



MiFOOD Project Workshop Migrant Food Security and Livelihood Resilience amid Global Disruptions

Date: July 31, 2025

Time: 9:30am – 12:30pm

Location: The Boardroom, Balsillie School of International Affairs, Waterloo, Canada

The workshop presents key findings from the MiFOOD project, which investigates how international and internal migrants navigate food insecurity and build resilience in the context of global disruptions. Drawing from case studies in Canada, South Africa, and China, this session explores the intersection of migration, livelihood strategies, and access to food during and after the COVID-19 pandemic. The presentations offer grounded insights into migrants' adaptive responses and the structural barriers they encounter in diverse urban and rural contexts. The workshop aims to facilitate knowledge exchange among researchers working across geographic and disciplinary boundaries. It provides a platform to reflect on shared themes and divergent contexts, explore methodological insights, and discuss future directions for collaborative research within the MiFOOD network and beyond. The workshop is cohosted by the MiFOOD network, the Hungry Cities Partnership (HCP), the International Migration Research Centre (IMRC) and the Balsillie School of International Affairs (BSIA).

Program Schedule

9:30am – 9:45am: Welcome and Opening Remarks

Jonathan Crush

Brief introduction to the MiFOOD project and workshop goals.

9:45am – 10:05am: Migration, Food Security, and Adaptive Strategies During Crises: A Study of Refugees in Kitchener-Waterloo

Zhenzhong Si (Balsillie School of International Affairs)

10:05am – 10:20am: Q&A

10:20am – 10:40am: **Crisis and Resilience: COVID-19, Urban Food Access and Economic Survival of African Migrants in Cape Town**

Sean Sithole (University of the Western Cape & Balsillie Scholar)

10:40am – 10:55am: Q&A

10:55am -11:15am **The Origin of Migrants and Their Food Security in China**

Taiyang Zhong (Nanjing University)

11:15am – 11:30am: Q&A

11:30am – 11:50am: **Migrant Workers' Livelihood Resilience and Food Security Strategies: A Perspective of Social Ties Between Individuals and Families**

Huiguang Chen (Nanjing Agricultural University)

11:50am – 12:05 pm: Q&A

12:05pm – 12:30pm: **Discussion & Concluding Remarks**

The event is funded by:

