

Elaine Power

Associate Professor at School of Kinesiology & Health Studies, Queen's University
Kingston, ON, CA

Teaches social determinants of health. Researches food insecurity. Advocates for basic income. Dreams of the day when food banks can close.

Biography

Elaine Power has been teaching HLTH 101, The Social Determinants of Health, to hundreds of undergraduate students each year. Students learn that income, income inequality, education, racism, colonialism, and political decisions are more important determinants of health than diet, exercise and other lifestyle factors.

Her research on food insecurity—inadequate or insecure access to food because of financial constraints—and its impacts on health, have led her to advocate for an unconditional basic income that is adequate to meet basic human needs.

Dr. Power uses qualitative research methods and critical social theory to investigate food practices, especially in relation to income and social class. She currently holds a research grant from the Social Sciences and Humanities Research Council to explore the potentials and limitations of community food programs, such as community gardens, hot meal programs, and food banks, to reduce food insecurity.

Dr. Power is a founding member of the Canadian Association for Food Studies, and co-founder of the Kingston Action Group for a Basic Income Guarantee.

Areas of Expertise

food insecurity, food banks, basic income, Social Determinants of Health, hunger in Canada, experiences of poverty, Guaranteed Annual Income, family food practices, feeding the family, gender & food, income & food, poverty & food, poverty & health

Event Appearances

Why food charity is not enough
Voices for Change Halton

Food insecurity and the promise of a Basic Income Guarantee
Durham Local Food Solutions Symposium

"Come and live in my shoes": Food access and social isolation for people living in poverty in Gananoque and Leeds & The Thousand Islands
Conversations about Food

Building food security through a basic income guarantee
Public Meeting

The social construction of food insecurity in Canada
Centre for Sustainable Food Systems Research and Engagement Seminar Series

Making Zero Hunger with Basic Income
Food Secure Canada Panel, Food Insecurity 101

Using Basic Income to address food insecurity
Senate Of Canada Liberal Open Caucus

The social construction of food insecurity: A Canadian Perspective
PROOF Conference on Food Insecurity

The promise and the perils of Basic Income
Sunday Service

Let's talk BIG: A Guaranteed Annual Income for All
Community Event

The potential impact of a Basic Income Guarantee on community economic development
Thousand Islands Workforce Development Board Meeting

Basic Income: Dismantling systemic barriers
Elizabeth Fry Journeys to Healing Annual Conference

The case for Basic Income
Put Food in the Budget Annual Meeting

Eliminating food insecurity with a Basic Income Guarantee
Ontario Society of Nutrition Professionals in Public Health Annual Meeting

Education

University of Toronto
Ph.D. Public Health Sciences

University of Guelph
M.Sc. Applied Human Nutrition

University of Ottawa
B.Sc. Biochemistry-Nutrition

Mount Saint Vincent University
B.A. Sociology

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