



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

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Glossary of Terms

Ayuda

A Filipino practice of community-based mutual aid and food support, rooted in reciprocity and care.

<https://alumni.ids.ac.uk/news/blogs-perspectives-provocations-initiatives/642/642-Ayuda-The-Philippines-Covid-19-social-protection-response>

Colonial Food Systems

Systems shaped by land dispossession, assimilation policies, and imposed foodways that displace Indigenous practices and governance.

<https://oncanadaproject.ca/blog/how-canada-destroyed-indigenous-food-systems>

Food Insecurity

Lack of reliable access to sufficient, culturally appropriate food.

<https://www.wfp.org/stories/food-security-what-it-means-and-why-it-matters>

Food Justice

Movements and approaches that address inequities in food access, labour, land, culture, and power, often foregrounding race, class, colonialism, and gender.

<https://www2.foodsecurecanada.org/community-networks/food-justice>

Food Sovereignty



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The right of people and communities to define their own food systems, including cultural foodways, land access, and governance.

<https://viacampesina.org/en/what-is-food-sovereignty/>

Food System

The network of activities, relationships, and infrastructures that produce, distribute, access, prepare, and dispose of food.

<https://www.wfp.org/food-systems>

Land Rematriation

Movements to return land to Indigenous stewardship, emphasizing care, relationship, and responsibility.

<https://www.culturalsurvival.org/publications/cultural-survival-quarterly/rematriation-restoring-land-ceremony-and-indigenous>

Regenerative Agriculture (Regen Ag)

Agricultural methods that restore soil health, biodiversity, and ecological relationships, often community-led.

<https://www.climaterealityproject.org/blog/what-regenerative-agriculture>

Relationality

An approach that emphasizes connections between people, land, water, plants, animals, as the foundation of action and knowledge.

<https://ipcaknowledgebasket.ca/indigenous-relationality-definitions-and-methods/>