

Feeding Change: Youth at the Table

Nourish Nova Scotia

Nourish Nova Scotia is a registered charity working to inspire and equip young people in Nova Scotia to learn about food and transform the food systems around them. We do this through food literacy programs, capacity building, and advocacy.

We know that developing skills, knowledge, and attitudes about food is essential for developing healthy habits and nurturing positive experiences with food. We also know that when young people have opportunities to play an active role in shaping the food system around them, they become leaders and inspire meaningful change.

Eat Think Vote

It's up to us to make food an election issue! Eat Think Vote is a non-partisan (i.e. not biased towards a specific political party) campaign, gathering community members from across Canada to speak with their federal candidates about food sovereignty, food security, and other food issues that matter to them.

In the upcoming Federal Election, **Nourish Nova Scotia is working to ensure that youth across the province can share their voices in important policy decisions that affect them.** Whether it's writing a letter, speaking with other young people about their concerns, or holding an Eat Think Vote event, we want to support youth in sharing their voices, about food issues that matter to them.



Goals of the Campaign

In 2025, the goal of Eat Think Vote is to ensure that the next government develops policy that encourages a food system where everyone has dignified access to healthy and sustainably produced food. This includes a focus on:

- Food affordability amid rising food costs;
- Addressing the disproportionate rates of food insecurity in Black and Indigenous households, and supporting Indigenous and Black foodways and food sovereignty;
- Reducing food insecurity by 50% and eradicating severe food insecurity by 2030;
- (W)holistic approaches, including co-operatives, public markets, tackling corporate concentration in the food system, and championing decent work and justice for food workers.

Youth-Informed Food Policy

Nourish Nova Scotia's goals for the Eat Think Vote campaign are:

- Supporting youth to have meaningful conversations with federal candidates or others within their communities
- Ensuring youth voices are at the center of our policy recommendations
- Prioritizing equity-deserving groups in policy conversations

Get Involved!

By participating in the Eat Think Vote campaign, you will have the opportunity to have your voice heard and have your ideas incorporated into our federal policy recommendations. We are here to support youth in taking the following actions:

Host an Eat Think Vote Event

- Invite your community to connect with local candidates
- Use federal & provincial advocacy resources

Host a Community Conversation

- Discuss food system priorities with peers or community members
- Use federal & provincial advocacy resources

Share your voice!

- Respond to guiding questions to inform our policy priorities
- Share your thoughts with candidates via a letter template

Youth or youth-serving organizations who would like to play a role in helping to make food an election issue and would like to participate, please reach out to our Youth Engagement

Coordinator: 

