

Food and Water Security Course Module 1: Food Security and Insecurity Module 1 Overview Video Transcript

Hello everyone and welcome to Module 1!

In this week's module, we will begin by filling out an activity that I have posted to Canvas. It requires you to tell me what is in your grocery bag! Following this activity, I will analyze the results of what you sent to me and post the data in Canvas.

You will then be required to post one substantive question relating to this topic, “*What is food*” in the discussion forum and you will also reply to any two of your course participants or colleagues, substantive questions in the discussion forum with a substantive answer. A history of all discussions will be recorded in the discussion forum so that we will be able to read, reply to, and share in any topics that we raise over the duration of this course. I hope this will foster a great deal of reflection throughout the course.

Next, we will watch a YouTube video which looks at what food means to you and how you personally define it. Not all agriculture produces food, and not all food is produced by agriculture.

I will then introduce the definition of food security as I define it in my own research, followed by an article that will be posted for you to read of the same topic: (*What is*) *Food Security: A case study in Quebec*. Following this reading, I will introduce the topic of food insecurity, where I will provide definitions of food and security and several statistics on food insecurity globally, nationally and locally.

As a reminder, these recorded mini-lectures will be saved on Canvas and you will be able to access them at any time.

We will then watch a YouTube video that addresses the topic of Community Food Security, followed by reading from my doctoral dissertation, which delves into the various definitions of community food security.

In the final block of learning of this module, we will discuss Indigenous food security by reading an article that features Dawn Morrison and Indigenous scholar and leader that I follow as a knowledge keeper in the area of Indigenous food security and Indigenous food sovereignty, a concept that will be introduced at this point. We will then watch a mini lecture where I present data and concepts related to food insecurity. And finally, we will watch a webinar that features Dr. Valerie Tarasuk, who was one of Canada's premier researchers in food insecurity.

We will end this module with your reflections which can address how the topic of food security and insecurity and how that may impact you personally. I welcome your analysis of the theories that have been introduced and core concepts, ideas that I have presented this week. The reflections are guided, meaning that I offer some topics you may wish to reflect upon. Or perhaps



you may want to summarize your feelings about the material or raise any issues or questions that you may have about this module. These reflections can also include your thoughts about this course and what topics you would like to explore further. It is open-ended and unstructured but remember that questions are posted to guide you in your personal reflections.

Next to each activity in the course calendar, you will notice a time allotment for each activity. This is a suggestion for minimum time spent on each activity and does not mean that you cannot delve deeper into each topic or activity. And certainly if you wish to spend more time on each area of learning, you are welcome to do so as this course is intended to guide you in your personal goals for learning.

I would like to remind you that I'm available at any time to address any questions you may have about this course via Canvas e-mail. I look forward to this first module of weekly activities and to your responses in the participatory activities.

Thank you.

