Food and Culture

FOOD MOVEMENTS

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Food for Thought

How do you harvest seeds from a carrot?



Carrot flowers appear in year two



The first-year root is food. After winter, the plant can flower and produce seeds.

Home Experiments

Plant?

Sourdough?

Bread?

Microgreens?



Basic Sourdough Bread (aka San Francisco Sourdough)

Makes two 1½-pound (680g) loaves

Note: The amount of water in this starter will depend on how firm or wet you keep your barm mother starter. Adjust the water, as needed, according to the instructions.

MEASURE	OUNCES	GRAMS	INGREDIENTS	%
FIRM STARTER (DAY 1)				
⅔ cup	4	113	barm (mother starter), page 241	88.3
1 cup	4.5	128	unbleached bread flour	100
2 to 4 tablespoons	1 to 2	28 to 57	water	22 to 44
TOTAL				210.3 to 232.3
FINAL DOUGH (DAY 2)				
4½ cups	20.25	574	unbleached bread flour or other flour combination (see page 246)	100
2 teaspoons	0.5	14	salt	2.44
Use all	9.5 ounces (approx.)	269 (approx.)	firm starter	47
1¾ cups	14	397	water, lukewarm (90°F to 100°F/32°C to 38°C)	69
All-purpose or bread flour, semolina, or cornmeal for dusting				
TOTAL				218.4
TOTAL DOUGH FORMULA AND %				
	OUNCES	**GRAMS**	**INGREDIENTS**	**%**
	25	709	bread flour	100
	0.44	12.5	salt	1.9
			(instant yeast, see Grace Note, page 246)	
	18.75	532	water	68.25
TOTAL				170.15

BREAD PROFILE
Lean, standard dough; indirect method; wild yeast

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DAYS TO MAKE: 2 OR 3
DAY 1: 5 hours firm starter

DAY 2: 1 hour to de-chill firm starter; 15 to 17 minutes mixing; 5 to 8 hours stretch and fold, fermentation, shaping, and proofing; 25 to 35 minutes baking (day 2 or 3)

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COMMENTARY
This dough is made with a three-build method: barm to firm starter (also called, in some bakeries, the *levain* or *chef*) to final dough. As noted earlier, this process could go on to four, five, or six builds, but by using cold fermentation (retarding), we develop maximum flavor without all the intermediate builds.

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Feel free to veer from this method and modify either the technique or the ingredients as you see fit. Consult the Grace Note for a number of options, but only your imagination limits the full range of possibilities.

1 Day 1: To make the firm starter, remove the barm from the refrigerator 1 hour before you plan to make the firm starter and measure the barm. To measure it, dip a ⅔-cup measuring cup into a bowl of water, then scoop the cup into the barm, filling it (the wet cup will ensure the barm slides out easily). Or weigh the barm in a bowl on a scale. Transfer the measured barm to a small bowl, cover with a towel or plastic wrap, and allow it to warm up for 1 hour.

2 Add the flour to the bowl and mix the barm and the flour together, adding only enough additional water to allow you to knead the mixture into a small ball that has about the same texture as French bread dough (the amount of water will depend on whether you keep a wet or firm barm). You do not need to work this very long, just until all the flour is hydrated and the barm is evenly distributed. Lightly oil a small bowl or mist the inside of a plastic bag with spray oil, and place the starter in the bowl or bag, turning to coat it with oil. Cover the bowl or seal the bag.

GRACE NOTE

VARIATIONS OF SOURDOUGH INGREDIENTS AND METHODS

Some bakers prefer to work exclusively with firm starters, keeping even the mother starter in a firm state. Professional bakers like this because they can throw the firm piece easily into a mixer for either refreshing or elaborating. It is less messy than working with big batches of wet sponge. One of my baking friends, Keith Giusto of Central Milling in Petaluma, keeps his mother starter as a very dry, firm dough, like bagel dough. This makes it not only easy to transport and handle (assuming you have a mixer capable of handling such stiff dough) but also ensures a more sour bread, for those who like it extra sour. Acetic bacteria prefer the denser, less-aerated environment of the firm starter; lactic bacteria prefer the wetter sponge of the barm method. Home bakers, I find, prefer keeping a wet sponge (barm), as it is easy to refresh and keep track of it in small batches. However, if you prefer to use the firm starter system, simply reduce the water weight to 50 to 60 percent of the flour weight when you refresh your mother starter and then make your elaborations.

It is also perfectly acceptable to make your final dough directly from the barm (as long as it has been refreshed within the past 3 days). You will have to diminish the water in the final dough to compensate for the wetness of the barm, but otherwise you can proceed with an equal amount of barm for firm starter.

To spike the dough with commercial yeast, which guarantees a 1½- to 2-hour first fermentation and a 1- to 1½-hour final proofing (and a less sour flavor), add up to 1½ teaspoons instant yeast (0.17 ounce/5g) to the final dough.

You can substitute other types of flour, including whole wheat flour, for some or all of the high-gluten or bread flour. A classic French *pain au levain* includes about 10 percent whole wheat or whole rye flour (or a combination of each—about ½ cup/2.5 ounces/64g total).

You can make a *meteil* rye bread (less than 50 percent rye flour), or a *seigle* rye bread (more than 50 percent rye flour), by substituting the desired amount of rye flour, either white rye or a blend of white and whole rye or pumpernickel

3 Ferment at room temperature for 4 to 6 hours, or until the starter has at least doubled in size. If necessary, give it additional time, checking every hour or so. Then, put it into the refrigerator overnight.

4 Day 2: To make the final dough, remove the firm starter from the refrigerator 1 hour before making the dough. Cut it into about 10 small pieces with a pastry scraper or serrated knife. Mist with spray oil, cover with a towel or plastic wrap, and let sit for 1 hour to take off the chill.

5 Stir together the flour and salt in a 4-quart mixing bowl (or in the bowl of an electric mixer). Add the starter pieces and water. Stir with a large metal spoon (or mix on low speed with the dough hook) to bring everything together into a ball.

grind. This can be done either in the final dough or in the firm starter (or you can use a rye barm; see the formula for 100% Sourdough Rye Bread on page 253).

You can add roasted garlic; lightly toasted walnuts, sunflower seeds, pecans, or other nuts and seeds of your choice; raisins and other dried fruits; or cheese. The standard amount is about 40 percent of the final flour weight. It is best to add these ingredients during the final 2 minutes of mixing to protect against breaking them up too small. My all-time favorite is a blue cheese and walnut bread with 25 percent toasted walnuts and 15 to 20 percent crumbled blue cheese (firm, not creamy), adding the walnuts during the last 2 minutes of kneading and carefully folding in the blue cheese by hand at the end of kneading during the stretch and fold process. You can do this by flattening the dough and sprinkling one-third of the cheese over the top, then rolling it up and repeating this two more times until all the cheese is incorporated. If you are using salty cheese, such as blue, feta, or Parmesan, reduce the salt in the formula by 25 percent (to 1½ teaspoons). Incidentally, the oil from the walnuts will turn the dough a burgundy color and the delicious flavor of the walnuts will permeate the entire loaf.

Cooked potatoes can be used to tenderize and flavor the dough. Use a ratio of 25 percent potatoes to flour in the final build.

Fresh herbs can be used to taste. Hand roll them into the dough as you would blue cheese. Dried herbs and spices, such as *herbes de Provence*, cumin, and oregano, can also be used, but with a gentle touch, as these flavors can easily dominate.

It is just as valid to make rustic, wet-dough breads with wild-yeast starters as it is to use commercial yeast and yeast pre-ferments, or to use the mixed, or spiked, method. Substitute an equal amount of barm (this is a perfect time to build the dough directly from barm) for the *poolish*. You can add commercial yeast (or not) during the final dough stage, bearing in mind that spiking it with yeast will allow you to make the bread on the same schedule as already written in the instructions.

If you make pure wild-yeast rustic bread (no commercial yeast at all), you will have to give the dough a 3- to 4-hour bulk fermentation and a 1½-hour final proofing. You can make any of the rustic variations, from ciabatta to pugliese to focaccia, with this dough.

6 Sprinkle the counter with flour (or use the oil slick method, as described on page 59), transfer the dough to the counter, and knead by hand for 8 to 10 minutes (or mix with the dough hook on medium-low speed for 4 minutes, allow the dough to rest for 5 to 10 minutes, and then mix for 2 to 4 additional minutes). Adjust the water or flour as needed. The dough should be firm but supple and tacky, like French bread dough. It should pass the windowpane test (page 61) and register 77°F to 81°F (25°C to 27°C). Lightly oil a large bowl and transfer the dough to the bowl, rolling it around to coat it with oil. Cover the bowl with plastic wrap. After 20 minutes, stretch and fold the dough (see page 59) and return it to the covered bowl. Repeat two more times at 20-minute intervals, each time returning the dough to the covered bowl.

7 Ferment at room temperature for 3 to 4 hours, or until the dough has nearly doubled in size.

8 Gently remove the dough from the bowl and divide it into 2 equal pieces (about 22 ounces/624g each), being careful to degas the dough as little as possible. Gently shape the dough into *boules*, *bâtards*, or baguettes, as shown on pages 76 to 91.

9 Proof the dough in *bannetons* or proofing bowls, on *couches*, or on parchment-lined sheet pans that have been dusted with semolina or cornmeal (see pages 32 to 35). Regardless of the method, mist the exposed part of the dough with spray oil and loosely cover the dough with a towel or plastic wrap, or slip the pans into a food-grade plastic bag. At this point you can either proof the loaves for 2 to 4 hours, or until they have risen to about 1½ times in size or retard overnight in the refrigerator. If retarding them, remove them from the refrigerator approximately 4 hours before you plan to bake them to allow them to proof.

10 Prepare the oven for hearth baking as described on page 97, making sure to have a steam pan in place. Preheat the oven to 500°F (260°C). Carefully remove the towel or plastic wrap from the dough, or slip the pan from the bag, 10 minutes before baking.

11 Generously dust a peel or the back of a sheet pan with flour, semolina, or cornmeal and gently transfer the dough to the peel or pan, carefully removing the cloth liner from the top of the dough for dough proofed in a bowl. (If the dough was proofed on a sheet pan, it can be baked directly on that pan.) Score the dough as shown on page 96. Slide the dough onto the baking stone (or bake directly on the sheet pan). Pour 1 cup hot water into the steam pan and close the door. After 30 seconds, spray the oven walls with water and close the door. Repeat twice more at 30-second intervals. After the final spray, lower the oven setting to 450°F (232°C) and bake for 13 minutes. Rotate the loaves 180 degrees, if necessary, for even baking and continue baking for another 12 to 22 minutes, or until the loaves are done. They should register 205°F (96°C) in the center, be a rich golden brown all over, and sound hollow when thumped on the bottom.

12 Transfer the finished loaves to a rack and let cool for at least 45 minutes before slicing or serving.

What's Wrong With Industrial Food Systems

Please describe the current food related crises?

- Social crises
- Ecological crises
- Economic crises

Harms of the Global Food System

Food insecurity – billions of people without access to healthy food!
Pesticides kill pollinators – fruits need bees!
Lack of food sovereignty – peasants and farmers are being affected by trade agreements and food dumping!
GMOs and privatization – restricted access!
Cost on farmers – family farms are not sustainable!
Reduction of biodiversity – we are destroying nature!
Unwanted genetics spreading onto non-GMO farms – lawsuits!
Loss of Indigenous farming methods – on stolen land!
Soil arability – we are killing our soil!
Creating dead zones in waterways – we are polluting our water!
Corporate concentration of agribusinesses – former war companies are now food chemical companies!
Health – our food contains toxins!
Carbon intensive practices – agroecology and permaculture methods can sequester carbons!
Structural racism, colonialism and patriarchy – glaring systemic issues!
Rising cost of seed and chemicals – we don't need to buy seeds!
Research funding being directed to GMOs instead of traditional breeding methods – 'science' is not only about GMOs!
Pest and weed resistance to Bt crops and glyphosate!

There are so many more issues!

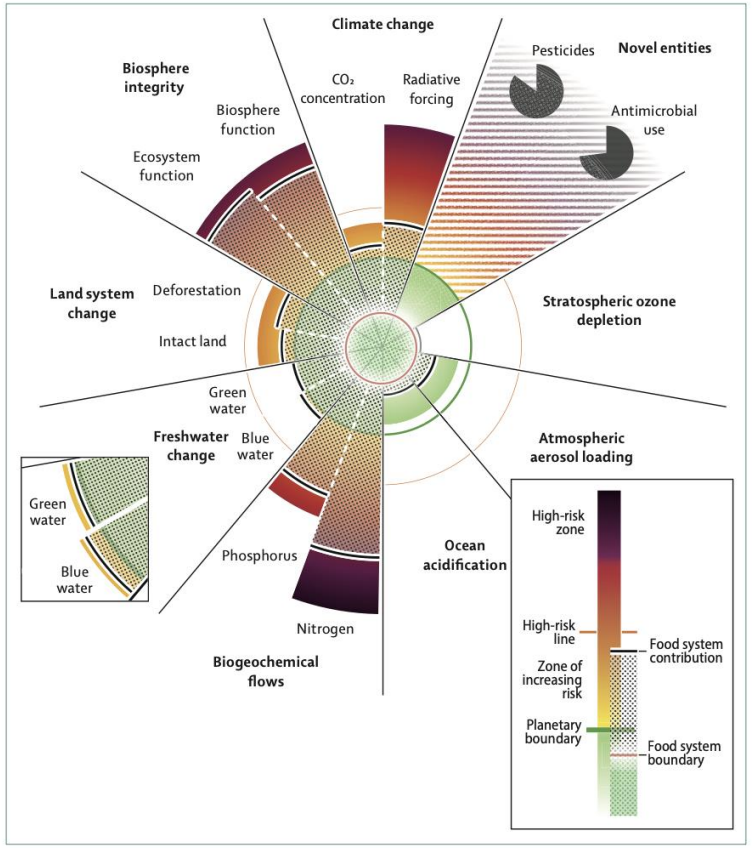
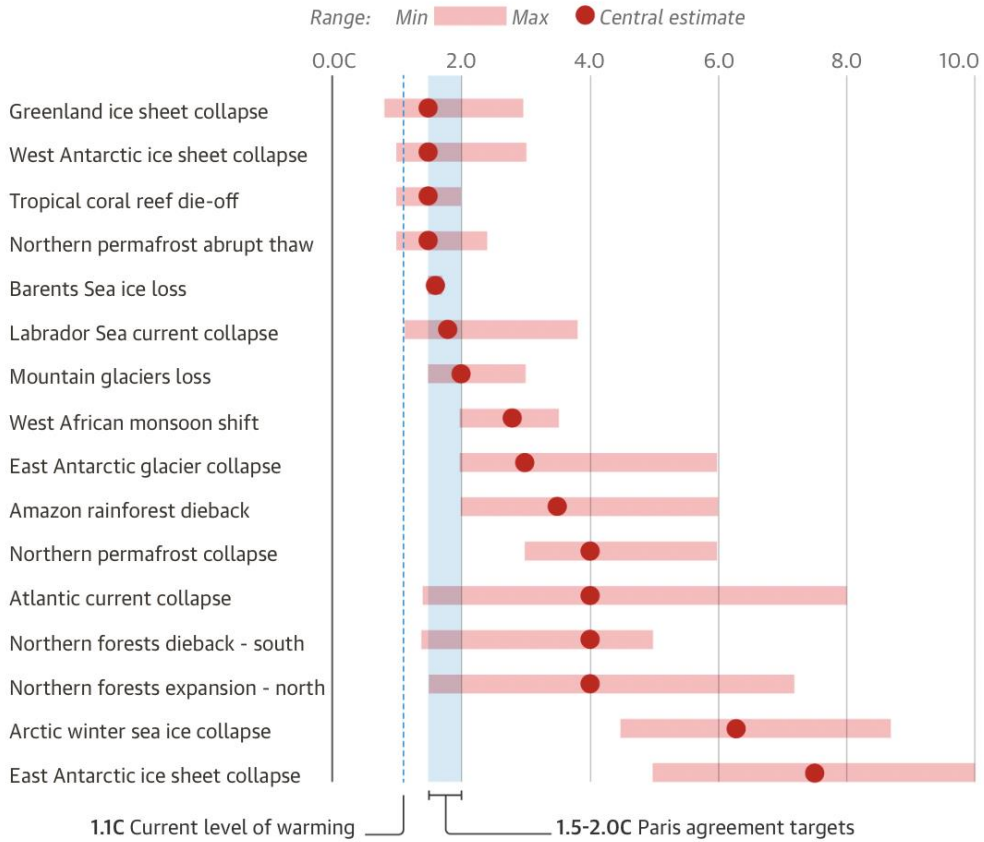


Figure 1: **Status of food system pressures across all nine planetary boundaries (indicated by the black dotted pattern) and the food system boundaries (red line)**

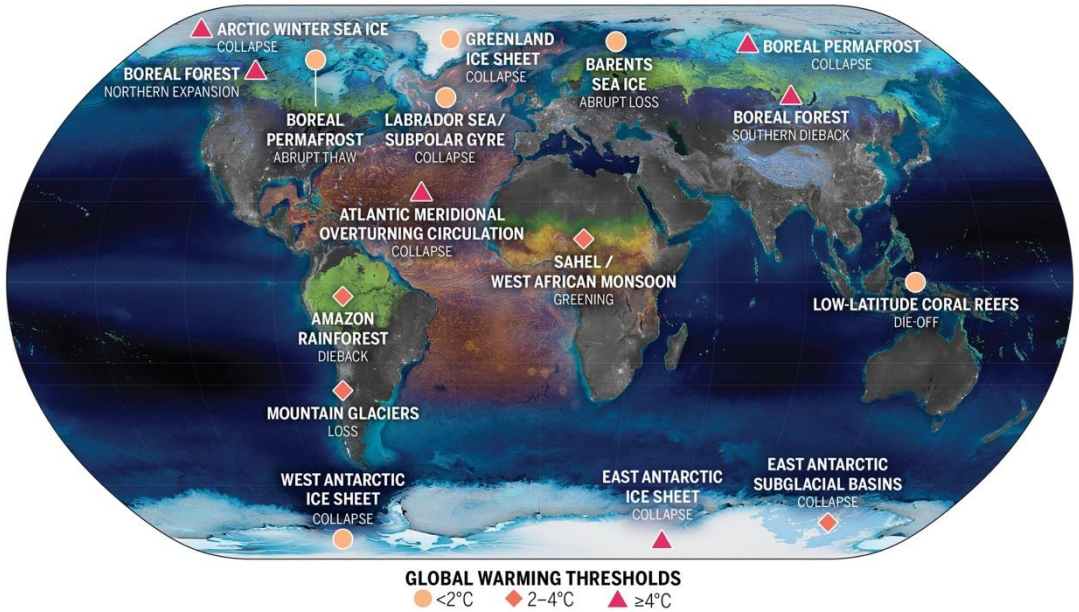
The food system boundaries are normalised in relation to planetary boundaries (green sphere). The radar plot is adapted with permission from Richardson et al (data)[14] and Rockström et al (visual).[15] The food system contribution (in percentages) is projected based on the wedges' lengths, starting from the planetary boundary for the six transgressed boundaries, and the food boundary for the three other boundaries (see te Wierik et al[16] for details). The food system's contributions to pesticides and antimicrobial use are shown as pie charts (with the food system share in grey) within the larger set of all novel entities (which were previously unquantified). Note that CO_2 concentration is provided in terms of CO_2 equivalents, as in table 2. Adapted from te Wierik et al.[16]

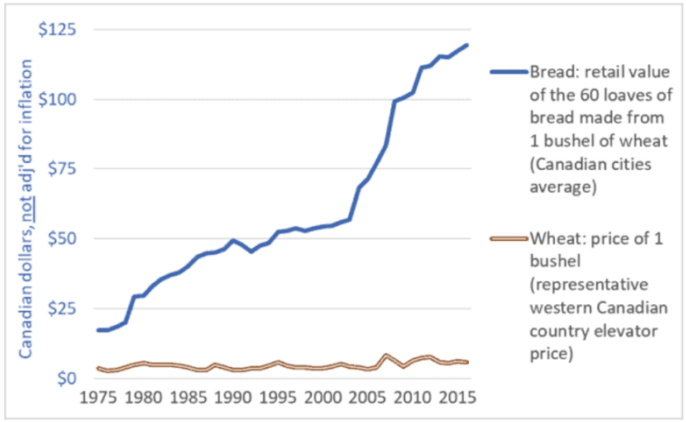
The risk of climate tipping points is rising rapidly as the world heats up

Estimated range of global heating needed to pass tipping point temperature

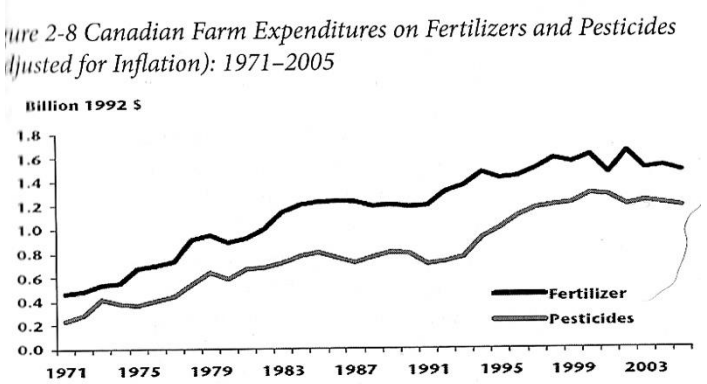


Guardian graphic. Source: Armstrong McKay et al, Science, 2022. Note: Current global heating temperature rise 1.1C Paris agreement targets 1.5-2.0C



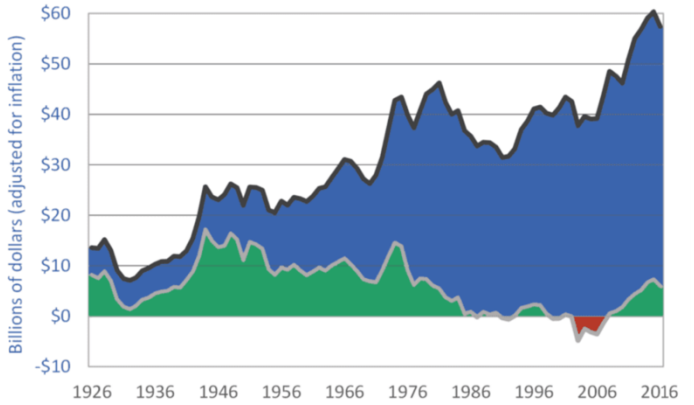


Canadian retail store bread price and farm-gate wheat price, 1975-2016



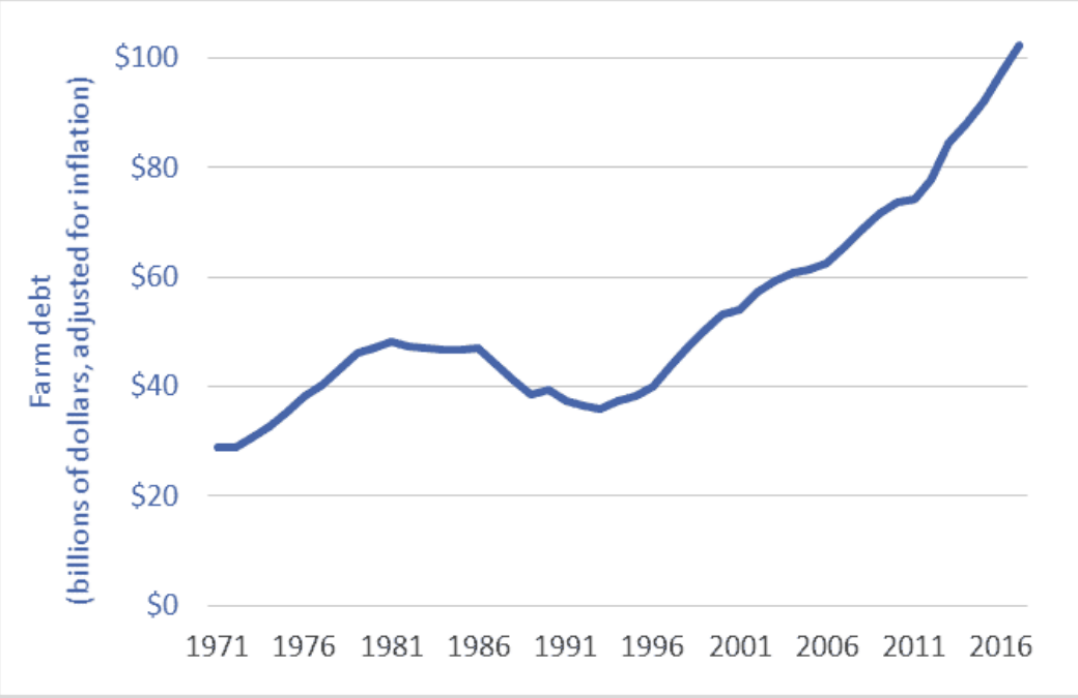
ure 2-8 Canadian Farm Expenditures on Fertilizers and Pesticides djusted for Inflation): 1971–2005

urces: Agriculture and Agri-Food Canada, *An Overview of the Canadian riculture and Agri-Food System: 2007*, p. 124.

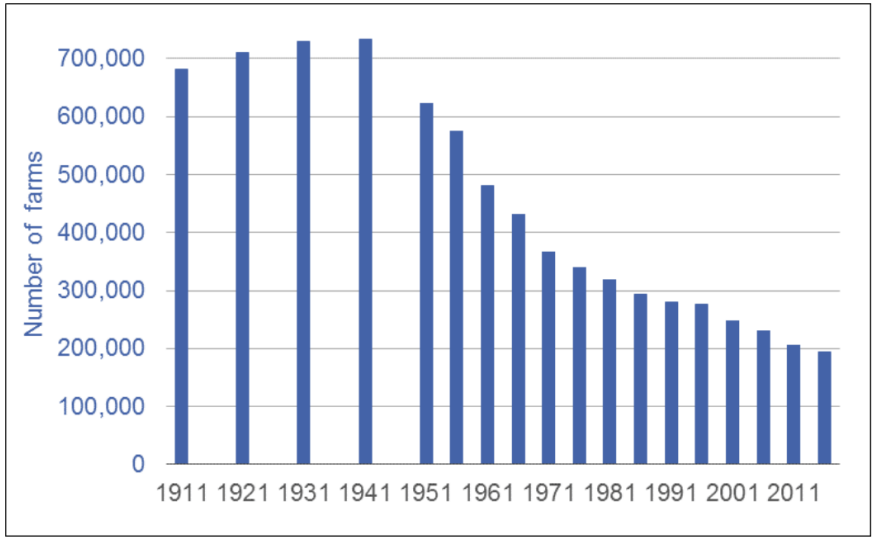


Canadian net farm income and gross revenue, inflation adjusted, net of government payments, 1926–2016.

The Global Food System is Not Economically Viable

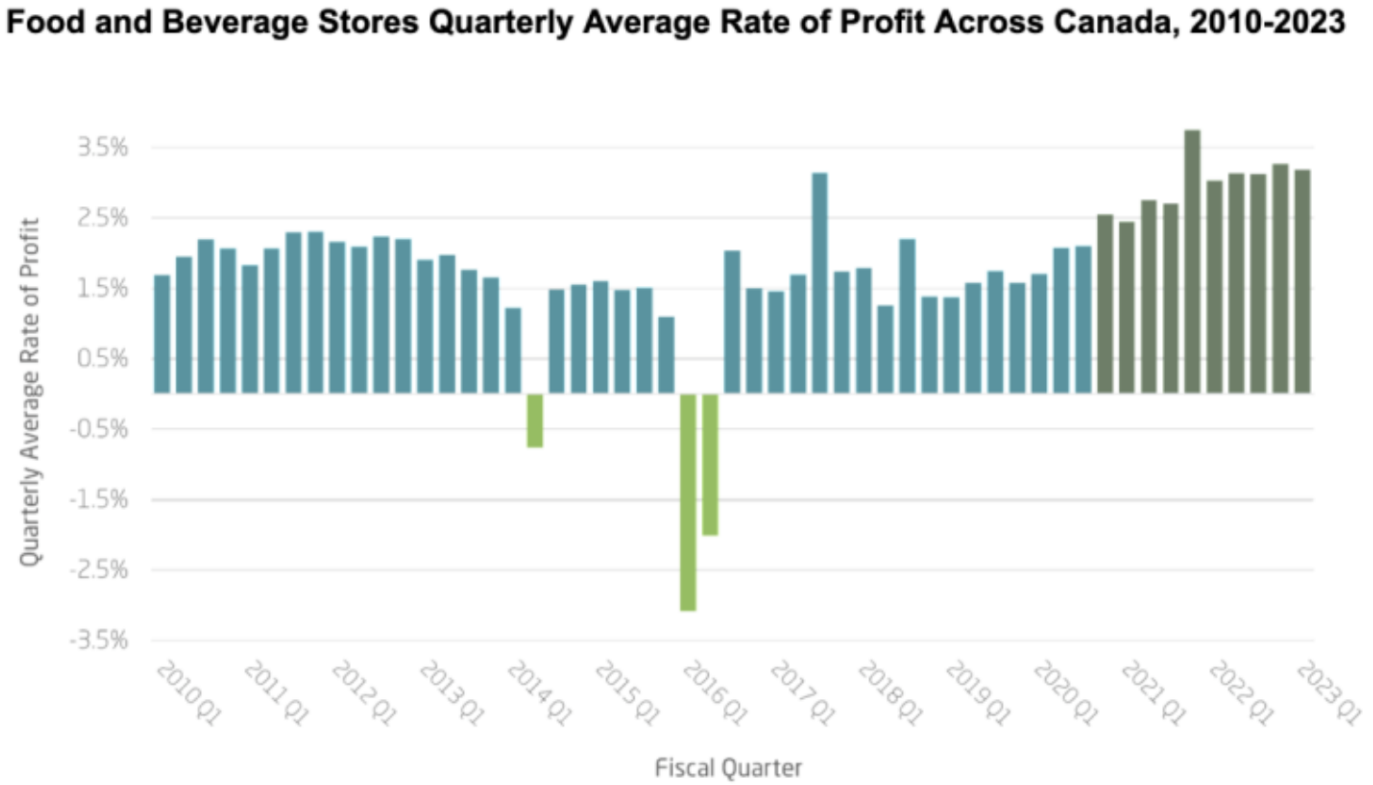


Losing the farm(s): Census data on the number of farms in Canada



Number of farms in Canada, Census years, 1911 to 2016

The Global Food System is Not Economically Viable

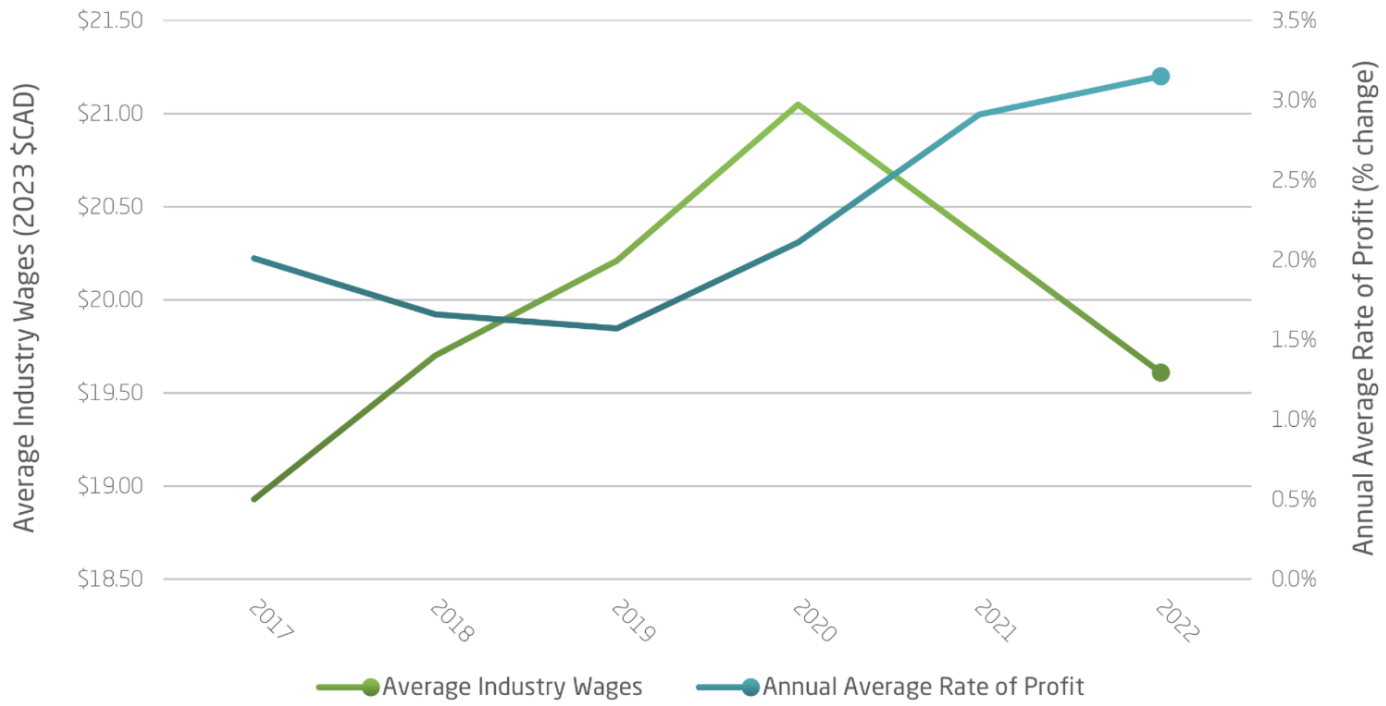


Statistics Canada. Table 33-10-0225-01 quarterly balance sheet, income statement and selected financial ratios, by non-financial industries, non seasonally adjusted (x 1,000,000). Chart from *Canadian Grocery Profitability: Inflation, Wages and Financialization*, Broadbent Institute, 2023.

FOOD PRICE INFLATION

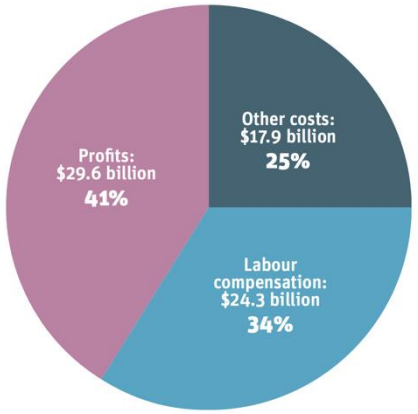
FOOD PRICE INFLATION

Chart 3 – Food and Beverage Stores: Annual Real Wages (2023 $CAD) vs. Annual Rate of Firm Profits Across Canada, 2018-2022



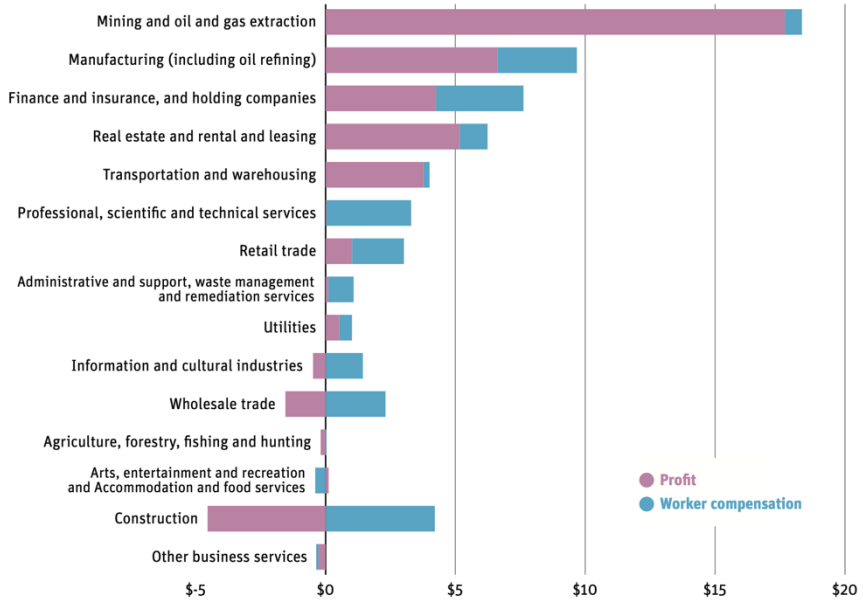
Statistics Canada. Table 14-10-0209-01 Average hourly earnings (including overtime) for salaried employees, by industry, monthly, unadjusted for seasonality; Statistics Canada. Table 18-10-0004-13 Consumer Price Index by product group, monthly, percentage change, not seasonally adjusted, Canada, provinces, Whitehorse, Yellowknife and Iqaluit; Statistics Canada. Table 33-10-0225-01 Quarterly balance sheet, income statement and selected financial ratios, by non-financial industries, non seasonally adjusted (x 1,000,000)

FIGURE 2 Where inflation dollars paid to the corporate sector went ($bil, Q3 2020 vs Q3 2022)



Notes Includes only the business sector. Represents the increase in costs in each category after adjusting for real GDP growth in the business sector through the creation of unit labour costs, unit profits and unit other costs. See the methodology section. Dollar figures represent the cumulative percentage change in prices on a quarterly basis. Time frame goes from the third quarter 2020 through to the third quarter 2022.
Source See Table 2 for Statistics Canada table sources and the methodology section for calculations.

FIGURE 4 Where inflation dollars in third quarter 2022 ended up, by industry and type ($bil, Q3 2020 vs Q3 2022)



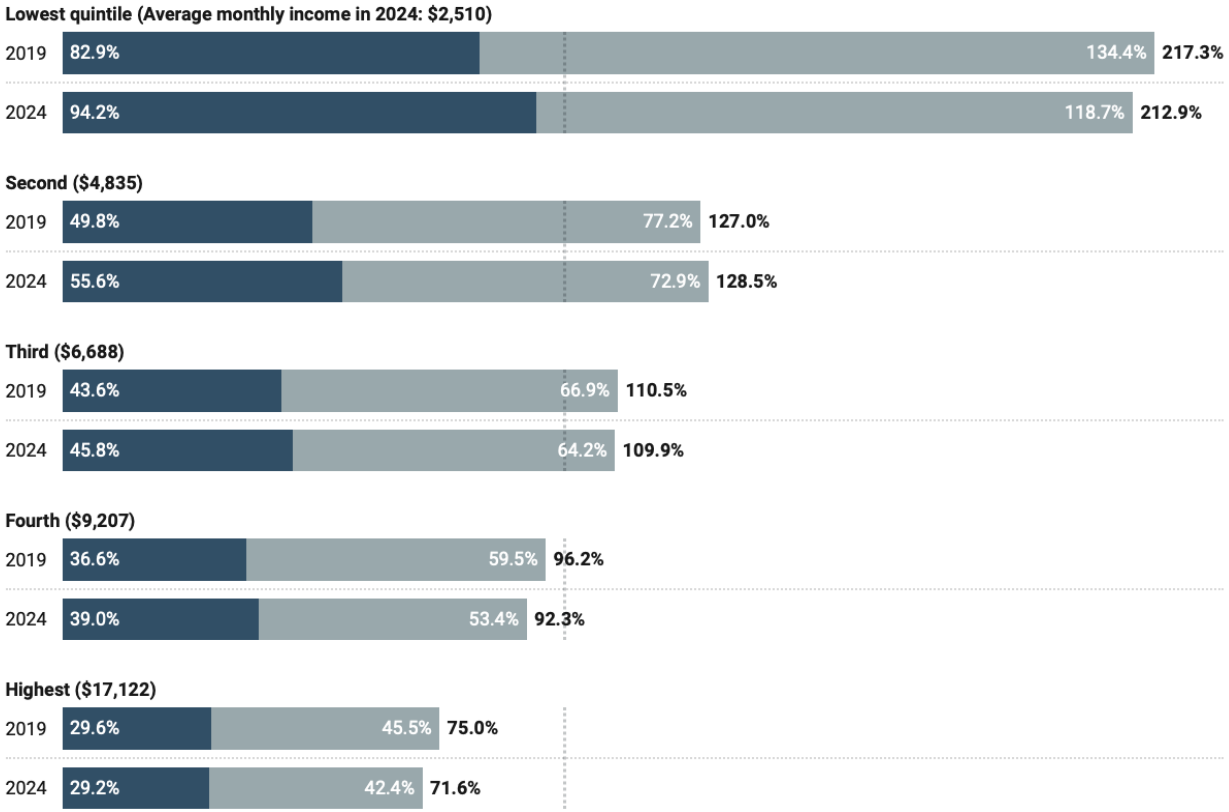
Source See Table 2 for Statistics Canada table sources and the methodology section for calculations.

CONNECTING TO THE BIGGER PICTURE

Basic needs take bigger bite of household budgets in 2024

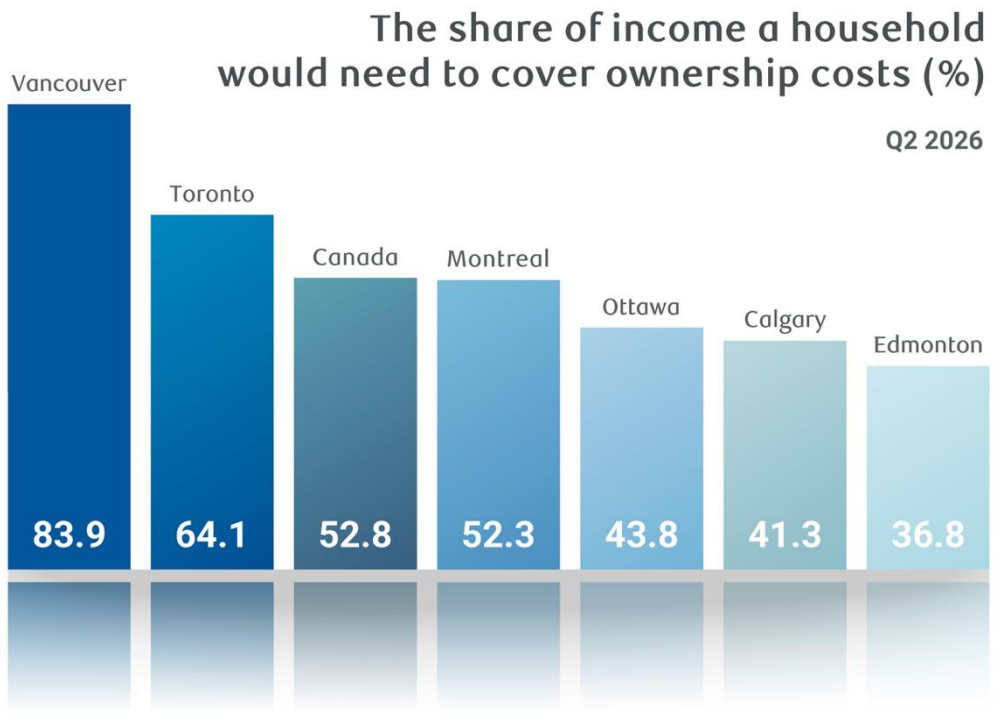
Average spending as percent of household disposable income

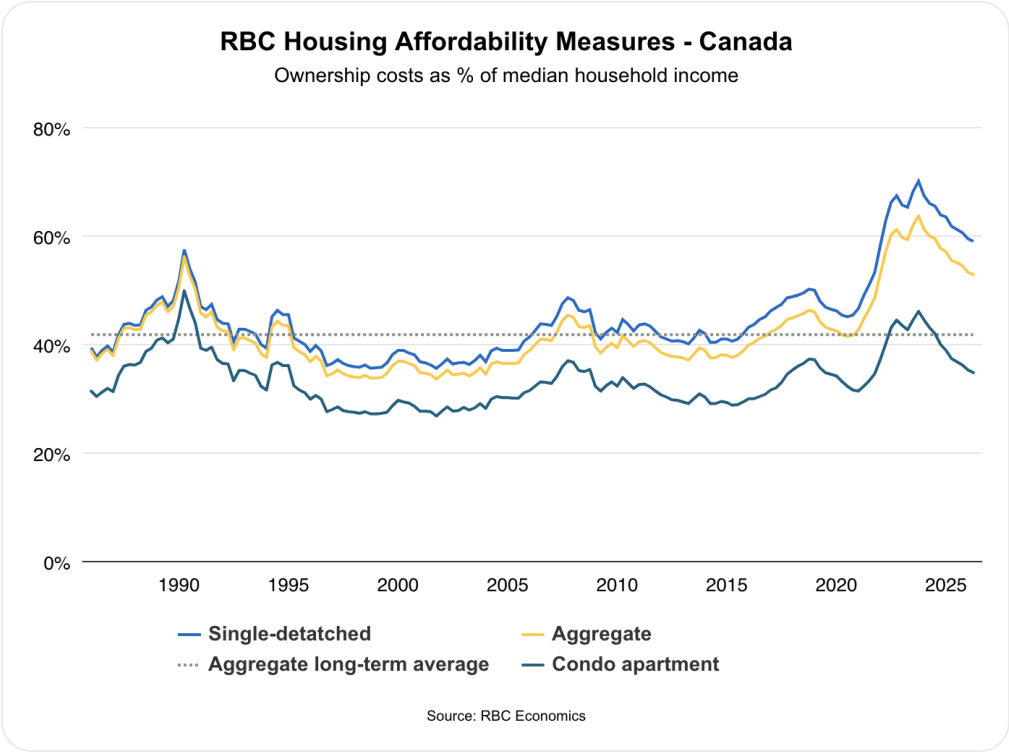
HOUSING, WATER, ENERGY, FOOD/DRINK **ALL OTHER SPENDING**



Essentials are sum of (1) Housing, water, electricity, gas and other fuels; (2) Food and non-alcoholic beverages; (3) Food, beverage and accommodation services

Chart: Ryan Romard • Source: StatCan table 36-10-0663-01 • Get the data • Created with Datawrapper



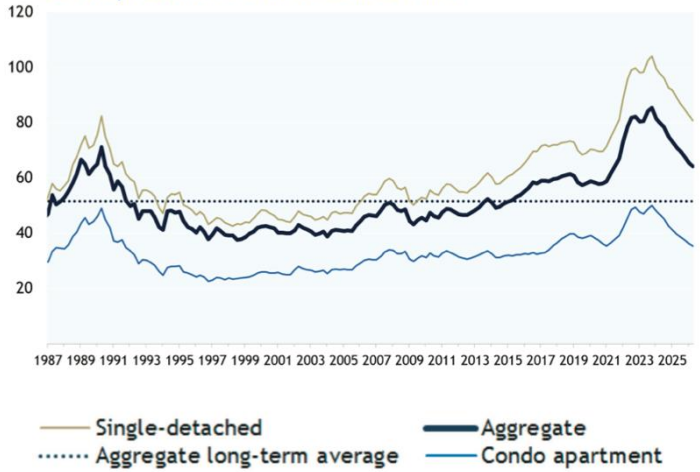


CONNECTING TO THE BIGGER PICTURE

Source

Toronto Area

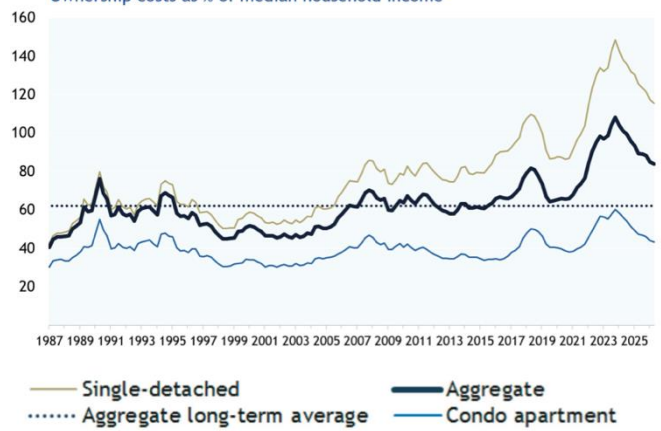
Ownership costs as % of median household income



Source: RPS, Statistics Canada, Bank of Canada, Royal LePage, RBC Economics

Vancouver Area

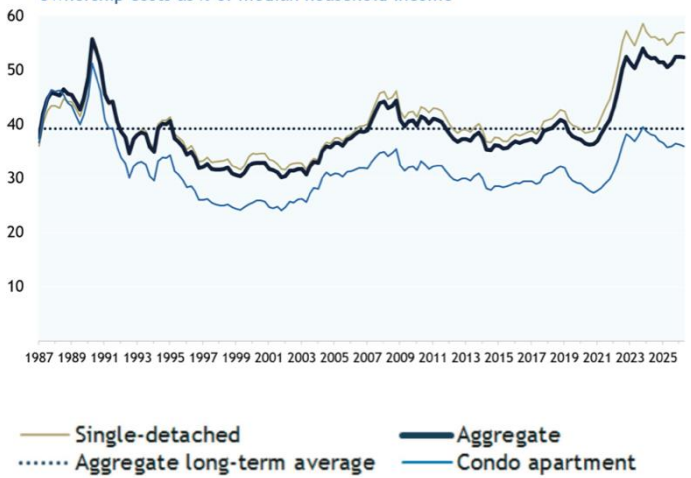
Ownership costs as % of median household income



Source: RPS, Statistics Canada, Bank of Canada, Royal LePage, RBC Economics

Montreal Area

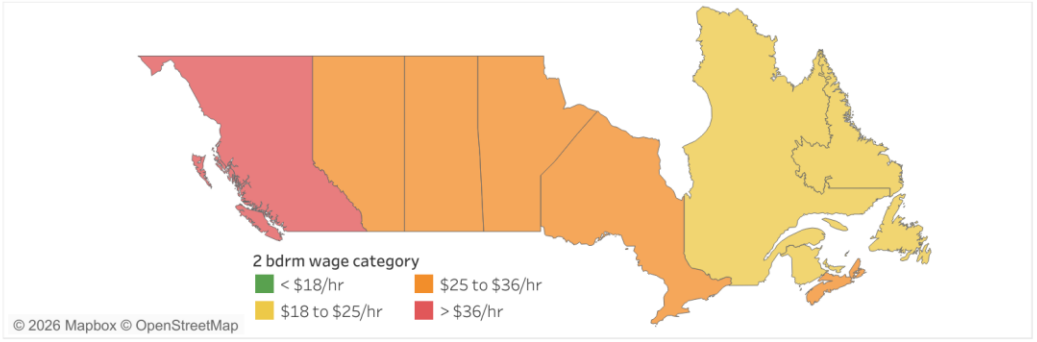
Ownership costs as % of median household income



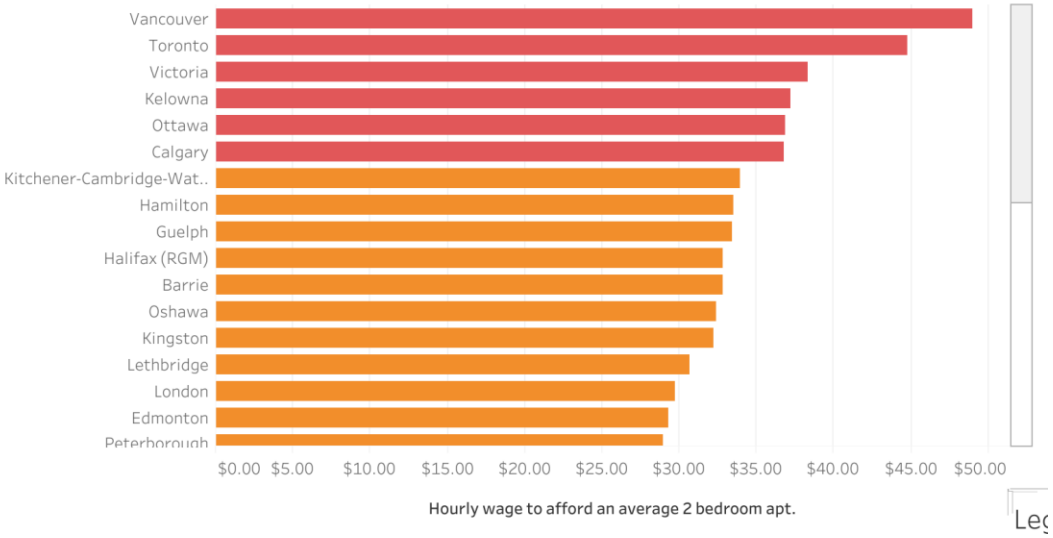
Source: RPS, Statistics Canada, Bank of Canada, Royal LePage, RBC Economics

Rental Wage in Canada 2024

Click on a province:



Click for detailed city map



Click for detailed city map

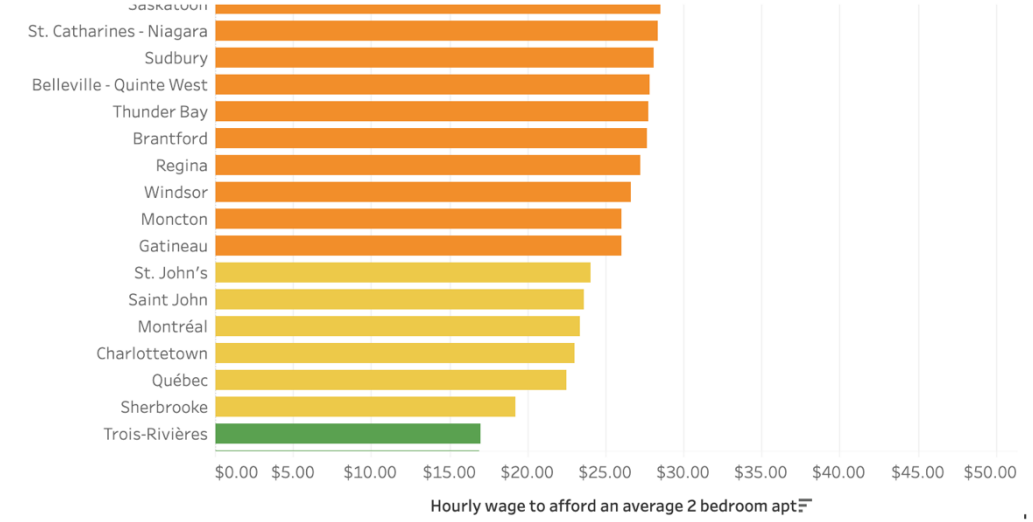


Table 1: Rental wage, 2024

By urban area, October 2024.

	Minimum wage	Rent		Number of minimum wage jobs to afford 1 bedroom
		1 bedroom	2 bedroom	
Vancouver	$17.40	$37.84	$48.94	**2.2**
Toronto	$17.20	$37.66	$44.80	**2.2**
Victoria	$17.40	$29.38	$38.33	**1.7**
Kelowna	$17.40	$29.02	$37.21	**1.7**
Ottawa	$17.20	$29.27	$36.85	**1.7**
Calgary	$15.00	$30.57	$36.76	**2.0**
Nanaimo	$17.40	$27.08	$34.37	**1.6**
Kitchener-Cambridge-Waterloo	$17.20	$28.81	$33.96	**1.7**
Hamilton	$17.20	$29.16	$33.49	**1.7**
Guelph	$17.20	$30.73	$33.46	**1.8**
Halifax (RGM)	$15.20	$26.98	$32.83	**1.8**
Barrie	$17.20	$30.00	$32.81	**1.7**
Courtenay	$17.40	$27.94	$32.73	**1.6**
Oshawa	$17.20	$30.79	$32.42	**1.8**
Kingston	$17.20	$27.04	$32.23	**1.6**
Lethbridge	$15.00	$25.00	$30.67	**1.7**
London	$17.20	$25.23	$29.77	**1.5**
Kamloops	$17.40	$24.50	$29.44	**1.4**
Edmonton	$15.00	$23.64	$29.29	**1.6**
Vernon	$17.40	$21.10	$29.27	**1.2**
Peterborough	$17.20	$23.40	$28.96	**1.4**
Winnipeg	$15.80	$22.68	$28.91	**1.4**
Abbotsford-Mission	$17.40	$24.38	$28.71	**1.4**
Sarnia	$17.20	$23.02	$28.62	**1.3**
Saskatoon	$15.00	$22.72	$28.54	**1.5**
St. Catharines-Niagara	$17.20	$24.06	$28.35	**1.4**
Kawartha Lakes	$17.20	$23.77	$28.23	**1.4**
Greater Sudbury	$17.20	$21.87	$28.12	**1.3**
Belleville-Quinte West	$17.20	$24.77	$27.85	**1.4**
Wood Buffalo	$15.00	$22.85	$27.83	**1.5**
Thunder Bay	$17.20	$22.04	$27.75	**1.3**
Brantford	$17.20	$26.02	$27.65	**1.5**
Regina	$15.00	$22.67	$27.20	**1.5**
Chilliwack	$17.40	$22.17	$26.96	**1.3**
Windsor	$17.20	$21.46	$26.67	**1.3**
Red Deer	$15.00	$22.13	$26.21	**1.5**
Gatineau	$15.75	$24.69	$26.02	**1.6**
Moncton	$15.30	$21.21	$26.02	**1.4**
Fredericton	$15.30	$21.87	$25.79	**1.4**
North Bay	$17.20	$19.35	$25.71	**1.1**
Grande Prairie	$15.00	$22.13	$25.42	**1.5**
Chatham-Kent	$17.20	$21.54	$24.35	**1.3**
Prince George	$17.40	$20.48	$24.31	**1.2**
St. John's	$15.60	$19.13	$24.04	**1.2**
Sault Ste. Marie	$17.20	$20.50	$23.88	**1.2**
Saint John	$15.30	$19.40	$23.63	**1.3**
Montréal	$15.75	$20.81	$23.36	**1.3**
Medicine Hat	$15.00	$21.42	$23.10	**1.4**
Charlottetown	$16.00	$19.33	$23.00	**1.2**
Québec	$15.75	$19.41	$22.47	**1.2**
Cornwall	$17.20	$17.62	$21.96	**1.0**
Granby	$15.75	$15.50	$21.71	**1.0**
Saint-Hyacinthe	$15.75	$15.85	$20.87	**1.0**
Cape Breton	$15.20	$16.33	$20.85	**1.1**
Brandon	$15.80	$15.63	$20.54	**1.0**
Sherbrooke	$15.75	$15.46	$19.27	**1.0**
Norfolk	$17.20	$19.90	$18.58	**1.2**
Drummondville	$15.75	$13.25	$17.08	**0.8**
Trois-Rivières	$15.75	$13.87	$17.02	**0.9**
Saguenay	$15.75	$12.75	$16.96	**0.8**
Rimouski	$15.75	$12.81	$15.58	**0.8**
Shawinigan	$15.75	$10.85	$14.83	**0.7**

Greater Sudbury	$17.20	$21.87	$28.12	**1.3**
Belleville-Quinte West	$17.20	$24.77	$27.85	**1.4**
Wood Buffalo	$15.00	$22.85	$27.83	**1.5**
Thunder Bay	$17.20	$22.04	$27.75	**1.3**
Brantford	$17.20	$26.02	$27.65	**1.5**
Regina	$15.00	$22.67	$27.20	**1.5**
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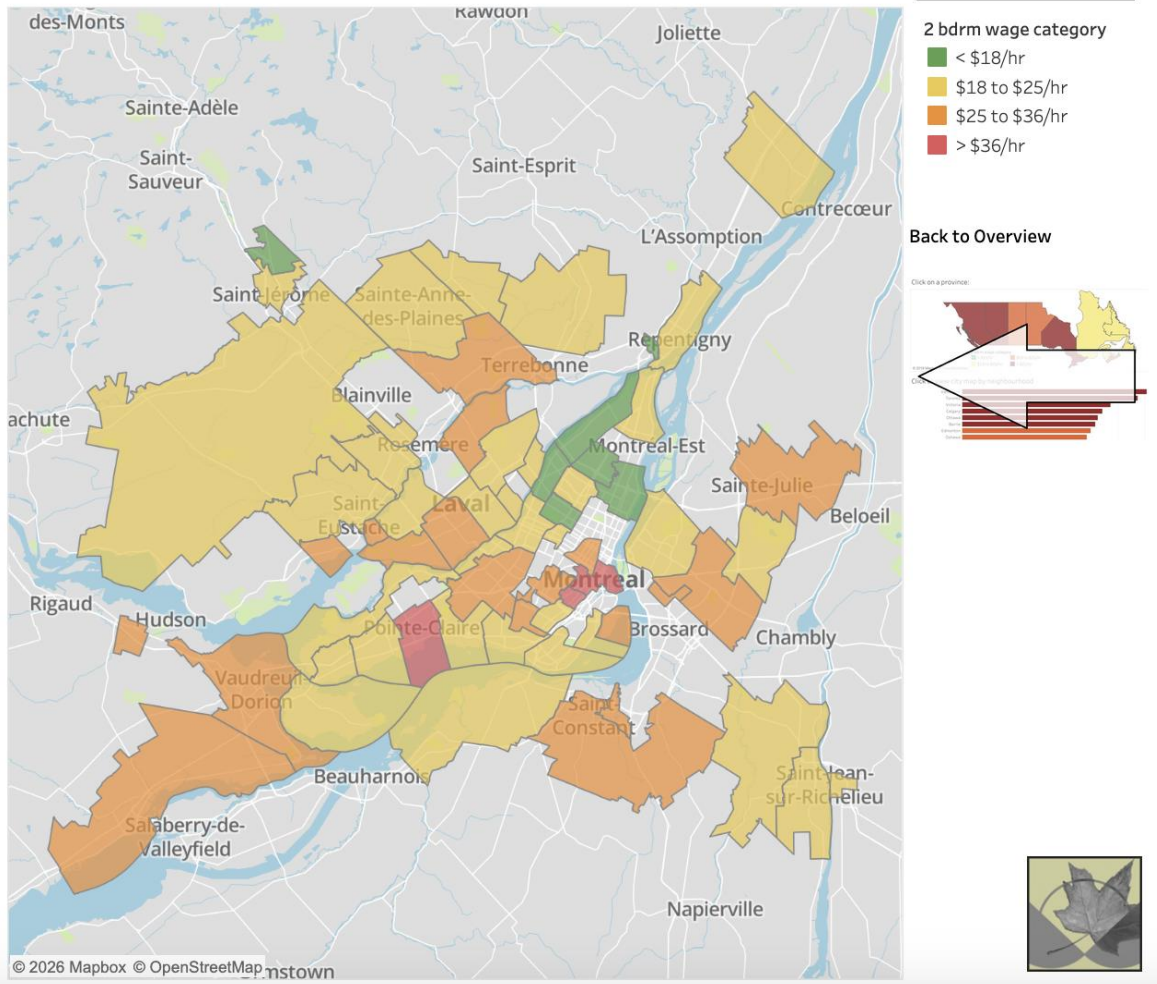
Rimouski	$15.75	$12.81	$15.58	**0.8**

Hover over neighbourhoods or select a different city



Choose city to zoom in:

Montréal

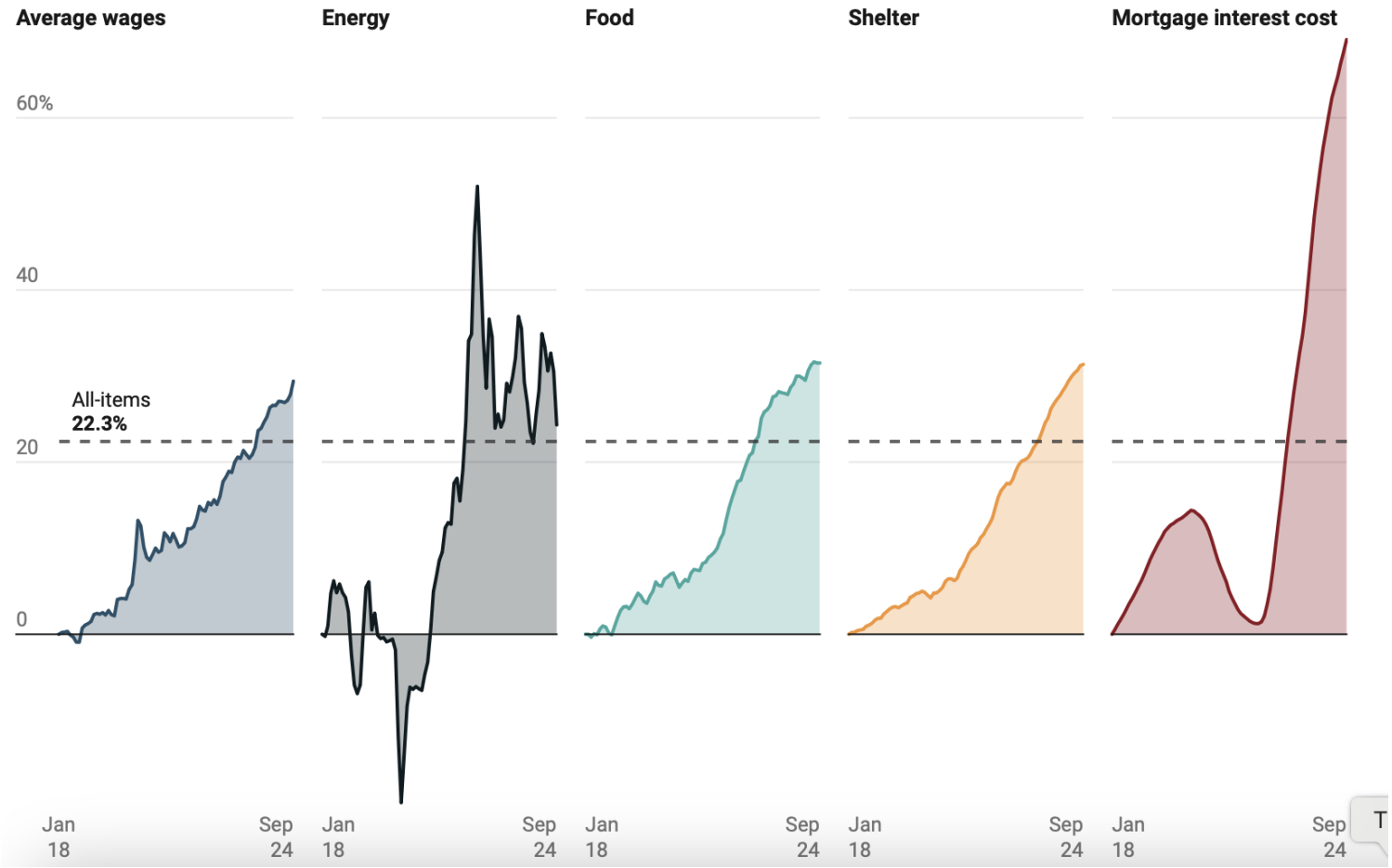
2 bdrm wage category

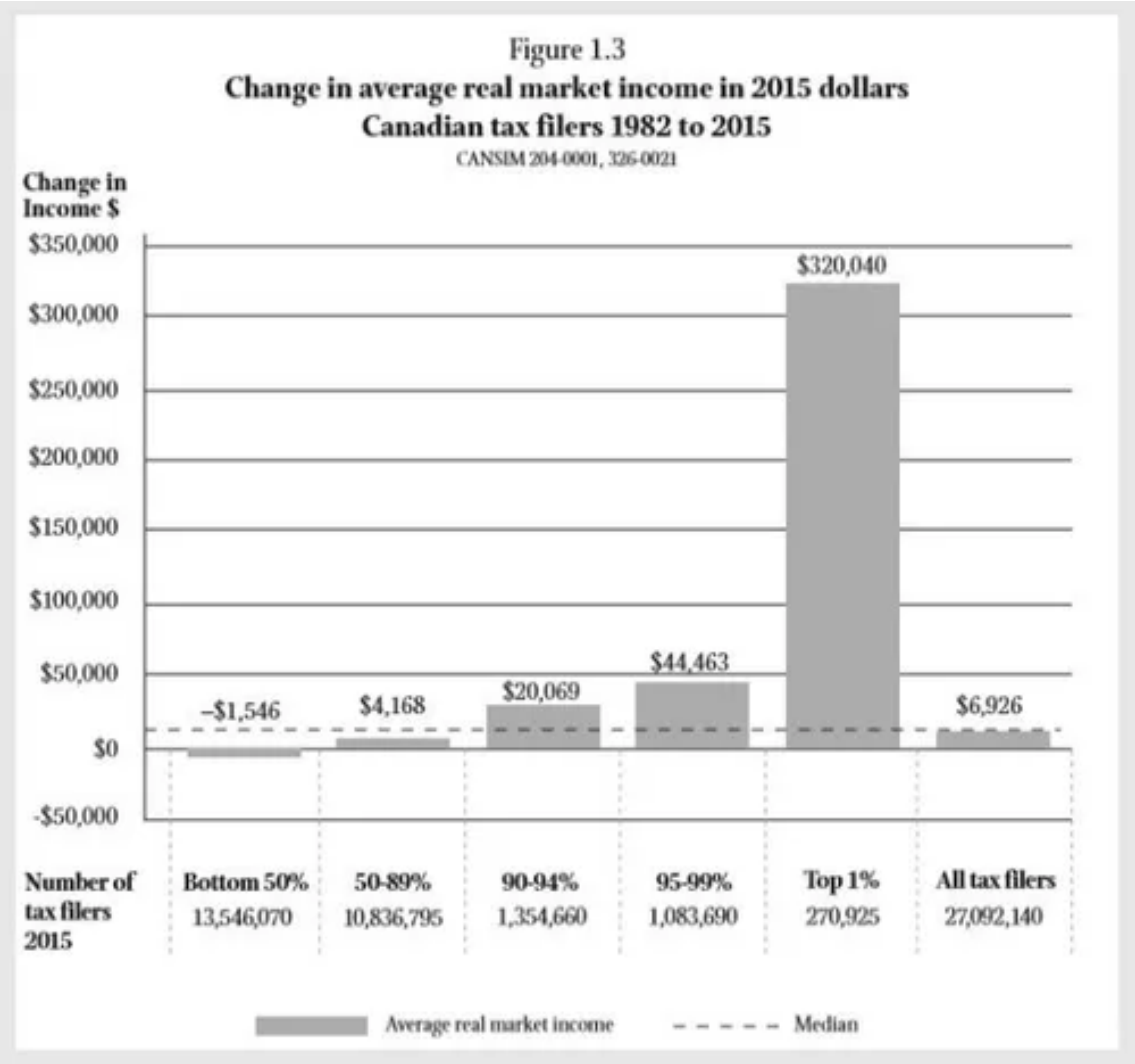
- < $18/hr
- $18 to $25/hr
- $25 to $36/hr
- > $36/hr

Back to Overview

Food, rent, energy keep pace with wages, mortgage costs crushing

Average hourly wages versus CPI products, percent change Jan 2018 to Sep 2024





Real vs Market Income Osberg, L. (2018) The Age of Increasing Inequality – The Astonishing Rise of Canada's 1%, James Lorimer and Company.

Table 2.1

Hourly Real Wage among Full-Time Workers (2015$)

	Average	10th Percentile	50th	90th	99th	99.9th	$GAP 99.9th -50th
1980	25.73	11.64	23.37	41.50	71.93	150.99	127.61
1985	25.15	10.23	22.97	41.22	71.19	156.2	133.23
1990	25.64	10.16	23.29	42.24	75.69	170.47	147.18
1995	25.21	9.64	22.65	41.69	76.19	190.52	167.87
2000	26.52	9.79	22.97	44.03	91.87	265.53	242.56
2005	28.31	10.31	23.67	46.64	102.64	372.16	348.49
2010	31.00	11.40	26.07	52.06	112.04	340.52	314.45
Compound annual growth rates							
1980-2010	0.62%	-0.07%	0.36%	0.76%	1.48%	2.71%	3.01%
1980-2000	0.15%	-0.87%	-0.09%	0.30%	1.22%	2.82%	3.21%
2000-2010	1.56%	1.52%	1.27%	1.68%	1.98%	2.49%	4.81%

Source: Duclos and Pellerin (2016-Table 3) plus author's calculations

Figure 2.1

Real Average Canadian Hourly Wage in 2015 dollars 1914-2000

CANSIM ii V l603501 ; Urquhart et al "Historical Statistics of Canada"



Sources: Statistics Canada, CANSIM ii V I603501 and Urquhart et al., "Historical Statistics of Canada."

CONNECTING TO THE BIGGER PICTURE

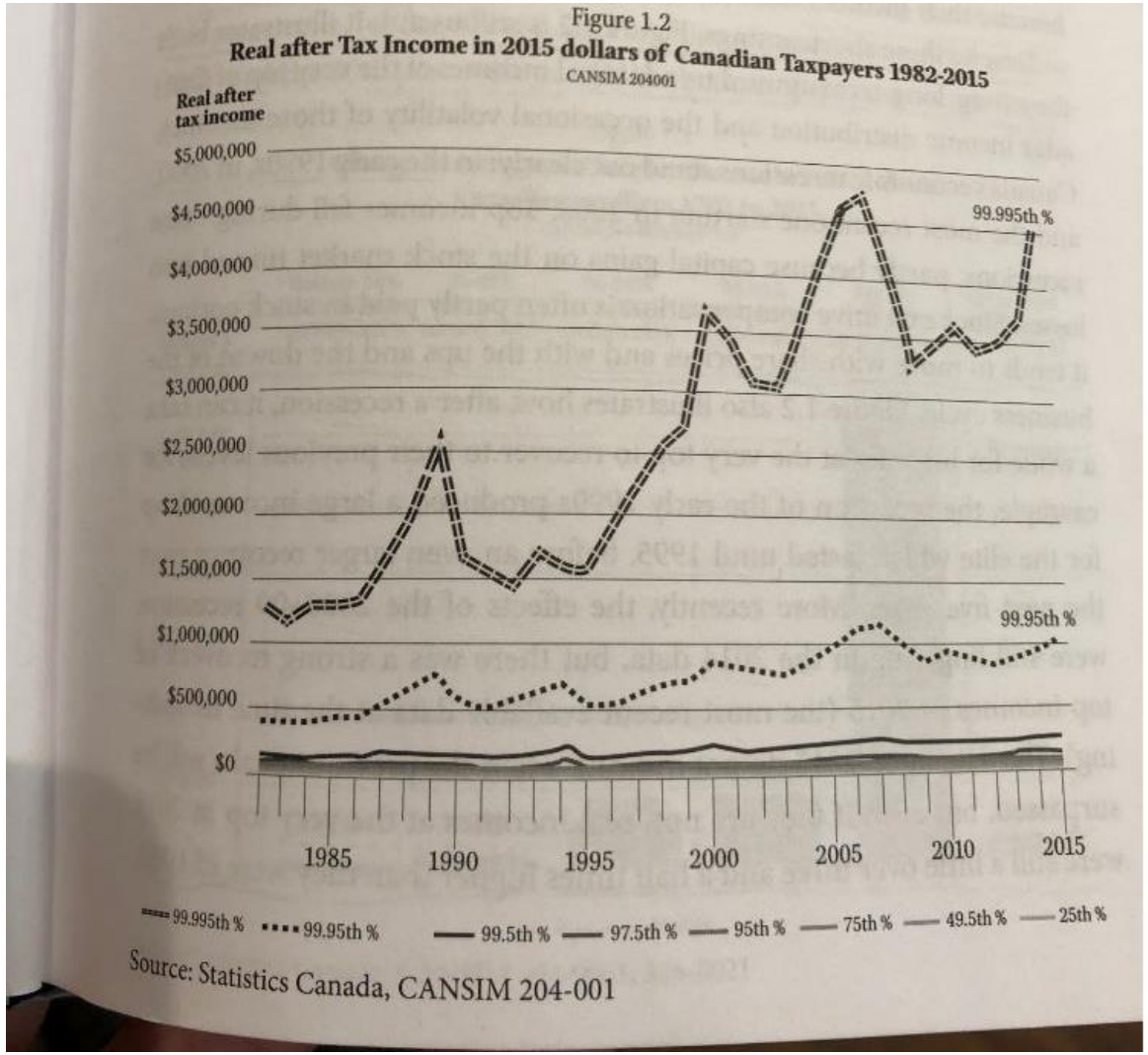
Table 2.2

Growth Rates of Real Market Incomes of Canadian Taxpayers

Percentile	Income 2015 $	1982–2015	1982–2000	2000–2015
99.995th	6,722,900	3.75%	6.01%	1.04%
99.99th	4,270,400	3.41%	5.71%	0.66%
99.95th	1,507,500	2.78%	4.41%	0.83%
99.9th	972,500	2.49%	3.90%	0.80%
99.5th	368,000	1.65%	2.26%	0.91%
99th	251,400	1.33%	1.57%	1.06%
95th	121,700	0.75%	0.48%	1.07%
90th	92,500	0.56%	0.27%	0.92%
75th	56,100	0.22%	-0.23%	0.76%
50th (median)	26,800	-0.07%	-0.96%	0.99%
25th	6,500	-1.06%	-2.42%	0.57%

Source: Statistics Canada, CANSIM 204-0001 + Author's calculations

Growth Rates of Real Market Incomes Osberg, L. (2018) The Age of Increasing Inequality – The Astonishing Rise of Canada's 1%, James Lorimer and Company.



Real Income
Osberg, L. (2018) The Age of Increasing Inequality – The Astonishing Rise of Canada's 1%, James Lorimer and Company.

Figure 1: Average and minimum pay for the 100 highest-paid CEOs

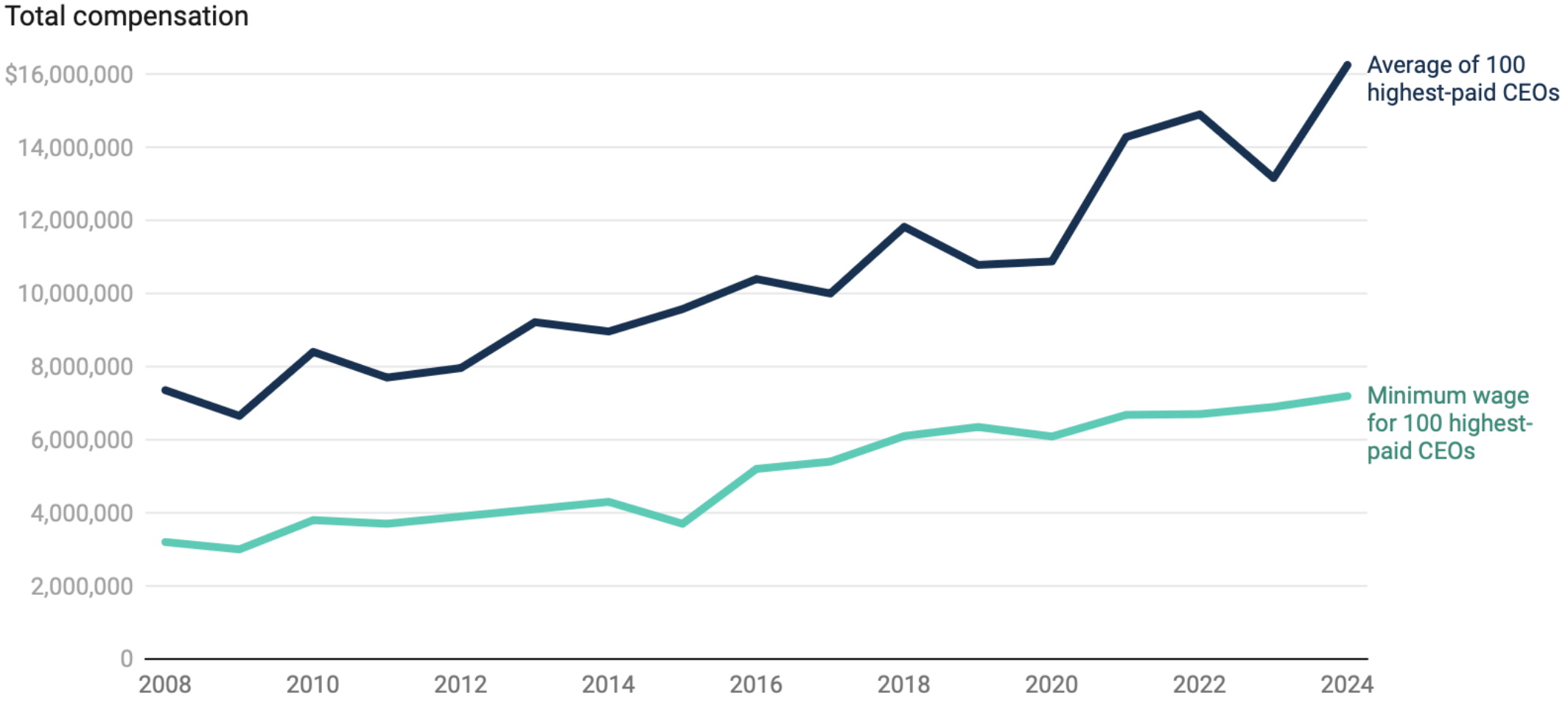


Figure 2: Ratio of CEO pay to average worker pay

Canada, 100 highest-paid CEOs

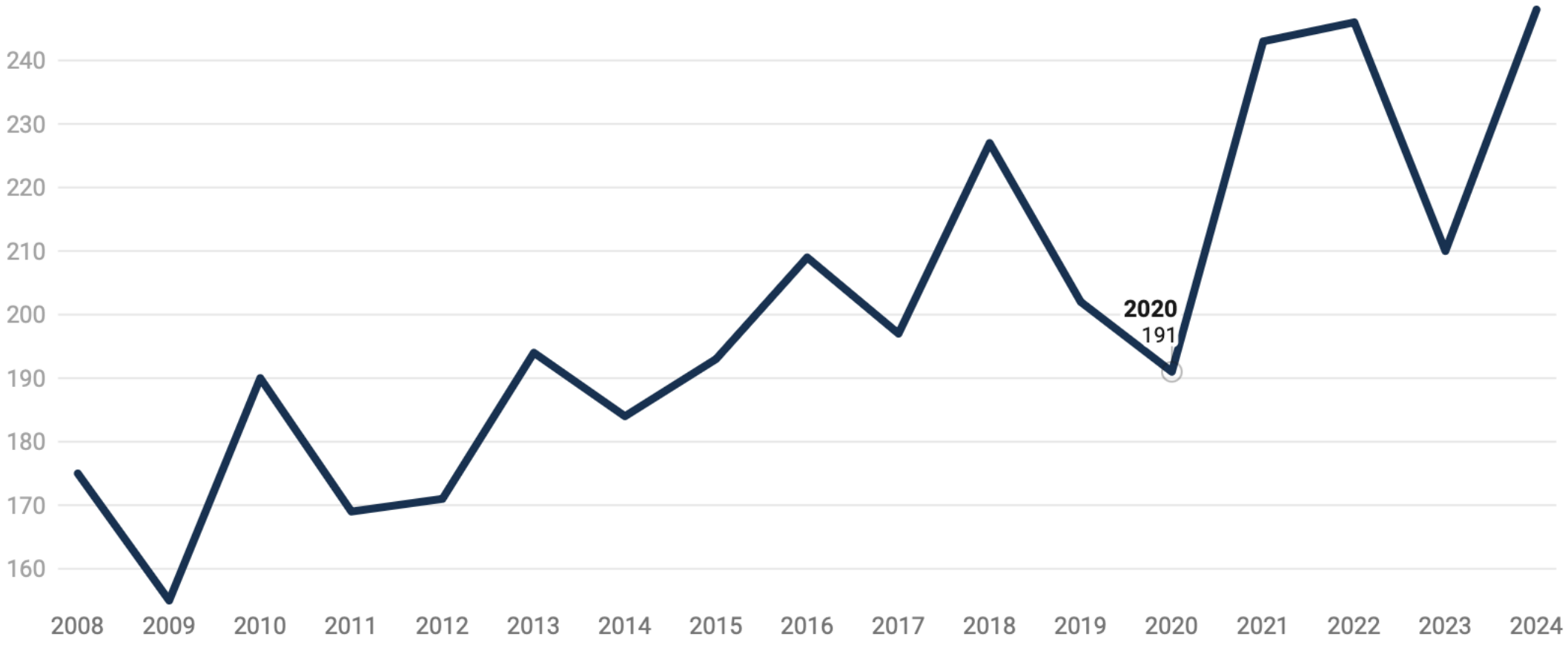
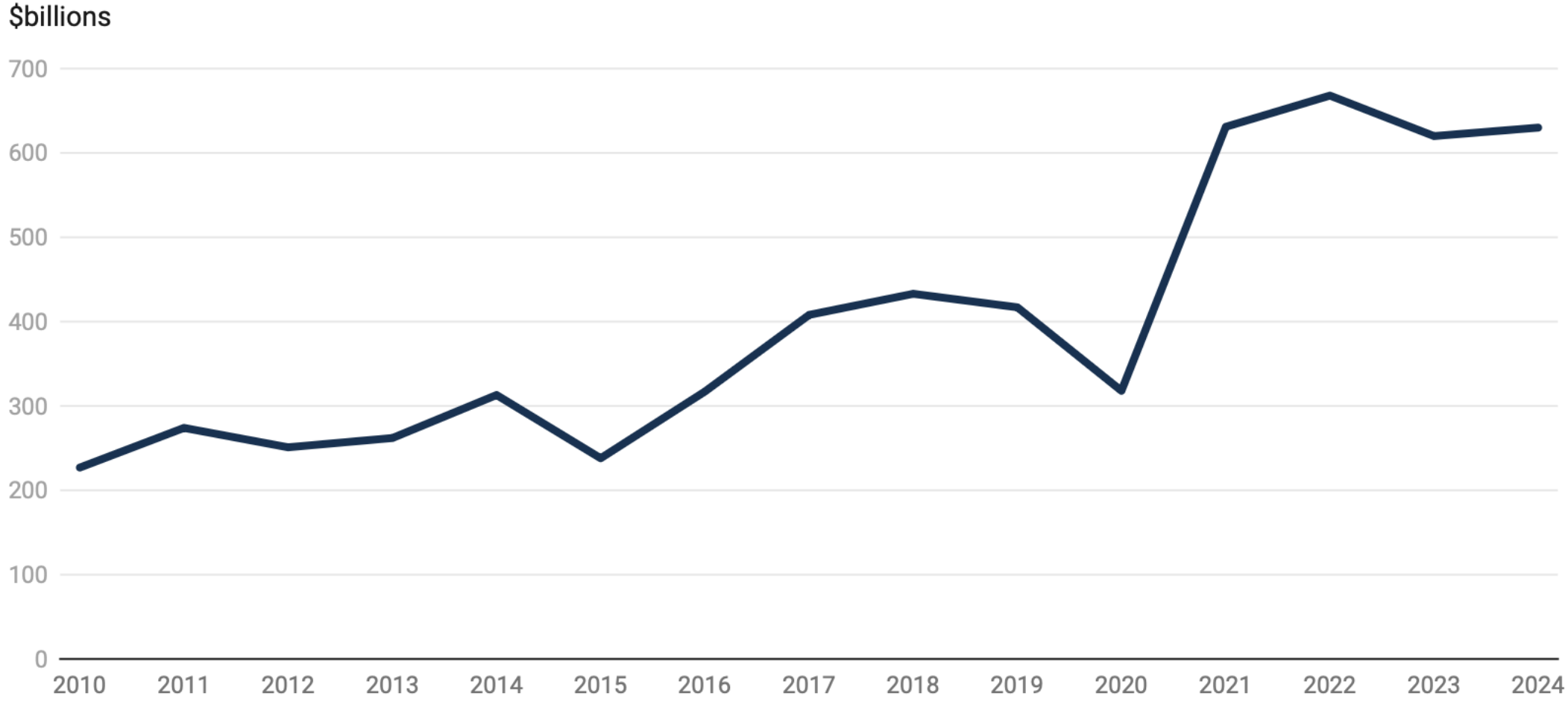
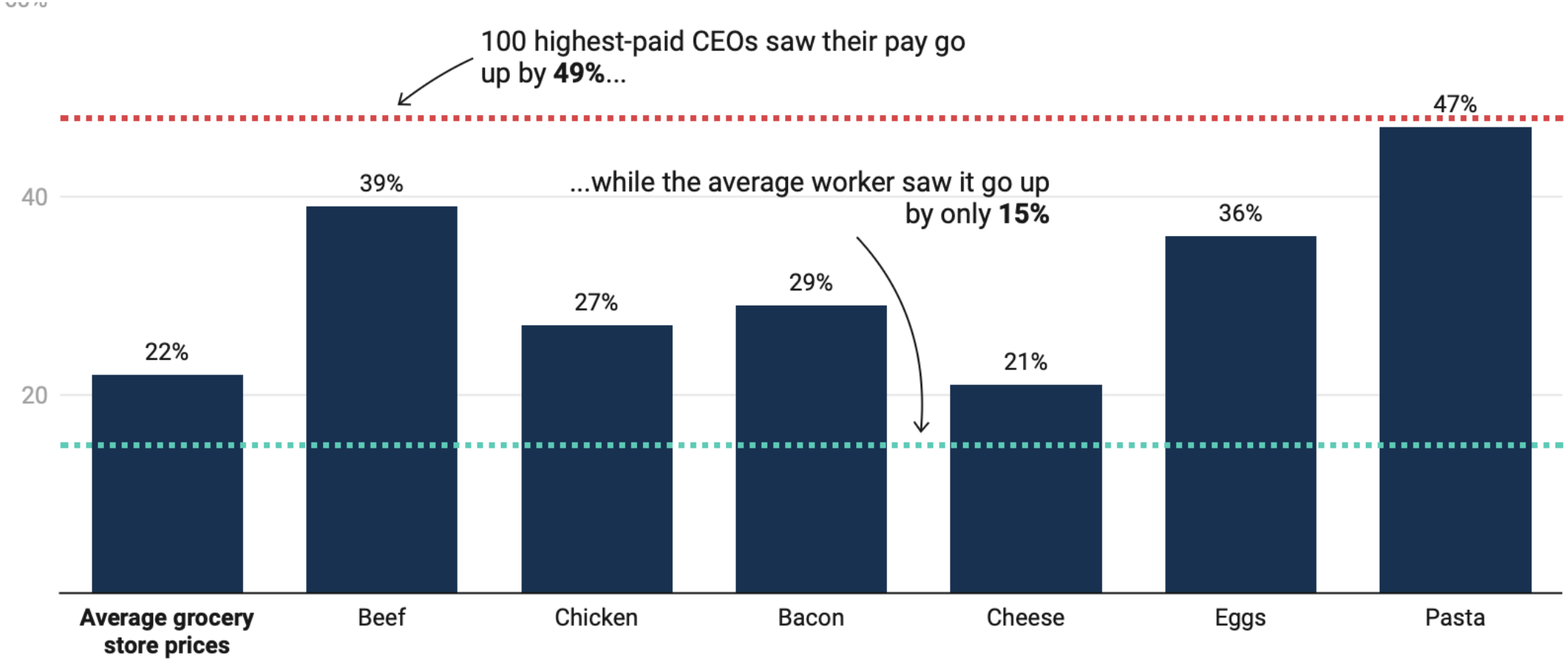


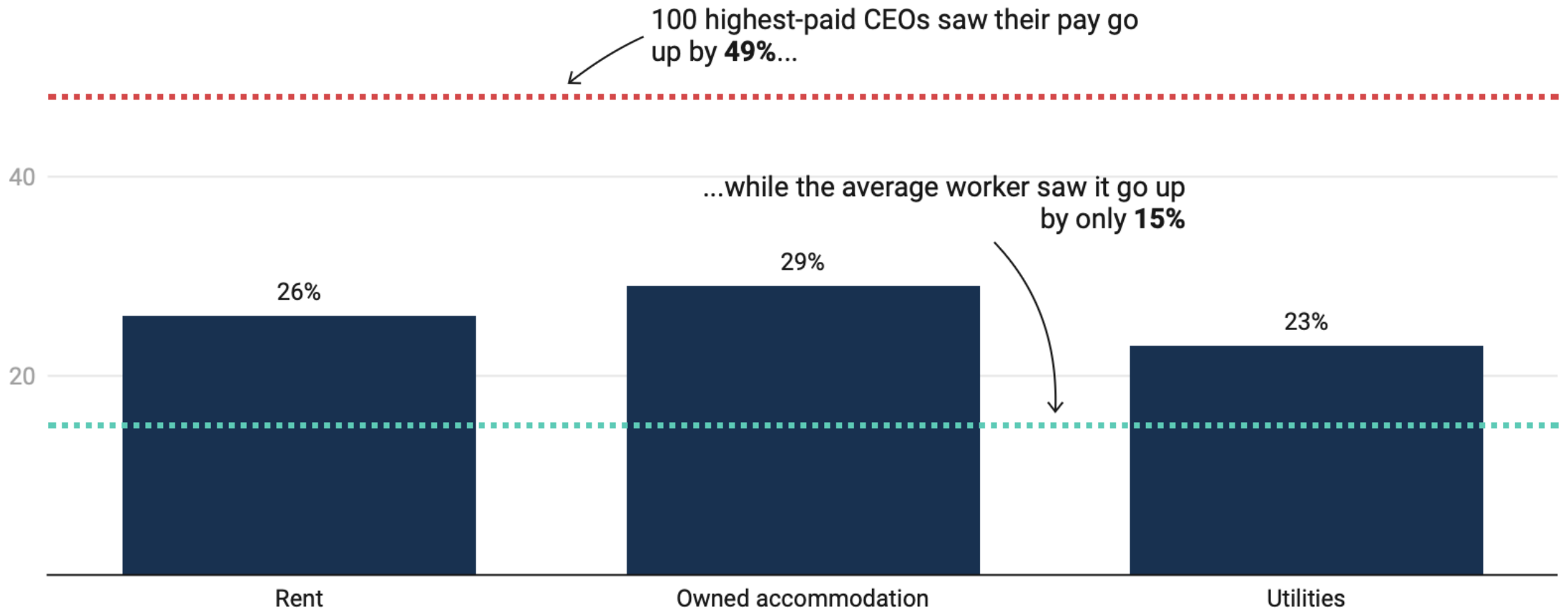
Figure 7: Net pre-tax corporate profits





Change in CPI index value between January 2020 and January 2024

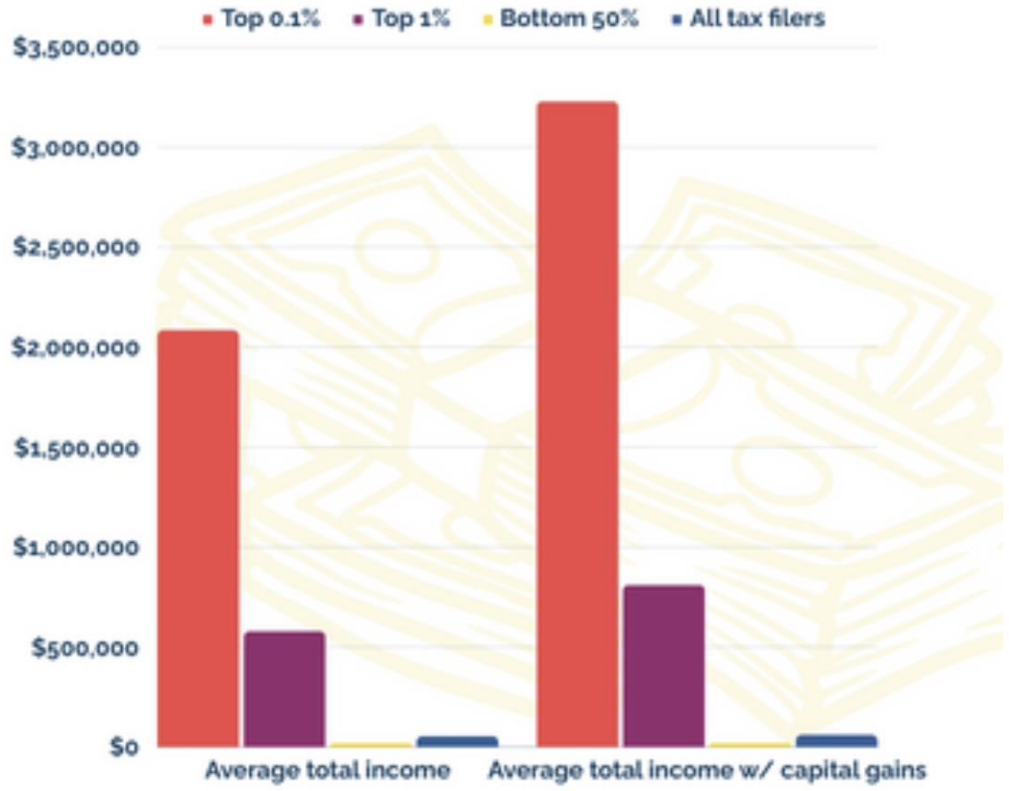
Source: Statistics Canada table 18-10-0004-01 and author's calculations • Get the data • Created with Datawrapper



Change in CPI index value between January 2020 and January 2024

Source: Statistics Canada table 18-10-0004-01 and author's calculations • Get the data • Created with Datawrapper

Average total income with and without capital gains by income group, 2021



Source: Statistics Canada. Table 11-10-0055-01. Longitudinal Administrative Databank

We Need To Transform Our Food System

Calls to “fix a broken food system” assume that the capitalist food system used to work well. This assumption ignores the food systems long, racialized history of mistreatment of people of colour. The food system is unjust and unsustainable, but it is not broken. It functions precisely as the capitalist food system has always worked, concentrating power in the hands of the privileged minority and passing off the social and environmental “externalities” disproportionately to racially stigmatized groups.

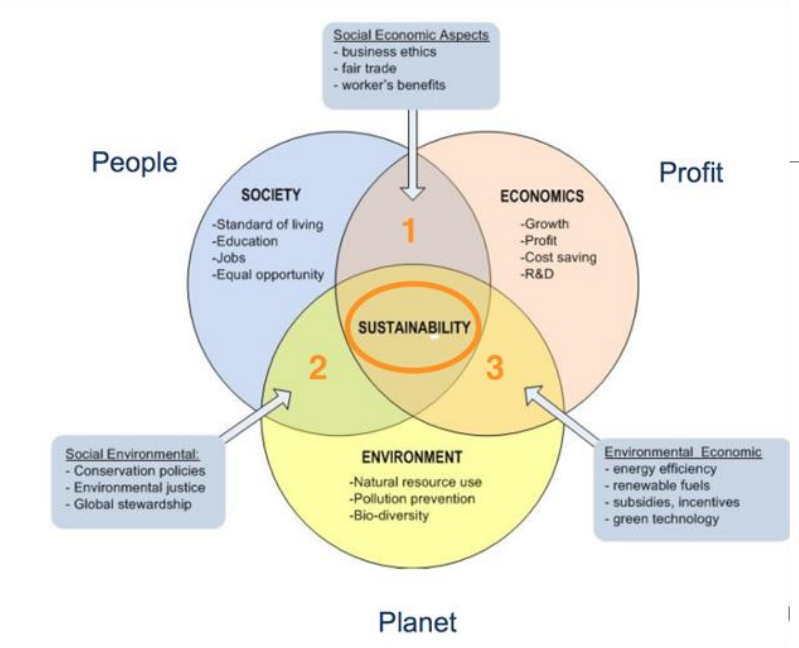
Holt-Gimenez, E. (2017) A Foodie’s Guide to Capitalism: Understanding the Political Economy of What We Eat, Monthly Review Press, New York.

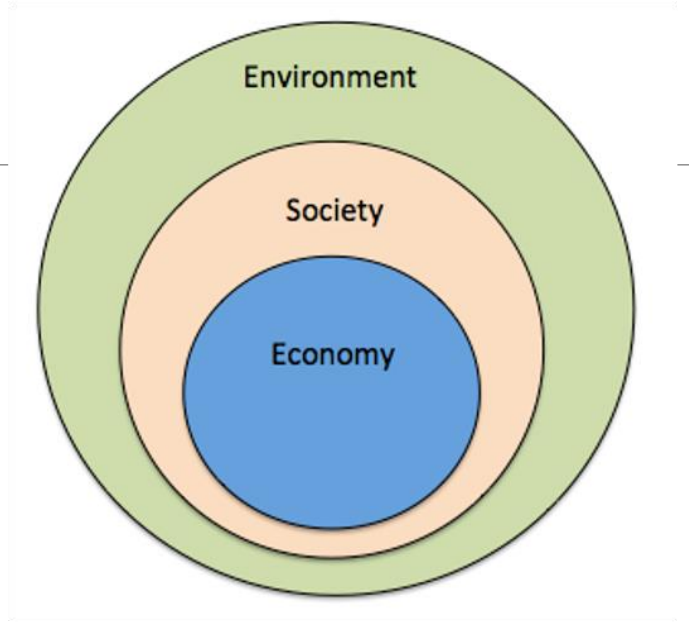


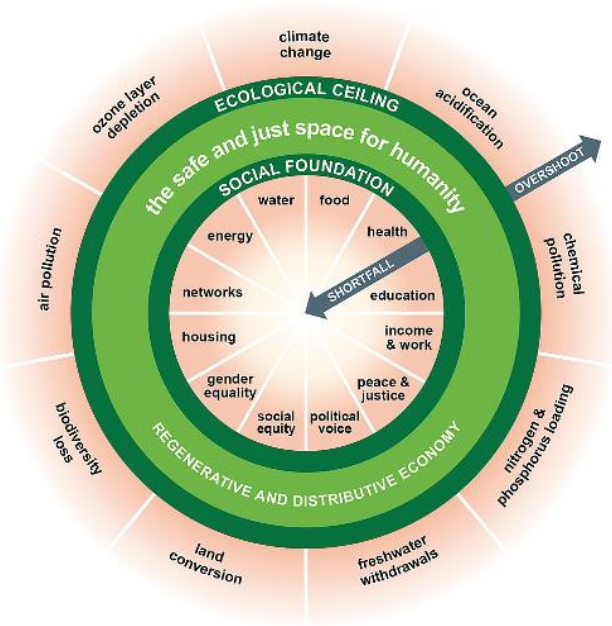
How Can We Solve These Food Related Crises?



Figure 1. Food System Sectors



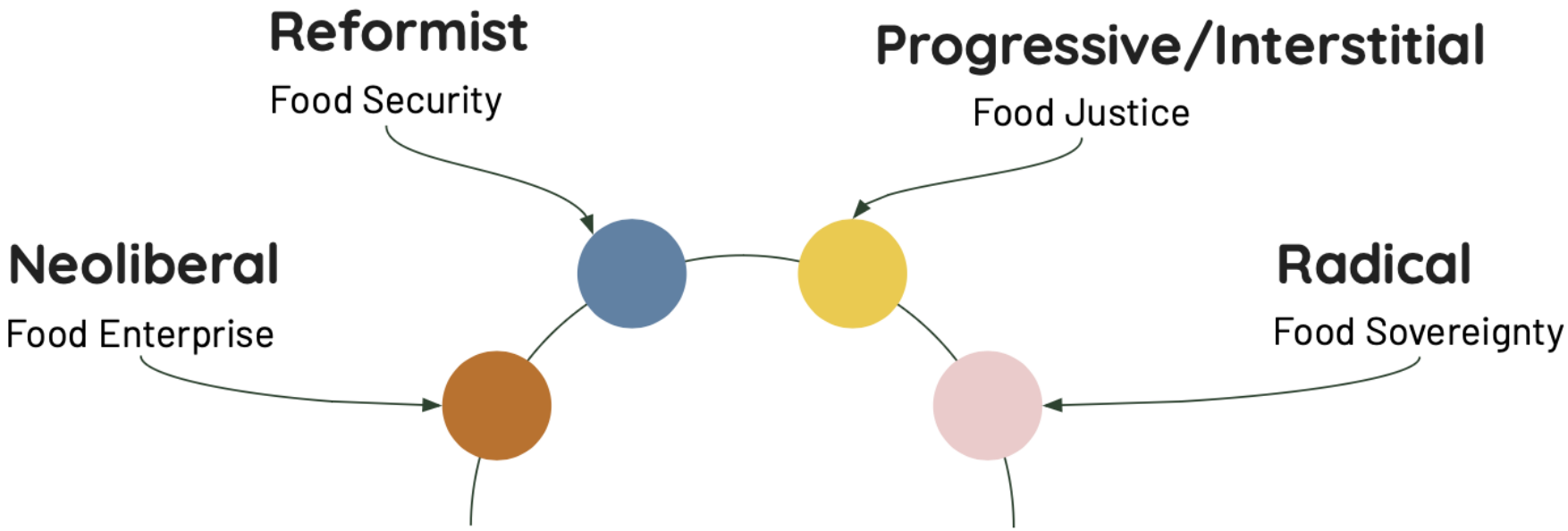




From Weak Sustainability to Food Sovereignty

Food System Change

CORPORATE FOOD REGIME **FOOD MOVEMENTS**



Holt-Gimenez, E. (2017) A Foodie's Guide to Capitalism: Understanding the Political Economy of What We Eat, Monthly Review Press, New York.

Discussion

How can we use our understanding of food systems, doughnut models and food movements to develop better foodscapes that have positive impacts on our communities?

Aristotle

Aristotle in 23 Volumes, Vol. 21, translated by H. Rackham. Cambridge, MA, Harvard University Press; London, William Heinemann Ltd. 1944.

Chrematistics – art of acquisition – limitless accumulation unnatural and problematic

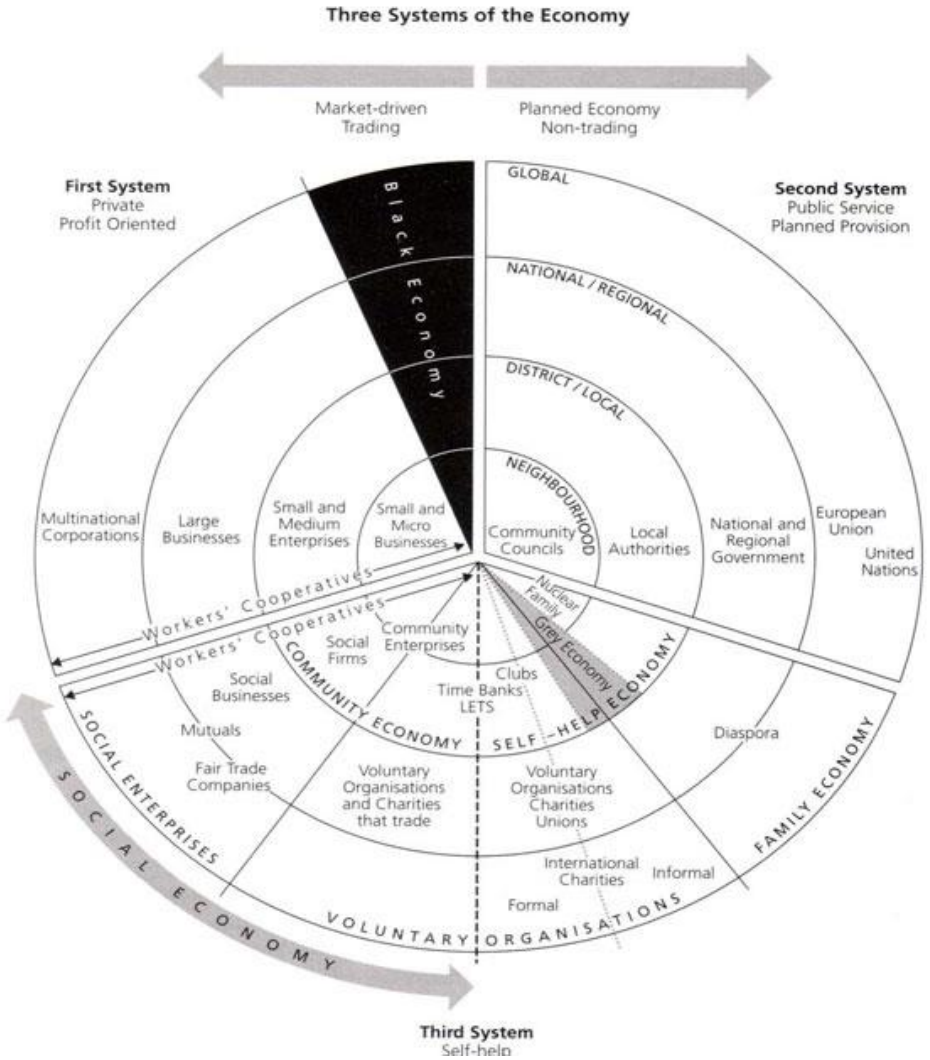
Oikonomia – management of the household – true form of an economy

Karl Polanyi

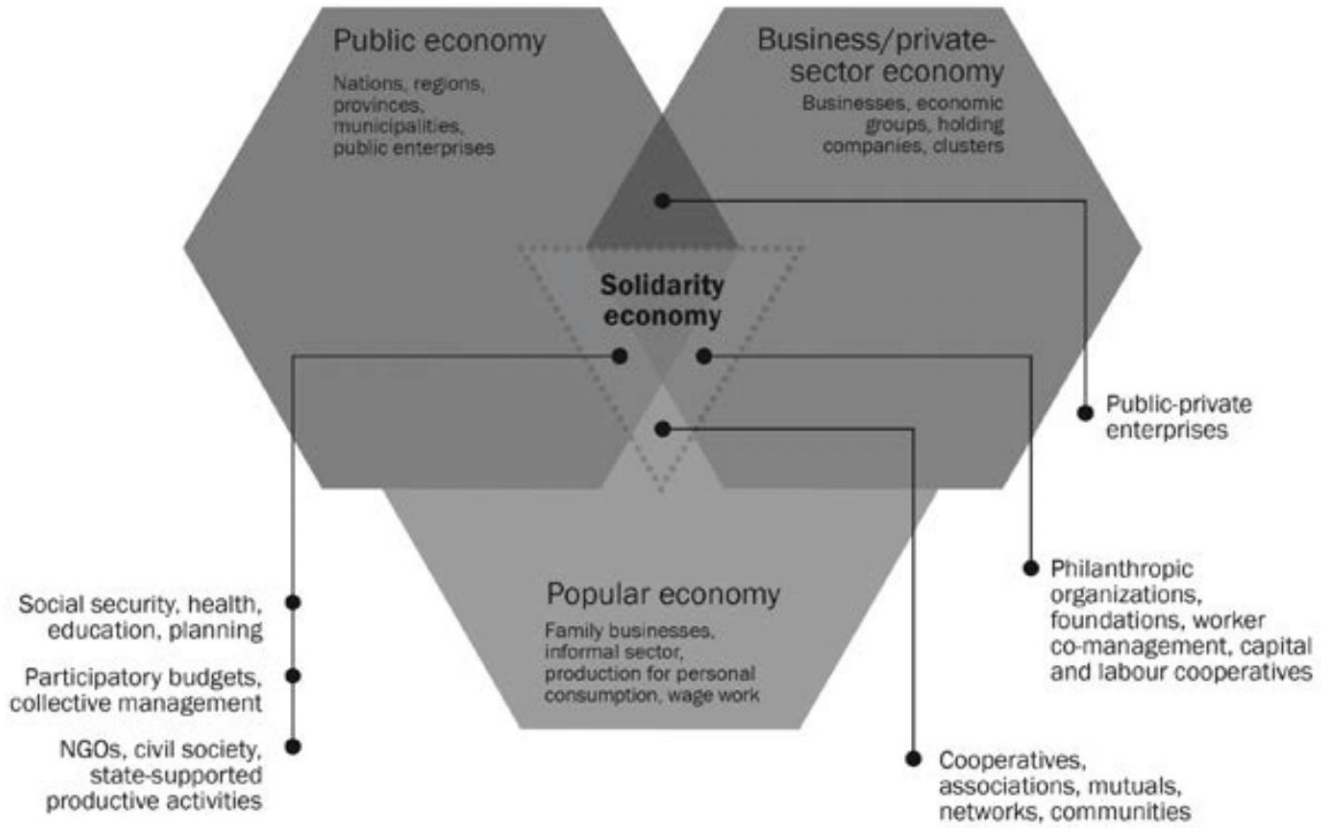
Polanyi, K. (2001) The Great Transformation; The Political and Economic Origins of Our Time, Beacon Press

Types of economic practices:

- Markets (exchange)
- Household economy
- Redistribution
- Reciprocity



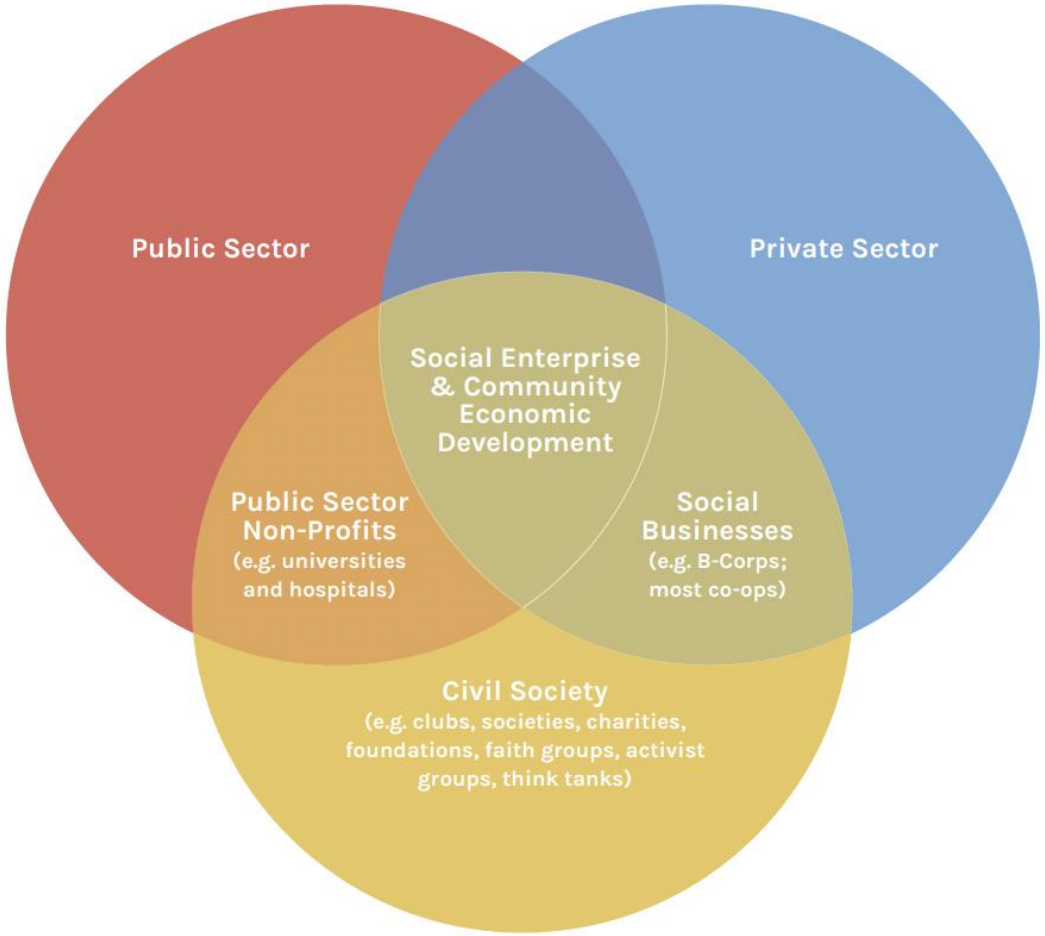
Three Systems of an Economy
Pearce, J. (2009) Social Economy: Engaging as a Third System, In Amin, A. The Social Economy; International Perspectives on Economic Solidarity, p. 26.



Source: Based on Coraggio (2015), published in UNRISD (2016, 121).

Figure 3.1 The solidarity economy within the broader economy

3


Public Sector
Private Sector
Social Enterprise & Community Economic Development
Public Sector Non-Profits
(e.g. universities and hospitals)
Social Businesses
(e.g. B-Corps; most co-ops)
Civil Society
(e.g. clubs, societies, charities, foundations, faith groups, activist groups, think tanks)

Gibson Graham – Take back the Economy

Gibson-Graham, J.K., Cameron, J., Healy, S. (2013) Take Back the Economy: An Ethical Guide for Transforming Communities, University of Minnesota Press

LABOR	TRANSACTIONS	PROPERTY	ENTERPRISE	FINANCE
Wage	Market	Private	Capitalist	Mainstream Markets
ALTERNATIVE PAID Self-employed Reciprocal labor In-kind Work for welfare	ALTERNATIVE MARKET Fair trade Alternative currencies Underground market Barter	ALTERNATIVE PRIVATE State-managed assets Customary (clan) land Community land trusts Indigenous knowledge (Intellectual Property)	ALTERNATIVE CAPITALIST State owned Environmentally responsible Socially responsible Non-profit	ALTERNATIVE MARKET Cooperative Banks Credit unions Community-based financial institutions Micro-finance
UNPAID Housework Volunteer Self-provisioning Slave labor	NON-MARKET Household sharing Gift giving Hunting, fishing, gathering Theft, piracy, poaching	OPEN ACCESS Atmosphere International Waters Open source IP Outer Space	NON-CAPITALIST Worker cooperatives Sole proprietorships Community enterprise Feudal Slave	NON-MARKET Sweat equity Family lending Donations Interest-free loans

Discussion – Diverse Economy

What Diverse Economy Food Practices Do You Have In Your Community?

How can we apply a diverse economies framework to help co-create food sovereign communities?

More Links and Sources

Sources

World Inequality Database Canada

Where are your inflation dollars going?

Canadian Grocery Profitability: Inflation, Wages and Financialization

Canada Food Price Report 2024

Inequality in Canada

Inequality in Canada

Bank Bailouts During Economic Crisis

Rent Affordability Statistics

Canadians Spending

Canadian CEOs

RBC Housing Affordability December 2025

Thank You!

Questions, concerns, comments?