

FOOD SECURITY

Food security supports the health and well-being of all neighbours with access to healthy, affordable food. This can be achieved by growing and sharing food locally.

These action cards provide ideas to increase access to food close to home for you and your neighbours.

**CHANGE
FOR CLIMATE**

Edmonton

FOOD SECURITY ACTION CARDS:

- F1** | Locate Edible Plants
- F2** | Join a Local Food Box Program
- F3** | Share Food with Neighbours
- F4** | Grow Plants to Eat
- F5** | Host a Harvest Party or Potluck

Locate Edible Plants



WHY TAKE ACTION?

Making an inventory of food-bearing plants and places where you can plant food can benefit everyone. It builds awareness of food resources, reduces food waste and increases connections between neighbours.

LEVEL:



2 Mid Effort



TAGS:



Low Cost



Event



Family
Friendly

SEASON:



WHAT CAN YOU DO?

Create a shared map of plants and trees that provide food in your neighbourhood. Make a schedule for when the food will be ready to harvest and encourage your neighbours to share their extras.

Identify available spaces for planting food and let those looking for gardening space know about them. Make an inventory of gardening tools and supplies that your neighbours are willing to share.

NEXT UP! This action works well with...

- **N2** | Plant a Garden
- **N5** | Start a Seed Exchange or Library
- **P12** | Create a Tool Library

Join a Local Food Box Program



WHY TAKE ACTION?

Community Supported Agriculture (CSA) helps support local food producers by providing a regular income from members. Joining a program with your neighbours is a great way to access delicious local produce.

LEVEL:

1 Low Effort



TAGS:



Family
Friendly



Bulk Buy

SEASON:



2024

WHAT CAN YOU DO?

Join a local CSA program to get local, in-season produce. Share a box with your neighbours to split the contents and save money.

Take turns delivering food boxes for your neighbours to reduce travel and help those who can't travel to pick up a box.

NEXT UP! This action works well with...

- **F3** | Share Food with Neighbours
- **F4** | Grow Plants to Eat

F2 | edmonton.ca/climateneighbours

Edmonton

Share Food with Neighbours



WHY TAKE ACTION?

Households often end up with surplus food that they can't consume before it goes bad. Sharing extra food with neighbours can help reduce waste, save money and support those in need.

LEVEL:



2 Mid Effort



TAGS:



Low Cost

SEASON:



WHAT CAN YOU DO?

Exchange or share extra food with your neighbours. Gather any excess food grown in garden spaces to share with others. Consider setting aside some for donation to a food recovery organization.

Help neighbours harvest their gardens or fruit trees when they don't have the time. Split the harvest between the owner, yourself and other neighbours.

NEXT UP! This action works well with...

- **N5** | Start a Seed Exchange or Library
- **W2** | Learn How to Compost
- **F5** | Host a Harvest Party or Potluck

Grow Plants to Eat



WHY TAKE ACTION?

Growing your own food can help you save money, eat healthier, reduce stress, and reduce carbon emissions and packaging waste.

LEVEL:



3 High Effort

TAGS:



Bulk Buy



Event



Family Friendly

SEASON:



WHAT CAN YOU DO?

Grow edible plants like vegetables, herbs and berries in indoor planters, patio planters or outdoor garden beds. If you don't have space, find a community garden or a neighbour with extra space who wants to share.

Water during the coolest parts of the day (early morning or evening) when possible to reduce evaporation and conserve water.

NEXT UP! This action works well with...

- **F3** | Share Food with Neighbours
- **W3** | Install a Rain Barrel
- **F5** | Host a Harvest Party or Potluck

Host a Harvest Party or Potluck



WHY TAKE ACTION?

Making and sharing food is a great way to get to know your neighbours and build social connections. Events can also be a great way to share skills and resources.

LEVEL:



Mid Effort



TAGS:



Low Cost



Event



Family
Friendly

SEASON:



2024

WHAT CAN YOU DO?

Host a potluck to **exchange recipes** and tips for reducing food waste and making the most out of the harvest.

Organize an event to **preserve and share food** by canning, pickling or drying. Create an annual event to serve up “emergency food supplies” that are set to expire and encourage everyone to replenish their supplies.

NEXT UP! This action works well with...

- **N5** | Start a Seed Exchange or Library
- **W4** | Plan a Swap
- **P11** | Create Emergency Kits