

EMPOWERING YOUTH FOOD SYSTEMS LEADERS

RESOURCE DOCUMENT



Empowering Youth Food Systems Leaders – Resource Document

This document of resources is curated and compiled by the York Region Food Network Youth Food Committee. It is created to accompany our virtual UN Independent Dialogue: [Empowering Youth Food Systems Leaders](#). The resources we share are a starting point to learn more and to generate conversations in our community. Download and share!

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INTRO TO FOOD SYSTEMS

Learning

[Just Food Educational Resource](#)

An open-access resource from the Centre for Sustainable Food Systems at UBC Farm , with modules that explore concepts relating to power, privilege and more within the food system.

Websites & Media Platforms

[Civil Eats](#)

[The Counter](#)

Media

[Food by Design: An IDEO Podcast](#) – [Spotify](#) / [Apple Podcasts](#)

A podcast examining gaps in current systems and talking to the people who are building the food systems we'll need in the future.

[The Lunch Table: hosted by The Food Secure Canada Youth Caucus](#)

A podcast where youth collaborate, discuss, learn, and mobilize with peers and food policy leaders to build a sustainable and just food system through activism and policy.

CORPORATE POWER

Organizations

[ETC Group](#)

Campaigns

[Behind the Barcodes](#)

Launched by Oxfam in 2018. The campaign examine the policies and practices of some of the biggest supermarkets around the world.

Articles

[We Should All Be Worried About The United Nations Food Systems Summit.](#)

[Bill Gates: Stop Telling Africans What Kind of Agriculture Africans Need](#)

[Real Food Media – Exposing Corporate Spin](#)

Reports

[Plate Tech-Tonics: Mapping Corporate Power in Big Food](#)

ETC Groups’s report tracks players and trends to shed light on the state of corporate control in industrial food production.

Media

[Food, Inc.](#)

The documentary film examines corporate farming in the United States, concluding that agribusiness produces food that is unhealthy, in a way that is environmentally harmful and abusive of both animals and employees.

[Andy Fisher on Exploring the Connection Between Industry and Food Banks](#)

This podcast episode reveals the impact of the COVID-19 pandemic in Canada’s food system, namely stunning levels of food insecurity, but also the transformation of emergency food assistance into what some have characterized as an industry—has food charity become big business?

PEASANTS' MOVEMENT

Organizations

[La Via Campesina](#)

[SeedChange](#)

[A Growing Culture](#)

[GRAIN](#)

[Alliance for Food Sovereignty in Africa \(AFSA\)](#)

[Peasant Movement of the Philippines \(KMP\)](#)

Publications

[Peasants Rights Explained: An illustrated version of the UN Declaration](#)

La Via Campesina's illustrated version of the UN Declaration on the Rights of Peasants and Other People Working in Rural Areas.

Media

[Peasant Women Feed the World](#)

In this episode of Foodtopias podcast, the global peasant leader and food sovereignty activist Elizabeth Mpofu speaks to us about growing up in a farming family in Zimbabwe, practicing climate-resilient agriculture, and how rural women are being impacted by Covid-19.

INDIGENOUS FOOD SOVEREIGNTY

Organizations

[Ojibiikaan](#)

[Sacred Seeds Collective](#)

[Gitigaanes – FB / IG / Twitter](#)

[Miinikaan](#)

[Indigenous Food Systems Network](#)

[North American Traditional](#)

[Indigenous Food Systems \(NATIFS\)](#)

[I-Collective](#)

Articles

[The History of Food in Canada Is the History of Colonialism](#)

[Decolonizing Indigenous Cuisine: How Chefs are Rethinking Relationships with Traditional Food](#)

Media

[How Food in Canada is Tied to Land, Language, Community and Colonization](#)

From the Unreserved podcast, this episode explores how Indigenous people are using food to strengthen community.

[Toasted Sister Podcast](#) – [Spotify](#) / [Apple Podcasts](#)

A podcast about the Indigenous food movement by writer and photographer Andi Murphy.

[Gather](#)

A documentary film about the growing movement amongst Native Americans to reclaim their spiritual, political and cultural identities through food sovereignty, while battling the trauma of centuries of genocide.

[Indigenous Food Sovereignty 101: A Conversation between NATIFS and Dream of Wild Health](#)

A multi-generational panel on Indigenous food sovereignty. The panelists discuss the basics of Indigenous food sovereignty as well as ways to get involved.

BLACK FOOD SOVEREIGNTY

Organizations

[Afri-Can FoodBasket](#)

[The Abibiman Project](#)

[Toronto Black Farmers](#)

Projects & Campaigns

[The SoulFood Project: A Community Cookbook](#)

A community cookbook highlighting diverse Black youth voices from across Toronto. A collection of recipes, stories, conversations, and creative pieces on the food that feeds us in so many ways.

[Black Woman Agricultural Freedom Fund](#)

Raising funds to support two Black women who were recently fired from their jobs at a “food justice” organization due to anti-Black racism. Funds will help them secure agricultural land, equipment and tools to ensure they can provide for their communities.

Media

[Panel Discussion: Black Women on Black Food Sovereignty](#)

A panel hosted by FoodShare Toronto. The panelists discuss what Black food sovereignty means, why it is important, and how we can collectively work to advance it.

[Food and the legacy of slavery](#)

From BBC Radio's The Food Programme, this podcast episode investigates the hidden story of slavery in our food.

MIGRANT AGRICULTURAL WORKERS

Organizations

[Justicia for Migrant Workers \(J4MW\)](#)

[Migrant Rights Network](#)

[Migrant Workers Alliance](#)

Petitions

[Tell both the Government of Canada and the Government of Ontario farm workers need urgent protections](#)

Reports

[The Status of Migrant Farm Workers in Canada, 2020](#)

The report from UFCW Canada has called for urgent changes to protect the health, safety, and rights of migrant agricultural workers who are essential to Canada's food supply.

Media

[Migrant Dreams](#) – [Watch on TVO](#)

This documentary tells the untold story of migrant agricultural workers struggling against Canada's Temporary Foreign Worker Program that treats foreign workers as modern-day indentured labourers.

[Bitter harvest: Canada's migrant farm workers and COVID-19](#)

A Fifth Estate documentary segment investigates the Canada federal government's role in running a system that it admits needs overhauling.

[Essential Labour, Essential Lives: Migrant Agricultural Workers and COVID 19](#)

This webinar hosted by UBC Farm's Centre for Sustainable Food Systems features discussions about barriers facing migrant workers, and the protections that are required to ensure their health, safety and dignity.

[Made in Canada: an agricultural song cycle](#) – [Spotify](#) / [Apple Music](#)

The album features 10 songs that centre the voices and realities of the seasonal Temporary Foreign Workers.

BIPOC YOUTH IN FOOD SPACES

Networks & Organizations

[BIPOC Farmers And Growers \(Toronto\) – Facebook Group](#)

[The Northeast Farmers of Color network \(NEFOC Network\)](#)

[Marleeville Collective](#)

[Equity at the Table \(EATT\)](#)

Articles

[Why Farming Is an Act of Defiance For People of Color](#)

Toolkit

[Young Farmers Racial Equity Toolkit](#)

The goal of this toolkit by the National Young Farmers Coalition is to help farmers organize around transformative learning and action.

Programs

[Sundance Harvest: Growing in the Margins](#)

“Growing in the Margins is a 12-week free weekly educational program for low-income youth who face barriers within the food system. This mentorship is for BIPOC youth who would like to start their own urban farm, have a full-time career in agriculture or lead community food sovereignty movements but need hands-on farming education to do so.”

QUEER FOLX IN FOOD SPACES

Networks & Organizations

[The Okra Project](#)

[Queer Farmer Network \(@queerdirt\)](#)

Articles

[Queer Farmers are Changing the Landscape](#)

[Rainbow Chard Collective Creates Safer Space For Canada's Queer Farmers](#)

[Queer as Food](#)

A series exploring the role of food in LGBTQ+ communities.

Media

[Baking Beyond the Binary with Jennifer Crawford](#)

A short video segment where Jennifer Crawford talks baking and gender.

[Radical Queers Podcast](#) – [Spotify](#)

Queers who grow on you throughout the seasons, tune in for a deep-roots farming perspective.

REGENERATIVE AGRICULTURE

Organizations

[Sustain Ontario - The alliance for healthy food and farming](#)

[Savory Global Network - Resource Library](#)

Articles & Infographics

[Regenerative Agriculture: How it Works on the Ground](#)

[Regenerative Agriculture: Fundamentals of Soil Health](#)

Media Platforms

[Grist – Food](#)

Media

[Soul Fire Farm Liberation on Land Video Series – Honoring The Land](#)

This video shows some of the different ways that we honour the land and show our gratitude and reverence for the earth and those who came before us.

[Sustainability Trends in Agriculture - Sue Ogilvy](#)

Sue Ogilvy explains how financial accounting can be extended to provide an environmental balance sheet for Natural Capital Accounting.

[Sustainable World Radio – Spotify / Apple Podcasts](#)

This podcast shares interviews and news about ecology, ethnobotany, herbal medicine, Permaculture, organic gardening, natural building, and regenerative farming.

[Sustainability Defined – Spotify / Apple Podcasts](#)

Each podcast episode focuses on a single topic to help listeners define what exactly sustainability is

SOIL HEALTH

Articles

[Only 60 Years of Farming Left If Soil Degradation Continues](#)

[A Climate Change Solution Beneath Our Feet](#)

Reports

[FAO – The State of Knowledge of Soil Biodiversity](#)

A report highlighting the importance and influence of soil biodiversity, and the ecosystem services provided.

Websites

[USDA Natural Resource Conservation Service – Soils](#)

An excellent resource outlining soil as a living ecosystem, the significance of soil biology, and the importance of managing soils so that they are sustainable for future generations.

Media

[Soul Fire Farm Liberation on Land Video Series – Soil Health](#)

Our intimate relationship with soil stretches back millennia, encompassing Cleopatra's reverence for the earthworm, the carbon-rich raised beds of the Ovambo people, and Dr. George Washington Carver's nitrogen-capturing legume fields.

[Life in the Soil](#) – [Spotify](#) / [Apple Podcasts](#)

Life in the soil brings you the insights and voices of some of the world's best soil scientists. Learn about soil biodiversity, why it matters, and how we can protect it.

[The People of Soil Health](#) – [Spotify](#) / [Apple Podcasts](#)

A podcast that dives into the on-farm economic and environmental benefits of soil health. Featuring interviews that discuss soil health practices and management systems, issues facing farmers, and insights from soil data sets.

WHAT IS A SUSTAINABLE DIET?

Organizations

[Foodshare - Ontario-based Food Justice Initiative](#)

Articles

[Should the Dietary Guidelines Help Fight Systemic Racism?](#)

[The Food System's Carbon Footprint Has Been Vastly Underestimated](#)

[Should I Give Up Dairy Because of Climate Change?](#)

Reports & Publications

[Future 50 Foods](#)

Published by Knorr and WWF-UK, the report features 50 nutritious plant-based ingredients all selected based on their nutritional value and relative impact on the environment.

[EAT – Diets for a Better Future Report](#)

The report investigates current food consumption patterns and the efficacy of national dietary guidelines in G20 countries compared to the Planetary Health Diet. It also explores the potential for a more equitable distribution of the global “carbon budget” for food.

[FAO – State of the World's Biodiversity for Food and Agriculture](#)

This report assesses biodiversity for food and agriculture and its management worldwide

Media

[What to Eat to Save the Planet](#)

This podcast episode explores practical ways we can change our diets to reduce the environmental impact of food we eat.

ALT-PROTEIN & VEGANISM

Articles

[Dear White Vegans, Stop Appropriating Food](#)

Websites & Media Platforms

[Green Queen](#)

[Entomo Farms - Why Crickets](#)

Media

Meatless Podcast – [Spotify](#) / [Apple Podcasts](#)

How do identity, culture, economics, and history affect a diet? Join Alicia Kennedy and her guests as they discuss why people eat, how they eat, and where ethics, politics, cultural identity, and animals fit into all that.



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