

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
Main floor, Dal SUB


OUR OPEN MEETINGS

Wednesday 3:30pm
Room B24, Dal SUB

IN OUR VOLUNTEER CENTRE

Room B24, Dal SUB

ONLINE

 /theloadedladle

 @TheLoadedLadle

 /theloadedladle

loadedladle.com

EMAIL

volunteer@loadedladle.com
(if you'd like to volunteer)

info@loadedladle.com (with questions,
comments and concerns)

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, food security and food justice.

THE LOADED LADLE

Room B24, Student Union Building
6136 University Avenue
K'jipuktuk ("Halifax, Nova Scotia")
B3H 4R2

902-494-6662

loadedladle.com

JOIN US
1:00 PM
TUES-FRI

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 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 food
- 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, nut-free and 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 or visit us in our kitchen (main floor, Dal SUB)

Monday: Prep party 4-6 pm

Tuesday-Friday: Serving Days

9:00 am - 12:45 pm **Meal Prep**

12:45 - 1:45 pm **Daily Serving**

1:45 - 3:30 pm **Post-serving 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. We connect student resources and volunteers with progressive food movements and actions in the greater Halifax community.

OPEN MEETINGS

Attend an Open Meeting for behind-the-scenes coordination.

Wednesday 3:30 pm @ Loaded Ladle office, Room B24, Dal SUB