

*All the activities of the Loaded Ladle take place on unceded and unsurrendered Mi'kmaq territory. We endeavour in our activities to respect the treaties of this land, and to align our practices with those of the current protectors of Mi'kmaki.*

The philosophy behind a student-run food service and the educational programming the Loaded Ladle provides are rooted in the following perspectives:

**Food Sovereignty** emerged from *La Via Campesina*, a global peasant movement, as the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, as well as the right to define their own food and agricultural systems.

**Food Security** is when all people at all times can get the food they need to be healthy and active. This includes being able to afford healthy food that is within easy reach.

**Food Justice** acknowledges that our food system is not neutral; we don't have a level playing field. The rules, who gets to set the rules, and the functioning of our food systems contain oppressive and colonizing forces that create and sustain inequities.

## How to Find Us

### In the Kitchen...

Monday Prep Parties, 4-6pm  
Tuesday-Friday servings, 9:30am-3:30pm

### Our Open Meetings...

Wednesday 3:30pm, Room B24, Dal SUB

### In our Volunteer Centre...

Room B24, Dalhousie SUB

### Online...

Facebook:

[www.facebook.com/theloadedladle](http://www.facebook.com/theloadedladle)

Twitter: @TheLoadedLadle

Instagram: theloadedladle

[www.loadedladle.com](http://www.loadedladle.com)



### Email...

[volunteer@loadedladle.com](mailto:volunteer@loadedladle.com)

(if you'd like to volunteer)

[info@loadedladle.com](mailto:info@loadedladle.com)

(with questions, comments and concerns)

[workshops.solidarity@gmail.com](mailto:workshops.solidarity@gmail.com)

(to request a solidarity serving)



The Loaded Ladle provides accessible, sustainable, locally-sourced free food on campus. Our collective of students and workers manages this alternative food service. We also offer events and activities which critically examine barriers to food sovereignty, security and justice.

The Loaded Ladle  
B24-6136 University Avenue  
K'jipuktuk ("Halifax, Nova Scotia")

B3H 4R2

902-494-6662

[www.loadedladle.com](http://www.loadedladle.com)

**Join us at 1:00pm,  
Tuesdays – Fridays  
for a free meal in the Dal SUB.  
Open to everybody!**

## What We Do:

- Planning and serving 150+ meals four days per week at the Dal SUB
- Daily kitchen preparation, serving, and clean-up
- Solidarity food servings offered to other community groups
- Workshops on growing, preparing, and preserving cultivated and wild foods
- Other programming related to about food security, food justice and food sovereignty



## Participate in the Loaded Ladle



### Stay in the loop:

- Sign up for our newsletter and follow us on social media for our events

### Take part in our events:

- Attend our annual workshop series in the Fall: To The Root
- Come to other food-related events: learning to grow, prepare, and preserve foods;
- Come to our educational programs: learn to critically examine our food system together

### Come to our servings:

- Starts at 1 pm (Tuesday- Friday) and goes until food runs out.
- Free and open to everyone.
- Locally-sourced, Halal/Kosher, nut-free, plant-based menu.
- Servings include gluten-free options

## Volunteer with Us:

Help us put food on the table, share or improve your food skills & knowledge. Email: [volunteer@loadedladle.com](mailto:volunteer@loadedladle.com) or visit us in our kitchen (1<sup>st</sup> fl, Dal SUB)

Monday: Prep party 4-6 pm

Tuesday-Friday: Serving Days

9:00 – 12:45 Meal Prep

12:45- 1:45 Daily Serving

1:45- 3:30 Daily clean-up

### Help us grow some foods:

We grow foods for our servings and events in the Ladle's plots in Common Roots Urban Farm. If you would like to come and garden with us, get in touch.

### Request a free solidarity food serving

If you are hosting events relevant to our vision, email: [workshops.solidarity@gmail.com](mailto:workshops.solidarity@gmail.com), We connect student resources and volunteers with progressive food movement and actions in the greater Halifax community.

### Attend an Open Meeting for behind the scene coordination

Wednesday 3:30 pm @ Loaded Ladle office, Room B 24, Dal SUB