

Share the Harvest: A Model to Improve Food Security in Rural Cape Breton

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The Cape Breton Food Hub is a non-profit organization that provides infrastructure and distribution to link over 60 food producers with households and restaurants across the Cape Breton. In 2017, the Food Hub established a program called Share the Harvest (STH) program to assist low-income and food insecure families in Cape Breton access locally grown and produced food. In 2024, with funding from the provincial government, the Food Hub expanded the program to serve more participants and open new pick-up locations in rural communities.

Nova Scotia's rural communities are often in food deserts and grapple with reduced access to healthy food compared to their urban counterparts. These rural areas contend with a scarcity of grocery stores and rely heavily on convenience stores that offer pricier, less nutritious options. The expansion of the Food Hub to pick-up locations in these areas is integral to the success of the program and the goals of the funding model that supports it. This presentation will explore the development, implementation, expansion, and assessment of this community-based program as an alternative model to improve food security in rural Cape Breton.