

Food Actions in Spryfield

Urban Farm Museum Society

2000 – “Food in Spryfield: 1920’s to 1960, *An oral history*”

2002 – Cookbook “Foods of Spry’s Field: cooking and preserving, then and now”

2003/4 – Brochures: Vegetable Planting Times
Growing Soft Fruits
Saving Seeds

2005 – Poster: Eating local foods in season

Chebucto Connections

– Food for Life

2005 – Focus Groups – views on food

- “*Enough to Eat*” – presentation to HRM Planning
with Ecology Action Centre Food Action Committee

2006 – Food Asset Map – food related resources

- Food Directory – where to get food, e.g. food
banks, restaurants, grocery stores

- Food Survey – sources, eating/preparation,
growing

2007- demonstration Food Box

Breastfeeding Support Network

2007 – got breastfeeding added to Ecology Action Centre’s brochure, “Eating for a Better World”

2008-2010 – promoting breast-feeding project to increase rates and duration

Other Community Activities

Spryfield Community Garden – St. Paul's Family Resources Institute

Market Garden / Allotments / Teaching – Urban Farm Museum Society of Spryfield (UFMSS)

Greystone Community Garden – UFMSS

Chebucto Connections Community Kitchen

Would like to see

- A food charter for Halifax Regional Municipality (e.g. Toronto, Vancouver)
- A food charter for Nova Scotia and Canada
- Urban agriculture on HRM property (community gardens now allowed)
- HRM CD Staff support for all community gardens
- Home gardeners allowed to sell their produce
- Edible landscaping on public and private property
- Urban poultry and small animals
- Food-growing curriculum in our schools
- Rampant breastfeeding!