

FOOD4102 (Winter 2025)

Current Issues in Canadian Food Governance, Regulation and Policy

We, the people of the Faculty of Science at Carleton University, acknowledge that our campus is located on the traditional, unceded territories of the Algonquin Anishinabeg people. Miigwetch for your hospitality and stewardship of this territory and the teachings that come from it. We are grateful for this land, the air that we breathe, and the water that sustains us all as well as for the animals, plants and other living beings: these enable us to research, teach, mentor, support, study, and learn. We recognize our responsibility to our natural environment and to reconciliation with Indigenous peoples.

Course Instructor: Martha A. Healey

How to address me: Professor Healey

Gender Pronouns: she/her/hers

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Note: If you have questions or would like to speak with me, you can send an email, set up an appointment with me or approach me after class.

Best Ways to be in Touch: in class, via email, or by appointment

Student Hours: By appointment

Class Location: Please check Carleton Central for the room location.

Class Times: Thursdays, 8:35 – 11:25

Prerequisites: FOOD2003

Department/Unit: CHEMISTRY

A. Weekly Topics, Readings and Learning Outcomes

Instructor's Perspective

Change. We are seeing enormous change in the world these days – including advances in technology, increased complexity of research and development in the food and agricultural sectors and ever-changing social, political and economic conditions. Regulatory authorities in Canada are looking to keep up with these changes and ensure that Canada's laws, regulations and policies continue to reflect the current and future goals and needs of all sectors of Canadian society.

One of the key learning objectives for FOOD2003 was to develop an understanding of the basics of the regulation of food in Canada. Learning how to navigate Canada's regulatory system was also a critical component of that course. Advancing from that basic understanding, in FOOD4102, we will focus on looking at these issues from a broader regulatory/policy perspective. We will also be considering the role that scientific analysis plays in the regulatory process.

Today's issues as well as Canada's future needs are important drivers of change. An awareness of the current challenges and issues facing Canada is critical to understanding how changes to Canadian food policy and regulation might evolve.

It is my hope that this class serves as a forum for open and wide-ranging discussions about the important policy, safety, trade and security issues we will be discussing.

Course Description

Canada's food industry is one of the most highly regulated industries in Canada. At all sectors of this broad industry – from food development, production and distribution to retail sales, consumer access to food and post-access concerns – one or more levels of government have a hand in the regulation of the sector. An understanding of the regulation of the food industry – and the policies and regulatory objectives that underlie such regulation (including the primary objective of ensuring a safe and secure food supply system) – is essential to an understanding of the entire food industry. Canada also plays a significant role on the world stage – both as a supplier to foreign markets and as an importer of food from the international marketplace.

Changing technologies, increased food safety regulation, food innovation, food security and sustainability as well as emergency planning and ever more complicated economic and trade issues are among the issues that have fundamentally altered current thinking in the food sector. This course focuses on a number of these key issues with a view to exploring current food regulatory and policy issues

Weekly Topics and Readings (Tentative)

#	DATE	TOPIC	READINGS/VIDEOS (additional readings may be added)	SALT SUGAR FAT
1	January 9	Contextualizing the Course: Course Introduction and Overview of Student Assignments, Evaluation and Resources	<ol style="list-style-type: none"> 1. One federal authority for one food system: Kathleen Sullivan, Food in Canada, January 22, 2021, Online: https://www.foodincanada.com/features/one-federal-authority-for-one-food-system-the-latest-food-in-canada-policy-column-by-kathleen-sullivan/ 2. "Let them eat as much as they want. Big Sugar sponsors dietitians' favourable posts on social media. Experts say Canadian regulators need to intervene", Toronto Star, November 24, 2023: https://www.thestar.com/news/investigations/let-them-eat-as-much-as-they-want-big-sugar-sponsors-dietitians-favourable-posts-on/article_3fe6e2f3-b774-51a2-b94d-e335381fe6cd.html 3. Food Ingredients in the cosmetic space, Food In Canada, October 31, 2024: https://www.foodincanada.com/features/food-ingredients-in-the-cosmetic-space/ 	Prologue – pages xi – xxx
2	January 16	Review of Canadian food regulation/policy	<ol style="list-style-type: none"> 4. <i>Food Law and Policy in Canada: Heather McLeod-Kilmurray, Angela Lee and Nathalie Chalifour eds: Chapter 4: It's Complicated: Food and Federalism in Canada</i>, Donald E. Buckingham, pages 55 – 72 5. "Is that really ginger in your gingerbread? Food fraud is flourishing – and experts worry Canada isn't doing enough to stop it", Toronto Star, December 23, 2023: https://www.thestar.com/business/is-that-really-ginger-in-your-gingerbread-food-fraud-is-flourishing-and-experts-worry-canada/article_a80f3b62-9386-11ee-ad4d-4709454a44ae.html 	Chapter 1
3	January 23	The Covid-19 Pandemic and Food Regulatory and Policy Issues CLASS TIME USED TO WATCH VIDEO INDEPENDENTLY	<ol style="list-style-type: none"> 6. WATCH VIDEO: The National Academies of Sciences, Engineering, and Medicine – Board on Agriculture and Natural Resources Webinar: "COVID-19 and the Food and Agricultural System" (June 19, 2020): Video: Online: https://www.nationalacademies.org/event/06-19-2020/covid-19-and-the-food-and-agricultural-system (2 hours) *Students work independently on watching the video and on the Salt Sugar Fat reading/assignment* 	Chapters 2-3
4	January 30	Are we prepared for the next crisis? CLASS DISCUSSION	<ol style="list-style-type: none"> 7. The National Academies of Sciences, Engineering, and Medicine – Board on Agriculture and Natural Resources Webinar: "COVID-19 and the Food and Agricultural System" (June 19, 2020): Video (viewed on January 25) 8. Bill C-293: An Act respecting pandemic prevention and preparedness: https://www.parl.ca/LegisInfo/en/bill/44-1/c-293 	Chapter 4
5	February 6	Current Issues in Food Policy	<ol style="list-style-type: none"> 8. History of Canada's Food Guides from 1942 to 2007, Health Canada, 2019, Online: https://www.canada.ca/content/dam/hc-sc/documents/services/food-nutrition/canada-food-guide/resources/evidence/food-nutrients-health-interim-evidence-update-2018/26-18-2165-History%20of%20CFG-EN-06.pdf 9. Canada's Food Guide, Online: https://food-guide.canada.ca/en/ (Food Guide Snapshot only) 10. Eating Well with Canada's Food Guide – First Nations, Inuit and Métis: https://www.canada.ca/en/health-canada/services/canada-food-guide/about/history-food-guide/eating-well-canada-food-guide-first-nations-inuit-metis.html 11. The Final Report of the Truth and Reconciliation Commission, Volume 1, The History, Part 2: pages 237 – 300, online: https://ehprnh2mwo3.exactdn.com/wp-content/uploads/2021/01/Volume_1_History_Part_2_English_Web.pdf 	Chapters 5 – 6
6	February 13	Current Issues in Food Policy – completion	<ol style="list-style-type: none"> 12. Health Canada Consultation: Regulatory modernization of foods for special dietary use and infant foods: Proposal to Modernize the Foods for Special Dietary Use and Infant Foods: https://www.canada.ca/en/health-canada/programs/consultation-regulatory-modernization-foods-special-dietary-use-infant-foods/document.html - *Make sure you are reviewing the actual 	Chapters 7 -8

#	DATE	TOPIC	READINGS/VIDEOS (additional readings may be added)	SALT SUGAR FAT
			<p>proposal document found at the link* Please read the Executive Summary and Section 1 (Introduction), Section 2 (Background) and Section 3 (Description of Proposed Modernized Framework)</p> <p>13. "Bowled over: Why some Canadians are feeling duped by their breakfast cereal", CBC: January 9, 2024: https://www.cbc.ca/news/business/cereal-packaging-confusion-1.7076730</p>	
	Feb 17-21	No class – Winter Break	Winter Break	Winter Break
7	February 27	The intersection of policy and regulation in the Canadian food sector	<p>14. Bee Wilson: "How ultra-processed food took over your shopping basket" The Guardian: Online: https://www.theguardian.com/food/2020/feb/13/how-ultra-processed-food-took-over-your-shopping-basket-brazil-carlos-monteiro</p> <p>15. Nourish food marketing 2025 Trend Report – download (free of charge) from https://www.nourish.marketing/trend-report</p>	Chapter 9
8	March 6	Current Issues in Food Safety	<p>16. <i>Food Law and Policy in Canada: Heather McLeod-Kilmurray, Angela Lee and Nathalie Chalifour eds: Chapter 9: Food Safety, Kiri A. Latuskie & Jaco J. Shelley, pages 175 – 199</i></p> <p>17. <i>Food Law and Policy in Canada: Heather McLeod-Kilmurray, Angela Lee and Nathalie Chalifour eds: Chapter 10: Food Safety in Canada: Regulatory Approaches to Public Health, Sarah Berger Richardson, pages 201 – 220</i></p> <p>18. "An algorithm was supposed to fix Canada's food safety system. Instead, it missed a deadly listeria outbreak", Grant Robertson And Kathryn Blaze Baum, Globe and Mail, December 14, 2024: https://www.proquest.com/docview/3144302268?accountid=9894&parentSessionId=UeCmwEixt8nZ%2FaN7wHfK29cDB1SHDSyl%2FyQqh3AinVM%3D&sourceType=Blogs.%20Podcasts.%20%20Website</p>	Chapters 10
9	March 13	Independent Study Week	*Students work independently on the Salt Sugar Fat reading/assignment*	Chapter 11
10	March 20	Current Issues in Agricultural Trade	<p>19. Is there pesticide in your spaghetti? Canada's golden wheat reputation hangs on the outcome of a pasta war, Marie-Claude Lortie, Toronto Star: November 26, 2022: https://www.thestar.com/news/world/2022/11/26/is-there-pesticide-in-your-spaghetti-canadas-golden-wheat-reputation-hangs-on-the-outcome-of-a-pasta-war.html</p> <p>20. Alberta wheat farmers who prepared fields with glyphosate say their durum isn't sprayed – and worry about alternatives if controversial product is banned, Marie-Claude Lortie, Toronto Star: November 26, 2022: https://www.thestar.com/news/canada/2022/11/26/alberta-wheat-farmers-who-prepare-fields-with-glyphosate-say-their-durum-isnt-sprayed-and-worry-about-alternatives-if-controversial-product-is-banned.html</p> <p>21. How Stephen Harper and an Italian love of terroir drove Alberta farmers into a trade war, Marie-Claude Lortie, Toronto Star: November 27, 2022: https://www.thestar.com/news/insight/2022/11/27/should-canada-even-be-growing-durum-wheat-in-italy-wheat-is-sown-in-the-autumn-and-harvested-when-its-warm-and-dry-in-june-in-canada-wheat-is-sowed-in-march-and-harvest-in-wet-september.html</p> <p>22. Bill C-282: An Act to amend the Department of Foreign Affairs, Trade and Development Act (supply management): https://www.parl.ca/DocumentViewer/en/44-1/bill/C-282/third-reading</p>	Chapter 12
11	March 27	Independent Study Week	*Students work independently on the Salt Sugar Fat reading/assignment*	Chapter 13
12	April 3	The Future of Food/Food Policy in Canada and Final Salt Sugar Fat discussion	<p>23. <i>Food Law and Policy in Canada: Heather McLeod-Kilmurray, Angela Lee and Nathalie Chalifour eds: Chapter 6: Food Systems and Sustainability, Heather McLeod-Kilmurray, and Nathalie Chalifour, pages 93 – 112</i></p>	Chapter 14 (and Epilogue)

Learning Outcomes for FOOD4102

#	OUTCOME	DESCRIPTION	APPLICATION
1	Explain the framework of Canadian food regulation	<ol style="list-style-type: none"> Describe the distinction between federal and provincial regulatory powers Identify key federal/provincial departments, agencies and regulators and their roles Describe food chain regulation (from innovation to end consumer) Explain the basic laws/regulations governing the regulation of food in Canada and describe how those laws/regulations apply to the food industry 	<ul style="list-style-type: none"> Find the Law and Policy Assignment Participation
2	Develop a regulatory compliance response	<ol style="list-style-type: none"> Review and identify regulatory food problem or policy issues from case study Identify and analyze problem areas/areas of non-compliance Identify/develop solutions and response action plan 	<ul style="list-style-type: none"> Find the Law and Policy Assignment
3	Critically assess policy/regulatory /social developments relating to food regulatory/food policy issues	<ol style="list-style-type: none"> Identify key news sources for food regulatory and food policy news Integrate science/non-science information and facts to present to non-scientific audience Identify the polycentric nature of food regulatory and food policy issues through assessment, critical review and issue interpretation and discussion 	<ul style="list-style-type: none"> News of the Day SSF Reflection SSF Chapter discussions Participation
4	Solve food regulatory issues	<ol style="list-style-type: none"> Define applicable laws/regulations applicable to food regulation and food policy issues Identify and analyze food issue problem against applicable regulatory framework Identify/create food problem options/solutions Communicate the issue and resolution in written format Identify/develop process for solving regulatory issues/identifying response solutions 	<ul style="list-style-type: none"> Find the Law and Policy Assignment
5	Display ongoing critical/reflective interest in evolving food regulation/policy and student's educational progress	<ol style="list-style-type: none"> Participate in class discussions, drawing on insights from readings/current events Track current developments in a food policy/regulation issues Present an evaluative perspective on news items Comment on current writing in the food industry 	<ul style="list-style-type: none"> News of the Day SSF Reflection SSF Chapter discussions

B. Assessments, Assignments and Key Dates

ASSIGNMENT	%	DATE
Find the Law and Policy Assignment	30	March 13
Salt Sugar Fat Book Review – Reflection	30	April 8
Class Participation (News of the day, class discussions, SSF Chapter discussion, etc.) (Rubric)	10	Ongoing
Chapter Discussion Lead – SSF chapter	10	Ongoing
Class Preparedness Assignments	20	January 30 (5%) February 13 (5%) March 6 (10%)
TOTAL	100	

C. Late and Missed Work Policies and Participation

Late or Missed Work

All assignments are mandatory. Students who do not complete, or who do not complete on time, an assignment will be awarded a grade of zero (0) for the assignment unless the instructor is contacted within 24 hours of missing the assignment due date with a valid reason for failing to complete the assignment within the set timeframe. A make-up assignment or an extension of time for an assignment (to be determined by the instructor and at the discretion of the instructor) will be permitted under two conditions only: serious illness or bereavement. Acceptable documentation to validate the condition for the missed/incomplete assignment may be required.

In some cases, **no** make-up assignment will be possible – this would include assignments where the assignment or subject matter of the assignment will be discussed in class - such as, for example, class preparation questions, or the find the law assignment. **As the class preparedness assignments and the find the law assignment are discussed in class, failure to submit the assignment on time will result in a grade of zero (0) for the assignment.**

Academic Consideration for Coursework Form: <https://carleton.ca/registrar/academic-consideration-coursework-form/>

Long Term Academic Consideration Form: <https://payments.carleton.ca/registrar/long-term-academic-considerations-for-coursework/>

Participation

Ten (10%) percent of each student's final grade for this course is attributed to in-class participation. The participation mark will be based on active and positive participation during class/class discussions over the course of the semester. Participation marks are earned throughout the course of the semester – each student starts with zero (0) participation marks at the beginning of the course.

Student participation is assessed based on the on-going quality and relevance of the participation, not on the quantity of student interjections. A participation grading rubric will be posted.

D. Learning Material(s) and Other Course Resources

Learning Material	Purchase Options	Approximate Cost
Salt Sugar Fat: How the Food Giants Hooked Us (Michael Moss, Random House, 2013)	<ul style="list-style-type: none"> • Campus Bookstore • Through local bookstores • Amazon 	\$22.00 NOTE: All students must obtain a hard copy of the text. A digital version will not be acceptable for course or assignment

Learning Material	Purchase Options	Approximate Cost
		purposes. A second-hand copy of the text may be purchased.
Food Law and Policy in Canada (Heather McLeod-Kilmurray, Angela Lee and Nathalie Chalifour eds, Thomson Reuters, 2019)	Selected chapters used for the course will be posted on ARES	Resource will be made available to students through ARES. No incremental cost to student.
Global Food Systems, Diets, and Nutrition (Jessica Fanzo and Clarie Davis, Palgrave Studies in Agricultural Economics and Food Policy, 2021)	Selected chapter used for the course will be posted on ARES	Resource will be made available to students through ARES. No incremental cost to student.

E. Academic Accommodations and Regulations

Accommodation Request Processes

Carleton is committed to providing academic accessibility for all individuals. You may need special arrangements to meet your academic obligations during the term. The accommodation request processes are outlined on the Academic Accommodations website (<https://students.carleton.ca/course-outline/>).

Academic Integrity and The Use of Artificial Intelligence Resources

Carleton University maintains and enforces a comprehensive policy on academic integrity. Please visit the following link and read the policy in detail. It is your responsibility to understand the integrity standards and to abide by them.

Link: <https://carleton.ca/secretariat/wp-content/uploads/Academic-Integrity-Policy-2021.pdf>

Students are expected to uphold the values of academic integrity, which include fairness, honesty, trust, and responsibility. Examples of actions that compromise these values include but are not limited to plagiarism, accessing unauthorized sites for assignments or tests, unauthorized collaboration on assignments or exams, and using artificial intelligence tools such as ChatGPT when your assessment instructions say it is not permitted.

Misconduct in scholarly activity will not be tolerated and will result in consequences as outlined in [Carleton University's Academic Integrity Policy](#). A list of standard sanctions in the Faculty of Science can be found [here](#).

Additional details about this process can be found on [the Faculty of Science Academic Integrity website](#).

Everything you submit for evaluation (i.e., assignments, quizzes, tutorials, examinations, etc.) must be the result of your own work and only your own work. If you use more than five consecutive words from a single source without providing a valid reference, then that is considered plagiarism and an example of academic misconduct.

References to any material you use but did not originate must use the IEEE/APA/MLA citation style. Failure to reference materials correctly can result in severe penalties, and the use of manufactured (i.e., falsified) or misleading references will be treated as evidence of plagiarism and considered academic misconduct.

The assignments for this course were designed to be completed by an individual working alone. Unless it is explicitly stated otherwise, the use of any artificial intelligence based tools will be considered academic misconduct. This includes, but is not limited to, chatbots (e.g., ChatGPT, Google Bard, Bing Chart), research assistants (e.g., Elicit), and image generators (e.g., Stable

Diffusion, Dall-E), etc. An exception to the above rule is made for automated grammar and punctuation checking tools (such as Grammarly).

Class Communications

This course will be supported by Brightspace. It will be used to post announcements, lecture material and marks. Students should ensure they sign-on to Brightspace during the first week of classes and refer to the Brightspace page for this course on a weekly basis. Failure to check Brightspace and/or electronic communications will not be accepted as an excuse for not meeting the requirements of this course. All assignments must be submitted online through Brightspace. **Assignments submitted by email will not be accepted.**

Copyright And Privacy

Classroom teaching and learning activities, including lectures, discussions, presentations, etc., by both instructors and students, are copy protected and remain the intellectual property of their respective author(s). All course materials, including PowerPoint presentations, outlines, and other materials, are also protected by copyright and remain the intellectual property of their respective author(s).

Students registered in the course may take notes and make copies of course materials for their own educational use only. Students are not permitted to reproduce or distribute lecture notes and course materials publicly for commercial or non-commercial purposes without express written consent from the copyright holder(s).

Open discussion and a free exchange of ideas is one of the goals of this class. To protect the privacy of all students, and to facilitate such discussions, students are prohibited from taking photographs in, or making any recordings of, the class or any discussions in class.

Student Rights & Responsibilities

Students are expected to act responsibly and engage respectfully with other students and members of the Carleton and the broader community. See the [7 Rights and Responsibilities Policy](#) for details regarding the expectations of non-academic behaviour of students. Those who participate with another student in the commission of an infraction of this Policy will also be held liable for their actions.

Mental Health and Wellness:

As a student you may experience a range of mental health challenges that significantly impact your academic success and overall well-being. If you need help, please speak to someone. There are numerous resources available both on- and off-campus to support you. For more information, please consult <https://wellness.carleton.ca/>.

Assistance for Students

Writing and Learning Support: <https://carleton.ca/csas/support/>
Peer Assisted Study Sessions (PASS): <https://carleton.ca/csas/pass/>
Math Tutorial Centre: <https://carleton.ca/math/math-tutorial-centre/>
Science Student Success Centre: <https://sssc.carleton.ca/>