



We respectfully acknowledge that we are on Treaty One Territory, ancestral land of the of Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene peoples, and on the heartland of the Métis Nation.

Food Racism History : Canada

Food racism is deep rooted in our history. As settlers arrived and stripped Indigenous land, Indigenous people were forced out of their cultural norms and food practices. Food was used as a tool for colonization. Indigenous children who attended residential schools were fed foreign, sugar based foods and were subject to nutritional experiments, leaving many malnourished and sick. Government led practices provided nothing but the bare minimum food to remote Indigenous communities.

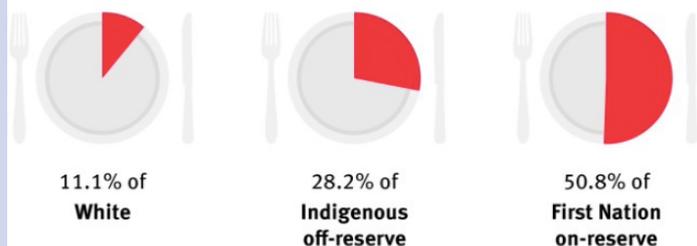
What is Food Racism?

- Greater access to fresh and nutritious food in white communities compared to racialized communities.
- Disrespecting, devaluing and ignoring cultural food practices.
- Disregarding culture when deeming foods as "healthy".
- Limiting cultural food section(s) in grocery stores and increasing prices of specialty foods.
- Degrading sacred land for large scale food production and resource extractions.

Food Racism Today

- Intergenerational trauma is carried by most Indigenous people due to historical food injustices. Neglected water sources, high food prices and scarce food availability in remote communities continues in modern day food racism.
- Food insecurity persists in many other racialized groups as a result of income inequality, leading to negative relationships with food, health and well being.

Percentage of households in Canada that are **food-insecure**



Sources: Statistics Canada, Canadian Community Health Survey, 2017-2018; First Nations Information Governance Centre, 2018.

RATE OF FOOD INSECURITY Per cent, in Canada

Overall 12.4%

Black households 28.4%

White households 10%

RACIAL DISPARITY Black households are...

3.56 times more likely to experience food insecurity than white households and...

1.88 times more likely when adjusting for education, household makeup, income, province and immigration

<https://socialinnovation.org/2019/11/27/race-and-food-insecurity-in-canada/>

Self-Reflection

There are 4 pillars that influence food racism and racism as a whole:

- Internalized racism
- Interpersonal racism
- Institutional racism
- Systemic racism

Where do you lie within each pillar? Self-reflection is a good starting point when addressing a complex issue. Start by reflecting on your own thoughts, beliefs, and privilege towards food. How do these influence your position in all 4 pillars?

Education

- Taking action toward food and racial injustice starts with education. Learning the history of the land we walk is vital to understanding the racial issues that present in today's society.
- Seek opportunities to educate yourself and others on food insecurity, food racism and overall racial injustice.

Learning is the first step to change.

By Catherine Lemoine-Courcelles, dietetic intern and Maxine Chartier, nutrition student

<https://www.rootsofchange.org/our-positions/food-justice-racism-in-the-food-system/>

<https://www.eatthinkvote.ca/sites/www.eatthinkvote.ca/wp-content/uploads/2019/09/Indigenous-Food-Sovereignty-ENG.pdf>

https://www.broadbentinstitute.ca/black_food_insecurity_in_canada

<https://www.greenbiz.com/article/economic-inclusion-becomes-sustainability-imperative>