The PEI Food Security Network is an education and action organization committed to achieving food security in Prince Edward Island. It is dedicated to changing community attitudes and public policy to promote:

- environmentally appropriate practices for production and distribution of food
- availability of affordable, healthy, culturally appropriate food
- livable income for producers
- the right to food
- PEI self-reliance in food

**Food Security** means everyone at all times has access to enough affordable, safe, and nutritious food, as well as food that meets specific dietary needs and cultural preferences. Food security includes the ability of people being able to make a decent living by producing food, in ways that protect the land and sea and that ensure that there will be healthy food for our children’s children.

New members (organizations and individuals) are welcome in the PEI Food Security Network at any time.

**Help us to educate and act for food security for all Prince Edward Islanders. Get involved!**

For more information, please contact:
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Charlottetown, PE C1A 4R3
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[peifoodsecurity.wordpress.com](http://peifoodsecurity.wordpress.com)
[facebook.com/peifsn](https://facebook.com/peifsn)
[Twitter @PEIFSN](https://twitter.com/PEIFSN)
Prince Edward Island produces enough food for all citizens to live in food security and have enough to share.

No one in Prince Edward Island should have to choose between food and other basic necessities of life.

Prince Edward Island has a rich tradition of food production, of farmers and fishers, in the Island’s working landscape.

Recent research tells us one quarter of PEI children live in food insecure homes. Their families worry about having enough food or do not have enough food.

School breakfast programs and food banks are not enough to address the root causes of food insecurity.

Good public policy supports access to healthy, affordable food and a culture of environmentally responsible food production and eating. Food security is better when people have the ability to grow their own food, harvest and prepare food, make meals, and share food as families or communities.

Members of the PEI Food Security Network plan and put on workshops and potlucks that are open to the public. We learn together about topics such as food costing, community supported agriculture, the right to food, land use, healthy affordable food, and food sovereignty.

The PEI Food Security Network is a network of organizations and committed individuals. Meetings and events usually take place from November to May (the off-season for most food production).

Our organizational members include healthy eating groups, food sharing organizations, women’s organizations, environmentalists, family resource centres, local sustainability groups, research institutes, advocates for newcomers, people living with food insecurity, and more.

Healthy Community

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A SUSTAINABLE DIET

A sustainable diet means growing and raising food that is healthy to eat, doesn’t harm the environment, is humane to animals, provides a fair wage to producers and workers, and supports farming communities.

Eating in a sustainable way means understanding the issues, and knowing the people who grow and sell your food.

The PEI Food Security Network supports Food Sovereignty. In its broadest sense Food Sovereignty is about the right of nations and peoples to control their own food systems, including their own markets and methods of production. It provides an alternative to current models that treat food as a commodity to be traded for the benefit of large corporate interests.

Six Pillars of Food Sovereignty

- Focuses on Food for People
- Values Food Providers
- Localizes Food Systems
- Puts Control Locally
- Builds Knowledge and Skills
- Works with Nature

A SUSTAINABILITY

The right of all people to an income that allows them to live in good health and with dignity
- A livable income for all involved in producing, processing, marketing & distributing food
- Charity in emergency or temporary situations; social justice to address root causes of food insecurity
- Ecologically responsible food production, processing & distribution
- Community attitudes & public policy as focal points for action
- Understanding the food system as influenced by social, economic, cultural and environmental factors
- Meaningful participation of people from all aspects of the food system
- Recognition of the unique role of women in providing nourishment for their families
- The right to food as a basic human right to which all people are entitled
- Diversity & inclusion: inviting participation of people of diverse cultures, ages, incomes, abilities & more

FOUNDING PRINCIPLES

- The right of all people to an income that allows them to live in good health and with dignity
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LEARNING TOGETHER

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PRINCIPLES

Founded principles

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WE ARE ALL EATERS

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- front-line service providers, dietitians, health professionals, and home economists
- primary producers (farmers & fishers)
- individuals affected by food insecurity
- environmentalists
- people working in government & academia
- livable income advocates
- people involved in processing & marketing & distributing food

MEMBERSHIP

We are all eaters

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