



# 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.