

What is food security?

Food security exists when all people at all times have access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.

Who we are

Food Secure Oxford is a network of community organizations and individuals concerned about our local food system. Food Secure Oxford includes representation from:

- Concerned citizens
- Local producers
- Local food banks
- Local soup kitchens
- Oxford County Public Health & Emergency Services
- Woodstock and Area Community Health Centre
- Operation Sharing
- OMAFRA
- Oxford County Federation of Agriculture (OCFA)
- Faith groups
- Children's Aid Society of Oxford County
- Oxford County Nutrition Partnership



Why does it matter?

Food insecurity exists in Oxford County and is continuing to rise.

- 9.3% of residents in Oxford County felt food insecure in between 2009 and 2010. This is a 4.6% increase over one year (Canadian Community Health Survey, 2008/09 and 2009/10).



Our vision:

All Oxford County residents will have access to, and can afford to buy safe, nutritious food that has been produced in an environmentally responsible way that sustains our rural communities.

Our commitments:

- To support, participate in and advocate for policies and community initiatives that increase food security and support a socially just and environmentally sustainable regional food system.
- To understand the municipal, provincial, federal and global backgrounds contributing to food insecurity and to create movement towards a fair and democratic food system.

What does food security mean to me?

- Making environmentally responsible use of our farm land while producing high quality food.
- Having nutritious food available for purchase, and for use in restaurants, schools and public institutions.
- Ensuring that all citizens have access to food.



How can I learn more?

Visit www.foodsecureoxford.ca

Funding provided by the Government of Ontario, through Healthy Communities Oxford.

How can I help?

We can all help to improve food security and create movement towards a sustainable food system. Here are some ideas:

- 1** Purchase food products directly from farmers. Look for the Foodland Ontario logo in the store.
- 2** Plant an extra row in your garden to share with a food bank.
- 3** Volunteer your time with a food bank, help serve a nutritious snack to children at a local school nutrition program.
- 4** Support farmers markets, community gardens, local vegetable and fruit boxes, buying clubs and community shared agriculture (CSA).
- 5** Advocate for putting the teaching of food preparation and gardening classes into the elementary school curriculum.
- 6** Join Food Secure Oxford to pursue social justice initiatives.



FOOD**SECURE**OXFORD



Cultivating wellness in our communities