



Handpicked: Stories from the Field

A production of the Laurier Centre for Sustainable Food Systems

Season 5, Episode 1 – “Food as Fertile Ground for Change” Cultivating Community: Food Justice in the Bow Valley and Beyond

Discussion Questions

- 1. What role does personal positionality (e.g., settler, Indigenous, newcomer, practitioner, parent) play in shaping how people understand food justice?*
- 2. How do the speakers in this episode challenge binary thinking in food systems?*
- 3. How might relational practices (like fermentation groups, potlucks, or shared storytelling) shift how communities take action?*
- 4. What can we learn from the episode about the limits of institutional responses to hunger, and the possibilities that emerge when community groups define their own approaches?*
- 5. How might centering children, elders, or language revitalization in food spaces reshape the kinds of futures we imagine?*