



Season 3, Episode 6 – “Will the Pursuit of Limitless Growth Make Us Better Off?”: Redefining Progress in the Canadian Food System

Featuring: Naomi Robert

Discussion Questions

1. An increase in GDP is often assumed to be positive for society overall. Does this episode change your assumptions about growth?
2. Naomi shared some of the limitations of using GDP as a measure of well-being in the episode. What are some other examples of these types of limitations? What does GDP overlook?
3. How might alternatives like the “Canadian Index of Wellbeing” and “A Quality of Life Framework for Canada” help address some of the shortcomings of pursuing economic growth at all costs?
4. Can you imagine how your local food system might look differently if we used quality of life indicators (like public and environmental health impacts) as the primary motivators for food production and distribution?
5. In many ways, our current economic system forces governments to pursue economic growth (sustaining employment, repaying debt, etc.). What changes to our economic system can allow governments to pursue wellbeing over economic growth? Explore the additional resources in the show notes for more information.