



Handpicked: Stories from the Field

A production of the Laurier Centre for Sustainable Food Systems

Season 5, Episode 2 – “Taking Power Into Their Own Hands”: Women Leading Food Systems Change in Canada’s North, Ecuador, and Uganda

Featuring: Dr. Alison Blay-Palmer, Dr. Andrea Brown, and Carla Johnston

Glossary of Terms

Feminist Research

Research that centers gendered power relations, values lived experience and seeks social justice and equity.

Food Security

Having reliable access to sufficient, safe, and nutritious food that meets dietary needs and preferences.

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

Food Sovereignty

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/>

Gender-Diverse

Encompassing identities beyond the binary categories of woman and man.

Global Food Governance

International institutions, policies, and processes that shape food systems and food security worldwide.

Indigenous Governance

Decision-making systems rooted in Indigenous laws, knowledge, and self-determination.

Intersectionality

A framework that examines how overlapping identities (such as gender, race, class, Indigeneity, and migration status) interact with systems and structures of power to shape lived experiences.

Positionality

The recognition of how a researcher’s identity, background, and social location influence the research process.

Reflexivity

Ongoing critical self-reflection by researchers about their role, assumptions, and impact.