

## 6. GLOSSARY

**Community Food Security:** Community food security is possible when everyone in a community has access to healthy, affordable food in adequate quantities. This food must be culturally acceptable and sufficiently nutritious to meet dietary needs. A food secure community is one that does not regularly require emergency food programs.

**Community Engagement:** Refers to the process where members of the community are brought into a discussion to help meet a desired goal and share knowledge on the topic. Community members can provide important information about your food system at various steps of a food system analysis.

**Community Food System** Interconnected parts of the system that provides food to the community. This includes all the processes such as growing, fishing, harvesting, importation, production, selling/buying and consumption, and disposal.

**Food Desert:** These are areas that are geographically isolated from healthy food. This can be physical distances, or any other issues related to accessibility, adequacy, affordability, etc.

**Food Literacy:** Food Literacy is the concept of the knowledge, skills, and behaviour needed to meet daily food needs. This includes the ability to select healthy food and prepare healthy meals. Food literacy is also an understanding how food relates to environmental, social, economic, cultural, and political landscapes.

**Food Mapping:** Food mapping is a technique that is used to identify the locations of food assets in a community. It is useful during the planning process as it is a visual means of locating these assets in a community and determining opportunities and gap in how communities access food.

**Food Sovereignty:** The right of peoples to healthy and culturally appropriate food production through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems.

**Food Swamp:** Areas with concentrations of high calorie but low nutrient foods, such as fast food restaurants, or processed foods.

**Halifax Food Policy Alliance:** Formerly the Halifax Food Strategy Group, it is a partnership of individuals and organizations that represent different sectors related to the food system. They work to support program and policy initiatives that help promote a healthy, just, and sustainable food system for the Halifax Region.

**Healthy Food:** Healthy food refers to food that meets daily nutrient requirements while promoting good health. Healthy food is important as it promotes overall good health and wellness while reducing the risk of diseases such as obesity, heart disease, and diabetes.

**Land Use Bylaws/Zoning:** These regulations determine how land can be used (residential, commercial, etc), what types of buildings and structures can be located there, and other requirements such as landscaping, parking, and design features.

**Local Food:** The definition of local food may vary between different locations; however it generally encompasses food that is grown, caught, or produced locally in the province of Nova Scotia. Examples would be fish gathered by Nova Scotian fishers, and farm products produced by Nova Scotian Farmers.

**Not-for-Profit Food Services:** Businesses or organizations that provide food services at cost, or no cost to a community. These include providing actual food (charitable foods, community gardens, etc) or providing a service that requires food access (meal delivery, education programs, etc)

**Stakeholders:** Stakeholders are individuals, groups, or organizations that have an interest in the actions being carried out. In terms of a food system, anyone who has a role or is influenced by the food system can be identified as a stakeholder.

**Six A's of Food Security:** Key determinants that must be achieved for each member of a community for food security to exist. These include Accessibility, Affordability, Availability, Adequacy, Awareness, and Appropriateness

**Toolkit:** An assembly of tools and resources that can be used together or separately to help achieve a specific goal.