

# **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.

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## **Description**

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 insecurityâ€™inadequate or insecure access to food because of financial constraintsâ€™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.

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## **Topics**

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

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## **Past Talks**

**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

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## **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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