

# GROW CHANGE LEAD

The Our Food Project (OFP)  
Creates Positive  
Food Environments



**COMMUNITIES ARE HEALTHIER,**  
because we strengthen connections to healthy  
sustainable food, a foundation for personal, social,  
economic, and environmental well-being.



## WE INVOLVE PEOPLE

in adapting and pioneering solutions locally to build positive food environments—the physical and social spaces that make it easier to grow, sell, and eat good food.

“Community gardens have a significant **positive impact on my life and in my community**; they are an amazing place to meet friends and eat healthy.”

PARTICIPANTS SURVEYED SAY  
BECAUSE OF OFP...

84%

I eat more vegetables  
and fruits per week

## GROW FOOD PEOPLE AND ORGANIZATIONS

From wherever the starting place is, we work with community leaders and organizations to foster hubs of community-based food actions.



“ Learning from OFP has helped me grow as a garden educator. Knowing that I have their support and access to their resources **gives me confidence to take on bigger projects.**”

## CHANGE THE CONVERSATION

We engage in thoughtful communication and outreach to surface important messages around food issues and stories of lived experience.



“ Taking part in the garden photovoice project gave me knowledge and **helped me have a voice.** It also enabled me to **help others find their voice,** tell their stories and helped them to increase their families' access to food.”



“ Because of OFP there are more policies that support food security.”

## LEAD THE FOOD MOVEMENT

Along with key partners, we provide leadership in food systems thinking and action, identifying timely opportunities, and enhancing our collective impact.

“ OFP has been **invaluable to the food movement** here in Halifax and throughout NS. It has brought much needed capacity and focus to areas of food. It has **inspired and motivated conversations and change.** It has made a difference.”

PARTNERS SURVEYED SAY BECAUSE OF OFP...

89%

The **IMPACT** of their project or organization has increased

100%

The **CAPACITY** of communities to develop food and garden initiatives has increased

100%

Knowledge of food security in **COMMUNITIES** has increased

100%

The profile of food security in the **MEDIA** has increased

89%

The profile of food security in the **GOVERNMENT** has increased

88%

**KNOWLEDGE** of policy process in communities has increased

83%

Community **ENGAGEMENT** with policy makers has increased



# THE OUR FOOD PROJECT Ecology Action Centre

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*This data is the result of the OFP's 2015 Annual Program Surveys with a total of 184 respondents across our diverse participants and partners.*