



September 21, 2021

**Re: Deputation in Support of the Toronto Black Food Sovereignty Plan**

Dear Members of the Economic and Community Development Committee / City Council and Mayor Tory,

My name is Rosie Mensah; I am a young Black registered dietitian nutritionist, business owner, and food justice champion. I have personal lived experience with food insecurity and have committed my career to advance food justice and food sovereignty through media, communications, and nutrition education. I founded the CEDAR course, an anti-racism and anti-oppression course for nutrition professionals, and co-founded the Dietitians for Food Justice group. My goal has always been to advance Black food sovereignty, nutrition, and healthcare, and I believe having the Black Food Sovereignty Plan will help move us in a better direction.

I am writing to support the City Council adopting the *Toronto Black Food Sovereignty Plan* because this plan will address pressing issues impacting Black Torontonians. These issues include the prevalence of food insecurity in the Black community (Black families are 3.5 times more likely to be food insecure than white families) and a lack of culturally appropriate foods accessible for purchase and consumption. Also, this plan will address the insufficient investment into other programs and resources to support the nutritional and mental health of Black Torontonians.

I firmly believe that this plan will advance my work as a Registered Dietitian, Food Justice Activist, and business owner. This plan will provide others with the tools and resources to participate in food work in dynamic ways to support their livelihoods. Overall, this plan will create significant immediate and long-term impacts around food security, sovereignty and economic development for Black folks in different parts of the food system.

I fully support a Black Food Sovereignty Plan and would like to see this come to fruition. Thank you to the Economic and Community Development Committee members for your consideration of my comments as a means of addressing food insecurity, economic justice, health, and anti-Black racism across the City.

Sincerely,

A handwritten signature in black ink that reads 'Rosie Mensah'.

Rosie Mensah MPH, RD  
Registered Dietitian, Food Justice Activist