FRIDGE-SHARING: A COLLECTIVE CITIZEN ACTION AGAINST FOOD INSECURITY

Many food banks have seen an increase in demand over the past year and some of the Society of Saint Vincent de Paul's points of service are no exception.

The need to find initiatives to address this new reality is paramount. Thus, the development of inclusive citizen practices would represent part of the solution. Those practices could undoubtedly be complementary to the more traditional methods, in order to respond to this huge rise in demand.

Moreover, citizen empowerment over an ever-present realitý such as food insecurity would notably generate a social transformation anchored in the community, optimize collective autonomy, increase the power of action and ease the difficulties of people in a situation of food insecurity, and reduce social inequalities. One of the initiatives to decrease food insecurity is fridge-sharing -- making available a fridge containing fresh and free food for anyone who wishes to use it. The fridge is filled by committed citizens on a rotating schedule, as well as by businesses who want to contribute that are in the neighbourhood where a food-sharing fridge is located. This is also a good way to avoid food waste.

In Montreal, we are currently considering the possibility of setting up food-sharing fridges in certain areas where the Society of Saint Vincent de Paul points of service have been affected by the significant increase in requests for food assistance. Citizens will be able to access this fridge at any time, either to ensure its safety, or to drop off or pick up food.

A collective action such as a food-sharing fridge therefore helps to avoid food waste, while offering an alternative way to provide food. Ideally, this should be seen as a service of last resort, rather than a permanent solution to a recurring problem.

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https://ssvp-mtl.org/fr/nouvelle/89/le-frigo-partage-une-action-collective-et-citoyenne-contre-l-insecurite-alimentaire