY

## Community Voices Food Security Working Group

### The Community Food Security Continuum

Ensuring a wide variety of strategies are used to address food insecurity:

**Stage 1:** Short Term approaches like community meals, food banks and other emergency supports.

**Stage 2:** Capacity building programs like community kitchens, community gardens, and those that increase food literacy.

**Stage 3:** System redesign strategies that will have a greater impact over the long term.

Most efforts are around Stage 1 – feeding hungry people now. However, to truly solve food insecurity, work needs to be done at all 3 stages equally.

### Community Resident with Lived or Living Experience in Food Insecurity:

Community members who are currently or have experienced poverty or food insecurity. We refer to you as our *Community Voices* and we value the contributions your opinions and views bring to our work.

**Basic Income Guarantee:** ensures everyone an income sufficient to meet basic needs and live with dignity, regardless of work status (i.e. even those receiving government assistance)

**Community Food Security** – When everyone in the community can get healthy and safe food in a way that is sustainable and meets their dietary and cultural needs.

**Community Kitchen:** when a group of people meet on a regular basis to plan, cook and share healthy, affordable meals

**Financial Literacy:** when you have the skills and knowledge necessary to make informed and effective decision relating to your financial resources. Financial Literacy Month is recognized in Canada in November each year.

**Food Security** – When all people can get enough food to be healthy and active. This includes being able to afford healthy food that is within reach.

**Food Environments** – How where we live, work and play can shape what food we can get, how and where we get it.

**Food Justice** – The belief that healthy food is a human right, and that we should work towards a food system that is equal, fair, and includes everyone.

**Food Literacy** – The ability of people to access, choose and prepare foods to meet their needs and wants, and know how their food decisions affect others.

**Food Recovery/Rescue Programs:** programs that take edible food from supermarkets, restaurants, produce markets, etc. that would normally go to waste and use them in food programs.

**Food Systems** – All the activities and relationships that involve food; including growing food, harvesting, processing, selling, sharing, cooking, eating and throwing out food waste.

**Household Food Insecurity** – When a person or family can't get enough healthy food to feed themselves. The root cause is a lack of income.

**Land acknowledgement:** By making a land acknowledgement you are taking part in an act of reconciliation, honouring the land and Indigenous presence which dates back over 10,000 years. In New Westminster, we acknowledge that we live and work on the traditional, unceded and ancestral territories of the Coast Salish peoples.

**Living Wage:** a wage that is high enough to maintain a normal standard of living. In the Vancouver area, a living wage is \$19.50/hour.

**Minimum Wage:** is the lowest wage an employer is permitted to pay. In British Columbia the minimum wage is \$14.60 and it will rise to at least \$15.20 on June 01, 2021.

**World Food Day:** is celebrated around the world on October 16th every year. It raises awareness of hunger and food issues and there is a different theme each year.



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