



Food for Thought

Creating community & building resilience through food

The following is an excerpt from a transcript from the *Rideau Hub X Conference for Community Agriculture*:

Eben De Shane-Gill
Camryn O'Donnell

(MC) "Welcome everyone! I'm pleased to introduce the executive committee of the Rideau Hub, leaders in urban food security and our gracious hosts, please give them a round of applause."

(Exec 1; Coordinator) "Thanks so much for coming. The Rideau Hub is a community cooperative that's focus is on providing food services from farm to table to compost. We do everything here from urban farming to community food exchanges. We also have a food pantry, seed library, and a number of workshops and initiatives for people to learn and share knowledge on agriculture and environmental resilience."

Q: What's your mission as an organization and what does that mean to you?

(Exec 3; Outreach) "Our centre started with a focus on meeting the needs of our community, but as we grew, we realized the potential for becoming a center for food security in our area. Building off the partnerships we had created, we were able to transform Rideau Hub into a place where people came together to to grow, share, and teach food. So for me the Rideau Hub

represents almost a second home.

(Exec 1) "I agree— our mission is not to just provide the bare minimum, but be able to provide people with a means of agency over their lives. We want to cultivate an environment where people can take joy in the experience of eating food, and everyone feels as though their contributions are important.

(Exec 2; Farmer) "To add to that, food is not just about sustenance or survival- it's an integral part of our lives as human beings and we believe that everyone has the right to have access to that."

Q: How have you seen the Rideau Hub's projects impact the community?

(Exec 2) Small correction there; the Rideau Hub is the community. But we've really seen a shift [in our community] towards being more open about self expression, sharing expertise and growing closer through learning about each other's differences. The community members have shown an incredible amount of enthusiasm in exchanging cultural knowledge, that to us the impact is not simply from the initiatives we've run, but how the Rideau Hub has become a reflection of a flourishing community and its values.