

# OFFICIAL FEEDBACK FORM

<b>DIALOGUE DATE</b>	Saturday, 9 October 2021 15:00 GMT -04:00
<b>DIALOGUE TITLE</b>	Food for Thought: How Can Youth Contribute to Sustainable Food Systems
<b>CONVENED BY</b>	Jessica Yu, Luckya Xiao, Shreya Shah, Owen Choy (Students from University of Toronto Schools)
<b>DIALOGUE EVENT PAGE</b>	<a href="https://summitdialogues.org/dialogue/42147/">https://summitdialogues.org/dialogue/42147/</a>
<b>DIALOGUE TYPE</b>	Independent
<b>GEOGRAPHICAL FOCUS</b>	Canada

The outcomes from a Food Systems Summit Dialogue will be of use in developing the pathway to sustainable food systems within the locality in which they take place. They will be a valuable contribution to the national pathways and also of interest to the different workstreams preparing for the Summit: the Action Tracks, Scientific Groups and Champions as well as for other Dialogues.

# 1. PARTICIPATION

## TOTAL NUMBER OF PARTICIPANTS

25

## PARTICIPATION BY AGE RANGE

22 0-18      2 19-30      31-50      1 51-65      66-80      80+

## PARTICIPATION BY GENDER

Male

Female

Prefer not to say or Other

## NUMBER OF PARTICIPANTS IN EACH SECTOR

Agriculture/crops

Fish and aquaculture

Livestock

Agro-forestry

Environment and ecology

Trade and commerce

23 Education

Communication

Food processing

Food retail, markets

1 Food industry

Financial Services

1 Health care

Nutrition

National or local government

Utilities

Industrial

Other

## NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

Small/medium enterprise/artisan

Large national business

Multi-national corporation

Small-scale farmer

Medium-scale farmer

Large-scale farmer

1 Local Non-Governmental Organization

International Non-Governmental Organization

1 Indigenous People

1 Science and academia

Workers and trade union

Member of Parliament

Local authority

Government and national institution

Regional economic community

United Nations

International financial institution

Private Foundation / Partnership / Alliance

Consumer group

22 Other

## 2. PRINCIPLES OF ENGAGEMENT

### HOW DID YOU ORGANIZE THE DIALOGUE SO THAT THE PRINCIPLES WERE INCORPORATED, REINFORCED AND ENHANCED?

**Act with Urgency** Our conference brought up a lot of topical issues and ideas. It talked about food insecurity and the drastic impact that it had on the general population of the world. These issues and ideas from this were reinforced by constant discussion about solutions and calls to actions. **Build Trust** - To increase motivation within our participants, we asked our speakers to incorporate the impacts of Youth activism, and potential calls for action. To further the participation of the participants beyond the conference, to make more impacts, we left them many links to volunteer, donate, or learn more about food insecurity. These links and ideas were ones that were constantly talked about during the conference and resonated with the participants. We also incorporated a very open discussion and environment for our fellow participants to openly speak in. With a lot of participation, and methods of communication (through Q&A's, student feedback, breakout room activities), we fostered an environment where all opinions and ideas are welcome. **Recognize Complexity:** In the opening of the dialogue, we had a lot of speakers talk about the impact (local, regional, global, etc) of their professions on the lives of many and what they witness on a daily basis. Especially with connection- our indigenous elders talked about the interconnectedness of food, in indigenous culture, how it connects with water, land, biodiversity and animal health. Tushar Mehta (a physician speaker at our conference), gave a lot of statistics and came from a scientific background when addressing the complexity of food systems and how it is intertwined in the daily lives of many cultures globally. **Complement the Work of Others:** Throughout the summit, we addressed many key issues and recognized the efforts and importance of youth activism, talking about calls to action. With the speakers, we told them to heavily incorporate their careers and perspectives into their presentations, complementing their daily work on the frontlines of food insecurity.

### HOW DID YOUR DIALOGUE REFLECT SPECIFIC ASPECTS OF THE PRINCIPLES?

**Embrace Multi-Stakeholder Complexity** Our conference included a wide-range of speakers and professions, with a variety of perspectives. This wide-range of perspectives included a lot of student participants (located in the GTA), as well as our food summit speakers. For example, we had an indigenous elder (Cat Criger), who delivered the importance of food through an indigenous perspective and its origins. As well, we had a physician, (Tushar Mehta), who works as an emergency preparedness officer, who constantly experiences a lot of global perspectives in specific regions of the world. And lastly, we had an organizer at a local food bank (Sahar Ghafouri), who delivered the regional perspectives of food insecurity in urban areas (including Toronto). This helped deliver both a personal and professional side to this important conversation.

### DO YOU HAVE ADVICE FOR OTHER DIALOGUE CONVENORS ABOUT APPRECIATING THE PRINCIPLES OF ENGAGEMENT?

Bringing in speakers from diverse backgrounds is one of the best ways to ensure you are embracing multi-stakeholder inclusivity and recognizing and grappling with complexity. Choose a narrower focus or audience in order to ensure you are doing meaningful work that is complementing as opposed to repeating the work of others. Center the purpose of the event in your framing of the dialogue in order to commit to the work of the summit and have all of the participants recognize the end goal as well.

# 3. METHOD

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The outcomes of a Dialogue are influenced by the method that is used.

**DID YOU USE THE SAME METHOD AS RECOMMENDED BY THE CONVENORS REFERENCE MANUAL?**

**Yes**

**No**

# 4. DIALOGUE FOCUS & OUTCOMES

## MAJOR FOCUS

We explored three different issues surrounding food systems:

- 1) animal agriculture and the global environmental impact (ecological impact on climate, land, biodiversity from animal agriculture and a recommendation towards shift to whole plants foods as staple foods).
- 2) Root causes of food insecurity in Toronto (wealth inequality → high housing prices, etc.) and the roles that emergency food programs play in alleviating those issues (as a necessary but band-aid solution)
- 3) Indigenous food systems (pre-colonial food systems and Indigenous philosophies around food and sustainability as a framework for understanding the challenges and potential solutions in our current food systems)

### ACTION TRACKS

- ✓ Action Track 1: Ensure access to safe and nutritious food for all
- ✓ Action Track 2: Shift to sustainable consumption patterns
- ✓ Action Track 3: Boost nature-positive production
- ✓ Action Track 4: Advance equitable livelihoods
- ✓ Action Track 5: Build resilience to vulnerabilities, shocks and stress

### KEYWORDS

- ✓ Finance
- ✓ Innovation
- ✓ Human rights
- ✓ Women & Youth Empowerment
- ✓ Policy
- ✓ Data & Evidence
- ✓ Governance
- Trade-offs
- ✓ Environment and Climate

## MAIN FINDINGS

There was major agreement on the role that wealth inequality had played in food accessibility. There were other miscellaneous discussions such as how the pandemic has affected food systems and about how the diversity of beliefs could impact/hinder us when finding solutions. We also talked about what youth could contribute to food systems. Individual actions we can take would be to 1) turn towards more whole plant-based diet, 2) plant food/pollinator-friendly gardens in our backyards, 3) educate our peers on food systems, 3) donate to and volunteer at food banks, 4) do any volunteering/work that helps relieve wealth inequality in our community

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## OUTCOMES FOR EACH DISCUSSION TOPIC - 1/3

### The Root Causes of Food Insecurity in Toronto & the Role Emergency Food Support Programs Play in Alleviating these Issues

There are more emergency food programs in Canada than there are grocery stores/places to purchase food

Poverty is the driver of food insecurity

It is exacerbated due to housing insecurity, precarious jobs (gig economy), and the erosion of social assistance rates)

40% of food bank users have a post-secondary degree

41% of food bank users are single

8% are seniors (this number has tripled)

Communities most impacted by COVID-19 mirror communities that are most impacted by food insecurity

These communities often include Black people, Indigenous peoples, and people with disabilities

Food banks are extremely reliant on private donations

Numerous individuals typically only have \$7 to spend on daily meals

This makes it difficult to afford nutritious food, which would impact the health and wellbeing of individuals

Also limits the selection (cannot purchase foods they like/want to eat)

The Premier recently posted a tweet encouraging people to donate to food banks for Thanksgiving

This is ironic when considering how their policies are in part responsible for the food security crisis

Youth could donate to or volunteer at food banks, educate others on food insecurity, and continue caring about the issue

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## OUTCOMES FOR EACH DISCUSSION TOPIC - 2/3

### Indigenous Perspectives on Food Security and Food Systems

Explained the significance of The Dish With One Spoon

If everyone only took what they needed, humans could live more sustainably and co-exist/share resources with other organisms

Indigenous Peoples viewed all organisms as equals

Processed food is ruining the diet that our [Indigenous] ancestors provided us ~ Cat Criger (guest speaker)

"Even nature is telling us that sugar should not be a part of our diet" ~ Cat Criger (guest speaker)

"I find it's crazy that processed food manufacturers design processed food for them to not be filling or satiating" ~ Julianne Ho (participant)

People further up north don't have much access to fresh foods, so they rely on processed foods

When they do receive fresh food, it is very expensive

Prior to colonization there were completely healthy, sustainable food systems present and food was eaten in moderation and never wasted

Spoke about the Buffalo slaughter committed by colonizers as part of the genocidal project in what is currently Canada and how that was such a harmful and absurd practice because it completely toppled an entire food system (intentionally)

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### KEYWORDS

- |                           |                           |
|---------------------------|---------------------------|
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## OUTCOMES FOR EACH DISCUSSION TOPIC - 3/3

### Animal Agriculture on Global Environment Impact

The rich are getting richer, the poor are getting poorer creating an even larger disparity in food system and economic systems  
Humans and livestock are becoming a larger and larger proportion of global biomass.

Feed conversion ratio:

Chicken are the most efficient animal (they don't move, antibiotics, etc)

3-6kg plant protein to make 1kg of chicken protein

6-8kg for 1 kg of pig protein

10-18kg for 1 kg of cow protein

Organic farming and grazing animals take even more land and calories (allowed to roam around, natural, slower growth)

We make animals efficient through genetic engineering

Breeding

Gene modification

The largest cause of land use change is animal agriculture

Crops and grazing for animals

Grazing only provides <2% of global protein while being the largest use of land

Grazing also create methane emissions

The goal is to have plant-based food that takes smaller land so the rest of the land can reforest, become a wetland again, and let the environment return

Animal agriculture causes erosion and causes chemicals to run into water which then cause dead zones in bodies of water like the ocean

25-30% of greenhouse gases are from animal farming, which is larger than any form of transportation

Global fish populations are plummeting

We took 20 million tonnes in 1950

140 tonnes from ocean, 60 million tonnes from aquaculture in 2016

Roughly 25000 to 70000 fish per second

A large amount of plastic in the ocean is caused by the fishing industry.

362 megafauna species, 70% in severe decline 59% at risk of extinction

Hunting is a large cause, as well as habitat loss

An additional 4 billion people can be fed if animal agricultural land is converted to plant use today

The Lancet EAT Commission:

How to feed 10 billion people in 2050

Minimize ecological damage

Increase human health

Pulses and whole grains can become the main replacement for animal protein

A lot of the most severe epidemics come from animal agriculture.

As we breed these animals, we put them together and generate and spread viruses.

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## AREAS OF DIVERGENCE

There were very few major areas of divergence, mostly the speakers and participants built off of each other's points and added their unique perspectives. The one main area of divergence was when two different speakers raised different issues as main concerns, one arguing that there is sufficient food to feed everyone, the problem is simply distribution and access to food, while another speaker suggested that with our current food models that rely heavily on animal agriculture we are unable to produce sufficient food for everyone.

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