

## C. Case Study

**FoodARC (Food Action Research Centre)** is a research centre at Mount Saint Vincent University that seeks to research and take action to support food security in Nova Scotia. The organization focuses on four main pillars:



1. **Research**
2. **Building Capacity**
3. **Sharing Knowledge**
4. **Advocacy and Policy Change**

### Research Projects

FoodARC students, staff and partners undertake a variety of research activities, using both qualitative and quantitative methodology such as surveys, interviews, focus groups, and other qualitative methods, food costing, inventories, food mapping, community mapping, and other quantitative methods.

A number of research projects have been completed and are ongoing: For example between 2005 and 2011 a project titled *Mobilization on Food Security and Community Development*. This project was one of six research groups funded for Atlantic Canada, which sought to broaden knowledge about social economy of the Atlantic region. The research developed partnerships and laying the foundation for participatory action research projects on community mobilization on food security and community economic development.

Another project was carried out between 2005 and 2006, titled *Thought About Food? A Workbook on Food Security & Influencing Policy*. The project was part of a series of research projects on food security that was intended to provide tools and information to engage communities to start promoting food security.

More information on these projects is available at: <http://foodarc.ca/projects-activities/completed-projects>

### Student Involvement

FoodARC involves students in a number of capacities, such as graduate students, dietetic interns, volunteers, and research assistants. FoodARC supports these partners research and food related work to support food security in Nova Scotia.

### Resources

FoodARC provides a collection of resources on their website such as food security and policy change resources. These materials include a collection of food security websites and documents, as well as resources about food policy in Canada. FoodARC also provides a large selection of food security related research on their website ranging from 2003 to 2015, associated with various FoodARC projects.