

A photograph of the Aurora Borealis (Northern Lights) in shades of green and purple, glowing over a dark forest of evergreen trees. The sky is filled with vibrant, swirling bands of light, and the trees in the foreground are silhouetted against the bright display.

Food Mapping

*Adapted for use by the USask School Food Development Project
from Food Matters Manitoba resources*

Introduction

- What is food mapping?
- Why are we food mapping?
- How do we do food mapping?

LET'S MAP OUR COMMUNITY!

What is Food Mapping?

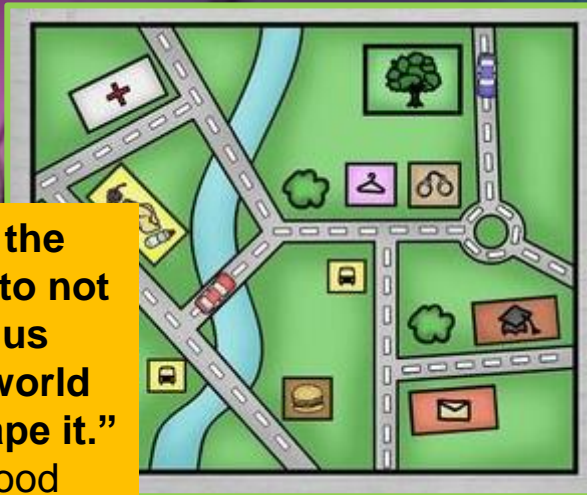
A food map is...

- Made by community members, because they know their community better than anybody else
- A map of all of the important places to get food in and around your community. It might include gardens, stores, restaurants, the school, traditional food, meal programs, good food boxes, etc.



Why Are We Making Food Maps?

- so that we can learn more about the food resources in our community and where and how we access them
- so that we have a list of resources to work from when creating our new School Food Programs and initiatives
- to encourage participants to think more about their food, where it comes from, and what roles food plays in their community (social, cultural, health, etc.)



“Maps have the unique ability to not only guide us through the world but also to shape it.”

–Mapping Food Matters

What is a food system?

“A food system includes all processes and infrastructure involved in feeding a population: growing, harvesting, processing, packaging, transporting, marketing, consumption, and disposal of food and food-related items.”

-Wikipedia

How Do We Do Food Mapping?

BUILDING YOUR COMMUNITY FOOD MAP

- Start with a big piece of paper, with a few common neighbourhood streets drawn out
- Each group starts adding to the map
 - smaller streets
 - places where you get your food - **think of everything!**
 - Stores and Businesses
 - Traditional food that is hunted or gathered in your community
 - Gardens and growing spaces
 - Good Food Box
 - Meal Programs (school, health centre, ICFS)

If you think of places you go to buy food that are NOT in your community you can include it on your page at the edge of your map – you can also add the driving distance, if you know it.

- Usually takes about an hour and a half
- Groups present back to each other at the end, make one complete map with everything on it

Let's try it!

1. Find a group
2. Draw a basic map of your community – don't worry, this isn't an art project, it doesn't have to be perfect!
3. Work with your team to brainstorm and record as much FOOD knowledge as you have about your community!

GO!

