

Food security in Dundas Valley – transitioning from fossil fuel dependency to local resiliency; notes from Dundas Ontario in Transition Open Meeting; September 11th 2009.

Summary of presentation

Food Security: The availability of food and one's access to it. A household is considered food secure when its occupants do not live in hunger or fear of starvation. 40+ people attended a talk, with videos, by Dave Carson & Ian Graham

Today in Ontario
 Poverty ≈ Food Insecurity
 In Dundas 11%, In Hamilton 18% (pre-recession)

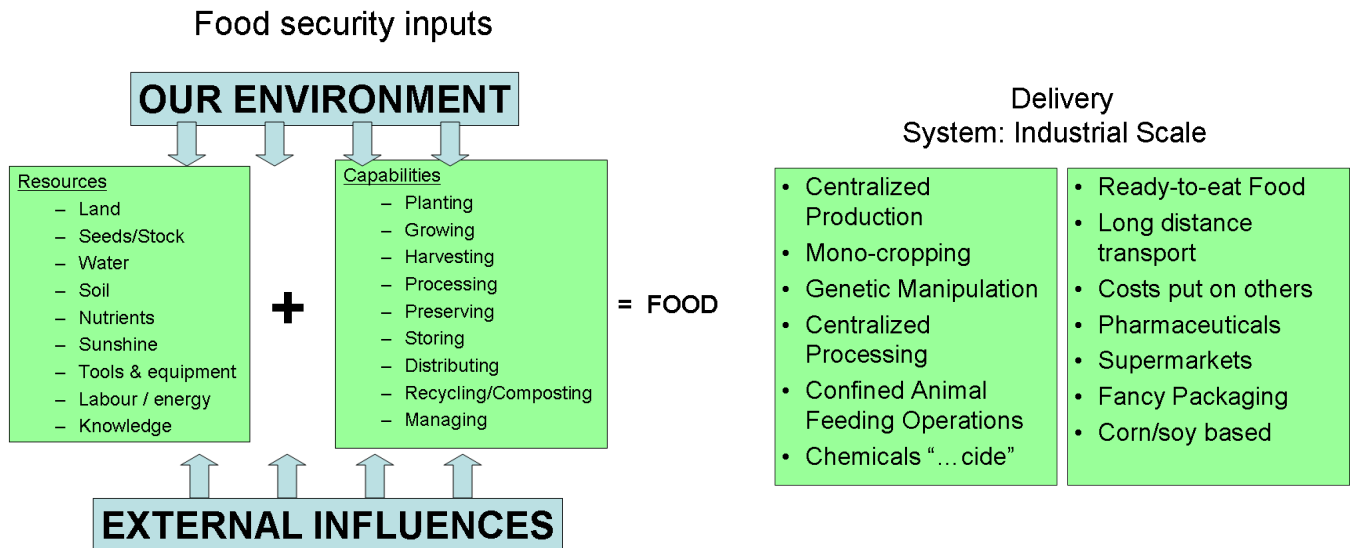
Tomorrow in Ontario
 Peak Oil & Climate Change = Food Insecurity?
 In Dundas ?%, In Hamilton ?%

Ontario's **net** food imports are \$4billion/year.

What if external sources were not so available?

Twin Challenges facing us

- Energy from Fossil Fuels becoming more expensive and scarcer
- Climate upset, globally, disrupting production, processing and delivery of food



**TO CONCLUDE:
 TODAY**
 We depend on OIL BASED
 INDUSTRIAL FOOD PRODUCTION

**But our Future RESILIENCY
 REQUIRES**
 MUCH MORE LOCALIZED,
 COMMUNITY BASED
 FOOD PRODUCTION

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Follow a review of all the different approaches used to provide access to local food (urban farming, community gardens, garden sharing, guerilla gardens, farmers market) groups examined learning priorities and priorities for action.

Learning Priorities

1. What is a good diet in Dundas given local growing conditions
2. How to grow from seed, maintain stocks of seeds, avoid genetically modified seeds
3. Tips for cold climate gardening
4. Winter storage
5. How to overcome regulations, bylaws that are designed for current era yet prevent some of the requirements of local resiliency
6. How to take care of seniors and others in need
7. What permaculture ideas could be applied here
8. How much effort is involved proportionally in stages of planting, tending, harvesting crops
9. How to change sod into soil
10. How to start plants early; & which ones
11. How to get fresh veg for winter
12. How to cope with dry spells
13. Preserving and canning methods, fermentation preserving, drying veg & fruits, meat curing
14. Winter greenhouse
15. Methods to share tools, equipment

Action ideas

1. Develop a local food cookbook
2. Organize a canning / preserving workshop
3. Combine a canning co-op with a potluck supper group
4. Walk the woods with a First Nations person to learn of edible plants
5. Learning by doing – gardening with a coach; connect to seniors
6. Understand straw & manure sources
7. Get sources for untreated seed
8. Send a Dundas delegate to the Hamilton Stakeholder Food Security Cttee
9. Develop effective food sharing / food exchange methods
10. Understand how to develop a root cellar
11. Make connection with Mennonite community
12. Prepare asset map for Dundas; who has what tools, skills, labour, land so trades can be made
13. Develop a local food fair possibly combined with a pot-luck banquet
14. Organize community gardening (not just allotments)
15. Seek better labeling of food so smart choices can be made
16. Raise more awareness on climate change & peak oil

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Volunteers

The following people tentatively volunteered to follow up on these items.

To make a connection with First Nations - Dave Januczowski

To link us to person who attended “how to build a community oven” Dave Januczowski

To develop an asset map for Dundas – Michelle Chin

To investigate a Local Food Pot Luck – Rita Bailey

To take this presentation on the road – Ian Graham

Winter gardening group– Ian Graham

To connect to Cold Frame speaker – Dave Carson

Provide part of a backyard for a garden – Nancy Freymond