

Thinking Outside of the Breadbox

A “how-to” handbook for food security programming in
Community Health Centres

GTA CHC



**Food Security
Network**

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The GTA CHC Food Security Network research committee

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All of the survey respondents

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Introduction

Food innovation is abundant in Toronto. Interest in food and how it is grown, processed and distributed is increasing as people recognize the connections between our health, our economy, our environment and our communities. Working mostly from the grassroots, individuals, agencies and communities are being pulled by their interest in food to work together to create a path towards a more equitable, sustainable and resilient food system.

Community Health Centres (CHCs) are one of the innovators forging ahead on this new path. Some CHC's have a rich history of creative engagement with food issues: others are exploring where food initiatives might fit with current programming.

But why food, and how does it matter to health? There is an abundance of evidence that in many low-income communities, there is simply not enough money to purchase nutritious food¹. This lack of access to food is often defined as 'food insecurity', "a condition in which people lack the food needed to provide them with the energy and nutrients to live an active and healthy life²" This definition can be further elaborated to stipulate the provision of food through a sustainable food system that reflects principles of self-reliance and social justice³.

Poverty is a central determinant of food insecurity. Food insecurity tends to be most prevalent in vulnerable communities, compounding existing inequities to have additive impacts on overall well-being⁴. The implications of food insecurity among vulnerable groups are well documented: outcomes include decreased nutritional status, lower overall health, and poorer academic performance in children⁵. Good food has been proposed as one way to address the health, social and economic costs of poverty⁶.

Food is not simply an end in itself. More than just addressing individual hunger, tackling food insecurity offers an opportunity to touch on broader issues of poverty, environmental stewardship and social cohesion. Increasing access to healthy food requires thinking outside of traditional 'silos' to link food production and distribution with health promotion. In a 2010 report by The Stop Community Food Centre , their programming outcomes were found to be related to income and employment, social support and connectedness, and health behaviours, education and literacy.

Individual and community food programming is a strong fit with the mandate of CHCs, who clearly articulate that addressing the 'social determinants of health' is at the heart of effective primary health care. In the summer of 2010, the GTA Community Health Centre Food Security Network embarked on a project to understand the scope and range of food security programming offered through CHCs. The results are indicative of the creativity and diversity of the CHCs themselves. The programs also show that they are related to so much more than food. Food builds connectedness and cohesion, foundations for a strong community that quite literally bring people to the table.

The initiatives listed in the handbook were gathered from a survey sent to all 29 CHCs in the Greater Toronto Area. Further interviews with CHCs that did respond were conducted to capture the 'stories' that these programs tell.

How to use this handbook:

The handbook is divided into three main sections:

1. “How to” description for a cross-section of the many types of food security programs offered at CHCs
2. Additional resources for further reading or reflection
3. Appendices with concrete examples of supportive documents for food security programs

The manual is meant to be used by people interested in starting up or expanding a food security program in a Community Health Centre. Of course, many of these programs can be run outside of CHCs; however, this manual was created by interviewing staff at CHCs and therefore some of the details and focus of the programs will be influenced by their roles.

Each program description page includes:

- A brief introduction to the program
- Some of the potential outcomes to be expected from the program
- Steps involved in starting the program
- Program resources used
- Steps involved in running the program
- Other key points
- Additional resources
- Appendices

The handbook is not meant to be prescriptive nor to attempt to show the “right” way to run a certain program. Rather, it is meant to show some guidelines, highlight good practices, and provide some inspirational ideas. We plan to host this manual on a website in the future and we hope that it will become a living document that grows and changes based on feedback and experience from additional CHCs and other agencies. Please feel free to provide feedback to Julia Graham (julia.graham@stonegatechc.org) or Bronwyn Underhill (bunderhill@fhc-chc.com). Enjoy!

Sources:

1. Four ‘food solutions’ reports from the Metcalfe foundation offer a comprehensive introduction to the food issues facing Ontario.
2. Baker, L., Campsie, P. and Rabinowicz. (2010). Menu 2020: Ten good food ideas for Ontario. Toronto, Ontario: Metcalfe Foundation.
3. Ibid 2010
4. Wakefield, S. and Baxter, J. (2010). Linking health inequality and environmental justice: Articulating a precautionary framework for research and action. *Environmental Justice*, 3(3): p.95-103.
5. Alaimo, K., Olsen, C. M. & Fronillo, E. A Jr (2001). Food insufficiency and American school-aged children’s cognitive, academic, and psychosocial development. *Pediatrics*, 108(1), 44-53.; Kendall, A., Olsen, C. & Grongillo, E. A. (1996). Relationship of hunger and food insecurity to food availability and consumption. *Journal of the American Dietetic Association*, 96, 1019-1024.; McLeod, L. & Veall, M. (2006). The dynamics of food insecurity and overall health: Evidence from the Canadian National Population Health Survey. *Applied Economics*, 38, 2131-2146.
6. Ibid 2010
7. Ibid 2010

Food Security Programs Running at Community Health Centres in Toronto

	Kitchen	Garden	Meal program	Diabetes Program	Cooking club	Farm trips	Food security committee	Market	Good food box	Market Voucher	Advocacy	Food Cupboard Food bank	Food event	Other
Access Alliance														
Anishnawbe Health														
Anne Johnston														
Black Creek														
Central Toronto														Perinatal nutrition
Centre Francophone														Gift cards
Davenport Perth														Nutrition programs
East End														Centralized cook
Fairview														
Flemingdon														Community cater
Four Villages														
LAMP														Naturopath
Parkdale														
Planned Parenthood														
Regent Park														
Rexdale														
Sherbourne														
South Riverdale														Peer nutrition
Stonegate			School snacks											Newsletter
TAIBU														
Unison														
Vaughan														Food drive
West Hill														meals on wheels
Womens Health														

GTA Community Health Centres' Food Security Network Member Contact List

CHC	Representative	Job Title	Representative contact
Access Alliance Multicultural Health and Community Services	No representative at this time		
Anishnawbe Health Toronto	No representative		
Anne Johnston Health Station	Lyndsay Tchegus	Health Promoter	lyndsayt@ajhs.ca 416-486-8666 x266
Black Creek CHC	Jennifer Schneider	Dietician	Jennifer.schneider@bcchc.com 416-249-8000 ext. 2236
Carefirst Family Health Team	Rowena Leung	Registered Dietician	Rowena.leung@carefirstfht.com 905-695-1139
Central Toronto CHCs	Linor David	Early Years Health Promoter	ldavid@ctchc.ca 416-703-8482 ext. 233
Centre Francophone de Toronto	Karina Loayza	Registered Dietician	karina@centrefranco.org 416-922-2672 ext. 242
Davenport Perth Neighbourhood Centre	Kelly Gordon	Community Dietitian	kgordon@dpnc.ca 416-656-8025 x243
East End CHC	Jackie Carruthers Sudha Ellie	Early Years Social Worker Community Health Worker	jcarruthers@eastendchc.on.ca 416-778-5805 ext. 220 sellie@eastendchc.on.ca 416-778-5805 ext. 224
Flemingdon Health Centre	Catherine Pestl Maria Calvachi	Community Health Worker	cpestl@fhc-chc.com 416-429-4991 x 281 mcalvachi@fhc-chc.com 416-429-4991
Fairview Community Health (Flemingdon Satellite)	Bronwyn Underhill	Health Promoter	bunderhill@fhc-chc.com 416-640-5298 x202
The Four Villages CHC	Krystyna Lewicki	Community Dietitian	Krystyna@4villages.on.ca 416-604-3361
LAMP	Hilda Bellusci	Community Worker Assistant	hildab@lampchc.org
Parkdale CHC	No representative		
Planned Parenthood of Toronto	Amadeep Kaur Panang		apanag@ppt.on.ca
Regent Park CHC	Olivia Rojas	Community Health Worker	OliviaR@regentparkchc.org
Rexdale Community Health Centre	No representative		
Scarborough Centres for Healthy Communities	Lori Metcalf	Health Promoter	lmetcalf@westhill-cs.on.ca 416-284-5931 ext 4144
Sherbourne Health Centre	Nicole Seli	Community Dietician	nseli@sherbourne.on.ca 416-324-4180 x5243
South Riverdale CHC	Gurpreet Karir	Health Promoter	gkarir@srchc.com 416-461-1925
Stonegate CHC	Julia Graham	Community Health Worker	julia.graham@stonegatechc.org 416-231-7070 x229
TAIBU CHC	No representative		
Vaughan CHC	Sara Berdugo	Community Dietician	sberdugo@vaughanhealthcarehc.com 905-303-8490 ext. 145
Women's Health in Women's Hands	Yogeeta Sharma Cindy Tsai	Community Dietician	Yogeeta@whiwh.com cindy@whiwh.com
Unison Health and Community Services	Karima Kassam Jen Quinlan	Community Health Promoter Health Planner	Karima.kassam@unisonhcs.org Jen.quinlan@unisonhcs.org

“How To” Programming Guides

Internal/External Food Access Committees:

Food access committees are comprised of staff members (internal) or community organizations and city-wide agencies (external) who meet to discuss ways of increasing food access.

Introduction

Food access committees are a forum within CHCs and communities to promote food security. Internal committees work with CHC clients, management and staff, while an external committees collaborate with local residents and community stakeholders. Food access committees complement existing work in the community by providing a forum for the exchange of ideas in order to develop a comprehensive community-based response.

Potential Outcomes

- Committee/network participation

Steps involved in starting program

Internal Committee: Gauge staff interest in starting a committee through all-staff or team meetings, email, flyers or posters. Committee members can also include volunteers such as students, clients or peer leaders.

External Committee: Connect with individuals/groups who are interested in addressing food security. Potential committee members may include agencies running community food programs, local schools, representatives from councillor's offices, residents, or faith groups.

Program Resources

Staff time: Minimal time required to coordinate and attend meetings.

Steps involved in running program

Internal:

1. Develop vision, goals and objectives for the committee. Meeting frequency will depend on intensity of programming and staff availability.
2. Identify issues and concerns impacting clients and initiate responsive programming.

External:

1. Identify issues and concerns impacting residents.
2. Develop and assist with the implementation of grassroots responses, including advocacy, social action, fundraising, and or project specific support.

South Riverdale CHC

The Riverdale Food Working Group (RFGW) was founded in 2008, and is a partnership between community members and organizations striving to make Riverdale a food friendly and food secure neighbourhood. The group's mission is to facilitate the building of healthy and equitable food systems, address food insecurity issues, and to engage community residents to participate in activities that will improve access to healthy and fresh food, while raising awareness about food issues and offering opportunities for skills development, education, and empowerment.

Some of the group's activities include workshops (seasonal food preserving, cooking, healthy eating, cooking on a limited budget, small space gardening, composting), rural and urban produce picking trips, and a fresh food voucher program. RFGW members collaborate with organizational partners to determine what food based programs and activities work best for their respective client groups. The RFGW is primarily volunteer run, and is assisted by a part-time staff person housed at one of its partner organizations. Funding has been limited, and has come from the Carrot Cache, the Healthy Communities Fund, private donors, and creative fundraising schemes such as the sale of preserves.

SRCHC Food Security Committee is composed of staff from across the health centre representing various departments; Urban health, health services, health promotion and organizational health systems. The goal of the committee is to increase awareness of food security and access to healthy food within the Centre. The committee has hosted a number of community meals (ThanksGiving, Winter solstice, Earth Day, Pride), Picks from Not Far From the Tree, outings and preserves aimed for the larger SRCHC population and membership. The Committee has also hosted a number of activities to engage and inform staff such as lunch and learns and hosting meetings that look at issues of food security. In the new year we will be hosting a film night – showing the movie fresh.

Staff involved: Seven staff members

Program supports: Small budget to support community meals and initiatives

Appendix

- 1.1 Fairview Food Security Network Terms of Reference
- 1.2 GTA CHC Food Security Terms of Reference
- 1.3 External Food Access Committee Guidelines
- 1.4 Internal Food Access Committee Guidelines
- 1.5 South Riverdale CHC Internal Food Security Committee Terms of Reference

Centralized Cook

The centralized cook is a fulltime staff member who plans for and prepares all meals and snacks for programs run on and off-site at the CHC.

Introduction

An 'in house' cook is a way to integrate 'food access' into all programs offered at the CHC. The cook streamlines the provision of meals and snacks by centralizing the food planning, purchase and preparation process.

Potential Outcomes

- Improved nutrition (increasing access to nutritious and fresh foods)
- Diabetes Intervention
- Heart Health

Steps involved in starting program

At East End CHC, staff identified that a centralized cook would be more cost effective than each staff preparing food for their program, and would also allow the dietician to work directly with one staff member rather than consulting with all CHC staff.

Program Resources

Staff time: Full time cook, consultation from Dietician
Cash: Funding for ingredients
Program supports: Menu plans; kitchen space and supplies

Steps involved in running program

1. The cook and the dietician prepare meal plans that are appropriate to the dietary needs of certain populations (e.g. foods that prevent osteoporosis for a group on bone health). These plans balance nutritional goals with the knowledge of the group participants (e.g. the grocery store that clients use most often is also used by the centralized cook)
2. The cook prepares the meal/snack while the program is running. If the schedule is not overly busy, the cook can invite some of the program participants to help with meal preparation.
3. After the group has eaten, the cook comes in and gives a quick tutorial on how to make the meal, provides the recipe and includes a budgeting tip
4. The group facilitator brings informal feedback to the cook on how the meal was received by the participants.

Measurement/Evaluation

- Improving nutrition is a measured outcome for most programs at the CHC.
- Informal feedback from participants.

Farming and Gleaning Trips

A farming trip involves bringing CHC clients to local farms to pick fresh fruit and vegetables. Gleaning trips are similar but the farmer donates land to the group.

Introduction

Farming and gleaning connect people more closely to their food, and provide an opportunity to learn more about the food system. Providing bus transportation reduces the most costly part involved in leaving the city to visit local farms.

Primary Focus of Program

- Environmental stewardship/food system sustainability
- Improved nutrition (increasing access to nutritious and fresh foods)
- Outreach strategy

Steps involved in starting the program

Connect to local farms and cheaper bus rates through North York Harvest Food bank

Program Resources

Staff time:	Approximately one day per trip
Money:	Funding for buses (approximately \$200 per bus).
Program supports:	Handouts related to the food that will be picked

Steps involved in running the program

1. Trips can be offered at any time during harvest season (June to October). Consider what crop would appeal to CHC clients when choosing the farm and the date for the trip.
2. Some farms offer the food at no cost; others operate on a 'pay for what you pick' basis.
3. Advertise the trip using agency networks, word of mouth, CHC program brochures, etc. A school bus can transport 48 people. For a half day trip, plan to leave the city early in the morning (8:30 or 9:00) to return to the city by 1 p.m. Budget approximately an hour and a half for travel and a few hours at the farm to pick.
4. Offering registration on a first-come, first-serve basis or to having screening criteria increases equity. These trips can be very popular and fill up quickly.
5. Call to confirm participation a few days before the trip and discuss trip details.
6. Provide recipes for the food that was harvested during the trip home.
7. Extra produce can also be integrated into other CHC programs (for example, community kitchens or emergency food programs).

Other key points

- Farms are not always fully accessible for groups with special needs.
- These trips are very popular with families and people of all ages.
- To build on farming/gleaning trip programming, you could consider offering a guided talk about nutrition or the food system.

Resources

North York Harvest Food Bank website: <http://www.northyorkharvest.com/gleaning-trips>

Appendix

2.1 Food Down the Road: The ABC's of Local Foods

2.2 Local Crop Availability



Strawberry Gleaning with Fairview Community Health

“The types of comments that we hear is that people feel connected to nature, to the food system. Many people who are new to Canada have not had the opportunity to leave Toronto.” – Health Promoter

Good Food Box

FoodShare distributes boxes containing fresh fruits and vegetables. CHC's can be a Good Food Box 'stop', or drop off site, and receive a free box for every 10 orders.

Introduction

The Good Food Box is a means of providing fresh, affordable produce to CHC clients and community members on a year round basis, particularly for areas identified as 'food deserts' or for clients with accessibility issues. A variety of types of boxes are available: family size (\$17), small size (\$12), large organic (\$32) or small organic (\$22) and a wellness box with pre-cut foods (\$12).

Potential Outcomes

- Improved nutrition (increasing access to nutritious and fresh foods)
- Emergency food access (hunger/meeting primary needs)
- Environmental stewardship/food system sustainability
- Outreach Strategy

Steps involved in starting the program

FoodShare requires a minimum of 5 Good Food Box orders to act as a delivery site. Community and CHC advertising and community meetings are a means to gauge and gather interest to meet the minimum order. FoodShare is available to come to the CHC with sample boxes to facilitate sign up of clients and community members. One option is to start the first month with a dry run of staff orders.

Program Resources

Staff time: 2 hours per week for planning and tracking, availability at pick up
Program supports: Space at CHC to house boxes when delivered

Steps involved in running program:

1. The frequency of the program depends on CHC client, staff and community interest. The program is typically run on a bi-weekly or monthly basis. Consider running the program on a busy programming day at the health centre to allow clients to coordinate appointments or group attendance with box pick-up.
2. Individuals provide payment to the CHC in advance of the box drop off as a confirmation of their order. A reminder call or email a few days prior to the delivery date will help with consistency and interest.

Other key points

- Pick-up of the Good Food Box may be a challenge for particular groups. Consider creative ways of reaching individuals who may be at higher risk for food insecurity due to accessibility challenges, such as utilizing volunteer networks or fostering partnerships with tenant representatives.
- Including a recipe for one of the food box fruits/vegetables or offering a cooking workshop in conjunction with the box delivery enhances interest in the program.
- The free Good Food Box (for every 10 orders) can be used for programming, or on a referral basis for clients requiring emergency food provision.

Resources

Food Share Good Food Box 'how to': <http://www.foodshare.net/goodfoodbox04.htm>

Appendix

- 3.1 Good Food Box process evaluation
- 3.2 Good Food Box pre-evaluation questionnaire
- 3.3 Good Food Box satisfaction survey



Good Food Box pick-up at Stonegate CHC

“We choose Ontario-grown products for the box whenever possible because we want to know where and how our food is produced, to support local farmers and reduce the fossil fuels burned when we import food.” – FoodShare website

“Acting as a Good Food Box pick-up site is also a way to connect with the wider community and increase the profile of the CHC. “

Community Food Cupboard

The community food cupboard provides emergency access for individuals in food crisis.

Introduction

The community food cupboard is intended to provide emergency food access to clients who are in immediate food crisis. While clients can otherwise be referred to community food banks, an emergency food cupboard supports individuals' experiencing physical, transport and emotional barriers to those services.

Potential Outcomes

- Build partnerships with partner organizations
- Emergency food access (hunger/meeting primary needs)

Steps involved in starting program

Depending on funding availability at the CHC, you may need to gather community food donations to stock the cupboard. One option is to conduct a food drive in partnership with a local business.

Program Resources

Staff time:	Minimal time required, maximum is usually one hour per week
Money:	Funding for food purchase, or donations of non-perishable foods
Program supports:	Space for a cupboard

Steps involved in running program

1. Develop guidelines for cupboard access and for what food will be accepted. Guidelines are available in the attached appendix.
2. Place cupboard in a discrete area to respect client confidentiality.
3. Clients access the community food cupboard based on referrals from clinical staff. Clinical staff can accompany the client to the food cupboard.
4. Offer the client a private space to pick the food they need from the cupboard, mindful that emergency access also should provide choice. Allowing the client to choose the food they require is a means to de-stigmatize emergency food provision.
5. Provide client with a food access resource sheet as appropriate, including general information about food banks, low cost meals, community gardens and other food programs in the City of Toronto.

Appendix

4.1 Community Food Cupboard Guidelines

Community Kitchens

A community kitchen is when a group of people get together regularly in a public space to cook. Community kitchens can be diverse in their purpose and organization.

Introduction

Various community kitchen models exist that can meet the unique needs of the populations being served, the available facilities at the CHC and in the community, and the skill sets of the participants. The breadth of potential outcomes identified by CHCs running community kitchens reflects this diversity. While a list of basic considerations and required resources are provided, the case examples of how CHCs are organizing community kitchens demonstrate the range of opportunities that community kitchens create.

Some community kitchen models run in CHCs include:

- Women's Kitchen,
- Youth Kitchen,
- Cooking for one or two people;
- Caregiver and Tot;
- Newcomers cooking together, multicultural kitchens, or language-specific;
- Healthy eating on a budget
- Disease or condition-specific;

Potential Outcomes

- Improved nutrition (increasing access to nutritious and fresh foods)
- Develop community ties and connections among participants
- Skill Development
- Mental Health
- Emergency food access (hunger/meeting primary needs)
- Outreach Strategy
- Reduce social isolation
- Maintain cultural identify
- Physical fitness and activity

Resources

Community Kitchen Training at FoodShare - <http://www.foodshare.net/kitchen04.htm>

Appendix

- 5.1 Cooking for One or Two Curriculum
- 5.2 Community Connections Start-up kit
- 5.3 Community Caterer program

Flemingdon Health Centre Community Kitchen

The kitchen began with a few friends of the Community Health Worker (CHW) who came together to socialize and cook. Word of mouth about the program spread, due in part to the attraction of socializing around food, the welcoming atmosphere created by the multi-lingualism of the health worker and the cultural appropriateness of the food being prepared. Participants prepare the meal together, followed by a health talk by the dietician.

The community kitchen at Flemingdon has evolved into an annual 'Taste of Flemingdon'. The festival showcases dishes from both the kitchen programs to community members.

Staff time: 1 day/week for CHW, consultation from dietician,

Money: \$40/week for food

Program supports: Kitchen facilities

Fairview Community Health

With no kitchen at Fairview, the community kitchen is run out of a local church. The kitchen rotates between at least four 6-week curriculums. Additional curriculums are added as needed. Participants actively participate in choosing the menu options and a registration of 15 participants generally results in weekly participation of 12 people. A brief discussion on a food related topic and healthy eating handouts are incorporated into all curriculums. In addition, other discussion topics, guest speakers, or handouts may be provided.

Staff time: 1 day/week for staff member, one day per session for planning and evaluation

Money: \$100/week for food feeds participants and provides leftovers for families (25 to 30 people); \$50/week feeds participants with fewer leftovers for families

Bathurst-Finch New Heights CHC

The kitchen is run in the home economics classroom at a local school. The program began with three 6-week pilot periods, run during the daytime to target moms with young children.

Staff time: Two staff members on program days for facilitation

Money: \$3,000 for 6-month pilot period. North York Harvest Food Bank provides canned goods: \$25 /week is allocated for fresh produce. Childcare is provided.

York Community Services Cooking Connection Project

The Community Services Cooking Connection Project is a collaboration of 16 agencies in the Toronto West region. A Healthy Communities grant was received and the goal of the project is to support the formation and sustainability of resident-led collective kitchens in the York South West riding. The grant will support the development of a training manual, website, and a full time food animator in the community.

"The success of food security programs translates into success for programs unrelated to food security. Getting involved in something like a community kitchen is a gateway into programs such as mental health support that may be more intimidating"

South Riverdale CHC

COUNTERfit Cooking is a community kitchen program at South Riverdale Community Health Centre. The program engages its members in cooking, conversation and meal sharing. On a weekly basis group members - who consist of people who use drugs and/or have mental health issues- meet to prepare a meal, share nutritional and harm reduction information, discuss food issues facing the community, and finally share the meal that everyone has prepared. The program is part of the larger COUNTERfit Harm Reduction Program which is a community-based project offering outreach and education services to illicit drug users in the Riverdale area. Services offered include needle exchange and distribution of safer injection materials; distribution of safer crack stems; distribution of condoms; women-specific programming, primary health care services; and social work/housing supports. As many of our service users are food insecure and under-housed or homeless, we have been working to develop more food-centered initiatives in South Riverdale. In this effort we have participated in fruit picking outings both within the neighbourhood and to rural farms outside of the city, and have also participated in fruit preserving workshops. We also recently sold preserves and baked goods at an organic farmers' market.



Community kitchen participants at Fairview Community Health

“Coming to a community kitchen is a doorway to feeling confident about integrating into Canadian culture. It provides an activity (cooking and eating) that is comfortable that transitions into other skills”

“The kitchen is really about community support. The kitchen is more than just food – it is also the support that participants develop by talking together and forming networks. Food is a way of talking about other things they are experiencing and bonding the community together”

Seniors Cooking Club

Similar to a community kitchen, a cooking club involves a cooking demonstration with some involvement from participants.

Introduction

The Seniors Cooking Club brings programming to where people are. Offered as just one piece of the Seniors Health Club that also includes light fitness and talks on health-related topics, participants watch the preparation of a weekly meal in the style of a cooking show. Central to the success of the program is holding activities in the building where participants reside.

Potential Outcomes

- Heart health
- Reduce social isolation
- Improved nutrition (increasing access to nutritious and fresh foods)

Steps involved in starting the program

The cooking club was added when the Seniors Health Club advisory group identified that healthy eating was a challenge due to life transitions, the high cost of fruits and vegetables and food preparation difficulties due to health concerns such as arthritis. The Seniors Health Club began through a grant from 'Action for Neighbourhood Change' and is now being expanded to two other facilities through a New Horizons grant.

Program resources

Staff time: Community Health Worker and a Dietician for 2 hours programming and 2 hours preparation. The Seniors Health Club coordinator works 14 hours/week.

Money: \$25/week for ingredients

Steps involved in running program

1. The Dietician purchases groceries and does meal preparation (i.e. chopping) while the Community Health Worker facilitates a light fitness session.
2. The Dietician leads a cooking demonstration of a meal or a snack that emphasizes seasonal foods, lighter meals, and incorporating new fruits/vegetables.
3. Recipes are translated into the primary language of participants and printed.

"The main success of the program is that it is offered in the senior's building. Many people do not leave the building to attend programs. It also serves to bring people into the main space of the building to socialize"

Good Food Market/Farmer's Market

Good Food Markets are run in partnership with FoodShare to sell high quality, affordable fruits and vegetables. FoodShare delivers fresh fruit and vegetables which are sold by the CHC market manager.

Introduction

A Good Food Market provides seasonal, local produce to communities that may not have easy access to fresh and affordable food. Markets can be as small as a single stand, and are a good alternative to a Farmer's market if sales are too low to cover farmer's costs. In addition to coordinating food delivery, FoodShare provides operational training and support.

Potential Outcomes

- Build partnerships with partner organizations
- Improved nutrition (increasing access to nutritious and fresh foods)
- Reduce social isolation

Program Resources

Staff time: One day per week (2 hours for ordering, 5 hours on site); Volunteers to assist with selling food. The East Scarborough Festival market hires a student full time through the summer to coordinate the market.

Money: \$7,000 to \$8,000 annually

Program supports: City park permits are waived for priority neighbourhoods.

Steps involved in starting program

Provide enough time to contact and coordinate with FoodShare in time to launch for the spring harvest season. Find an accessible and visible location to ensure market success. A permit may be required if the property belongs to another individual or organization.

Other key points

1. Good Food Markets and Farmer's Markets are important community gathering spaces. A barbecue, taste testing, entertainment or activities can encourage community participation that extends beyond purchasing food.
2. Promote fruits and vegetables that are in season or plentiful by providing healthy recipes
3. Starting a Farmer's Market may be a natural next step if a Good Food Market is running successfully at the CHC or in the community. A Farmer's Market can start small, gradually adding farmers as community interest builds. The Toronto Farmer's Market Network is a working group of market organizers who can act as a resource and support - <http://tfmn.ca/>

Resources

Food Share contact information - <http://www.foodshare.net/animators02.htm>

Appendix

- 6.1 Food Share Good Food Market brochure
- 6.2 Good Food Market Guide: Flemington Health Centre
- 6.3 Market evaluation/survey
- 6.4 List of Farmer's Markets in Toronto
- 6.5 List of Good Food Markets in Toronto



Market volunteers at Flemington Health Centre Good Food Market

Market Voucher Program

Market vouchers act as 'cash' at Farmer's markets or Good Food Markets and assist vulnerable community members in accessing fresh, local produce.

Introduction

Market vouchers can be distributed to CHC clients and community members to support the purchase of fresh, local produce for individuals who may otherwise not be able to afford to shop at the market. Vouchers can be distributed as often as the CHC would like, in whatever amount, through the market season or as a onetime event.

Potential Outcomes

- Emergency food access (hunger/meeting primary needs)
- Improved nutrition (increasing access to nutritious and fresh foods)
- Reduce social isolation

Resources

Staff time: If the voucher program staff member also runs the market, the time is folded into market management.

Money: The voucher program at Stonegate CHC began with initial funding of \$3000

Steps Involved in Starting Program

If your CHC does not have a Farmer's or Good Food Market, it will be necessary to develop ties with the manager of a local market, who can explain the program to vendors. It is also helpful to identify community partners (such as the food bank) to distribute vouchers.

Steps Involved in Running Program

1. Vouchers should be durable and non-duplicable. Laminate the vouchers with the market name, time and location, as well as with a tracking number.
2. Determine which clients are eligible for the voucher program based on the CHC criteria
3. Voucher amounts are suggested to be in denominations of \$5 and lower. Small amounts are suggested as no change is given in return for the voucher. At Stonegate, vouchers were initially distributed in packets of \$15.
4. If distributing vouchers at the CHC and at other community agencies, have voucher participants sign an agreement outlining voucher guidelines.
5. When distributing vouchers, record voucher # and client name (optional) to better understand who needs vouchers and who does not.
6. On the day of the market, CHC staff member collects vouchers from vendors, reimburses vendors with cash and tracks which vouchers were returned from which vendor
7. CHC staff member enters voucher #, date spent and where voucher was spent

Other key points

- A voucher program can increase the interest of lower-income community members in a Farmer's Market. The voucher can act as an initial gateway into attending the market. After using the vouchers, individuals often return for the opportunity to participate in market activities and make connections with the community.

Resources

List of Toronto Farmers Markets - http://tfmn.ca/?page_id=2

Appendix

7.1 Voucher Example

7.2 Voucher Tracking Sheet

7.3 Voucher evaluation survey

7.4 Voucher letter and agreement



Market Voucher example from Stonegate CHC

“We know that when given the option, people choose the healthier one – meaning fresh fruit and veggies over baked goods at the market”

Community Gardens

A community garden is a space on public or private land where clients or community members meet to grow and care for vegetables, flowers and native plant species.

Introduction

Not unlike community kitchens, community gardens follow many models depending on what space is available at the CHC or in the community, how CHC/community partnerships have developed, and client or community interest. The following case stories highlight the different paths that starting a community garden can take.

Potential Outcomes

- Develop community ties and connections among participants
- Improved nutrition (increasing access to nutritious and fresh foods)
- Reduce social isolation
- Skill development or training
- Emergency food access (hunger/meeting primary needs)
- Maintain cultural identify
- Environmental stewardship/food system sustainability
- Diabetes intervention
- Heart Health
- Build partnerships with partner organizations

Resources

Toronto Community Garden Network - <http://www.tcgn.ca/wiki/wiki.php>

Visit FoodShare for a detailed list of resources including:

- Month by month garden start up toolkit - http://www.foodshare.net/toolbox_month01.htm
- 10 tips for starting a community garden - http://www.foodshare.net/toolbox_month07.htm

City of Toronto Community Gardening Implementation Steps - http://www.toronto.ca/parks/engagement/community-gardens/gardening_implementation.htm

Bathurst-Finch

The Bathurst-Finch Community Garden was initiated with an Action for Neighbourhood Change (United Way) grant and training support from FoodShare after identifying that the high price of fruits and vegetables was a concern in the community. The CHC took a lead role in advocating, coordinating and navigating City of Toronto regulations to get a community garden started. The garden initially required a significant investment of CHC staff time and support, but after two years the project is almost entirely resident-led. The garden is located close to a primary school in a public park and it is divided into plots that are available to CHC clients and community members. Individuals plant, maintain, and harvest their plot.

Staff time: Full time staff member supported by the The Action for Neighbourhood Change project co-ordinates this among other initiatives.

Queen West

An unused space on-site prompted the idea to start a community garden. Transforming the space was supported by a grant from Evergreen, a non-profit organization committed to making cities more liveable. Visioning sessions and consultations with staff and program coordinators assisted in conceptualizing what form the space could take. The final garden was built by Evergreen, and includes both aesthetic and edible plants. A grant from HRSCD supports a summer student gardening coordinator who runs a weekly gardening group and also integrates gardening sessions into other CHC programs. The gardening group is composed of clients referred by CHC counselling staff and clinicians, although broader community participation is encouraged through open houses and garden celebrations. The garden is also utilized by other CHC programs, such as the Four Winds Aboriginal group .

Staff time: Full time gardening coordinator.



Queen West CHC Garden



Stonegate Garden

“The health of the environment is a big component of our health. Being in a garden, thinking about what our impact is on the planet, we see the connections. All of the gardening group are keen environmentalists – that part of people emerges when they are involved in gardening activities.”

South Riverdale CHC

Blake School Food Garden Project

The Blake School Food Garden Project will strengthen and support school-aged children and their families living in Blake/Boulton low-income neighborhood through activities focused on gardening and food. This garden project aims to enhance food-based education for children from kindergarten to grade 6 while providing a unique opportunity to engage parents and community members that are not currently involved in school and community based activities. The Blake garden will serve as a model that will bridge issues of food, health and the environment in a collaborative community model.

Project Objectives:

- (1) Establish a food garden; that will focus on heirloom and culturally specific plant varieties; to provide hands-on learning and skill development linked to school curricula
- (2) Engage school aged children in curriculum linked to food-based garden activities
- (3) Promote healthy eating and living and reinforcing nutrition education
- (4) Increase parent and family engagement among marginalized populations through food as a vehicle for community education and involvement
- (5) Increasing community pride, connection and safety through positive use of public space

South Riverdale CHC Roof Top Garden

In 2003, the outdoor patio space on the fourth floor of SRCHC was converted into a roof top garden. Community members and staff constructed wooden containers to grow vegetables, herbs and edible flowers. The garden group is composed of clients referred by staff. The garden group meets every 2 weeks from spring to fall to discuss gardening issues, plant, water, weed, harvest, eat and have fun. A group meal including garden harvest follows every group session. Garden group members coordinate the watering schedule. Special additional workshops include topics such as practical use of herbs and wild edibles.

Staff time: Part-time coordinating position taken on by existing staff.
Gardening consultant contract position (funding dependent)

Flemingdon Health Centre, Fairview Community Health, Unison Health and Community Services

Peer-led container gardening workshop

In conjunction with Livegreen Toronto, agencies from North Toronto sponsored clients to receive training in container gardening. Communities were chosen due to the high rates of apartment living and a demonstrated interest from residents. Participants then received resources to run container gardening workshops in their communities.

Staff time: Minimal time to assist peer leaders in postering and facilitation
Money: Depending on scale of program: could purchase containers, seeds, soil, handbooks, etc. Participants can also provide their own resources.
Program supports: Space to run program, snacks - peer leaders may supply this

“The community garden is also about community participation and socialization. It is important to let go of the result of how many pounds of food are grown and to embrace the process. Food production is just a small part of the garden.”

Diabetes Programs

There are a diverse array of diabetes programs run at CHCs throughout the province. Rather than attempt to synthesize this diversity, we are highlighting a few specific programs.

Queen West CHC

Queen West CHC runs an Aboriginal Wellness Program called Four Winds. The program emphasizes healthy eating to prevent and control diabetes. Every session incorporates a healthy meal that is cooked with the help of peers. The sessions also have an elder who is present to smudge and hold a circle. Health education is done either through talks with a dietitian or with SOADI (Southern Ontario Aboriginal Diabetes Initiative) or more informally with the nurse or health promoter on site

South Riverdale CHC

DECNET (Diabetes Education Community Network of East Toronto) supports self-management of Prediabetes and Type 2 Diabetes. Programs offered include:

- Group education classes
- Community kitchens (offered in English, Chinese and Urdu)
- Diabetes support groups (offered in English, Bengali, Chinese and Urdu)
- Mental Health program with focus on diabetes
- One-to-one support from nurses and dietitians

A Diabetes Food Security Working Group was recently formed in an effort to identify and address food insecurity experienced by clients. Community kitchen programs help clients to increase their cooking skills and confidence in preparing diabetes-friendly meals and knowledge regarding healthy shopping. Further, care providers connect clients with available food resources in the community. A pilot grocery shopping tour with the Bengali Support group will provide economical healthy shopping tips in a culturally-specific grocery store.

Flemingdon Health Centre

MTDEP (Mid Toronto Diabetes Education Program) runs at Flemingdon Health Centre. A registered Dietitian and Nurse provide individual counseling (for Type 2 diabetes and Pre-diabetes) and group sessions.

The following group sessions are offered:

- For people with Type 2 diabetes, pre-diabetes and those at risk
- In small groups at convenient locations in the community
- In English, Urdu, Tamil, Farsi, Mandarin and other languages with interpreter assistance if required
- In the morning, afternoon and evening
- Workshops (support/review groups with guest speakers, stress management, Ramadan classes, Label Reading, Carbohydrate counting)
- Walking group (seasonal)
- Cooking classes (seasonal)

Started in 2009, the *South Asian Diabetes Prevention Program (SADPP)* is an evidence-based diabetes prevention project. SADPP aims to prevent diabetes in the SA community with the goal of enabling seniors to be in control of their health by learning if they are at risk of developing diabetes, attending workshops, and receiving a diabetes prevention care kit.

This program runs early-detection clinics and workshops for the South Asian population in the community. The team consists of a registered nurse, registered dietitian, outreach workers, and a program coordinator. The program is delivered in the community and the team travels to places of worship, community centers, events, or groups to conduct clinics and to raise awareness about diabetes by offering culturally and linguistically relevant workshops focusing on diabetes prevention and healthy lifestyle modifications.

Those who are at risk of developing diabetes are referred to their family physician for further check-up. Those who are identified as living with diabetes without access to management services are referred to local services, support groups or diabetes education programs.

Advocacy

While many CHCs run food-based programs for their clients, providing programs and services is not a sufficient way to address the many underlying determinants of food insecurity. CHCs have a mandate to address the root causes of poor health and to actively promote good health and disease prevention: many CHCs engage in advocacy campaigns in order to carry out this mandate. The following advocacy campaigns are a sample of some of the many campaigns CHCs are engaged with.

Put Food in the Budget

The Put Food in the Budget campaign is a provincial campaign in Ontario to raise social assistance rates by \$100 for a Healthy Food Supplement. The campaign has had various stages: 1. A postcard and letter-writing campaign to Premier McGuinty asking for the \$100 increase; 2. Community meetings with MPPs to ask for their support for a \$100 healthy food supplement; 3. A “Do the Math” online survey asking people to estimate how much it costs to live in their communities and compare those costs with the rates of social assistance; and 4. A “Do the Math Challenge” asking people throughout the province to attempt to live off of a food hamper diet for one week and blog about their experiences. Communities from throughout the province are involved and CHCs are participating by campaigning with their clients and the Association of Ontario Health Centres.

Special Diet Campaign

A group of community agencies, including a number of CHCs, have been active in trying to get the Ontario government to re-instate the special diet allowance for social assistance recipients. Through postcard and letter-writing campaigns, rallies, and meetings with MPPs and community groups, CHCs are involved in attempting to ensure that people with a special diet allowance (including clients of CHCs) are able to maintain that allowance.

Growing Food and Justice for All Initiative (GFJI)

Regent Park CHC is working with GFJI striving to create a network of activists who are working toward a just food system and world. We are a group of individuals, organizations and institutional partners aimed at dismantling racism and empowering low-income and communities of color through sustainable and local agriculture, but also linking with parallel social and environmental movements. This comprehensive network views dismantling racism as a core principal which brings together social change agents from diverse sectors working to bring about new, healthy and sustainable food systems and supporting and building multicultural leadership in impoverished communities throughout the world.

Food Procurement Guidelines

The West-End Urban Health Alliance is a group of agencies in western Toronto. Their dieticians network has created a sample set of guidelines for food procurement and healthy eating in CHCs. These guidelines have been adapted from Toronto Public Health and Canada's Food Guide. 4 Villages CHC brought these guidelines to the Food Security Network and currently various CHCs are in the process of adopting these guidelines in their centre. The process of adoption of the guidelines involves internal advocacy on the part of staff to their respective management teams and to the managers and executive directors via their own specific networks. The work of advocating across specific CHC management networks was undertaken by the co-chairs of the GTA Food Security Network. This supported each representative on the network as each member took the policy back to their respective Centres for adoption.

At Unison Health and Community Services, this policy was pivotal in encouraging healthy and balanced refreshments at a local collaborative event, a recently held All Candidates Meeting held in October 2010. This policy served to help bring the message that food is important and offering balanced, well thought out refreshments at community events is as important as the event itself.

Resources:

- 8.1 Food Procurement Guidelines
- 8.2 Grub it up flyer
- 8.3 Put Food in the Budget information
- 8.4 Special Diet Campaign information

Resources

Extensive research has explored the relationship between food security and health. Recently released reports from Toronto Public Health and the Metcalf Foundation offer a system-oriented approach to addressing food and food systems issues. Despite this surge in interest, much room remains to better understand the impact of community food initiatives on addressing food insecurity. Following is a list of useful references.

Reports

Baker, L., Campsie, P. and Rabinowicz. (2010). *Menu 2020: Ten good food ideas for Ontario*. Toronto, Ontario: Metcalfe Foundation.

Scharf, K., Levkoe, C. and Saul, N. (2010). *In every community a place for food: The role of the community food centre in building a local, sustainable, and just food system*. Toronto, Ontario: Metcalfe Foundation.

Toronto Public Health. (2010). *Cultivating Food Connections: Toward a healthy and sustainable food system in Toronto*. Toronto Public Health.

Journal publications

Engler-Stringer, R. & Berenbaum, S. (2007). Exploring food security with collective kitchens participants in three Canadian cities. *Qualitative Health Research*, 17(1), 75-84.

Kirkpatrick, S. and Tarasuk, V. (2009) Food insecurity and participation in community food programs among low-income Toronto families. *Canadian Journal of Public Health*, 100 (2): 135-139.

Kirkpatrick, S. and Tarasuk, V. (2010). Assessing the relevance of neighbourhood characteristics to the household food security of low-income Toronto families. *Public Health Nutrition*, 137 (7): p.1139-1148.

McLeod, L. & Veall, M. (2006). The dynamics of food insecurity and overall health: Evidence from the Canadian National Population Health Survey. *Applied Economics*, 38, 2131-2146.

Wekerle, G. R. (2004). Food justice movement: Policy, planning, and networks. *Journal of Planning Education and Research*, 23, 378-386.

Resources

Websites

Food Secure Canada is a Canada-wide alliance of civil society organizations and individuals collaborating to advance dialogue and cooperation for policies and programs that improve food security in Canada and globally - <http://foodsecurecanada.org/>

The Stop [Community Food Centre](http://www.thestop.org/) is a community food centre with a mission to increase access to health food in a manner that maintains dignity, builds health and community, and challenges inequality – <http://www.thestop.org/links>

FoodShare works to improve access to affordable and healthy *food* from field to table - <http://www.foodshare.net/>

Ryerson Centre for Studies in Food Security lists research, education and dissemination initiatives to inform policy development and community action. Project listing available at - <http://www.ryerson.ca/foodsecurity/projects/>

The *Toronto Food Policy Council* partners with business and community groups to develop policies and programs promoting food security. The Food Policy Council has produced 15 discussion papers over the past 10 years articulating a food systems approach to public health policy - http://www.toronto.ca/health/tfpc_discussion_paper.htm

The *Community Food Security Coalition* is a U.S. non-profit coalition representing over 300 organizations. Visit their website for a wealth of publications on a community food security approach - <http://www.foodsecurity.org/pubs.html>

Funding Sources

The following selected funding sources have provided funding for food security projects for some Community Health Centres.

Ontario Trillium Foundation

Evergreen

Carrot Cache (Carrot Common)

Spark Community Advocacy (Heart and Stroke)

Aviva Community Fund

Toronto Parks and Trees Foundation

Healthy Communities (Ministry of Health Promotion and Sport)

Clean and Beautiful Secretariat (City of Toronto)

Appendices

Appendix 1.1

Fairview Food Security Network Terms of Reference

PURPOSE

FAIRVIEW FOOD SECURITY NETWORK is a group of community based organizations and city-wide agencies committed to increasing access to nutritional and culturally acceptable food for children, youth, adults and seniors living in this community within the following boundaries: Yonge Street, Steeles Avenue, Victoria Park Avenue and Lawrence Avenue. The Fairview Food Security Network is a subcommittee of the Fairview Interagency Network.

We focus on:

1. Addressing emergency food needs in the area
2. Building upon and developing neighbourhood food resources
3. Affecting policy change towards a sustainable food system
4. Tracking the demographics of food insecurity in the neighbourhood

CURRENT ACTIVITIES

A. Establishing a Sustainable Food Bank/Food Centre for Neighbourhood

- Link with potential partners and resources
- Find a suitable space
- Assist with developing funding proposals in partnership to sustain foodbank
- Promote the services of partner organizations in the community
- Develop innovative and efficient ways of using existing resources and/or creating new services and initiatives that build on community strengths and address existing and potential needs and risks

B. Promote Local Food Resources and Food Security Issue

- Analyze and share trends, issues, local demographics, community resources and programs
- Promote and distribute existing food resources in area via guide and 'who's hungry' fact sheet to all agencies and local schools in neighbourhood
- Increase community engagement and support public education and advocacy on local food needs/issues that have been identified

C. Promote broader food security advocacy measures at the local level

- Support 'Put Food in the Budget' campaign
- Support 'Special Diet Allowance' campaign
- Support anti-poverty initiatives

GUIDING PRINCIPLES

1. ensure community and resident engagement throughout our work
2. be responsive to the community and emerging needs and opportunities
3. work from a holistic community strengths based approach
4. ensure transparency of our collective work
5. member organizations to actively support the goals and objectives of the network

Appendix 1.1

Fairview Food Security Network Terms of Reference

NETWORK STRUCTURE

- The Food Security Network is a sub-committee of the Fairview Interagency Network
- At times, the Food Security Network may have sub-working groups that meet separately to focus on a particular issue

MEMBERSHIP & DECISION MAKING

- Membership should be representative of the community
- Open to any organization or agency serving the catchments' area as well as local tenant groups that supports the Terms of Reference, including, informal local groups or residents of the community (Membership Form)
- Each participating resident, agency, organization and service etc has one vote
- Decisions are made on a consensus basis wherever possible, however when decision making is prolonged or a consensus is not possible then a vote may be held with a simple majority if those attending making a decision (51%). A minimum of 5 members must be present for decisions to be made.
- Conflicts of interest must be declared at the beginning of each meeting and exclude the organization or resident from having voting privileges or being part of the decision making process.

MEMBERSHIP RESPONSIBILITIES

- Commitment to and in agreement within the Terms of Reference of the Fairview Food Security Network
- Attend the bi-monthly meetings (about 4-5 meetings a year) or give regrets to a Co-Chair
- Minute taking is shared and rotated. Minutes are distributed by e-mail in advance of meetings
- Chair person (or Co-Chairs) is selected annually (June or September annually)
- Agendas are set by Chair with input from all members
- Annual work plans identifying one or two priority issues or projects and implementation plans to be developed and evaluated. Work plan and accomplishments to be reviewed and documented
- Longer term strategic planning to be done every 3 years in conjunction with the Fairview Interagency Network
- Fairview Food Security Network minutes and agendas and committee lists reports and other documentation to be kept with one of the Membership partner agencies as decided by the Network

Drafted March 2010

Appendix 1.2

GTA CHC Food Security Network Terms of Reference

History of the Network:

In January of 2007 Davenport Perth Neighbourhood Centre, Queen West Community Health Centre (CHC), and South Riverdale CHC staff came together to form a CHC Food Security Network. As a first task the members surveyed Toronto CHCs to determine capacity and need to outreach to new members. An advocacy statement was developed. In the fall of 2007 the first Network meeting was convened.

Introductory Statement:

CHC's are uniquely positioned to address issues of food security, as it is a determinant of health. The Network understands food security as encompassing:

Food and Health: community and individual health and wellness, illness prevention and management etc.

Food and Access: income, cultural appropriateness, dignity, choice, proximity etc.

Food and Sustainability: environment, food production and agricultural practices etc.

Statement of Purpose:

The CHC Food Security Network is a coordinating group of multidisciplinary health providers in the CHC sector. We understand food security as encompassing food and health, food and access, and food and sustainability; we provide leadership, support, education and advocacy to address how these issues impact our communities.

Network Objectives:

Advocacy: Participate in and support advocacy initiatives that impact food security

Build Capacity: Identify opportunities for improving network member and community capacity. Encourage sharing among and within CHC's

Community Response: Support program planning and service delivery in response to community food security issues

Research: Support and lead food security research

Recruitment and Membership:

Current Membership is focused on CHC's in the GTA. Members are CHC staff with an interest in food security. Annually, with the support of the membership, invitations will be sent to CHCs who are not currently represented at the Network. It is important to maintain the interdisciplinary nature of the Network. Students may attend as guests, and are not to be considered full members. Students may participate in all meeting discussions. Members are not to send students to attend in their absence

Appendix 1.2

GTA CHC Food Security Network Terms of Reference

Accountability:

The Network is accountable to:

- The organizations that its members represent
- Any funding sources which support the Network's initiatives
- Partner groups

Responsibilities:**Co-chairs:**

Network members select two co-chairs from among the membership for terms of two years. Positions are held by individuals, not organizations. Chairs will rotate out on opposite years. The co-chairs are responsible for meeting notification, agenda preparation, meeting facilitation, invitations to other CHCs and ensuring that the Network follows the work plan.

Members:

Recording of meeting minutes will be rotated alphabetically by first name between group members.

Other responsibilities are outlined in the work plan.

Logistics:

Meetings will be held the second Thursday of every second month from 1-3pm. Location of meeting will be determined upon availability, interest to host and location.

Appendix 1.3

External Food Access Committee Guidelines

External Food Access Committees can bring local residents, community stakeholders, and CHC staff together to identify neighbourhood food security issues and concerns and to in turn develop appropriate and meaningful community based responses.

Committee Members

Connect with community food focused individuals/groups who are interested in addressing food access and hunger issues in your local community.

Potential committee members could include:

- agencies/individuals in the local community running community food programs (local church groups, child care agencies, food bank, community gardens, farmers' market)
- volunteers involved in assisting with food programming at your CHC
- local schools and representative from councillor's office
- residents participating in CHC community food programs (participants in community kitchens, community gardens, etc.)
- interested and available CHC staff

Role of Committee

An external committee can be a sounding board for CHC staff regarding food access programming or as involved as assisting with planning community food events. The choice is up to you!

Potential committee activities include:

- identifying issues and concerns impacting local residents regarding food access
- developing and assist with the implementation of appropriate and meaningful grassroots responses to those issues, which may include advocacy, social action,
- fundraising, and or specific project planning and implementation
- outreaching to local residents to generate awareness and support around CHC food related programming
- planning and implementing community food related initiatives with other community stakeholders

Time Line

Meeting frequency depends on the need and availability of committee members

Appendix 1.4

Internal Food Access Committee Guidelines

Internal Food Access Committees can bring awareness to CHC clients, management, and staff of the importance of food security as a determinant of health. The committee can initiate and maintain a variety of food access programs to serve clients within the centre and the greater community.

Committee Members

- Assess interest among staff members of joining a group addressing food access and hunger issues.
- This can be done through all-staff or team meetings, e-mail, paper flyers or posters.
- Committee members can also include volunteers such as students, clients, and peer leaders who may be assisting with food programming at your CHC.

Role of Committee

An internal food access committee can be a forum for generating ideas to improve the health of clients through food security. This type of committee serves well in a centre that has little or no food access programs or initiatives currently running.

Potential committee activities include:

- Develop vision, goals, objectives for the committee
- Identify issues and concerns impacting clients regarding food access
- Initiate and develop food access programming such as:
- Become a Good Food Box delivery stop
- Community kitchen (food capacity and access group)
- Community garden or container gardening on health centre property
- Bus trips to local farms
- Good Food Market stands
- Work with cooks/kitchen that purchase and serve foods for drop-ins, shelters, free or low-cost community meals to improve nutritional and cultural quality of foods.

Time Line

Meeting frequency depends on the need of maintaining programming and availability of committee members.

Appendix 1.5

SRCHC Internal Food Security Committee Terms of Reference

Food Security encompasses:

- Food & income/access (poverty, culturally appropriate)
- Food & health (food related illness and maintenance of good health)
- Food & sustainability (environment, agriculture, etc.)

Vision:

- Ensuring access to healthy food for all people in the SRCHC catchment area while supporting a strong, local and ecologically-sound food system.
- SRCHC as an organization is a model for promoting local, healthy environmentally sustainable food practices within the Centre as well as the community at large.

Goals:

- To increase the awareness of food security and healthy food within the Centre.
- To incorporate and implement food security guidelines in programs and activities.
- To expand and integrate existing food security initiatives.

Objectives:

- Develop purchasing guidelines with food security in mind
- Support advocacy strategies dealing with food security
- Update inventory of existing food security initiatives in Centre
- Develop a community food resource
- Foster skill development and educate staff on food security issues
- Support food security initiatives in the SR area

Membership:

Ideally membership would have representation from all 4 teams and at least one management member.

Length of Term: 1-2 years

Meetings:

The Food Security Committee will meet once every two months.

Chair:

Currently the position is being filled by Wanda Georgis. In the future, committee members can elect the Chair.

Minutes:

Minutes of the Food Security Committee will be recorded and responsibility for taking minutes will be rotated amongst committee members.

The ABCs of Local Food

From biotechnology to kohlrabi, ladybugs to xeriscaping, Dianne Dowling provides an eclectic, informed tour of the wonderful world of farming and food – with a few recipes thrown in for good taste. Art by Caolan Weima Majury.

A Ask where your food comes from and how it was grown. Among the advantages of eating locally grown food is the opportunity to get answers about your food. Did you grow those beans yourself? Were any herbicides used on those fruits and vegetables? Are your eggs from chickens that are kept in cages or barns, or are they able to roam outdoors? What varieties of tomatoes do you grow? How long will this apple keep? For local food, you can talk to the person who grew it. For items grown in New Zealand, California or China, you'll be left with questions, not answers.

B Biotechnology and the risks it poses. Health Canada, the Canadian Food Inspection Agency, Fisheries and Oceans Canada and Environment Canada have joint responsibility to regulate biotechnology-derived products, which can involve the application of science or engineering to our food. The National Farmers Union is among 16 groups that belong to the Canadian Biotechnology Action Network (www.cbarn.ca), a coalition of groups from across Canada that are concerned about the risks posed by genetic engineering.

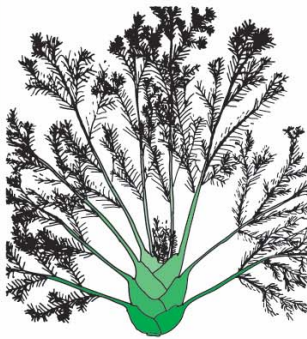
C Community gardens. Nowhere to garden at your home? You live in an apartment or your yard is too shady for vegetable production? There could be a community garden in your neighbourhood where, for a small fee, you can use a portion to grow vegetables, herbs or flowers for your own use or to donate to a community meal provider or some other good cause. Contact OPIRG Kingston (www.opirgkingston.org) for more information on community gardens in Kingston.

D Dressings. Break free of commercial salad dressings by making your own. Experiment with variations of vinegar and oil dressings or blends based on yogurt or sour cream. Here is an easy recipe from *The Harroussmith Cookbook, Volume Two*:

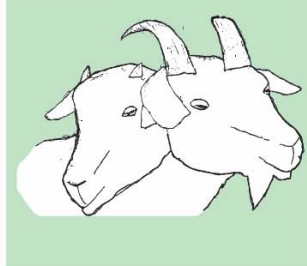
Creamy Cultures Dressing
 ¾ cup sour cream
 ¼ cup yogurt
 2 cloves garlic, finely chopped
 2 tbsp. olive oil
 salt, pepper and other herbs of your choice
 Combine all ingredients and blend well. Keep refrigerated.

E Eaters. When it comes to food, let's call ourselves eaters. Marketers see us as consumers – a cold, depersonalized identity that commodifies us and what we require to sustain us, commercializing and trivializing it. Instead, call yourself an eater. We are all eaters, participants in the intimate act of putting food past our lips, onto the tongue, chewing, savouring, enjoying the taste, the textures, the pleasures of food. At least, that's the way it should be.

F Fennel. A highly aromatic perennial herb, fennel has a flavour similar to anise or licorice. The stems are shaped somewhat like a flattened celery bunch, with long feathery leaves. The stems, leaves and seeds of fennel are used in Middle Eastern and Indian cooking and in a variety of foods, such as soups, stir fries and egg or fish dishes. Our family had a delicious cream of fennel soup this summer – with diced fennel stems, finely chopped fennel leaves and other vegetables.



G Goats. Goats are raised for meat, mohair and dairy products. In 2004, there were more than 62,000 goats in Ontario, 34 per cent of the national herd. While the Ontario herd grew almost 40 per cent from 1996 to 2001, the number of producers in the province, 2,342, declined by seven per cent.



H Heritage seeds and breeds. Seeds of Diversity (www.seeds.ca) is a Canadian charitable organization, dedicated to the conservation, documentation and use of non-hybrid, public domain plants of Canadian significance. It's a source of information about heritage seeds, seed saving, plant diversity and gardening history, and maintains a seed exchange among its 1,700 members. A similar organization, Rare Breeds Canada (www.rarebreedsCanada.ca), works on conserving heritage breeds of livestock.
 For more on local heritage seeds, see The Importance of Local Seeds by Katherine Rothermel, on page 13.

I In season. Eat blueberries in blueberry season, strawberries in strawberry season, and tomatoes in tomato season. Out of season, you can still eat locally by putting root vegetables in a cold storage area and preserving foods – freezing, pickling, drying, making jams, jellies, chutneys, and salsa. Start small, and follow up-to-date recipes for safe and tasty results. Here is a simple salsa recipe that does not involve canning:

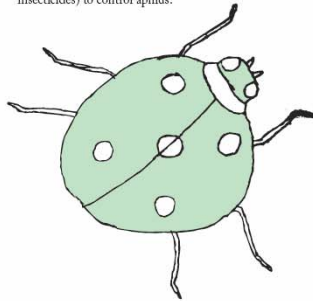
Salsa Verde
 1 lb. tomatillos
 ½ cup chopped onion
 ½ cup cilantro leaves
 1 tbsp. fresh lime juice
 ¼ tsp. sugar
 2 jalapeno peppers, stemmed, seeded and chopped (note: other hot peppers can be substituted)
 salt to taste
 Remove papery husks from tomatillos and rinse well. Cut in half and place, cut side down, on a foil-lined baking sheet. Place under a broiler for 5 to 7 minutes to lightly blacken the skins.
 Put tomatillos, lime juice, onions, cilantro, peppers and sugar in a food processor or blender and pulse until all ingredients are finely chopped and mixed. Season to taste with salt. Cool in refrigerator.
 Serve with chips, or as a salsa accompaniment to Mexican dishes.

J Justice. Everyone has the right to food security – the ability to access a variety of culturally appropriate foods, with sufficient nutrition for good health and at an affordable price. Our food system won't be just until everyone's food needs are met.

K Kohlrabi. A little-known, hardy biennial, also called turnip-rooted cabbage and stem turnip, it tastes like a combination of mild turnip, radish and cucumber, and is grown as an annual. "It has a swollen stem that makes it look like a turnip on tiptoes. The swollen stem can be white, purple or green, topped with a rosette of blue-green leaves," *Consumer Guide Gardening Quarterly* noted in its spring 1976 edition. You can eat the leaves when they are tender – steamed, stir-fried or in a soup. Peel the bulb, and slice it into sections to eat raw or steamed.



Ladybugs. Beneficial insects, like ladybugs, eat insects harmful to plants including aphids, insect eggs and small soft-bodied insects such as mealybugs, scales, small caterpillars and whitefly nymphs. To attract and protect ladybugs, plant pollen and nectar flowers or allow dandelions, yarrow and Queen Anne's lace to grow among garden plants. To avoid harming ladybug eggs and larvae, spray water (rather than soap or other insecticides) to control aphids.



Mulch. A mulch is any cover spread over the surface of the soil – to conserve moisture, to inhibit weed growth, and to prevent frost damage. A mulch that decomposes (straw, wood chips, sawdust or other plant material, and cardboard or newspaper) will break down and add nutrients to the soil. Thick layers of mulch can be used to kill grass where you want to develop a garden. For an established garden, apply mulch when the soil is wet and has been recently weeded.

Nanotechnology. Imagine applied science and technology controlling matter and creating devices on the molecular scale. While nanotechnology is in its infancy, with few commercial applications so far, concerns have already been raised about the health and environmental implications of creating products based on manipulating extremely small particles. For instance, the very small size of nanomaterials means they are much more readily taken up by living organisms than larger-sized particles, leading to concerns about toxicity. There are societal and economic risks, as well, with nanotechnology predicted to revolutionize how materials are created, and so, radically change factors such as labour markets, international relations and social structures. This revolution will, of course, affect food production and farming. Keep an eye on the issue – an informed and questioning public will be needed.

Owls. Owls and other natural predators are an important part of maintaining balance among the plants and animals in an ecosystem. Small rodents, for example, damage and consume garden produce and farm crops. Owls help keep the rodent population in check.



Preserving farmland for local food production. When the cost of fossil fuel prohibits long distance shipping, as our oil production declines in accordance with peak oil reality, we'll need farmland nearby to grow food locally. Let municipal, provincial and federal politicians and public servants know that we need farmland for food production, not for highways and housing developments. As Joni Mitchell reminds us: *"You don't know what you've got 'til it's gone. They paved paradise and put up a parking lot."*

Question the global food system. Why are we shipping apples from New Zealand, Chile and South Africa, when we grow apples right here, in the Kingston region? Even apples from British Columbia, while still Canadian, are seasoned travellers by the time they get to us. Why, indeed? Because we have become accustomed to eating out of season. Because we have subsidized fuel and transport systems to bring produce to us below cost. Because gigantic food processing, distribution and retailing companies operate on economies of scale – where costs per unit go down the larger the output – and only want to deal with equally gigantic food producer companies. We, individually and collectively, have the power to change the global food system into thousands of local food systems. Make the individual choice to eat more local food in the months ahead.

Root cellar. Once an essential part of the Canadian home, a root cellar provides a cool and humid place to store root vegetables and some other garden and orchard produce. There are some details on how to start one on page 14.

Slow food. Arising in the 1980s in reaction to ubiquitous fast food outlets, the slow food movement wants us to take pleasure in preparing and eating food. (What a concept!) From the Slow Food Canada web site: "We should learn to enjoy the vast range of recipes and flavours, and recognize the variety of places and people growing and producing food. We should respect the rhythms of the seasons and conviviality." As well, slow food members support the defence of food and agricultural biodiversity around the world. More than 800 Slow Food Convivia, or chapters, are active in 80 countries.

Turnips. A hardy biennial grown as an annual, turnips should be harvested when they are one to two inches across. Eat the tops when you are thinning the seedlings. Harvest the roots when they are one to two inches across. Temporarily, they can be left in the ground in the fall and covered with leaves to keep them from freezing. If you still have turnips when the ground is about to freeze, pull them, and coat them in wax to keep them from drying out. Rutabagas, by the way, are a cross between a turnip and a cabbage, and are a fairly modern invention, as vegetables go, being less than 200 years old. Rutabagas have leaf scars on the top of the root; turnips have a smooth top. Rutabagas take longer to grow than turnips, and they grow larger than turnips.



Urban agriculture. In the urban landscape there are many empty spaces where food can be grown – rooftops, vacant lots, green areas around established buildings, sunny parts of residential lots – in fact, anywhere enough sunlight, water and soil exists or can be provided to sustain plants. In Toronto, FoodShare has several interesting projects involving food production; one involves an unused greenhouse at a mental health centre that became a part of therapy for interested residents and a source of food. In Vancouver, the city council set a goal of 2010 community-shared garden plots by 2010, as an Olympic legacy project.

Vermicomposting. Composting is a natural process in which organic material, such as kitchen scraps and yard waste, decomposes into a dark, nutrient-rich soil amendment called humus. Vermicomposting is just composting with worms. Worms speed up the composting process and, with a worm bin, you can compost indoors, a useful feature for winter composting and for apartment dwellers. Resource Conservation Manitoba has a good description of how to manage a worm-composting bin – do an Internet search for vermicomposting and look for the Resource Conservation Manitoba link.

Water and warmth. Along with sunlight and healthy soil, water and warmth are important conditions for plant growth. Of course, too little or too much water or warmth creates problems for plants. The climate changes we are experiencing have brought greater variations than we were used to in the decades of the recent past. We will need to find ways to adapt to a new, more difficult environment for farming.

Xeriscaping. Drawing on the Greek word "xeros," meaning dry, xeriscaping is landscaping with slow-growing, drought-tolerant plants. *Dryland Gardening: Plants That Survive And Thrive In Tough Conditions*, written by Kingston-area gardening writer and editor Jennifer Bennett and published by Firefly Books, is a beautiful and practical source of information on growing grasses, ground covers, herbs, perennials, annuals, bulbs and shrubs that can cope with global warming and reduced water needs.

Yearning. About an hour into a garden work bee this summer, I asked one of the weeders, kneeling among the vegetables, "How's it going?" He replied, "This is very satisfying work." And so it is. Helping things to grow – the actual physical, tactile contact with plants or animals, soil, water, and sunshine – fulfills a basic human need to be in touch with the earth.

Zest. Every time you eat, try to make good food the point of your eating. Start with as much whole food as possible, learn from good cooks how to prepare those foods, and, among friends, take time to celebrate, appreciate and enjoy your food. Bon appetit!

Dianne Dowling is an elementary school teacher and with her husband owns an organic dairy farm on Howe Island. She has been a member of the National Farmers Union for several years and worked on the Ban Terminator campaign, the Save Our Seeds project, and the Kingston and area NFU Feast of Fields.

Coolan Weima Majury is a grade 10 student at Holy Cross Catholic Secondary School, and a keen student of animals. For several years, he has been bringing pleasure to others through his artwork.

Appendix 2.2

Typical Local Crop Availability for Ontario

Fruit/Veg	Jan	Feb	March	April	May	June	July	August	Sept	Oct	Nov	Dec
apples												
Asian pears												
asparagus												
beans												
blackberries												
beets												
blueberries												
broccoli												
Brussels sprouts												
cabbage												
cantaloupes												
celery												
carrots												
cherries												
cucumbers												
eggplant												
gooseberries												
greens												
herbs												
nectarines												
peaches												
pears												
peas												
peppers												
potatoes												
raspberries												
rhubarb												
pumpkins												
summer squash												
winter squash												
saskatoons												
squash												
strawberries												
sweet corn												
sweet potatoes												
tomatoes												
watermelons												

Appendix 3.1

Good Food Box Evaluation

Thank you for taking the time to fill out this evaluation. Your answers will help us in making sure that the Good Food Box program is meeting your needs, as well as identify areas in which we need to improve. All responses will be kept confidential. Please answer the following questions as indicated.

Which Good Food Box did you order?

Small Good Food Box

Good Food Box

Small Organic Box

Wellness Box

Fruit Box

Large Organic Box

Please rate the Good Food Box in the following areas:

1	2	3	4	5
Poor	Fair	Average	Good	Excellent
Freshness		1 2 3	4 5	
Quality		1 2 3	4 5	
Selection		1 2 3	4 5	
Value for the money		1 2 3	4 5	

Are you satisfied with the pick-up location of the Good Food Box? Yes No
If no, do you have any suggestions on how to make the Good Food Box more accessible?

Have you encountered any problems in getting your Good Food Box so far? If so, what were they?

Has the Good Food Box increased the quantity of fresh fruits and vegetables in your home?

1 2 3 4 5

Strongly Agree

Agree

Undecided

Disagree

Strongly Disagree

Overall, how satisfied are you with the Good Food Box?

1 2 3 4 5

Very Satisfied

Satisfied

Not Sure

Dissatisfied

Very Dissatisfied

7.) Would you recommend the Good Food Box to a friend or family member? Yes No

8.) Do you have any other suggestions on how to improve the Good Food Box program?

Thank-you!



Appendix 3.2

Good Food Box Pre-Evaluation Questionnaire

Thank you for taking the time to fill out this evaluation. Your answers will help us to assess the effectiveness of the Good Food Box program. All responses will be kept confidential.

1.) How did you hear about the Good Food Box?

From a staff member at The Anne Johnston Health Station

Saw display at The Anne Johnston Health Station

Saw flyer (please specify where): _____

Family or friend

Other (please specify): _____

2.) What is your gender?

Male

Female

Other

I would prefer not to say

3.) Are you a client and/or program participant at The Anne Johnston Health Station?

Yes

No

I would prefer not to say

4.) Please indicate which population you identify as belonging to:

Youth (13-24 years of age)

Barrier Free (person with a physical disability)

Senior (55 years of age or older)

Other

5.) How many servings of fruits and vegetables do you eat a day?

0 - 3

4 - 6

7 - 10

10+

I don't know

6.) Do you think you need to increase your daily intake of fresh fruits and vegetables?

Yes

No

Maybe

I don't know

7.) On average, how much do you spend on fruits and vegetables per week?

\$0 - \$10

\$11 - \$20

\$20+

I don't know

I would rather not respond

8.) How many people are there living in your household? (please include yourself)

1

2

3

4

5 or more

I would rather not say

9.) Here are some challenges that may prevent people from not buying fresh fruits and vegetables. Which of these statements apply to you? (please check all that apply)

I cannot access a grocery store on a regular basis (i.e. lack of transportation, mobility issues, etc.)

I don't have enough time to grocery shop

I don't know how to cook and/or prepare fresh fruits and vegetables

Fresh fruits and vegetables spoil too quickly

I don't always know what to buy or what is healthy

I find that fresh fruits and vegetables are too expensive

I don't have any challenges

Other (please specify): _____

10.) Where do you usually buy your fresh fruits and vegetables? Please pick one.

Large chain grocery stores (i.e. Dominion, Sobey's)

Local corner markets

Farmers Markets

Online

I don't buy fresh fruits and vegetables

Other (please specify):



Appendix 3.3

Good Food Box Participant Satisfaction Survey

1. **How many times per month do you order the Good Food Box?**
 Once Twice
2. **What is your? (Please check)**
Age: Youth (16 – 24 years) Adult (25 – 64 years) Senior (65 +)
Gender: Male Female
3. **How many people share the box that you order?**
 1 2 3 4 5 or more
4. **What are the main reasons you purchase a Good Food Box? (check all that apply)**
 Freshness Quality Low cost Convenience
 Supporting local farmers Connection to your community
 Helping myself /my family to eat better Other: _____
5. **Do you use the recipes in the newsletter? If so, do you:**
 Try all the recipes Try most recipes Sometimes try the recipes
 Never try the recipes
6. **Where else do you get your food from each month (other than the Good Food Box)? Please check all that apply.**
 Supermarket Small grocery store Health food store Food bank
 Convenience store Department store (Wal-Mart, Costco, etc)
 Farmers' Market Other (please indicate: _____)
7. **What is your approximate annual household income?**
 Less than \$10,000 \$10,000 to \$20,000 \$20,000 to \$40,000
 \$40,000 to \$70,000 More than \$70,000
8. **The Good Food Box helps me:** (Please check all that apply)
 Feel healthier Save \$ on groceries Eat more fruit/vegetables
 Eat new kinds of produce/food Increase variety of your menu (recipes)
 Other: _____
9. **The Good Food Box ordering process is easy and hassle free.** (Please rate on a scale of 1 – 5, 1 the least and 5 the greatest)
 1 (not satisfied) 2 3 4 5 (very satisfied)
10. **The Good Food Box pick-up process is convenient for me.** (Please rate on a scale of 1 – 5, 1 the least and 5 the greatest)
 1 (not satisfied) 2 3 4 5 (very satisfied)
11. **Do you have any suggestions for improving the Good Food Box program?**

12. **Are you interested in participating in other Stonegate CHC Community Food Programs? Please check all that apply.**
 Cooking workshops Gardening workshops Community Gardening
13. **If you would like us to contact you regarding other Stonegate CHC Community Food programming, please give us your contact information:**
Name: _____ Phone Number: _____
Email Address: _____

Appendix 4.1

Community Food Cupboard Guidelines

What are the principles that guide this program?

The Anne Johnston Health Station is committed to the social determinants of health, including food security. Food security is a condition in which people can obtain a safe, culturally acceptable and nutritionally adequate diet. We recognize that individuals may become food insecure. For this reason, we will make use of the extensive network of food access programs around the city and will refer clients to these programs as needed.

What is the purpose of this program?

This food program is called the Community Food Cupboard (CFC). The purpose of this program is to provide an emergency supply of food to clients who are experiencing a food crisis. Clients do not have to pay for food they receive.

A food crisis is when a client:

- Expresses immediate hunger, or
- Discloses that they have no food at home, or
- Discloses that they have no money to buy food, or
- Cannot access a local or emergency Food Bank on the same day

The cupboard is meant to provide an emergency supply of food only. Clients will be referred to food access programs (e.g. food banks) in their local area for further support.

Schedule

The Anne Johnston Health Station's Community Food Cupboard will be open to registered clients and program participants, under the supervision of a service provider, during regular centre hours.

Location

The cupboard will be located in the kitchen, which is located in the basement of AJHS.

What kind of food is needed and where will it come from?

Non-perishable foods are needed. Donations are welcome from clients, staff, community members and organizations.

Most needed food items are:

- Peanut butter
- Canned fruits or vegetables
- Canned fish or meat
- Dry pasta, rice and other grains
- Tomato sauce
- Lentils and other canned or dried legumes
- Cans of soup or hearty stew
- Powdered, canned or tetra pack milk or milk alternative
- Fruit and vegetable juice, tetra paks
- Crackers
- Cereal
- Dried fruits and nuts
- Pudding cups made from skim milk
- Milkshakes that do not need to be refrigerated

Other healthy snack items (i.e. sugar free Jell-o, unsweetened applesauce, granola bars)

Appendix 4.1

Community Food Cupboard Guidelines

How will the program work?

1. Food donations will be kept in the Community Food Cupboard, where it will be stored until accessed by client(s) accompanied by an AJHS staff member. Bags will also be stored in the cupboard.
2. If an AJHS provider assesses the need for a referral to the food cupboard, an emergency supply of food will be given. Staff will use their discretion when distributing food to clients. Staff will strive to supply the client with enough food to sustain them until they are able to access a food bank, provided that there is enough food available for distribution in the Community Food Cupboard.
 - Individual provider assesses the need for referral to the food cupboard, obtains key from front reception, and escorts client to food cupboard. Provider signs the tracking sheet (in cupboard), noting date, providers name, client chart number, number of adults and children in their household (this information will be used for statistical purposes) as well as checking off goods given to client
 - Provider locks-up food cupboard once client leaves and returns key to receptionist
 - Clients may access the food cupboard up to a maximum of once per month.
 - Access to the cupboard is limited to AJHS registered clients (primary care and program participants).
 - Pattern users (use on monthly basis) will be redirected to other service providers (dietitian, social worker, etc.) to help fulfill individual needs as appropriate. Health Promotion Team to be consulted for appropriate responses.
3. Staff will provide client with a food access resource sheet as appropriate, which includes general information about food banks, low cost meals, community gardens and other food programs in the City of Toronto.

Administration of the Cupboard

The health promoter will be responsible for stocking and tracking use of the cupboard. The dietitians will be consulted regarding donations and items to be purchased to ensure they are healthy and nutritious.

Who can you contact if you have a problem, concern or question about the program?

Dietitian or Health Promoter

How will this program be evaluated?

The Community Food Cupboard Tracking Form will be reviewed as necessary.

The following will be assessed:

- Were clients referred to Food Access Programs?
- Was an internal referral made?
- Were there enough food items to give to clients?
- Food items distributed
- Number of individuals/families that use the cupboard on a monthly basis

Appendix 5.1

Cooking for One or Two Program Plan

Week 1:

1. Introductions and Ice Breakers (Name and Favourite Food)
2. Kitchen Guidelines
 - Dates, Times, Location
 - Structure (cook together, eat together, 3 people stay to clean up, take leftovers home)
3. Kitchen Safety
 - Hand Hygiene
 - Safe meat and dairy handling
 - Safe knife handling
 - Washing up with soap
 - Garbage divisions
4. Canada's Food Guide
 - The guide is mostly about finding balance in your diet
 - Also provides some guidelines around portion size and dietary requirements by age and sex
 - General good food guidelines are also included, such as choosing whole grains and lower-fat dairy and protein
 - Some people will have their own requirements (e.g. if they are diabetic or on a low-sodium diet). Speak with your doctor about these needs.
5. Eating alone
 - Make the effort to have a nice environment around you when you eat (music, placemat, etc)
 - Try some no-cook meals if you don't feel like a big process
 - Make plans to meet with friends, neighbours and family for meals
6. Plan meal exchanges with your neighbours

Appendix 5.1

Cooking for One or Two Program Plan

Week 2: Shopping for One or Two: Planning

- Make a shopping list – use Canada’s Food Guide to help make sure you have a balanced list
- Planning your meals in advance for the week will help you decide what quantities you need of each ingredient
- Buying food in season is often cheaper and also is a good way of getting the most nutritional value out of your food. Food that has been grown locally also will have higher nutritional value, since it has used less time to travel to your store.
 - The Fairview Farmers’ Market in the spring-fall is a good way of purchasing local food in season
- Fruit can be divided into three categories: Ripe, Medium, Green
 - Ripe should be eaten right away – you can use the others as they ripen
- For larger ingredients (e.g. broccoli, large cuts of meat that are on sale),
 - Plan how you may use that ingredient in multiple dishes throughout the week
 - Plan to divide it with a friend
 - Plan to freeze some
- Buying frozen vegetables will help you use the quantity desired for each recipe without letting any produce go to waste
 - Frozen produce is usually frozen at the height of the harvest and retains most of the nutritional benefits of fresh produce
 - Canned produce is also an option for people looking to use smaller quantities, but canned fruits or vegetables often contain high levels of sugar or salt. Buy produce packed in water instead of oil and without added sugar and salt
- Bulk stores allow you to purchase the quantity you would like
- Packaged and/or ready-made foods can be purchased for convenience and can be complimented by other foods (such as fresh fruit, milk, or bread)
 - Keep in mind that prepared foods are often higher in salt, sugar, and fat, and lower in nutritional content than fresh or frozen whole foods
 - Try and have at least three of the four food groups in each meal
- Some products last longer (rice, dried cereals, canned goods) and may be stored in your kitchen.
 - It is a good idea to use all dried and canned goods within a year of purchase. A good way to remember is to change these products during daylight savings time each year
- See handout on “emergency food shelf”
 - Helpful for days when you can’t make it out to the store, or when you just need one thing, or if there is a weather or power problem

Appendix 5.1

Cooking for One or Two Program Plan

Week 3: Meal preparation made easy

- You might be used to cooking for a larger family – but you can still cook good, nutritious meals for one or two people!
- You don't have to eat the same thing each day of the week – you can still have a diverse diet if you're cooking for a smaller group
- Many recipes can be halved so that they produce less portions
- Libraries and bookstores carry books with recipes specifically for 1-2 portions
- Ready made foods (frozen, canned, or otherwise packaged) may help you with meal preparation
- Smaller pots and baking pans might make it easier for you to prepare reasonable portions and divide leftovers
- Planning for one-pot meals (chili, soup, casseroles) is easier for clean up
- Some meals don't have to be cooked (e.g. sandwiches, salad)
- Blenders, food processors, and/or choppers may make things easier to cut vegetables
- Easy meals to make? What do people like to make at home?

Meatless Main Dishes

One of the reasons we eat meat, fish, poultry and eggs is because they are excellent sources of protein. An alternative is to choose food from plants containing "vegetable protein". Vegetable protein sources include a variety of legumes (dried peas, beans and lentils) and nuts. Split pea soup, baked beans and peanut butter sandwiches are popular food choices which are good sources of vegetable protein.

These are nutrient dense foods—excellent sources of protein, vitamins and minerals. They are low in sodium and fat, contain no cholesterol and are high in dietary fibre. They digest slower than many foods so they satisfy hunger longer, yet their calorie count is modest.

TIPS:

- Dried peas and beans are much less expensive than canned. However, canned beans are already cooked and may be more convenient to use.
- Grocery stores may sell dried beans in bulk so you can buy small amounts
- Read the label on peanut butter jars! Choose brands without added salt, fat or sugar, or the word "hydrogenated" on the label.
- Once a jar of peanut butter is opened, keep it in the refrigerator.
- Store dried peas and beans in a cool, dry place. They will keep almost indefinitely.

NOTE: Some people find beans and their relatives "gassy". Navy beans and lima beans are the most gassy. Lentils and split peas are less gassy. Products prepared with sugar or molasses (like baked beans) are the most problematic. Usually your body will condition itself to better digest beans if you choose to eat them more frequently. A product called Beano® is helpful; taking a few drops with your first spoonful of beans eliminates the problem of gas for most people.

Appendix 5.1

Cooking for One or Two Program Plan

Week 4: Leftovers

- Immediately refrigerate any leftovers and use them within three days
- If you know that you'll be using the same ingredients in another meal, you can chop up extra and keep for the next day (e.g. extra veggies from soup for a salad the next day, or a few extra boiled potatoes to make potato salad)
- Look at hand-out for ideas on using leftovers for new meals
 - E.g. make pasta salad and chili after spaghetti dinner
 - E.g. puree cooked vegetables with broth or milk to make a quick soup
 - E.g. chop leftover chicken with mayonnaise for a chicken salad
- Leftovers should only be reheated once in order to be food-safe
- Reheat leftovers to original cooking temperature for food safety reasons
- Having freezer bags and plastic or glass freezer-proof containers on hand is also helpful if you want to make larger meals and freeze some servings for later
 - Frozen goods should be labeled with their contents and date of freezing
 - Freezing foods in individual portions will make defrosting easier and faster
 - Most foods will defrost overnight in the refrigerator – this is the safest place to defrost frozen foods
 - Frozen foods may lose some flavor and texture if left in the freezer too long.

Appendix 5.1

Cooking for One or Two Program Plan

Week 5: Preserving Foods

See freezing/refrigeration chart for times per type of food

Foods that Don't Freeze Well		
Foods	Usual Use	Condition After Thawing
Cabbage, celery, cress, cucumbers, endive, lettuce, parsley, radishes	As raw salad	Limp, water-logged, quickly develops oxidized color, aroma and flavor
Cooked macaroni, spaghetti or rice	When frozen alone for later use	Mushy, tastes warmed over
Egg whites, cooked	In salads, creamed foods, sandwiches, sauces, gravy or desserts	Soft, tough, rubbery, spongy
Meringue	In desserts	Soft, tough, rubbery, spongy
Milk sauces	For casseroles or gravies	May curdle or separate
Sour cream	As topping, in salads	Separates, watery
Cheese or crumb toppings	On casseroles	Soggy
Mayonnaise or salad dressing	On sandwiches (not in salads)	Separates
Fried foods	All except French fried potatoes and onion rings	Lose crispness, become soggy

- **To freeze foods:**
 - Wrap them tight in foil or in freezer clingwrap or a freezer ziploc bag
 - Food can also be stored in air-tight Tupperware containers
- **Blanching**
 - Vegetables should be blanched (quickly and lightly cooked) before freezing
 - To blanch, bring a big pot of water to boiling and lower a wire basket of vegetables into the boiling water. Let water return to boiling and count the minutes
 - Once enough time has elapsed, remove the basket and plunge it into a bowl of very cold water
 - Drain vegetables thoroughly before freezing
 - Freeze in Ziploc bags or airtight containers
 - See blanching times below:

Appendix 5.1

Cooking for One or Two Program Plan

Blanching Times for Vegetables	
Vegetable	Blanching Time (<i>minutes</i>)
Asparagus	
Small Stalk	2
Medium Stalk	3
Large Stalk	4
Beans-Snap, Green or Wax	3
Beets	cook
Broccoli (<i>flowerets 1 1/2 inches across</i>)	4
Brussel Sprouts	
Small Heads	3
Medium Heads	4
Large Heads	5
Carrots	
Small (baby)	5
Diced, Sliced or Lengthwise Strips	2
Cauliflower (<i>flowerets, 1 inch across</i>)	3
Corn (on the cob)	
Small Ears	7
Medium Ears	9
Large Ears	11
Eggplant	4
Greens	
Collards	3
All Other	2
Mushrooms Whole (<i>steamed</i>)	5
Buttons or Quarters (<i>steamed</i>)	3 1/2
Slices (<i>steamed</i>)	3
Okra	3-4
Peas-Green (in pod or loose)	1 1/2-3
Peppers-Sweet Halves	3
Strips or Rings	2
Pumpkin	cook
Rutabagas	3
Soybeans-Green	5
Squash-Summer	3
Squash-Winter	cook
Sweet Potatoes	cook
Turnips or Parsnips Cubes	2

Appendix 5.1

Cooking for One or Two Program Plan

Storage Times For Foods	Refrigerated	Frozen
General cooked leftovers		
Casseroles, soups, stews, general leftovers	3-4 days	3-4 months
Vegetables		
Asparagus, unhusked corn	2-3 days	8-12 months
Broccoli, brussel sprouts, peas	3-5 days	
Beans, cucumber, leafy greens, peppers, zucchini	7 days	
Celery	1-2 weeks	
Beets, carrots, parsnips, radishes, turnips	2 weeks	
Eggs		
Fresh, in shell	3-5 weeks	
Raw yolks, whites	2-4 days	
Hard-cooked	1 week	
Liquid pasteurized eggs, egg substitutes	Opened, 3 days	12 months
Cooked egg dishes	3-4 days	
Mayonnaise, commercial, opened	2 months	
Deli and Vacuum-Packed Products		
Egg, chicken, tuna, ham, and macaroni salads	3-5 days	
Pre-stuffed pork, lamb chops, and chicken breasts	1 day	
Store-cooked dinners and entrees	3-4 days	3-4 months
Commercial brand vacuum-packed dinners, unopened	2 weeks	3-4 months
Hot Dogs and Luncheon Meats	Opened, 5 days	1-2 months
Ham, Bacon, Sausage		
Ham, fully cooked, whole	7 days	1-2 months
Ham, fully cooked, piece	3-5 days	1-2 months
Bacon	7 days	1-2 months
Sausage, raw from meat or poultry	1-2 days	1-2 months
Smoked breakfast links, patties	7 days	1-2 months
Hard sausage (such as Pepperoni)	2-3 weeks	1-2 months
Cooked Meat, Poultry, and Fish Leftovers		
Pieces and cooked casseroles	3-4 days	2-3 months
Gravy and broth, patties, and nuggets	1-2 days	2-3 months
Soups and Stews	3-4 days	2-3 months
Fresh Meat or Fish (Beef, Veal, Lamb, Poultry, Fish and Pork)		
Steaks, chops, roasts	3-5 days	4-12 months
Variety meats (Tongue, kidneys, liver, heart)	1-2 days	4-12 months
Chicken or turkey, whole	1-2 days	12 months
Chicken or turkey, parts	1-2 days	9 months
Fresh Fish and Shellfish	1-2 days	2 months
Ground beef, turkey, veal, pork, lamb	1-2 days	3-4 months
Stew meats	1-2 days	4-12 months

To defrost foods:

- Plan ahead and let it defrost overnight in the refrigerator or defrost in the microwave
- You can also cook meat and casseroles from frozen, although it will take 1.5 times longer

Helpful tips

- Divide food into personal-sized portions and thaw out only what you will eat in one meal
- Label foods with name, date of preparation, and any specific notes (e.g. cooking time and temperature from frozen)
- Frozen vegetables should be cooked from frozen without thawing

Appendix 3.1

Cooking for One or Two Program Plan: Sample Recipes

Special Meat Loaf Muffins Serves 2-3

8 oz lean ground beef	¼ cup quick cooking rolled oats or oat bran
2 tbsp skim milk powder	1 egg
¼ cup bread crumbs	2 tbsp onion, finely chopped
½ tsp salt	1 tsp Worcestershire sauce
¼ cup tomato sauce	½ teaspoon garlic powder
½ teaspoon dried basil	½ tablespoon dried parsley
⅛ teaspoon black pepper	¼ cup grated cheese

1. Mix all ingredients except cheese together, adding sufficient tomato sauce to moisten.
2. Pack into a small loaf pan or casserole or make individual servings in a muffin tin.
3. Spread a small amount of tomato sauce and sprinkle cheese on each serving
4. Bake the loaf at 350oF (180oC) for 30 minutes and the individual servings for 20 minutes.

Cabbage Slaw Serves 2

1/2 cup cabbage, shredded	1/2 cup carrot, grated
2 tbsp raisins	dash salt
2 tsp lemon juice	1/2 tsp sugar
1 tbsp mayonnaise	

1. Lightly toss all ingredients except mayonnaise until well combined.
2. Chill until ready to serve.
3. Just before serving toss with mayonnaise.

Variations:

Fresh vegetables and fruit as well as seeds and nuts may be used to replace part or all of the grated carrot in this recipe:

Fruits: diced apples; oranges; pineapple; grapefruit

Vegetables: shredded red cabbage; brussels sprouts; finely sliced celery; green pepper; red pepper; green onions

Other: peanuts; almonds; walnuts; sunflower seeds; sesame seeds; currants; date pieces

Suggestion for completing the meal: Cabbage Slaw, whole wheat bread, a glass of milk, and an apple

Pizza

Serves 2

1/2 can tomato sauce or pizza sauce (7 1/2 oz/215 mL)	1 tbsp onion, finely chopped
1 garlic clove, minced	1 tbsp oregano, basil and/or Italian seasoning
dash pepper	3-4 oz Mozzarella cheese, shredded
2 English muffins, pitas, bagels or other small bread or individually-sized pizza dough	

1. Preheat oven to 350oF (180oC).
2. In a small bowl combine tomato sauce, onion, garlic and seasonings.
3. Split muffins in half and arrange on a pan. Spread each half with 2 tbsp tomato sauce mixture. Top with ¼ of the cheese
4. Bake 15-20 minutes until cheese is melted and pizzas are heated through.

Variations:

Meat: Add 2 to 3 oz (60-90 g) cooked, drained hamburger, pepperoni, chopped chicken breast, bacon, or luncheon meats (cooked ham, turkey, etc.) and reduce the amount of cheese by half.

Cheese: Mozzarella cheese can be replaced by your favourite cheese (e.g. feta, goats cheese, old cheddar, parmesan)

Vegetables: e.g. steamed broccoli, peppers, olives, sun-dried tomatoes, mushrooms, zucchini, eggplant, asparagus, spinach

Fruit: Try pineapple, peaches or pears for a new flavour

Suggestion for completing the meal: Tossed salad and a piece of fruit

Appendix 5.2

Community Kitchen Training and Start-up Manuals

The following resources are available from Unison Health and Community Services:

- 'Community Kitchen Start Up Kit Manual' (translated into Spanish, Somali, Vietnamese and Portuguese)
- 'Community Kitchen Facilitator Training Program'
- Community Kitchens Website: cookingconnections.ca

Contact Tennur Makarnaci: tennur.makarnaci@unisonhcs.org

Flemingdon Health Centre also has an evidence-based community kitchens manual. Contact Indubala Shekhawat: ishekhawat@fhc-chc.com

Appendix 5.3

Community Cater Program—Flemington Café

Flemington Health Centre (FHC) started the Community Caterer Program in 2008 for community residents who enjoy cooking and are interested in starting a small catering business. FHC supports participants by sponsoring them to obtain the Food Handling Course certificate, providing them with space, seed funds towards the startup of their business and by teaching fundamental skills such as meal planning and budgeting.

Freshly prepared lunch is served onsite once a week at affordable prices for staff and community members to enjoy! Large catering orders are also accepted.

The program was also featured in the City of Toronto's Food Strategy report as an example of how to make food a centerpiece of Toronto's green economy and need to support community based businesses.

Potential outcomes:

- Provides opportunity to enhance cooking and nutrition skills/knowledge
- Employment opportunities
- Community based business
- Creates environment that promotes healthy eating among staff and community residents
- Community caterer provides catering services for the AGM and other special events.

Support needed:

- Consultation with nutritionist to review meal plans/recipes
- Funds to support completion of Food Handling Certification
- Promotion and outreach
- Start up funds
- Access to kitchen space



Flemington Health Centre

Appendix 6.1

Good Food Market Brochure

Good Food Markets are community markets that sell high quality, affordable fruits and vegetables. These markets bring healthy produce to neighbourhoods where it might not otherwise be available, and where farmers' markets are not viable because sales are too low to cover farmers' costs.

Good Food Markets feature seasonal, local produce plus imported favourites in order to offer the greatest quality and cultural value to the neighbourhoods they serve. Each market uniquely reflects its community and is a vibrant and important gathering place.

FoodShare works in partnership with community organizations and neighbourhood leaders to run the markets. We pass on tools and provide training and ongoing support to community partners and residents who manage all the operational aspects of the market.

On market day, FoodShare delivers top-quality fresh produce which we purchase from local farmers and from the Ontario Food Terminal.

There are now 17 **Good Food Markets** in communities across the City of Toronto with demand for many more.

In 2008, we heard from market shoppers that because of these markets, 52% of adults and children are eating more fruits and vegetables, 35% prepared home cooked meals, 37% reported feeling significantly healthier, 47% said they got to know more of their neighbours and overall, 98% felt that the market had improved their neighbourhood.



FoodShare

For more information
416-363-6441 ext 227
www.foodshare.net



FoodShare

www.foodshare.net

Appendix 6.2
Good Food Market Guide

Flemingdon Health Centre has created a Good Food Market Guide for CHCs. Contact Maria Calvachi for more information: mcavachi@fhc-chc.com

Appendix 6.3

Market Survey

WIN A PRIZE!

Fill out a Stonegate Farmers Market Shopper Survey!

Market organizers are conducting a survey to see how we are doing and to learn how we can improve the market. All responses will be kept in strictest confidence. We sincerely appreciate your time!

WIN A PRIZE: To be entered in the market draw, please fill out the following information.

Name: _____ Phone: _____

Email: _____

1. How often do you generally visit the market?

Once a week Every two weeks Once a month Rarely First time at market

2. How much money will you spend today at the market (estimate)?

Under \$5 \$6 - \$10 \$11 - \$20 \$21 - \$30 More than \$30

3. How many people are you buying food for?

Just myself My family 2 - 4 My family 4 or more

4. Are the prices reasonable for you at the market? Yes No Somewhat

5. What brought you to the market today? (Check all that apply)

Quality of products in the market Socializing with friends and/or vendors
 Competitive pricing of products in the market Entertainment/event
 Can find products here that can't be found elsewhere Other: _____

6. As a result of buying & shopping at the market are you? (Check all that apply)

Buying & eating more fruits & vegetables Buying & eating new kinds of food
 Saving money on groceries Buying & eating more foods traditional to my culture/background
 Feeling healthier More aware of what's going on in the community

Appendix 6.3

Market Survey

7. How did you hear about the market? (Check all that apply)

- Market Flyer Community newspaper Community agency Family member/friend
 Visited / found the market myself Other, please specify : _____

8. What kind of produce would you like to see at the market? (Check all that apply)

- More Vegetables: What kind? _____ Poultry & Eggs
 More Fruit: What kind? _____
 More Organic Produce: What kind? _____
 More Prepared foods: What kind? _____ Other, please specify: _____

9. How satisfied are you with the market overall on scale of 1-5 (1 least - 5 greatest)

- 1 (not satisfied) 2 3 4 5 (very satisfied)

10. What are some suggestions for how the market can be improved?

11. Do you live in the Stonegate Community?

- Yes No

12. Do you live in:

- An apartment building House

13. Would you like to receive email updates from us about: (please check)

- Stonegate Farmers' Market Stonegate Community Health Centre Programs & Services

If so, please let us know your email address to forward our communication to.

Email: _____

Appendix 6.4

Farmer's Markets in Toronto

Appletree Market

200 Eglinton Ave. W.

Thursdays, 3-7 pm, April to October

Lesley Stoyan and Chris Trussell, managers:

lesley@dailyapple.ca

Bloor-Borden Farmers' Market

Green P lot, Lippincott and Bloor St.

Wednesdays 3-7 pm, June to October

fmo@farmersmarketsontario.com

East Lynn Farmers' Market

1949 Danforth Avenue, near Woodbine (in East Lynn Park)

Thursdays, 3 – 7 pm, June to October

fmo@farmersmarketsontario.com

Etobicoke Farmers' Market

Etobicoke Civic Centre, 399 The West Mall

Saturdays, 8 am – 2 pm, June to November

John Fulton, manager: jefulton@toronto.ca

Fairview Mall Farmers' Market

1800 Sheppard East (Don Mills and Sheppard)

Tuesdays and Fridays, 10 am - 6 pm, May to October

Ignazio Natoli, manager: inatoli@rogers.com

Historic St. Andrew's Farmers' Market

Northeast corner of Maude and Adelaide Streets

Saturdays, 9 am - 1 pm, June to October

fmo@farmersmarketsontario.com

Metro Hall Farmers' Market

55 John Street, near King St.

Thursdays, 8 am - 2 pm, May to October

Gary Johnson, manager: info@ontariofarmfresh.com

North York Civic Centre Farmers' Market

Mel Lastman Square, 5100 Yonge St.

Thursdays, 8 am – 2 pm, June to October

Marlene McKay, manager:

willowtreefarm@sympatico.ca

St. Lawrence North Farmers' Market

92 Front Street East (at Jarvis)

Saturdays, 5 am – 5 pm, Open all year

Jorge Carvalho, manager: market@stlawrencemarket.com

Sherway Gardens Farmers' Market

North Parking Lot, Corner of 427 and The Queensway

Fridays, 8 am - 2 pm, May to October

Deborah Cauz, manager: cauz@primus.ca

BirchCliff Village Farmers' Market

1512 Kingston Road (east of Warden)

Fridays, 3– 7 pm, June to October

Gail Ross, manager:

gail@marketsbythebluffs.com

Dufferin Grove Organic Farmers' Market

873 Dufferin St. (in Dufferin Grove Park)

Thursdays, 3 – 7 pm, Open all year

Anne Freeman, manager: [mar-](mailto:market@dufferinpark.ca)

ket@dufferinpark.ca

East York Farmers' Market

East York Civic Centre, 850 Coxwell Ave

Tuesdays, 8 am – 2 pm, May to November

Sue Francis, manager: sfrancis@toronto.ca

Evergreen Brick Works Farmers' Market

550 Bayview Ave (between Prince Edward Via-

duct (Bloor/Danforth) & Pottery Road)

Saturdays, 8 am - 1 pm, May to October

Elizabeth Harris, manager: [ehar-](mailto:eharris@evergreen.ca)

ris@evergreen.ca

Guildwood Village Farmers' Market

The Guild Inn, 191 Guildwood Parkway

Thursdays, 2-6 pm, June to October

Gail Ross, manager:

gail@marketsbythebluffs.com

Liberty Village Farmers' Market

(Liberty St – Atlantic Ave)

Sundays, 9 am - 2 pm, June to October

fmo@farmersmarketsontario.com

Nathan Phillips Square Farmers' Market

Nathan Phillips Square, 100 Queen St. W.

Wednesdays, 8 am – 2:30 pm, June to Oct

Cathy Bartolic, manager:

cathy@ontariofarmfresh.com

Riverdale Farm Farmers' Market

201 Winchester (in Riverdale Park)

Tuesdays, 3 – 7 pm, May to October

Elizabeth Harris, manager: [\[harr@rogers.com\]\(mailto:harr@rogers.com\)](mailto:eliz-</p></div><div data-bbox=)

Appendix 6.4

Farmer's Markets in Toronto

Sorauren Park Farmers' Market

40 Wabash Ave. at Sorauren

Mondays, 3-7 pm, May to October

Ayal Dinner, manager: ayal@westendfood.coop

The Stop's Green Barn Farmers' Market

The Green Arts Barn, 601 Christie Ave.

Saturdays 8am - 1pm, year-round

Cookie Roscoe Handford, manager:

cookieroscoe@gmail.com

University of Toronto Farmers' Market

University College, 15 King's College Circle, in the rotunda

Wednesdays, 2:30-5:30 September to April

Mark Trealout, manager:

kawarthaecogrowers@gmail.com

Withrow Park Farmers' Market

725 Logan Ave (in Withrow Park)

Saturdays, 9 am - 1 pm, May to October

Roberta Stimac, manager: info@withrowpark.ca

Montgomery's Inn Farmers' Market

4709 Dundas Street West, Etobicoke

Wednesdays 3-7, launching Canada Day

Market manager: Kate Hill at khill4@toronto.ca

Scarborough Civic Centre Market

150 Borough Drive, Scarborough *Tuesdays, 8:00 am - 2:30 pm, June to October*

Derek Trenchard, manager: dtrench@toronto.ca

Sick Kids Hospital Farmers' Market

555 University Avenue

Tuesdays, 9 am – 2 pm, June to October

fmo@farmersmarketsontario.com

Stonegate Farmers' Market

194 Park Lawn Road (At The Queensway),

St James Humber Bay Anglican Church

Tuesdays, 4 – 7 pm, June to October

Julia Graham, manager:

julia.graham@stonegatechc.org

Trinity Bellwoods Farmers' Market

1053 Dundas St West (Northwest corner of Trinity Bellwoods Park)

Tuesdays, 3 - 7 pm, May to October

Carolyn Wong, manager: [caro-](mailto:caro-lyn_w@primus.ca)

lyn_w@primus.ca

Weston Farmers' Market

GO Train Parking lot, John St. (Weston Rd. & Lawrence Ave W.)

Saturdays, 7 am - 2 pm, May to October

John Kiru, manager: [farmersmar-](mailto:farmersmarket@westonvillagebia.com)

ket@westonvillagebia.com

Appendix 6.5

Good Food Markets in Toronto

Waterfront Market

679 Queen's Quay W
Weekly Tuesdays, 5 – 7:30 pm, Year around

250 Davenport

250 Davenport Road
Tuesdays 2 – 5 pm, Year around

Stop Community Food Centre

1884 Davenport Road
Tuesdays 5 pm – 7 pm, Year Around

Markham and Eglinton

3171-3181 Eglinton Ave. E
Wednesdays, 2 pm - 4 pm, Seasonal

Adanac All-Seasons Community Market

140 Adanac Drive
Thursdays 11 am – 1 pm, Year Around

Madbakh Women's Initiative Market

Parkette across from 49 Mabelle Avenue
Thursdays 1 pm – 4 pm, Year around

Byng Market

3330 Danforth Ave
Thursday 10 am – 1 pm, Year around

East Scarborough Festival Community

4130 Lawrence Ave E
Thursdays, 2 pm – 6 pm, Seasonal

Firvalley Warden Woods

74 Firvalley Ct
Thursdays, 2pm – 4 pm, Year Around

Women's Habitat

140 Islington Avenue
Friday's 11 am - 3:30 pm, Year Round

Glen Everest Market

10 Glen Everest Road
Friday 11 am – 2 pm, Year Around

Teesdale Warden Woods

40 Teesdale
Friday 1:30pm – 3:30pm, Year Around

Agincourt Community Services

331 Glendower Circt
Tuesdays, 11 am – 3 pm, Seasonal

Flemingdon Community Market

150 Grenoble
Thursdays 2:30 pm – 6 pm, Seasonal

Lawrence Heights

5 Replin Road
Fridays 4 pm – 7 pm, Seasonal

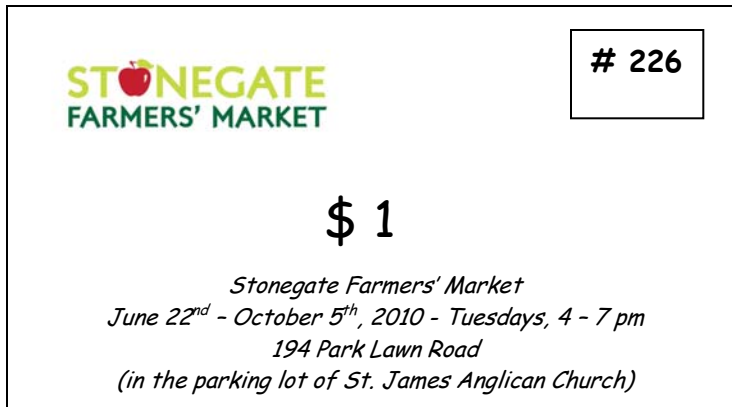
LAMP Community Services

Lakeshore Village Park
Wednesdays 4 pm - 7 pm, Seasonal

Appendix 7.1

Market Voucher Example

Voucher example:



Appendix 7.2

Voucher Tracking Sheet

Voucher Tracking Sheet Example:

Voucher #	\$	Location Given	Staff Referral	Client Name	Date Used @ Market	Vendor
236	\$5	Foodbank	N/A	John Smith	July 25, 2009	Demkomart- con-
237	\$5	Stonegate CHC	Julia Graham	Jane Smith	August 3, 2009	From These Roots - jam vendor

Appendix 7.3

Voucher evaluation survey

STONEGATE

Community Health Centre

Stonegate Farmers' Market \$ - 2010 Survey

1. Are you: Male Female
 2. What is your age? Under 30 30 – 50 50 - 65 65+
 3. Did you use all market \$ at once or did you spread it out over several trips?
 All at once Spread out over several trips
 4. Do you have any left over market \$?
 Yes. If yes, why did you not use it? _____
 No
 5. Did you spend any of your own money in addition to the market \$? Yes No
If yes, approximately how much? _____
 6. Was the market \$ easy to use? Yes No
If no, what challenges made using the market \$ difficult (ex. transportation, market hours, etc)?

Do you have any suggestions for solutions to these challenges? _____

 7. What type of food did you buy with the market \$?
 Vegetables Fruit Meat Cheese Bread Prepared foods
 Organic produce Other: _____
 8. Did the market \$ help you to: (Please check all that apply)
 purchase food that isn't easily available in the neighbourhood make healthier food choices
 purchase food that is normally unaffordable
 9. Are you interested in participating in other Community Food Programming?
 Cooking or Gardening Workshops Community Gardening Good Food Box
- If you would like us to contact you regarding Stonegate CHC Community Food programs, please give us your contact information:
- Name: _____ Phone Number: _____
- Email Address: _____

Thanks for your help in completing this survey. If you have any questions regarding the survey or the Stonegate Farmers' Market \$, please contact Julia Graham at 416.231.7070 ext. 229 or julia.graham@stonegatechc.org

150 Berry Road, Toronto, ON M8Y 1W3
T. 416.231.7070 F. 416.231.2663
www.stonegatechc.org



Appendix 7.4

Voucher letter and agreement

LETTER & AGREEMENT – Stonegate CHC clients/program participants & food bank clients

Dear

You have shown interest in becoming a participant of the 2009 Stonegate Farmers' Market Voucher Program. As a recipient, you will have access to \$10 worth of vouchers (two \$5 vouchers) to be used to purchase fruits and vegetables and other goods at the Stonegate Farmers' Market during the market season. The market runs from June 23rd – October 6th, each Tuesday from 4:00 – 7:00 pm at 194 Park Lawn Road, in the parking lot of the St. James Humber Bay Anglican Church. The vouchers are to be used in \$5 increments, with no change given. Participants are able to use the vouchers at any market vendor stall, with the exception of massage, barbeque or herbal skin care stalls.

As a voucher program participant, you will be asked to sign the Stonegate Farmers' Market Voucher Program Agreement. Once you have signed a copy of the agreement, you will be given market vouchers from staff (of the CHC or the Food bank).

If you have any questions or concerns about the program, please do not hesitate to contact Julia Graham at the health centre at 416.231.7070 ext. 229 or julia.graham@stonegatechc.org.

VOUCHER AGREEMENT

As a participant in the Stonegate Farmers' Market Voucher Program, please read and sign the market voucher agreement below. Once CHC/Food bank staff have received your signed agreement, vouchers will be given out.

- Vouchers are valid between June 23rd to October 6th, 2009 at the Stonegate Farmers' Market. The market runs each Tuesday, 4:00 – 7:00 pm, at 194 Park Lawn Road, in the parking lot of St. James' Humber Bay Anglican Church.
- Vouchers may only be used at Stonegate Farmers' Market produce and value-added vendor stalls (vouchers do not include access to the following market vendors: massage, barbeque or herbal skin care products).
- Voucher participants will not be given change from market vendors from their \$5 vouchers. Please try to purchase as close to \$5 in produce/product as possible because of this.
- If you decide you no longer want to use your vouchers, please contact Julia Graham at the health centre at 416.231.7070 ext. 229 or julia.graham@stonegatechc.org
- Lost or stolen vouchers will not be reimbursed.

Stonegate Farmers' Market Voucher Participant Agreement:

I, _____, agree to abide by the above guidelines.

(print name)

(signature)

(date)

Completed by staff:

Voucher #: _____ & _____ Initial of Staff: _____

Appendix 8.1

Food Procurement Guidelines



**West End Urban Health Alliance (WEUHA)
Nutrition Affiliate
Healthy Eating Guidelines for Organizations¹
June 2010**

¹ Guidelines adapted from Toronto Public Health Policy. It is recommended that the Guidelines be reviewed on a biannual basis (as per BHO requirements and individual organization timelines).

Appendix 8.1

Food Procurement Guidelines

WEUHA Nutrition Affiliate
Healthy Eating Guidelines
June 2010

BACKGROUND

[Your organization], as part of our commitment to the protection and promotion of health, has established Healthy Eating Guidelines for use at all of our community sites where our services are offered. This Healthy Eating Guidelines for Foods and Beverages Served at Programs, Events, Meetings and Functions is adapted from the *Toronto Public Health Policy* of the same name and reflects the *Eating Well with Canada's Food Guide (2007)* and a commitment to healthy eating at [your organization].

GOAL

[Your organization] shows a commitment to the health and well-being of its staff and clients by incorporating the guiding principles into practice in the following ways:

- Supporting healthy eating at meetings, programs, workshops, functions and fundraising events;
- Healthy choices in the vending machines; and
- Whenever/wherever food is sold or offered to our staff and clients.

Balancing these principles will help to ensure our staff and clients are provided with an environment supportive of healthy eating.

PRINCIPLES

[Your organization] is committed to the following six principles which we see as fundamental to healthy eating guidelines:

1. **Promote healthy eating.** Select options that incorporate the key nutrition elements outlined in *Eating Well with Canada's Food Guide*. Vegetables and fruit, whole grain choices, low-fat milk and alternatives, leaner meat and alternatives and foods lower in saturated and trans fat provide the basis for healthy eating. The Food Guide recommends Canadians limit foods and beverages high in calories, fat, sugar or salt, such as: cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, French fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks. Canadians are encouraged to satisfy their thirst with water.
2. **Practice safe food handling.** Meet the standards for safe food preparation and service*. *The World Health Organization (1999)* states that food borne illness affects 10% of the population in industrialized countries and possibly more in developing countries. Leaving food at room temperature, cross contamination of foods, and lack of proper hand washing are common causes of food borne illness. It is important to adhere to safe food handling practices and to purchase refreshments from acceptable vendors. (*At least one certified food handler working in a supervisory capacity in each area of the premises where food is prepared, processed, served, packaged or stored, in accordance with *City of Toronto Bylaw 678-2006 June, 2006*)

Appendix 8.1

Food Procurement Guidelines

WEUHA Nutrition Affiliate
Healthy Eating Guidelines
June 2010

3. **Recognize cultural diversity in our community.** Select refreshment options that are culturally acceptable for those attending the event. [Your organization] is committed to ensuring access and equity throughout our organization and to the communities that we serve. The inclusion of culturally diverse foods demonstrates that the richness of cultural differences within our community is valued and respected.
4. **Be environmentally responsible.** Minimize waste from food, food packaging and disposable dishes, and recycle whenever possible. We can make a significant contribution to the environment by reducing consumption, recycling, reducing energy, and emitting less air and water pollution and by using less non-renewable resources.
5. **Promote Ontario products.** Choose Ontario products, whenever possible. This supports Ontario's food and agriculture industries and local businesses. Our organization supports consumption of local products to decrease our dependency on foreign sources of food and for the environmental benefits of reducing fossil fuel emissions during transportation. (See *Foodland Ontario's "Ontario Fresh Fruits and Vegetables Availability Guide"* www.foodland.gov.on.ca)
6. **Be fiscally accountable.** The money spent on refreshments should attempt to meet as many of the principles at the lowest cost (e.g. if there is not enough money to have a variety of choices (i.e. muffins and fruit), offer the healthier option only (i.e. fruit).

POLICY STATEMENT

[Your organization] is committed to supporting healthy eating at all programs, events, meetings and functions. This includes training sessions, educational workshops and community events. We will use the six principles to guide decision-making for the selection of foods and beverages served at programs, events, meetings and functions. Exercising good judgment in balancing these principles will help ensure that food and beverages served at programs, events, meetings and functions supports healthy eating. It is essential for [your organization] to be a role model and to ensure that both our messages and actions demonstrate a commitment to healthy eating.

OTHER CONSIDERATIONS

When making our final food service provider selection, the following factors will be considered:

- Choose a reputable company (i.e. good business practices and adhere to safe food handling regulations)
- Check if the provider received a "pass" during their last food safety inspection by a Toronto Public Health Inspector
- At least one staff has a safe food handler certificate (cafeteria operator/caterer)
- Check if the provider is able and willing to offer foods that meet the Healthy Eating Guidelines (e.g. similar price for healthy vs. less healthy foods)
- Check if the provider is able and willing to offer Ontario products

PLANNING SUGGESTIONS

Please see the attached list of food and beverage ideas and sample menus.

Appendix 8.1

Food Procurement Guidelines

WEUHA Nutrition Affiliate
Healthy Eating Guidelines
June 2010

BREAKFAST

Vegetables and Fruit

(Choose at least 1 and make it Ontario grown, if possible)

- Fresh vegetable or fruit (whole or sliced)
- Fruit salad
- Fruit or vegetable tray
- Fruit cups (packed in juice)

Breakfast Items

- Whole grain breads, toast, bagels, pitas
- Hot or cold whole grain cereal
- Trans-fat free, lower-fat baked goods: muffins, cereal/granola bars
- Lower-fat cheeses (20% M.F. or less)
- Lower-fat yogurt (2% M.F. or less)
- Poached or boiled eggs, ham or baked beans

Beverages

- Water
- 100% vegetable or fruit juice
- 2%, 1%, skim milk, or fortified beverages (e.g. soy beverage)
- Decaffeinated beverages (e.g. herbal tea)
- Consider milk for coffee or tea

Dips and Spreads

- Spreads (e.g. light cream cheese, jam, peanut butter, non-hydrogenated margarine)
- Lower fat dips (e.g. plain yogurt, lower fat fruit yogurt, hummus, light sour cream)

Sample Breakfast

- Bowl of washed apples
- 100% fruit juice
- Whole grain bagels
- Lower-fat cream cheese
- Coffee/tea and 2% milk

SNACKS

Vegetables and Fruit

(Choose at least 1 and make it Ontario grown, if possible)

- Fresh vegetable or fruit (whole or sliced)
- Fruit salad
- Fruit or vegetable tray
- Fruit cups (packed in juice)
- Dried fruit (e.g. apricots, raisins)

Beverages

- Water
- 100% vegetable or fruit juice
- 2%, 1%, skim milk, or fortified beverages (e.g. soy beverage)
- Decaffeinated beverages (e.g. herbal tea)
- Consider milk for coffee and tea

Snack Items

- Whole grain crackers, plain popcorn
- Breads, pitas, bagels, flat breads
- Lower-fat cheese tray (20% M.F. or less)
- Lower-fat yogurt (2% M.F. or less)
- Trail mix, mixed nuts or pretzels
- Trans-fat free, lower-fat baked goods: muffins, cereal/granola bars, oatmeal cookies

Dips or Spreads

- Lower fat dips (e.g. plain yogurt, lower fat fruit yogurt, hummus, light sour cream)
- Spreads (e.g. light cream cheese, jam, peanut butter, non-hydrogenated margarine)

Sample Snack

- Mini carrots
- Whole grain pitas
- Hummus dip
- Jugs of chilled tap water

Appendix 8.1

Food Procurement Guidelines

WEUHA Nutrition Affiliate
Healthy Eating Guidelines
June 2010

LUNCH

Salads & Vegetables

- Dark green salads, such as Romaine lettuce or spinach (Ontario grown if possible)
- Vegetable salads, such as tomato & cucumber or green bean salad
- Vegetable tray
- Lower-fat salad dressings or salad dressings served on the side
- Lower fat dips (e.g. hummus, plain yogurt, bean dip or light sour cream)

Sandwiches

- Whole grain breads, bagels, pita, tortillas, rolls or roti
- Lower-fat sandwich fillings such as lean roast beef, turkey, chicken, ham, salmon tuna, or lower-fat cheese (20% M.F. or less)
- Vegetarian fillings e.g. tofu, chickpeas, eggs, grilled or fresh vegetables
- Ask for sandwiches made with lower-fat mayonnaise, little or no butter or margarine, or order these served on the side. Offer mustard, chutney, relish, light cream cheese or hummus as alternatives

Main Dishes

- Meatless dishes such as pasta with tomato sauce, vegetarian lasagne, stir-fried vegetables, rice casserole
- Pasta, couscous, bean or lentil salads
- Pizza with vegetable toppings and lower fat meat toppings (such as chicken, ham)
- Meat, fish or poultry dishes that are broiled, roasted or steamed instead of fried
- Tomato based instead of creamy sauces
- Ask for whole wheat pasta, brown rice, baked potatoes or wedges instead of white pasta, white rice or French fries

Beverages

- Water
- 100% vegetable or fruit juice
- 2%, 1%, skim milk, or fortified beverages (e.g. soy beverage)
- Decaffeinated beverages (e.g. herbal tea)
- Consider milk for coffee and tea

Desserts

- Fresh fruit, fruit salads or kebabs (Ontario grown if possible) with lower fat yogurt dip
- Fruit cups (packed in juice)
- Lower-fat yogurt (2% M.F. or less)
- Lower-fat oatmeal cookies

Sample Lunch

- Assorted sandwich tray:
 - whole grain breads
 - turkey, lower-fat cheese
 - fresh and grilled vegetables
 - mustard and lower-fat mayonnaise on the side
- Mixed greens salad with raspberry vinaigrette on the side
- Fruit platter
- Jugs of chilled tap water

Appendix 8.1

Food Procurement Guidelines

WEUHA Nutrition Affiliate
Healthy Eating Guidelines
June 2010

BARBECUE

Salads & Vegetables

- Dark green salads, such as Romaine lettuce or spinach (Ontario grown if possible)
- Vegetable salads, such as tomato & cucumber, potato salad or coleslaw in non-creamy dressings
- Pasta, rice or bean salad in non-creamy dressings. Ask for whole grain pasta or rice
- Vegetable tray
- Lower-fat salad dressings or salad dressings served on the side
- Lower fat dips (e.g. hummus, plain yogurt, bean dip or light sour cream)

Beverages

- Water
- 100% vegetable or fruit juice
- 2%, 1%, skim milk, or fortified beverages (e.g. soy beverage)

Grilled Items

- Non-breaded poultry burgers (e.g. grilled chicken breast)
- Vegetarian burgers or veggie dogs
- Lean or extra lean beef burgers
- Kebabs – vegetables, lean meats or poultry
- Grilled vegetables (e.g. corn on the cob, eggplant, peppers)
- Grilled fruit (e.g. pineapple, peaches)
- Whole grain buns
- Vegetable toppings such as sliced tomatoes, cucumber, Romaine lettuce, onions
- Lower-fat mayonnaise, mustard, salsa, relish, chutney, lower-fat cheese slices

Desserts

- Fresh fruit, fruit salads or kebabs (Ontario grown if possible) with lower fat yogurt dip
- Fruit cups (packed in juice)
- Lower-fat yogurt (2% M.F. or less)
- Lower-fat oatmeal cookies

Sample Barbecue

- Grilled chicken breast, lean beef and veggie burgers with assorted vegetable toppings and lower-fat condiments
- Vegetable tray with lower-fat sour cream dip
- Watermelon slices
- Water
- 100% juice

FUNDRAISING

Healthier Food Items

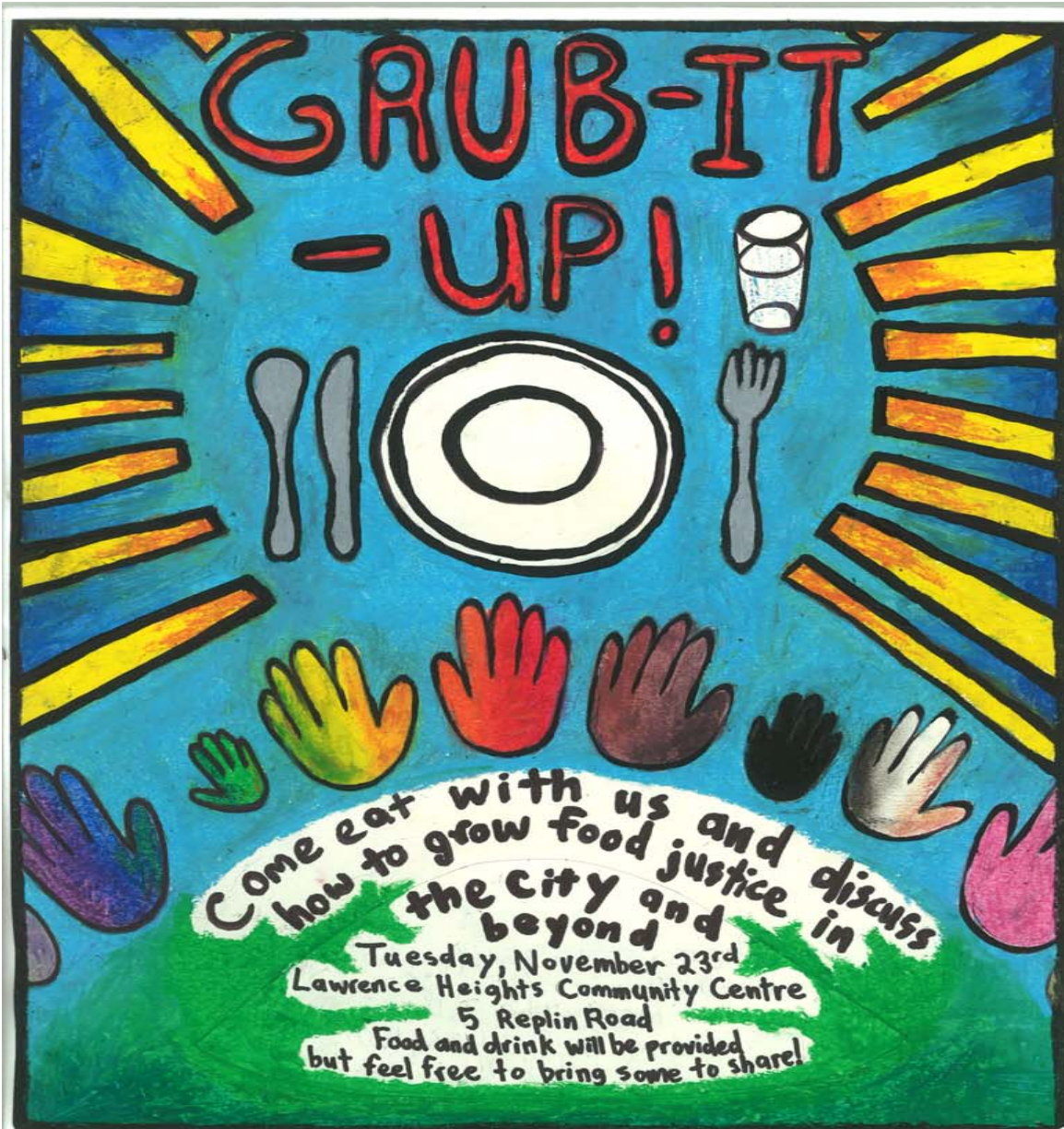
- Fruits (e.g. apples, citrus fruit)
- Fruit or vegetable baskets
- Dried fruit mixes
- Plain popcorn
- Peanuts or nut mixes
- Sunflower or pumpkin seeds
- Cheese baskets

Other Items

- Flowers
- Raffles and silent auctions
- “Garage” or rummage sales
- Fabric lunch bags or tote bags
- Greeting cards
- Cookbooks, novels, magazine subscriptions
- Second hand books sales
- T shirts
- Car washes
- Bike-thons
- 2 or 5 km walks or runs

Appendix 8.2

Grub it up Flyer



Appendix 8.3

Put Food in the Budget



DO THE MATH

What kind of a life can you afford on social assistance?

Find out if the rates add up with our interactive budgeting exercise at:

<http://putfoodinthebudget.ca/>

Current social assistance rates do not add up to a life of health, and dignity. Even the basics of food and shelter are out of reach.

It's time to *Put Food in the Budget* and introduce a \$100/month Healthy Food Supplement for all adults on social assistance as a first step towards meeting basic needs.

But that's just the first step. There needs to be a clear and transparent process for setting social assistance rates-rates that is based on the real costs of living a healthy, dignified life in Ontario.

Appendix 8.3

Put Food in the Budget

March 10, 2010

Honorable Deb Matthews, Minister of Health and Long-Term Care
10th Floor, Hepburn Block
80 Grosvenor Street
Toronto, ON
M7A 2C4

Dear Minister Matthews,

We are a group of Community Health Centres who strongly support the provincial campaign to create a \$100 monthly Healthy Food Supplement for all adults on social assistance as a first step toward providing adequate incomes. We know that the rising costs of shelter and nutritious food make it virtually impossible for people on social assistance to lead healthy lives.

As a result, people on social assistance are forced to choose between paying rent and buying food. Many send their children to school without breakfast or lunch and rely on food banks for survival. The current economic climate has exacerbated this problem: between 2008 and 2009 the North York Harvest Food Bank saw an increase of 22.5% of people using food banks.

This issue is in line with the Ministry of Health and Long-Term Care's mandate and as Minister we are sure you recognize that poverty is a main deterrent of good health: the poorest 20% of Canadians suffer from 100% higher rates of diabetes and heart disease and a whopping 128% more mental and behavioural disorders than the wealthiest 20%. On the other hand, a recent report found that an annual \$1,000 increase in income for the poorest Canadians would lead to 10,000 fewer chronic health conditions.

We are requesting a meeting with you to discuss these issues and to ask if you would support a \$100 Healthy Food Supplement to be included in the provincial budget. We would also like to complete a "Do the Math" survey with you to compare the cost of living with current social assistance rates. This survey may be completed online at <http://www.thestop.dothemath.org>.

Appendix 8.3

Put Food in the Budget

Thank you for your consideration of our proposal. We look forward to hearing a positive response from you.

Bronwyn Underhill
(On behalf of the GTA CHC Food Security Committee and Put Food in the Budget Campaign)

Health Promoter
Fairview Community Health, Flemington Health Centre
416-640-5298 ext. 202
bunderhill@fhc-chc.com

Cc: Endorsing Community Health Centres:

4 Villages Community Health Centre
Anne Johnston Health Station
Black Creek Community Health Centre
Central Toronto Community Health Centres
Davenport-Perth Neighbourhood Centre
Flemington Health Centre and Fairview Community Health
Regent Park Community Health Centre
Rexdale Community Health Centre
Stonegate Community Health Centre
Vaughn Community Health Centre
York Community Services

Cc: Put Food in the Budget Advisory Committee:

The Stop Community Food Centre
The Social Planning Network of Ontario

Appendix 8.4

Special Diet Campaign Literature

Dear Premier McGuinty,

April 30, 2010

As a member of the community, I _____, know that access to nutritious food is essential for good health, especially for those facing challenges of living with chronic health problems with limited resources. I am deeply concerned that the Special Diet Allowance (SDA) has been cut, when so many Ontarians with health challenges acutely need this benefit to supplement their Ontario Works or Ontario Disability Support Program benefits.

I am urging for you to maintain the SDA program by:

- ✦ Instead of cutting it, maintain the \$200 million in direct financial support
- ✦ Ensure that everyone on Social Assistance who needs dietary support receives it
- ✦ Ensure equality in its programs by raising the standards for all

March 29, 2010

Honourable Deb Matthews
Minister of Health and Long Term Care
10th Floor, Hepburn Block
80 Grosvenor Street
Toronto, Ontario
M7A 2C4

Re.: Maintaining the Special Diet Allowance

Dear Minister Matthews

I am writing on behalf of the Board of Directors of The Four Villages Community Health Centre to urge you to maintain the Special Diet Allowance.

As Board members, we are concerned with the impact of poverty and low income on the health of our clients. We want to add our voice to the collective appeal of Community Health Centres regarding this matter and reiterate our strong support for the provincial campaign to create a \$100 monthly Healthy Food Supplement for all adults on social assistance.

Income is a key determinant of health. People with low income are poor and face food insecurity. Countless studies show that poor people have worse health. In our province, thousands of Ontarians need the Special Diet Allowance to maintain their food security and their health.

We are asking you to maintain the Special Diet Allowance and implement the recommendations of the Special Diets Expert Review Committee, the Ontario Human Rights Tribunal and Social Assistance Review Advisory Council to raise social assistance rates to meet the basic requirements of healthy living.

Sincerely

Bernice McLeod (Cipparrone)
President, Board of Directors
The Four Villages Community Health Centre

Appendix 8.4

Special Diet Campaign Literature

Special Diet Allowance Facts

What is the Special Diet Allowance?

The Special Diet Allowance program is a long-standing part of Ontario's social assistance system. It pays the extra costs for special foods needed by people with various health conditions, such as diabetes or MS.

Who is eligible for the Special Diet Allowance?

The Ontario government has created a new special diet allowance application form that lists the medical conditions that require a special diet. See their website for a list of medical conditions requiring a special diet. More than 160,000 people on welfare or disability support payments also qualified for the special allowance of up to \$250 a month. Applications must be signed by a doctor, nurse, dietician or midwife.

What is the concern?

The program was first created in 2003 in response to those on Ontario Works' special food needs due to their confirmed medical conditions. In 2006, the Special Diet program cost \$6 million. Now it costs \$200 million. They say costs have risen too much, too fast, making the program "unsustainable". On March 25, as part of its 2010 budget, the provincial government announced that it will cancel the Special Diet Allowance Program and replace it with a new program:

- it will be a "nutritional supplement" program – not a "special diet" program
- it is intended to only help people with "severe medical needs" – not the people who need special dietary treatment to manage their conditions and prevent worse health
- not everyone who is currently on the Special Diet Allowance will be eligible for the new program – so the government will save money
- it will be run and paid for by the Ministry of Health – not the Ministry of Community and Social Services
- They point to the auditor general's December 2009 report, which insinuated that many people who receive support – and their doctors, nurses, and dieticians – are **purposely** abusing the program.

What makes this issue concerning compared to other government programs?

In any other government program, abuse is investigated and, if confirmed, dealt with directly. Entire programs are not cancelled because of claims of abuse.

Is there a link between poverty and poor health?

Yes. It is well known that people living on low incomes are much more likely to have serious health problems, because of the link between poverty and poor health.

Resources:

<http://www.incomesecurity.org/specialdiet.htm>

<http://www.toronto.ca/socialservices/Policy/spdiet.htm>

To provide feedback or add to our manual, please contact

Julia Graham: julia.graham@stonegatechc.org

Bronwyn Underhill: bunderhill@fhc-chc.com

GTA CHC



**Food Security
Network**