

Presentations and Delegations

Request for Recommendation Priorities Committee

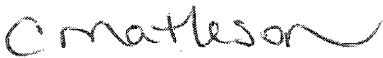


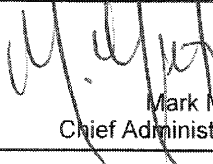
Type of Decision									
Meeting Date	September 15, 2004				Report Date	September 9, 2004			
Recommendation	<input checked="" type="checkbox"/>	Yes	<input type="checkbox"/>	No	Priority	<input checked="" type="checkbox"/>	High	<input type="checkbox"/>	Low
	Direction Only				Type of Meeting	<input checked="" type="checkbox"/>	Open	<input type="checkbox"/>	Closed

Report Title
City of Greater Sudbury Food Charter

Policy Implications + Budget Impact	
<input checked="" type="checkbox"/>	This report and recommendation(s) have been reviewed by the Finance Division and the funding source has been identified
<p>Policy Implications: Council and Staff will be asked to consider the goals of the City of Greater Sudbury Food Charter in developing policies, budgets and programs.</p> <p>Budget Impact: At this time, support from the City for the Food Charter has no impact on the budget.</p>	
<input checked="" type="checkbox"/>	Background attached

Recommendation	
<p>Whereas the City of Greater Sudbury Food Charter provides a comprehensive framework for community food security; and</p> <p>Whereas community agencies have encouraged the City of Greater Sudbury to support the Food Charter;</p> <p>Therefore be it resolved that Council endorse the City of Greater Sudbury Food Charter and its goals and objectives.</p>	
<input type="checkbox"/>	Recommendation attached

Recommended by the General Manager
 Catherine Matheson General Manager, Health & Social Services

Recommended by the C.A.O.
 Mark Miato Chief Administrative Officer

Date: September 9, 2004

Report Authored By



Deborah Tincombe
Manager, Community Development and Social Policy

Division Review

Over the past year, the Sudbury and Manitoulin Districts Food Security Network has worked with its partners and the community to develop a Food Charter. The Sudbury and District Board of Health endorsed the charter in June of this year and, as a result of passing motion #64-04, is encouraging Council to follow suit.

Canada's Action Plan for Food Security (1998) identified that: "food security exists when all people at all times have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life". (World Food Summit, 1996) Increasingly, there is a trend towards greater numbers of Canadians being food insecure as evidenced by the number of people who access food banks.

The City of Greater Sudbury Food Charter focuses on improving community food security by supporting research, policies and programs that endorse population health and wellness, community development, investment in the local food system and the development of a sustainable food system.

A copy of the City of Greater Sudbury Food Charter is attached.

Date: September 9, 2004

City of Greater Sudbury Food Charter

Final Version, June 2004

Given that access to safe, affordable, nutritious food is a basic human right of individuals and communities, and connects us to our families, our cultures, and our traditions;

And that community food security is a comprehensive approach that includes all components of the food system, from producers to consumers, and promotes regional food self-reliance;

And that having a food secure community is the foundation of population health, social justice, community-based economic development, and a sustainable environment;

Therefore, the Food Security Network of the Sudbury and Manitoulin Districts, including The City of Greater Sudbury, the Social Planning Council of Sudbury, and the Sudbury & District Health Unit, will work towards the development and implementation of a community food security mandate that supports research, policies, and programs that will endorse:

1. Population Health and Wellness:

- Individual and household food security as a determinant of health;
- Adequate income, employment, housing, and transportation policies that ensure food accessibility and availability to all citizens; and
- Nutritional education and healthy food choices in schools, businesses and public places.

2. Community Development:

- An annual community food security report card;
- Food self-reliance through community-based food programs, such as community gardens, fresh food box programs and collective kitchens;
- Multi-cultural food festivals and cultural events;
- An emergency food preparedness plan; and
- The involvement of the community in developing food security solutions.

3. Investment in the Regional Food System:

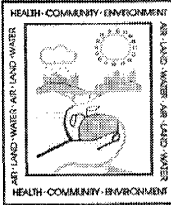
- A regionally-based and community-driven food system;
- The viability of agricultural and rural communities;
- The development of regional value-added agricultural production, food processing and distribution systems; and
- The promotion of regional food products at farmer's markets, farm-gate sales, and local food outlets.

continued ...

4. *The Development of a Sustainable Food System:*

- Public and institutional education on the interdependence between the food system and a sustainable environment;
- Scientifically proven best management agricultural practices and regional crop varieties;
- The development and implementation of renewable technologies in the expansion of the regional food system;
- The reduction of persistent toxic chemicals that can accumulate within the food chain;
- Sustainable waste management practices; and
- Support for initiatives that minimize the loss of bio-diversity, resource depletion, and climate change, and that raise the awareness of global environmental issues.





The Foodshed Project
THINKING ECOLOGICALLY
88 Larch Street
Sudbury, ON P3E 1B9
Phone: (705) 670-8920
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Email: Ojala@Cyberbeach.net

Mr. Thom Mowry
City Clerk, City of Greater Sudbury
PO Box 5000/CP 5000
STNA/ SUCCA
200 Rue Brady Street
Sudbury, ON P3A 5P3

RECEIVED

JUL 12 2004

CLERKS - DEPT.

July 7, 2004

Dear Mr. Mowry,

RE: Endorsement of the Food Charter by the City of Greater Sudbury by the Priorities Committee on September 15th, 2004

For the last year The Sudbury and Manitoulin Districts Food Security Network (FSN) have been working with our members to develop a Food Charter. The FSN consists of a broad range of partners, including community organizations, individuals, the private sector, and government representatives. Our main concern is to improve the status of food security in our city.

The FSN was recently supported in this mission by the Sudbury & District Board of Health (The Board) who endorsed the Food Charter in a motion in June 2004. The Board unanimously approved acceptance of the Food Charter. To ensure that this valuable work is expanded in our community, we are requesting, through the Priorities Committee, endorsement of the Food Charter by the City of Greater Sudbury.

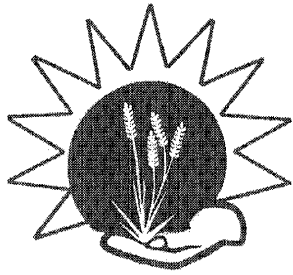
As FSN Co-chairs, Doreen Ojala (The Foodshed Project) and Paula Worton (Sudbury & District Health Unit), will present information about the Food Charter, and be available for any questions. We also request to be allowed to deliver a background report prior to the meeting. We will not require audiovisual equipment, and will be referring to the report during our presentation.

Thank you in advance for consideration, and we will be contacting you shortly to speak to you regarding your decision. We have included a copy of the Food Charter for your viewing.

Sincerely,

Doreen Ojala and Paula R. Worton

- Co-chairs, Sudbury and Manitoulin Districts Community Food Security Network
- Enclosure



The FOOD SECURITY NETWORK
of the Sudbury and Manitoulin Districts

The Food Charter Initiative: Working together to
develop a *Community Food Security Approach*

Phase 1: Identifying Food Security Issues in our Community

May 2004



Food charter visioning sessions scheduled for December

On Thursday, Dec. 4, at the Social Planning Council of Sudbury, a dedicated advocate involved in developing food security policies and programs through the Toronto Food Policy Council, Dr. Wayne Robert will share his experiences when he leads a Food Charter Visioning Session.

The Food Charter is a project of the Sudbury-Manitoulin Food Security Network, an organization working towards making the citizens of the Greater Sudbury area more "food secure."

Gale Elliott, former Director of Nutrition with the Sudbury and District Health Unit, spearheaded the organization and has built up the membership over the last 20 years. Elliott is a long-time advocate for local agriculture and community gardening projects.

"Food security is when we all have sufficient, affordable food of high nutritional quality," says Elliott. "Improving the accessibility of nutritious food is important, especially for those who are on fixed incomes; have specific dietary needs; or who lack transportation or cooking facilities. The visioning session will explore the current food security status of the Greater Sudbury area, and develop a game plan on how we can improve access to healthy

food and provide food education."

Doreen Ojala of the Foodshed Project and Paula Worton of the Sudbury & District Health Unit, co-chair the network. According to Ojala, "Food security is good for our economy, good for

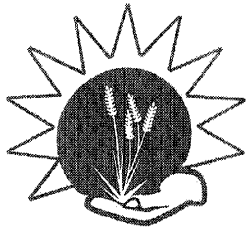
our health, and prevents disease down the road. Providing food for all our citizens has to become a priority. Currently, we have over 2000 families relying on food banks in Sudbury. We have to ask ourselves if that is acceptable and what we can do to reduce those numbers."

The Visioning Session is the result of a partnership between the Sudbury & District Health Unit and the Social Planning Council of Sudbury. According to Worton, getting the community involved right from the beginning is a sure key to success. "Understanding the needs of the community is an important first step, and then exploring some solutions together will make it happen. The Food Charter will be a way for us to create a common understanding of the issues".

If your organization would like to get involved in the Food Security Network, or you would like to receive the Food Connections Newsletter, please call Paula Worton at the Sudbury & District Health Unit at (705) 522-9200, ext. 376.



Northern Life Earthcare
Sudbury insert, 2003



The FOOD SECURITY NETWORK of the Sudbury and Manitoulin Districts

FOOD CHARTER

Draft - May 2004

Given that access to safe, affordable, nutritious food is a basic human right of individuals and communities, and connects us to our families, our cultures, and our traditions;

And that community food security is a comprehensive approach that includes all members of the food system, from producers to consumers, and promotes regional food self-reliance;

And that having a food secure community is the foundation of population health, social justice, community-based economic development and a sustainable environment;

Therefore, the Food Security Network of the Sudbury and Manitoulin Districts, including The City of Greater Sudbury, The Social Planning Council of Sudbury, and the Sudbury & District Health Unit, will work towards the development and implementation of a community food security mandate that supports research, policies and programs that will endorse:

1) Population Health and Wellness

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2) Community Development

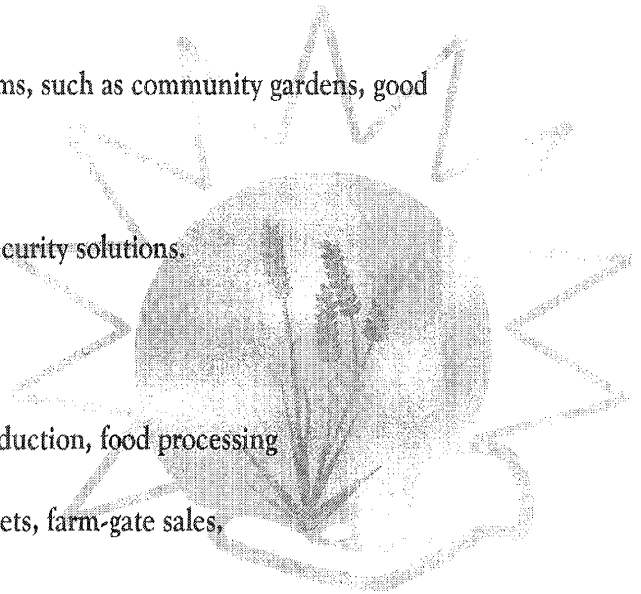
- An annual community food security report card;
- Food self-reliance through community-based food programs, such as community gardens, good food box programs and collective kitchens;
- Multi-cultural food festivals and cultural events;
- A community emergency food preparedness plan; and
- The involvement of the community in developing food security solutions.

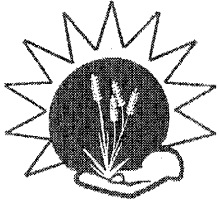
3) Investment in the Local Food System

- A regionally-based and community-driven food system;
- The viability of agricultural and rural communities;
- The development of regional value-added agricultural production, food processing and distribution systems; and
- The promotion of regional food products at farmer's markets, farm-gate sales, and local food outlets.

4) The Development of a Sustainable Food System

- Public and institutional education on the interdependence between the food system and a sustainable environment;
- Scientifically proven best management agricultural practices and regional crop varieties;
- The reduction of persistent toxic chemicals that can accumulate within the food chain;
- The development and implementation of renewable technologies in the expansion of the regional food system;
- Sustainable waste management practices; and
- Support for initiatives that educate on the loss of bio-diversity, resource depletion, and climate change, and that raise the awareness of global environmental issues.





The FOOD SECURITY NETWORK
of the Sudbury and Manitoulin Districts

Sudbury-Manitoulin District Food Charter Initiative:
WORKING TOGETHER to increase our capacity to be food secure.

Our Mandate:

PROMOTING POPULATION Health and Wellness

seniors, infants, students, individuals...

by increasing the accessibility and availability of healthy food...

INVESTMENT IN OUR REGIONAL AND LOCAL Economy

farmers, food infrastructure, local food outlets...

by supporting local food production activities...

CONNECTING OUR Communities

grassroots organizations, government, health care...

by involving the community in food security strategies...

PROTECTING OUR Environment

air, land, water, biodiversity, climate...

by supporting the sustainable development of our food supply.

...a community food security initiative

Sudbury-Manitoulin Food Charter Initiative: Working together to develop a Community Food Security Approach

Table of Contents

Phase 1 - Identifying food security issues in our community.....	3
Sudbury and Manitoulin Food Security Network member organizations.....	7
What is community food security? Dr. Wayne Robert's.....	8
What does being "food insecure" mean? Janet Gasparini.....	10
Health and community food security. Dr. Susan Snelling.....	12
Agriculture on Manitoulin - A perspective - then and now..Brian Bell.....	16
Protecting our environment.....	19
Conclusion.....	23

List of Figures

Figure 1. Map of Northern Ontario.....	1
Figure 2. Creating links in the food system.....	2
Figure 3. Creating links in the food web.....	5
Figure 4. Elements of a food secure community.....	6
Figure 5. Population trends	10
Figure 6. Profile of an aging population base.....	13
Figure 7. Food insecurity in the Sudbury and Manitoulin Districts.....	14
Figure 8. Income levels in the Sudbury and Manitoulin Districts.....	14
Figure 9. Education levels in the Sudbury and Manitoulin Districts.....	15
Figure 10. Food costs in the Sudbury and Manitoulin Districts.....	15
Figure 11. Agriculture in the Sudbury and Manitoulin Districts.....	17
Figure 12. Agricultural spin-offs in the Sudbury and Manitoulin Districts.....	18
Figure 13. Agricultural spin-offs in the Blue Sky Region.....	18
Figure 14. The development of a sustainable food system.....	20
Figure 15. What would a sustainable food system look like?.....	21
Figure 16. Advantages of local food systems.....	22

APPENDICES

Draft Sudbury and Manitoulin Districts Food Charter
Food Security Network of the Sudbury and Manitoulin Districts Terms of Reference
Hunger Facts 2003 - from Hunger Count 2003 - The Canadian Association of Food Banks
Our Food System - a diagram of the global food system by Ellen Desjardin, OPHA
Saskatoon Food Charter and the Toronto Food Charter
Northern Life Newspaper articles on food security

Northern Ontario

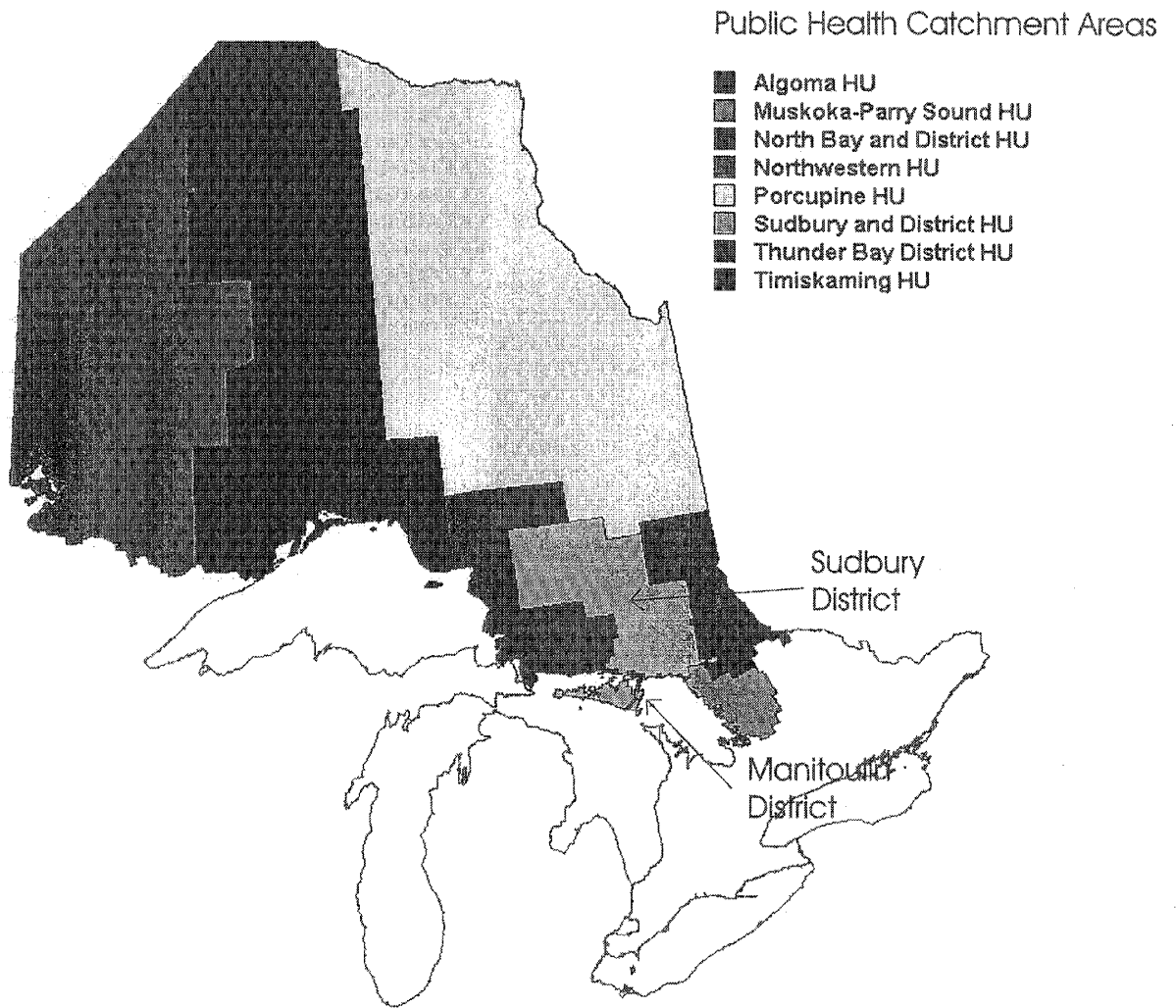


Figure 1. Map of Northern Ontario

Sudbury-Manitoulin Food Charter Initiative: What is Community Food Security?

Community food security is a strategy for ensuring access to adequate amounts of safe, nutritious, culturally appropriate food for everyone, produced in an environmentally sustainable manner, and provided in a manner that promotes human dignity.

It features cooperation among all contributors in a local/regional food system, including growers and producers, citizen groups, community agencies, governmental organizations, businesses, academic researchers and environmental advocates.

Its actions are based on those of the Ottawa charter for Health Promotion: building personal skills, strengthening community action, building healthy public policy and creating supportive environments (including the general principles of food safety that are ensured by monitoring and enforcement activities).

It addresses issues in the economic, environmental and social aspects of the food system, and thus promotes adequate income for consumers and producers: local and diverse food production: environmental sustainability: protection of local agricultural lands and fish habitat: widespread access to healthy food and food-based community economic development and social cohesion.

Ontario Public Health Association Food Security Workgroup, 2002

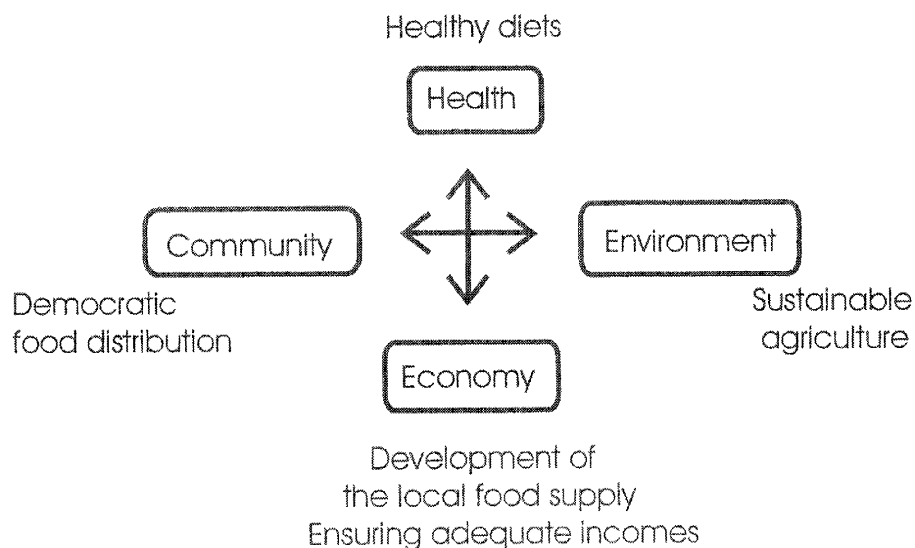


Figure 2. Creating links in the food system

The Food Charter Initiative:

Working together to develop a *Community Food Security Approach*

Phase 1: Identifying Food Security Issues in our Community

We are living in the era of the globalization of most of our commodities, and that includes our food system. Our dependence on foreign food production is one way to think about food security, and whether we as a nation can produce enough to feed our own country. As we become increasingly dependent on international trade to supply us with food, climate change, food safety, animal welfare, the use of transgenic seeds, the patenting of seeds, the use of pesticides, growth hormones, and other practices used in the global marketplace, now become local issues. As we increasingly become distanced from our food sources, we lose touch with the value of our own agricultural communities and of the value of having a local food source. We lose touch with the value of food, and that food needs to be seen as a right, even for those who cannot afford to feed themselves.

Creating the processes that will implement the needed changes will be a challenge. In 1976 Canada signed the United Nations Covenant on Social, Economic and Cultural Rights*, which includes "the fundamental right of everyone to be free from hunger." In 2004 there are over 9,000 citizens in Sudbury that rely on food banks to prevent hunger. According to Hunger Count 2003*, the number of people using food banks is now at about 778,000, and food bank use is up 105% since 1989. There are about 639 food banks in Canada, and 430 meal programs. 40% of food banks find it hard to meet the demand, with over 7 million pounds of food distributed per month. Every month, there are 12,473 full-time equivalent jobs undertaken by volunteers at food banks. It has been 14 years since our government promised to eliminate child poverty - clearly these factors indicate that there are policy gaps and that there is a lack of implementation to develop solutions that can end poverty and improve food accessibility.

On the household level issues impacting food security include family income, the availability of fresh food and the location of grocery stores, our ability to cook and prepare healthy meals for ourselves and our families, and the cost of a healthy diet. Because of the complexity of these issues, the Ontario Public Health Association (OPHA) has recognized that food security is a public health issue, and have recently published a position paper entitled "A Systemic Approach to Community Food Security**" to address some of these concerns. The OPHA defines community food security "as a framework from which to define and resolve the public health dimensions of food security." It is a multi-sectoral approach that considers the sources of our food, the accessibility and availability of food, and how food is distributed. Community food security involves all sectors of the food system, and promotes adequate income levels for all sectors.

*Article 11 reads, "The States parties to the present Covenant recognize the right of everyone to an adequate standard of living for himself and his family, including adequate food, clothing and housing."

** A Systemic Approach to Community Food Security: A role for Public Health, Ontario Provincial Health Association Position Paper, Food Security Workgroup, November 2002, www.opha.ca

The Food Charter Initiative:

Working together to develop a *Community Food Security Approach (cont.)*

According to Feenstra *(1997): "the long term health of a community's food system is an important indicator of its vitality and sustainability. A logical and appropriate way to revitalize a community is by the development of a local food economy. Not only does an adequate, varied diet contribute to individual health, but the way food is grown and distributed and eaten also profoundly affects the environmental, spiritual and economic well-being of the community. Ecological, cultural and political analyses over the last two decades hold in common the vision of a more local, ecologically sustainable and democratically controlled food system"*.

The community food security approach recognizes all of the issues related to the food system - from production to distribution. Having a secure local food supply is a very important aspect. Agriculture is also very important for the development of a 'recession-proof' economic development strategy. In the Sudbury and Manitoulin districts agricultural activity has been a traditional 'economic engine' -before the globalization of the food system, we did produce our own food. Local agriculture is now an indicator of our food self-reliance and of our sustainability. Most food travels 2000 km to get to our plates, releasing climate warming greenhouse gas emissions and adding hidden costs to our food dollar.

The community food security approach goes beyond the traditional role of food safety and nutrition, and focuses on the systemic issues that deal with food insecurity and the sustainability of the food system. This fits into the health promotion strategies of community development, personal empowerment, and health advocacy which entered the public health regime in the 1980's. Initially, the response to food shortages were geared towards food education that taught people how to budget or buy low cost nutritious food. This expanded to include the "determinants of health", according to the paradigm of the Ottawa Charter (1986) and the Epp Framework for Health Promotion (1986)**. These health determinants include income levels, affordable housing, a healthy environment, as well as the accessibility of a healthy diet by vulnerable groups.

The Sudbury and Manitoulin District Food Security Network represents all sectors of the food system, from consumers to producers. Members include individuals, community groups, public health care and social services workers. The Network supports a broad-based approach that integrates community development, environmental protection, social justice and the development of our food economy. The goal of this broad-based approach is to make the connections and links between various sectors, and to facilitate knowledge-sharing and partnership building to connect resources and create real solutions..

This report identifies some of our local food security issues - the first step in the development of the Food Charter. The Food Charter will promote policies that ensure the right to food, support the development of a regional food supply, increase education on nutritious food choices, and support to increase the accessibility of a nutritious diet to all citizens. The Food Charter will focus on developing a multi-sectoral food security planning process based on linking health, community, economy, and environmental sectors. The Food Charter will act as a policy framework with the goal to unite all of the food security stakeholders under the umbrella of connecting resources and working together to improve our community's food security. Please see the Appenices for the May draft of the Food Charter.

* Feenstra, G (1997) Local food systems and sustainable communities, AM. J. of Alternative Agriculture, 12:1 pp 28-36

** Epp, J (1986). Achieving health for all: A framework for health promotion. Ottawa, Health and Welfare Canada.

The Food Charter Initiative:

The FOOD WEB is made of links between Health, Economy, Community and the Environment



Figure 3. Creating links in the Food Web

What are the elements of Food Secure Community?



AVAILABILITY - Refers to adequate and reliable food supplies for all people at all times.



ACCESSIBILITY - Recognizes issues that reduce the accessibility of food - ie: transportation barriers and medical limitations.



ACCEPTABILITY - When food is sufficient, safe, nutritionally balanced and culturally acceptable.



APPROPRIATENESS - When all levels of the production, distribution, consumption and waste management, are ecologically sustainable.

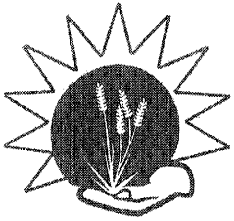


ADVOCACY - Policies and processes that enable /disable the achievement of food security.



AWARENESS - Education on the determinants of health, such as standard of living indicators and environmental sustainability. These are the systemic prerequisites to community food security. Personal awareness also includes developing healthy lifestyles and eating nutritiously. On a policy level, awareness is needed to create local food systems and to alleviate food insecurity.

Figure 4. Elements of a food secure community.



The FOOD SECURITY NETWORK of the Sudbury and Manitoulin Districts

Sudbury-Manitoulin District Food Charter Initiative: *WORKING TOGETHER* to create a common *VISION...*

Member Organizations *and* Guests

- The Human League
 - Our Children, Our Future
 - City of Greater Sudbury
 - The Foodshed Project
 - Sudbury & District Health Unit
 - Ontario Healthy Communities Coalition
 - Social Planning Council of Sudbury
 - GEODE - RideShare and Stepping Stone Program
 - Inner City Homes of Sudbury
 - Market Square - Downtown Farmers' Market
 - Vinegar on the Rocks
 - National Anti-poverty Organization
 - Ontario Federation of Agriculture and Agri-Corp
 - The Greenland Project - Carl Nesbit Public School
 - The Green Teapot Organic Food Buying Club
 - Northern Ontario Agri-Food Education and Marketing Association
 - Walden Food Bank
 - FedNor
 - EarthCare Sudbury
 - Better Beginnings, Better Futures
 - Cambrian College
 - Centre de sante communautaire de Sudbury
 - N'Swakamok Native Friendship Centre
 - John Howard Society
 - Sudbury Food Warehouse
 - Laurentian University School of Social Work
 - Neighborhood Action Project of Sudbury
 - St. Charles College
 - Ontario Ministry of Agriculture and Food
- Funded in part by:
- The United Way / Centraide Sudbury and/et District
 - The Laidlaw Foundation

Food Charter Visioning Guest Speakers



Left to right: Food Charter Visioning Presenters:
 Dr. Wayne Roberts - Toronto Food Policy Council
 Brian Bell - Ontario Ministry of Agriculture and Food
 Janet Gasparini - Executive Director, Social Planning Council,
 Dr. Susan Snelling - Researcher, Sudbury & District Health Unit

Food Security Network Members



Top Left: Darle Collison, Monique Beaudoin, Paula Worton, Carl Pilon, Lorraine Goodmurphy, Casey Keesik,
 Dr. Wayne Roberts, Bill Bradley, Gale Elliott, Tom Reid, Mary Anne McCoikel, Stephanie LeClair, Elin Flora, Marg Grigg,
 Bottom Left: Mike Soenens, Tammy Chegus, Kelly Daehn, Doreen Olaja, Erko Espinoza, Aline Easton, Ruth Hassanally



What is Community Food Security? Dr. Wayne Robert - Toronto Food Policy Council

Dr. Wayne Robert's is the Project Coordinator of the Toronto Food Policy Council, and states in a report from the Caledon Institute of Social Policy,* October 2001: "We have a totally dysfunctional food system. The problems are difficult when you look at them one at a time." To find solutions, it is vital that you look at the overall food system and address issues in a coordinated way. According to this same report, "It is the power of ideas, inspired by individuals and empowered communities that gives us influence."

The Toronto Food Policy Council also provided resources to city council's Food and Hunger Action Committee. This committee was formed to study how Toronto could reduce hunger, improve nutritional health, and support food-based initiatives that benefit the city's economy, environment, and quality of life. This committee created the Toronto Food Charter (see Appendices) which states that every Toronto resident should have access to an adequate supply of nutritious, affordable, and culturally appropriate food. It also lists the principles and practices that the Toronto City Council should follow to promote food security. One of their initiatives is to promote roof-top gardens. These gardens offer greenspace, insulation, reduce runoff, and provide fresh food! The TFPC also initiated Foodshare - Field to Table - a not-for-profit that sources from regional suppliers and now delivers over 4,000 fresh food boxes each month to neighbourhood drop-off points. It also assists with fundraising programs that support student nutrition and programs that improve kitchen facilities in public and community spaces.

Dr. Robert's reminded us that during the INCO strike of 1978, farmer's supported the unionized worker, and that "Sudbury has historically been a food producing area." Today, we do not know our food sources, and this responsibility has been removed from communities, and that has to change. We must incorporate the food system into our official plans, and consider things like access to grocery stores and support our farmers markets. Food is now mostly privatized industry with very little government involvement. The food system has a wide range of participants, and cannot afford to be segmented - we must make the link between the community and how food is grown and distributed.

Food is also a huge problem in terms of waste production - it is estimated that one third of all garbage is organic waste. Waste does not exist in nature, and we must start composting our food waste. Communities are in charge of their waste, so reducing this waste to landfill is important because it lengthens the life of landfill sites, and reduces greenhouse gas production. Composting is a way to recycle waste and use it for greening and for gardening. First Nations communities grew "three sisters" gardens - corn, beans and squash - they worked with nature.

One of the problems that we have to face is that our farmers are aging. They are controlled by marketing boards. We need to put some of that control into municipal governments, and build our local capacity to process food. This includes refrigeration plants and federally inspected abattoirs. Consumers want to know where their food is coming from and are looking for a greater level of choice.

* Caledon Institute of Policy Development, Oct. 2001, # 1-894598-97-0

What is Community Food Security?

Dr. Wayne Robert - Toronto Food Policy Council (continued)

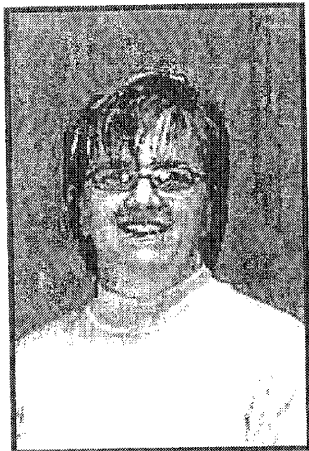
"The average food molecule travels 2000 km" - and that is unsustainable. Food transport creates greenhouse gases and that is changing our climatic systems. Scientists do not know the impact of climate change, it is not just that the earth is getting warmer, but that the weather is more unpredictable. Food now takes longer to get to your plate than it spends in your digestive system! Importing our food means that we are losing out on economic development opportunities. Right now 90% of the food dollars spent in most communities goes out the door - we cannot afford to hemorrhage money out of our economy. Local food systems retains and recycles money, creating jobs and these jobs are recession proof. There is a guaranteed customer base!

We need to break down the stereotypes, and help people that are on social assistance. The largest donations to charities are from those who were once down and out themselves. These groups are the most vulnerable, and this is important in times of emergency. Do we have an emergency food plan? Do we have a coordinated, and trained, core group who can assist during an emergency? Food banks are not able to handle any additional loads. We need to have community centers able to handle emergencies. This is our collective responsibility as citizens. Toronto has a program that brings youth off the streets to make soup and stews. It uses "cosmetically challenged" food, like carrots that do not meet grocery store standards. It is supported by Human Resources Development Canada, and is very successful.

It is important that we make the link between food and health. Our medicare system is going broke and the Toronto Food Policy Council estimates that 20% of disease is diet-related. We must also change our lifestyles and get active again. Those who can afford it are over-consuming. We need to respect wild food and food gathering. Com-panion - literally means "with bread". We need to strengthen our Human Systems. We have to strengthen our capacity to be food secure, and consider the whole food system and how we can design our food system for the good of our health and our communities.

In May 2000, Toronto City Council voted unanimously to become a food-secure city that would strive to ensure:

- the availability of a variety of foods at a reasonable cost
- ready access to quality grocery stores, food service operations, or alternative food sources
- sufficient personal income to buy adequate foods for each household member each day
- the freedom to choose personally and culturally acceptable foods
- legitimate confidence in the quality of foods available
- easy access to understandable, accurate information about food and nutrition
- the assurance of a viable and sustainable food production system.



What does being “food insecure” mean?

Janet Gasparini

Janet Gasparini is the Executive Director of the Social Planning Council of Sudbury (SPC). The SPC has a mandate to improve the quality of life for the citizens of Greater Sudbury and is involved in researching the systemic causes and impacts of poverty. Janet is also a newly elected City Councillor for Ward 6 and Chair of the Board of Health for the City of Greater Sudbury. Janet was also active in the development of the Children First Charter of the City of Greater Sudbury.

Janet states, “There are many vulnerable groups in our community that are “food insecure” - in other words obtaining a healthy diet of their choice is a struggle.” There are many factors to consider when dealing with this issue, and the most important is that it is the most vulnerable in our society that are impacted. This includes single mothers, the elderly, persons with disabilities, aboriginals, those who are homeless, unemployed, refugees, immigrants, and those who for whatever reason cannot afford a sufficient quantity of healthy food for their families.

Food insecurity is defined by “limited or uncertain ability to obtain nutritionally adequate and safe food or limited or uncertain ability to acquire acceptable food in socially acceptable ways. Food insecurity can be considered at the level of nations, communities, households, or individuals, but the term hunger is typically used in reference to food insecurity experienced by individuals or households” A Critical-Examination of Community-based Responses to Household Food Insecurity in Canada, Valerie Tarasuk, Phd.

Combating food insecurity can be achieved by supplying food directly - firstly through food banks or pantries and secondly through other food provision programs such as collective and kitchens, community gardens and food cooperatives. These strategies work from the perspective of sharing and working together to solve the issue of hunger.

The use of food banks provides a portrait of the food insecurity in our community, and in our country. Food bank use in Canada has increased by more than 5 percent since last year, and more than 105% since 1989. Social assistance recipients are the most frequent users of food banks, though studies are showing that the most needy do not access food banks or other charitable programs. In Canada over 250,000 families used food banks in 2003. Is that acceptable?

For a full report on the latest initiatives from the Social Planning Council, please call our office at (705)-675-3894.

PROMOTING POPULATION Health and Wellness

seniors, infants, students, individuals...

by increasing the accessibility and availability of healthy food...

Food Bank Statistics for the City of Greater Sudbury - 2003*

*Statistics collected by the Social Planning Council of Sudbury, 2003

Are these groups at-risk for poor health because of diet?

- 1948 households - 9402 individuals and families use food banks monthly
- 42% of food bank recipients are children
- 56.5 % social assistance
- 17.5 % disability pension
- 4.7 % seniors pension
- 3.7 % unemployed
- 2.9 % employment insurance
- 7.0 % other income
- 7.0 % no income (homeless?)

Food Fact

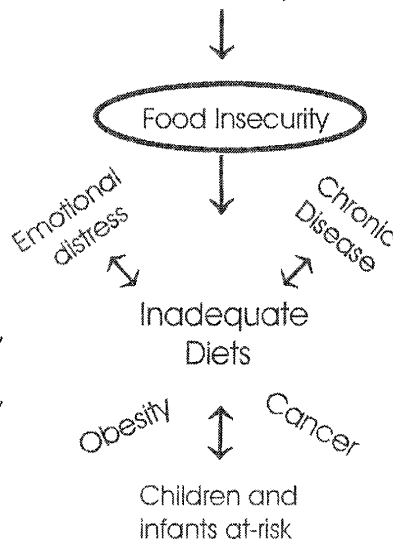
The Toronto Food Policy Council estimates that 20% of the \$17 Billion spent annually on Health Care in Ontario can be traced back to diet-related health problems.*

* Dr. Wayne Roberts

7.0 % of food bank users have college or university education

Sufficient income is a determinant of health.
If you cannot afford a healthy diet, it may lead to:

For some time it has been known that adequate nutrition is essential for proper growth and development. More recently, it has been accepted that healthy eating is a significant factor in reducing the risk of developing nutrition-related problems, including: heart disease, cancer, obesity, hypertension (high blood pressure), osteoporosis, anaemia, dental decay and some bowel disorders.**



What Reducing Risk Means
Reducing risk means that the chances of developing a disease are lowered. It does not guarantee that a disease will be prevented. Since several factors are involved in the development of disease, risk reduction usually involves several different strategies or approaches. For instance, healthy eating is one positive action that may help to avoid a potential problem.**

** Food Guide Facts: Background for Educators and Communicators, Health and Welfare Canada 1992 Cat. H39-253/11-1992E ISBN 1-662-20081-0.



Health and Community Food Security for Sudbury & District: A Review of Statistics

Dr. Susan Snelling
Public Health Research and Education & Development Program
Sudbury & District Health Unit (SDHU)

The sparse population in Northern Ontario covers a huge land mass - and that is a challenge. Greater Sudbury is the fourth largest geographic area in Ontario. Northern Ontario also has other demographic challenges, and in the North the Sudbury District has the highest rate of food insecure families (families who did not use food banks).

On average the income spent on food is around 13% - and these costs are higher in rural areas. It is hard to get good solid data on the level of food insecurity because those who are in the lowest income brackets do not want to admit to using food banks.

In the Sudbury District, 9% of families with children under 6 consider themselves to be food insecure and use food banks regularly. In Northern Ontario, some households with incomes less than \$60,000 state that they are food insecure. Northern Ontario, on average, is also impacted by lower income levels than the rest of the province - and women suffer a disparity with respect to income. Male average income is \$24,211 for Manitoulin Districts, \$33,974 for the Sudbury District, and \$36,231 for Greater Sudbury. The numbers are lower for women (\$18,595, \$17,351, and \$22,060 respectively). These lower income levels translates into a greater number of poverty groups. This is further augmented by the fact that overall educational levels are lower than the Ontario average.

The percentage of the population living in rural* conditions in Ontario is 15.3%. In Northern Ontario the rural population is 33.3%. In the Sudbury District the rural population is 22.5%. Rural communities are changing from their traditional role of being food producers. Food costs in rural areas tend to be higher - and there can be problems such as the availability of fresh fruits and vegetables. Please see the Nutritious Food Basket Report produced at SDHU (and are available across Ontario) for more details on food costs. Population statistics were collected from Census 2001 - Statistics Canada.

Sudbury & District Health Unit produces the following reports on an annual basis:

The Nutritious Food Basket Report (see Appendices)
Food Security Directory - please refer to this for a compilation of local food security initiatives.

Other recent publications:

Nutrition in Northern Ontario, The Determinants of Child Health and Breastfeeding Practices in Northern Ontario: - Reports from the Northern Ontario Perinatal and Child Health Survey Consortium, December 2003

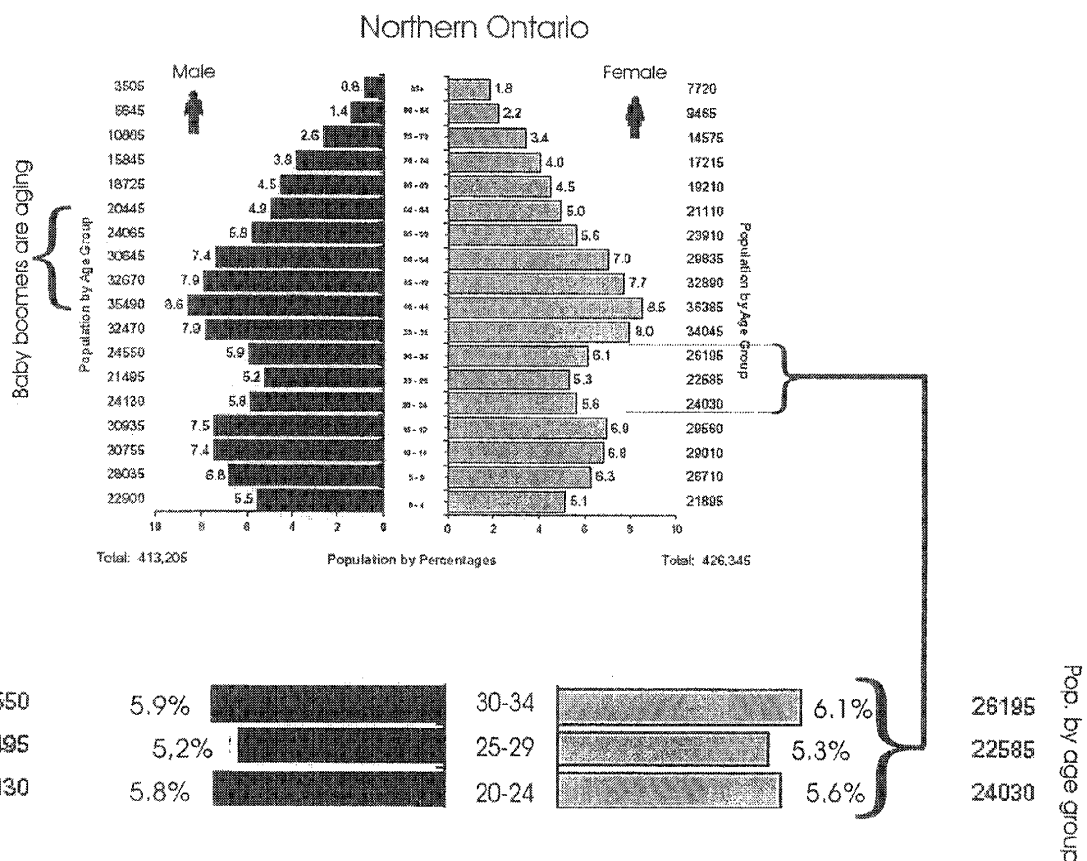
* Rural: -living outside places of 1,000 people or more, or living outside places with densities of 400 or more people per square kilometer.

Demographic Profile in the Sudbury District and Northern Ontario

Area	Population	Trends	Rural	French as first language	First Nation's
Sudbury & District	190,841	Down 5% (since '96 census)	22.0%	27.4%	7.5%
Northern Ontario	860,470	Down 5% (since '96 census)	33.3%	18.1%	10.3%
Ontario	11,410,046	Up 6% (since '96 census)	15.3%	4.4%	1.4%

Figure 5. Population trends (Census 2001)

The fertility rate for women decreased after the mid 1960's, and has remained below the natural replacement value (of 2) since then. This, and the fact that youth are leaving the North to for education and work, leaves a huge "indentation" in the age groups of 20-24, 25-30, and 30-34.*



* The Aging Population, Vic Sahai, Background information on the Health Status and Health Care System in Northern Ontario, A project of the Northern Health Issues Strategy Report, April 2003, PHRED, Sudbury & District Health Unit.

Figure 6. Profile of an aging population base (Census 2001)

Food Insecurity in the Sudbury District and Northern Ontario

Families with Children under 6 who are Food Secure Did not use Food Banks

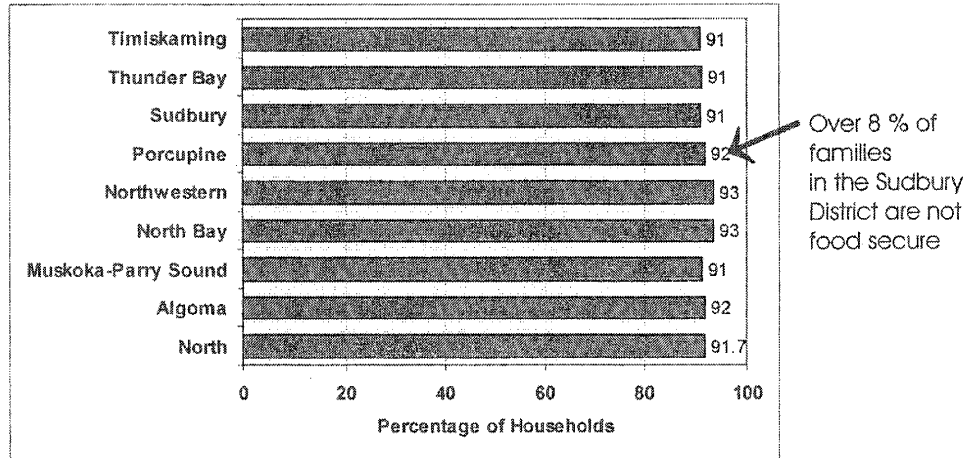


Figure 7. Food insecurity in Sudbury and Manitoulin Districts*

*Northern Ontario Perinatal and Child Health Survey, 2003, SDHU

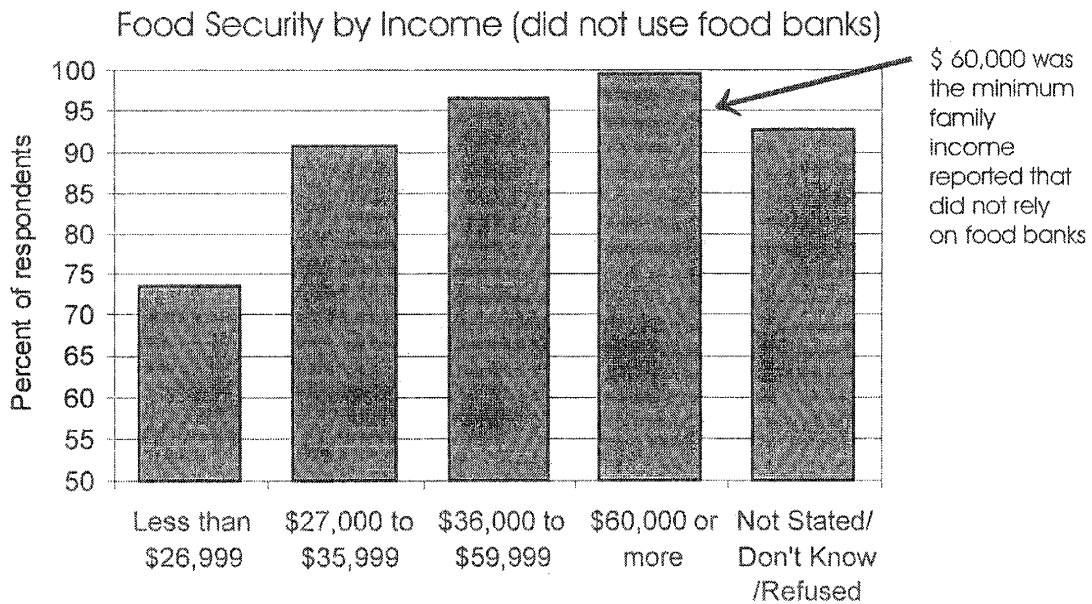


Figure 8. Income levels in Sudbury and Manitoulin*

*Northern Ontario Perinatal and Child Health Survey, 2003, SDHU

Educational Levels and Food Costs

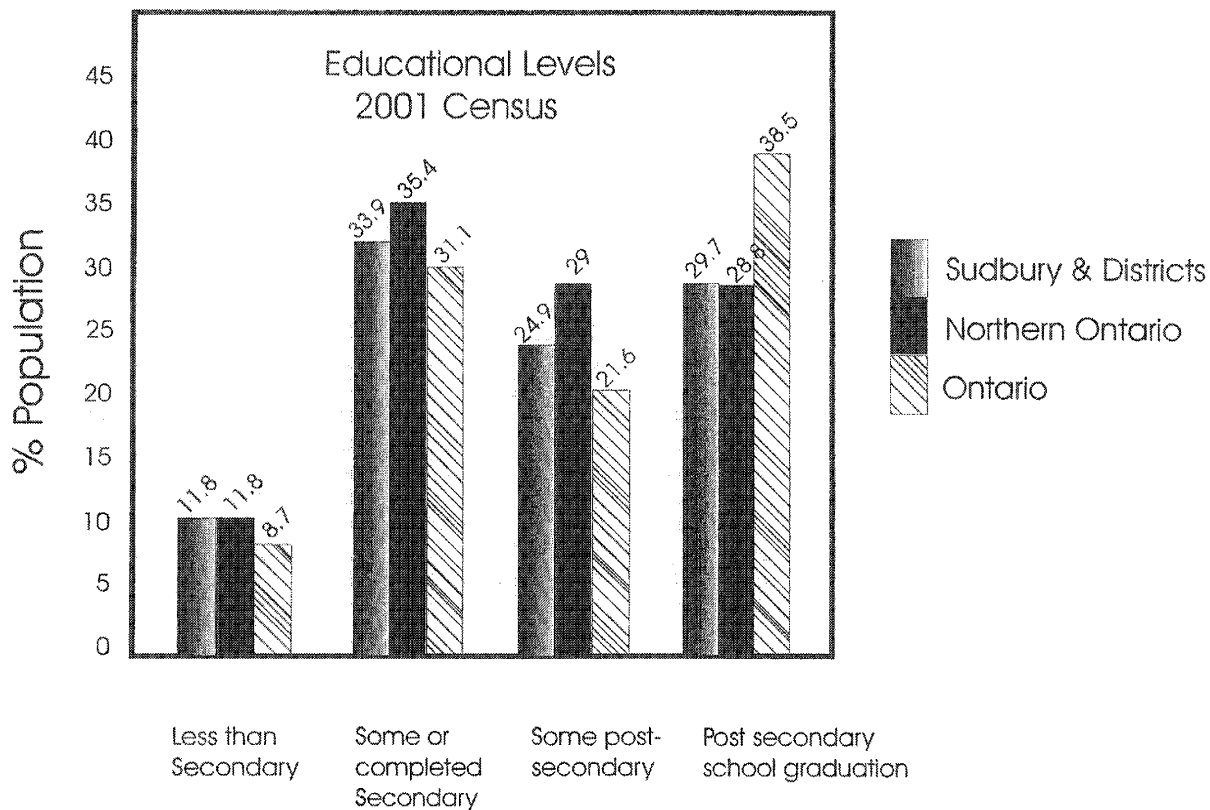


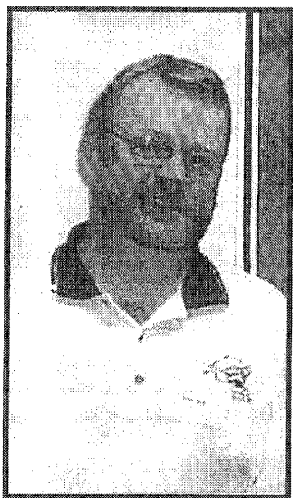
Figure 9. Education levels in the Sudbury and Manitoulin Districts (Census 2001)

Nutritious Food Basket Results (1999-2003)

* Reference Family of Four	Ontario Average	Sudbury and Manitoulin Districts	City of Greater Sudbury	Rural sites Sudbury & Manitoulin Dts.
2003	\$ 121.92	\$ 118.91	\$ 117.53	\$ 121.02 ¹
2002	\$ 123.58	\$ 122.20	\$ 114.98	\$ 143.85 ²
2001	\$ 118.95	N/A	\$ 115.28	\$ 122.68 ³
2000	\$ 111.08	\$ 111.59	N/A	N/A
1999	\$ 113.28	\$ 120.90	N/A	N/A

1. Based on data from 2 rural sites
2. Based on data from 1 rural site
3. Based on data from 2 rural sites

Figure 10. Weekly food costs in the Sudbury and Manitoulin Districts to feed a family of four - Compilation of Nutritious Food Basket Reports, SDHU



Agriculture on Manitoulin - A Perspective - Then and Now

Brian Bell

Ontario Ministry of Agriculture and Food

Brian Bell is a long-time Northern farmer, and remembers when farming was livestock based, and depended on horses. Now farming is global, growing designer foods with more on-farm processing. Farmers now have to understand a wide range of government policies from nutrient management to animal welfare to food quality assurance regulations.

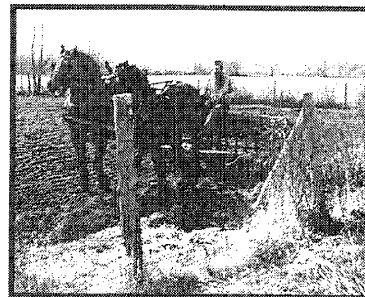
Farmers today face many challenges, including competition on the global market, labour issues, environmental concerns, decisions on quota's, livestock density, quality assurance, and organic farming options. To make ends meet, farmers are supplementing their income with woodlots, aquaculture, processing maple syrup, and the alternative livestock market. Trends include new and emerging crops, storage and feed management, and no-till farming.

On Manitoulin Island there are over 250 farms, with 8,500 beef cattle and 600 dairy cattle. Together this generates over \$14,000,000. There are 8 aquaculture operations that generate an excess of \$12,000,000.

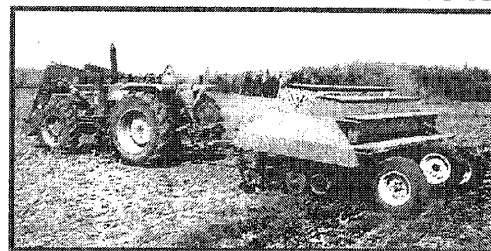
Each sector faces their own challenges for the future, but farming adds to the stabilization and diversity of the economy, and improves self-sufficiency, and has many spin-off impacts on other economic sectors.

Specific opportunities include the development of industrial hemp primary processing, seed production, on-farm cheese production, hay exporting, and meat processing through local abattoirs. Other opportunities include herb and sheep production, grain storage and processing, pick-your-own berry farms, and developing support systems for the aquaculture industry. Agriculture is an important component of the economic base on Manitoulin Island.

then...



...and now

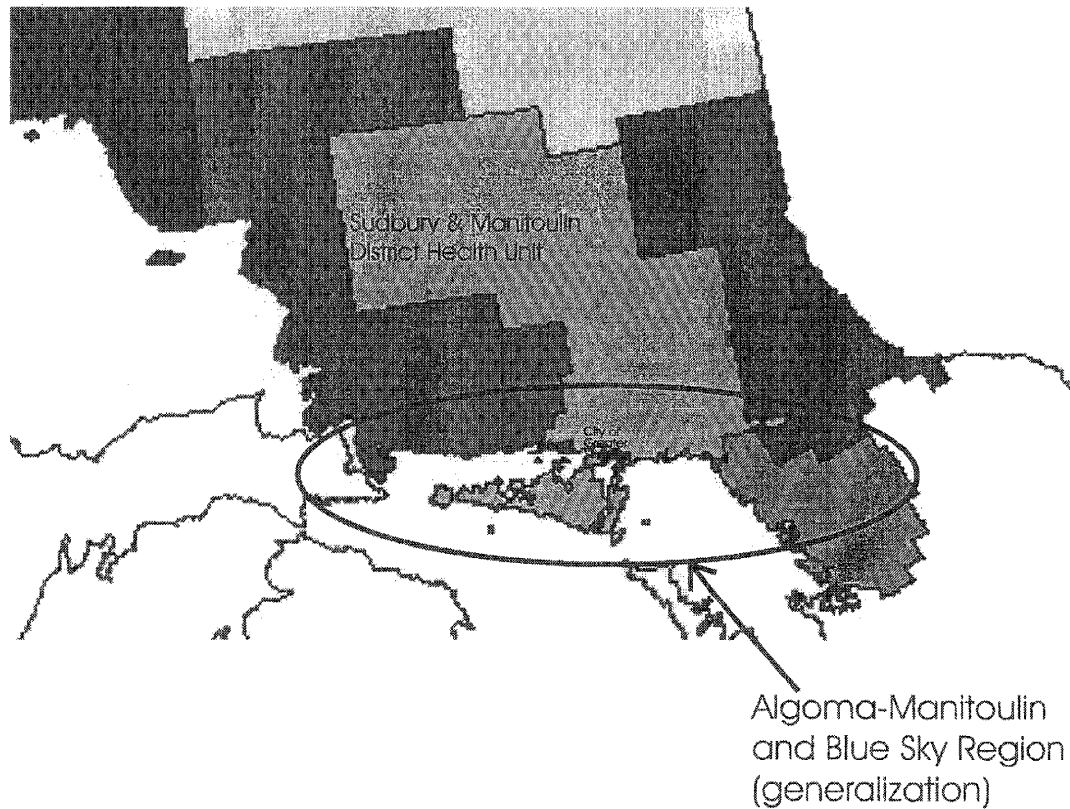


Statistics used in this report were from:

Economic Impact Study of the Agricultural Sector in the Blue Sky Region, November 2001,
Harry Cummings & Associates

Economic Impact Study of the Agricultural Sector of in Algoma- Manitoulin, March 2001,
Harry Cummings & Associates

INVESTMENT IN OUR REGIONAL AND LOCAL Economy
 farmers, food infrastructure, local food outlets...
by supporting local food production activities...



Study Area	Number of farms	Direct Sales	Indirect Sales	Primary farm type	Secondary farm type	% Field Crops	Average Agerage	
Algoma-Manitoulin	772	\$ 32.2 million	\$ 41.3 million	Beef 49%	Specialty 18%	15%	62% between 180-759 acres	38% below 179 acres
Blue Sky Region	1031	\$ 37.1 million	\$ 42.7 million	Beef 29%	Dairy 12.5%	22%	51% between 180-759 acres	49% below 179 acres

Figure 11. Agriculture in the Sudbury and Manitoulin Districts

The Economic Impact of Agriculture in the Algoma- Manitoulin and Blue Sky Regions

Agricultural Related Sales in the Algoma-Manitoulin Region

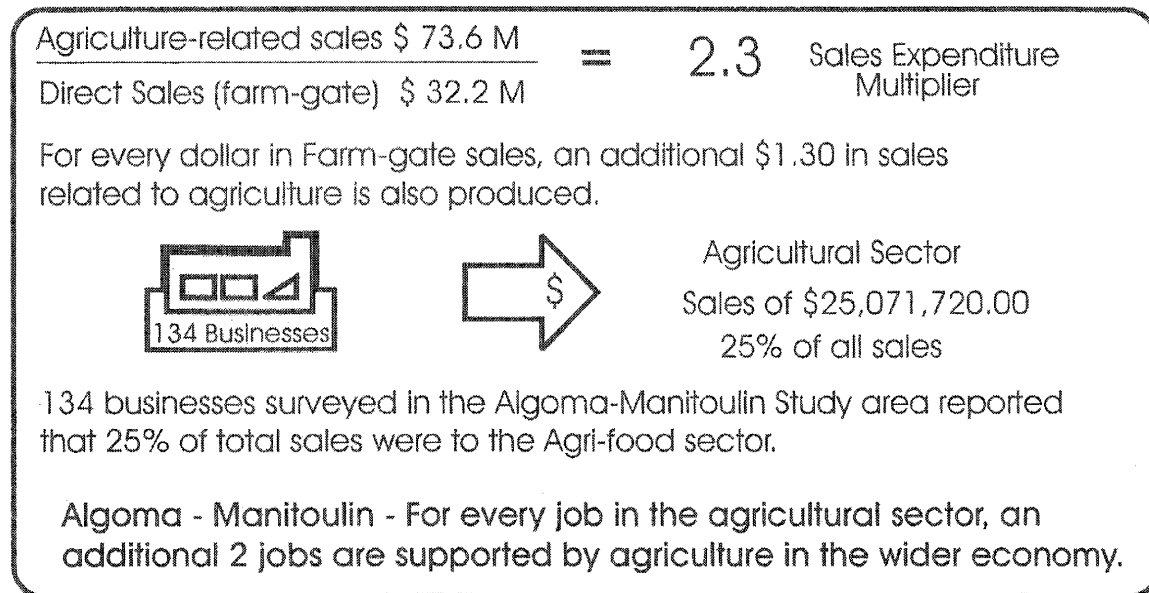


Figure 12. Agricultural spin-offs in the Sudbury and Manitoulin Districts

Agricultural Related Sales in the Blue-Sky Region

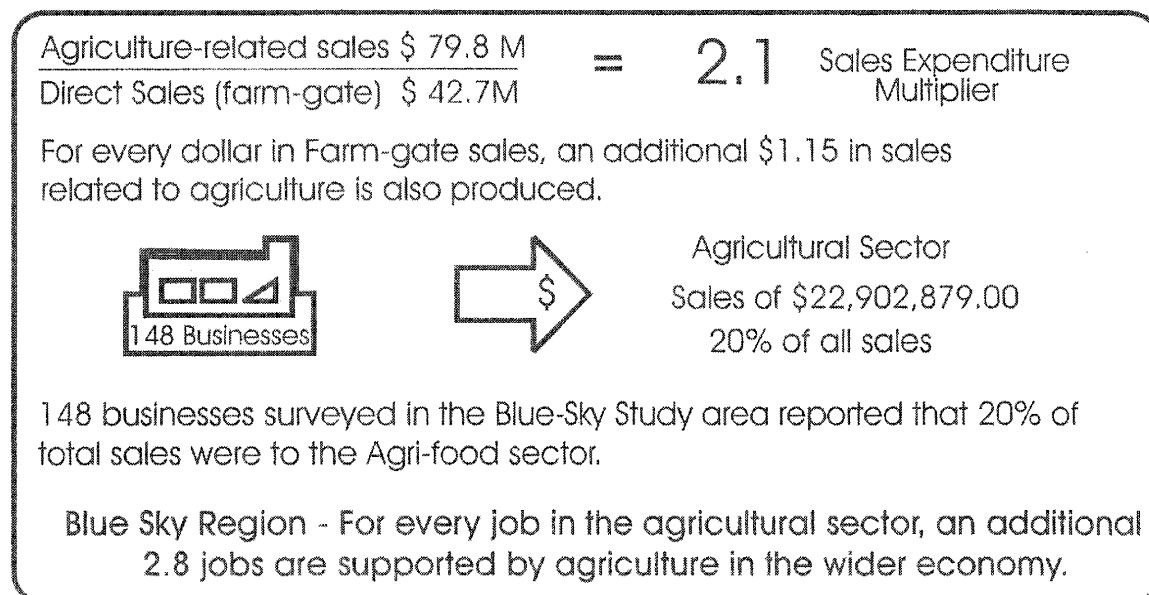


Figure 13. Agricultural spin-offs in the Blue Sky Region

PROTECTING OUR Environment

air, land, water, biodiversity, climate...

by supporting the sustainable development of our food supply...

Sustainable community food systems exist when we can meet our local needs within our local foodshed. A foodshed is a term used to describe the local bio-region. The concept is often attributed to Arthur Getz, (Permaculture Activist 1991) and it is used to describe the source of our food - much like a watershed is used to describe the source of our water. A foodshed is a conceptual framework from which to understand how food is produced, and how it is distributed, and the need to protect the source. We understand that we must protect water sources from contamination - protecting the foodshed means that we also must protect local agricultural lands - both from contamination by agricultural practices and by all participants within the foodshed. Understanding our foodshed means that we have the tools to protect it, and to enhance it.

Understanding our local food system is an important way to connect with nature. With the impending warming trends predicted by global warming, it is also the starting point from which to monitor and adapt to climate change. We must also consider changes to ecosystems, the loss of biodiversity, soil fertility, water conservation issues, and the pressure we place on natural resources to grow food and ensure our food security.

According to the City of Vancouver Policy Report, December 2003, "Food and agricultural systems have changed dramatically over the past fifty years. The trend has been toward industrialization with emphasis on mechanical over natural, and capital-intensive over labour-intensive production, processing and distribution methods. The current system is often oriented towards global trade rather than the satisfaction of local needs. A combination of hunger in Canadian society, loss of agricultural lands, limited economic viability of small and medium sized farms, lost economic opportunities, growing distances between the producer and consumer, negative environmental impacts of an industrialized, long-distance food system, and dissatisfaction with the food system in general, has propelled a range of community organizations and local governments to call for the creation of a more just and sustainable food system."

Please see Appendices for a model of the global food system.

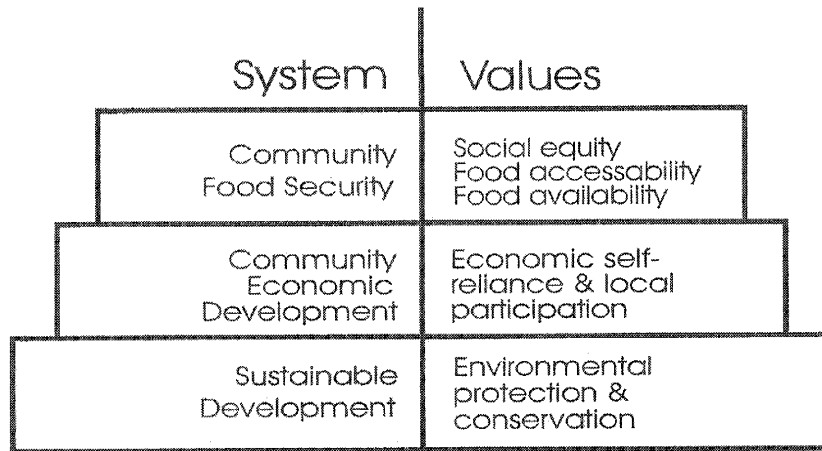
Food Fact

Long distance food trade is clearly on the rise. Between 1968 and 1998, international trade in food increased by 184%, while world food production increased by 84%. The majority of food trade, however, occurs between countries of similar natural environments that could be growing much of their own food instead of importing and exporting it. Several European studies on food miles have demonstrated that, in many cases, food is merely "swapped", that is a given country with both export and import the same item.

*Reducing Global Warming at the Farmer's Market, Foodshare, January 2004

Creating Sustainable Food Systems

Linking economic viability, sustainability, and social justice



Environmental Considerations

Food packaging waste

Transportation

Soil management

Recycling

Climate change

Soil toxicity

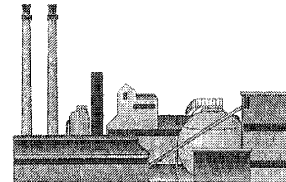
Composting

Greenhouse gas
emissions

Bio-accumulation

Genetically
modified food

Composting



Pesticides

Energy Efficiency

Northern Plant varieties

Nutrient
management

Ecosystem balance

Water safety

Biodiversity

Water conservation

Fish and animal
habitat



Figure 14. The development of a sustainable the food system

What would a sustainable food system look like?

It would have to be local and regional to reduce transportation greenhouse gas emissions

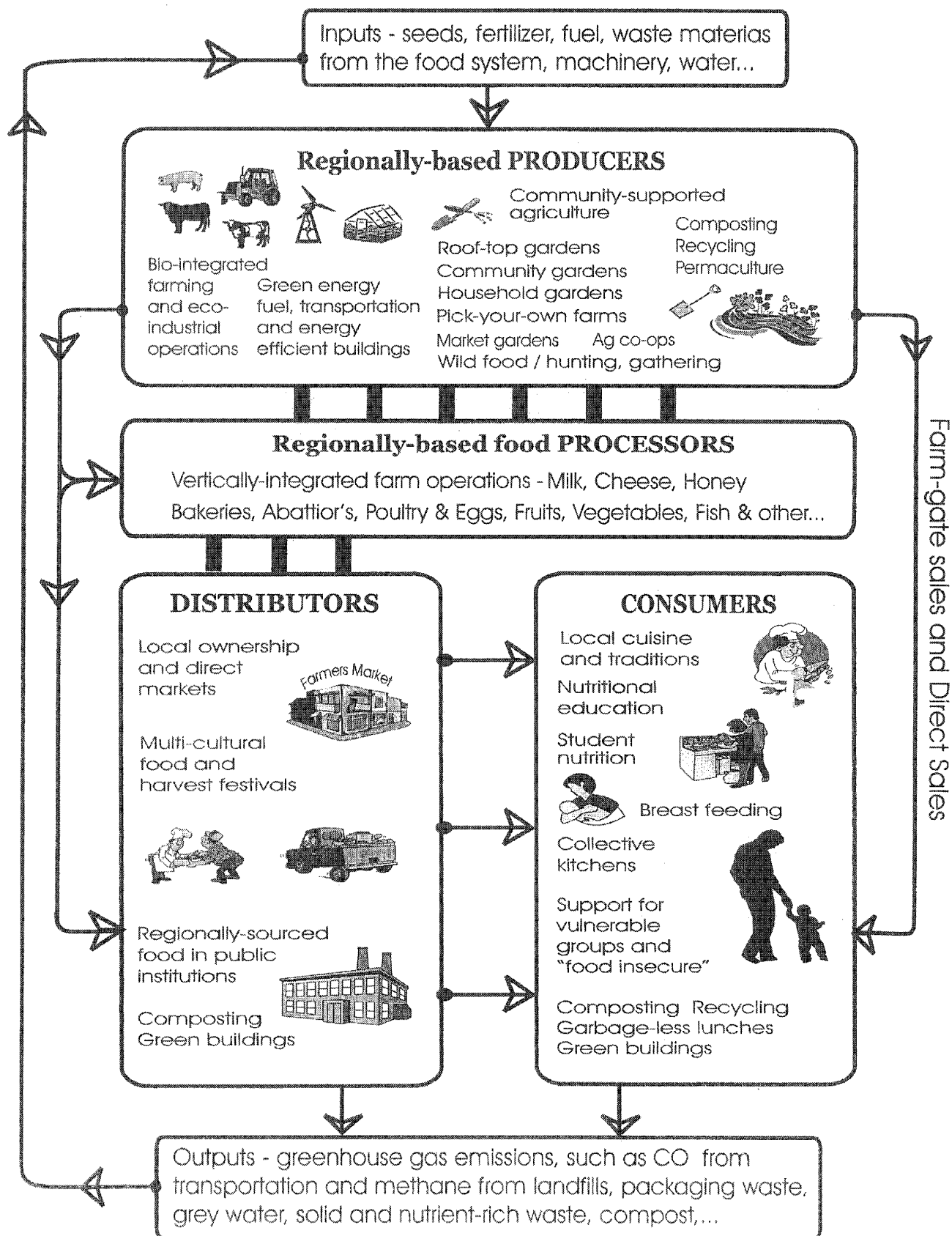


Figure 15. What would a sustainable food system look like?

Local / Regional Food Systems

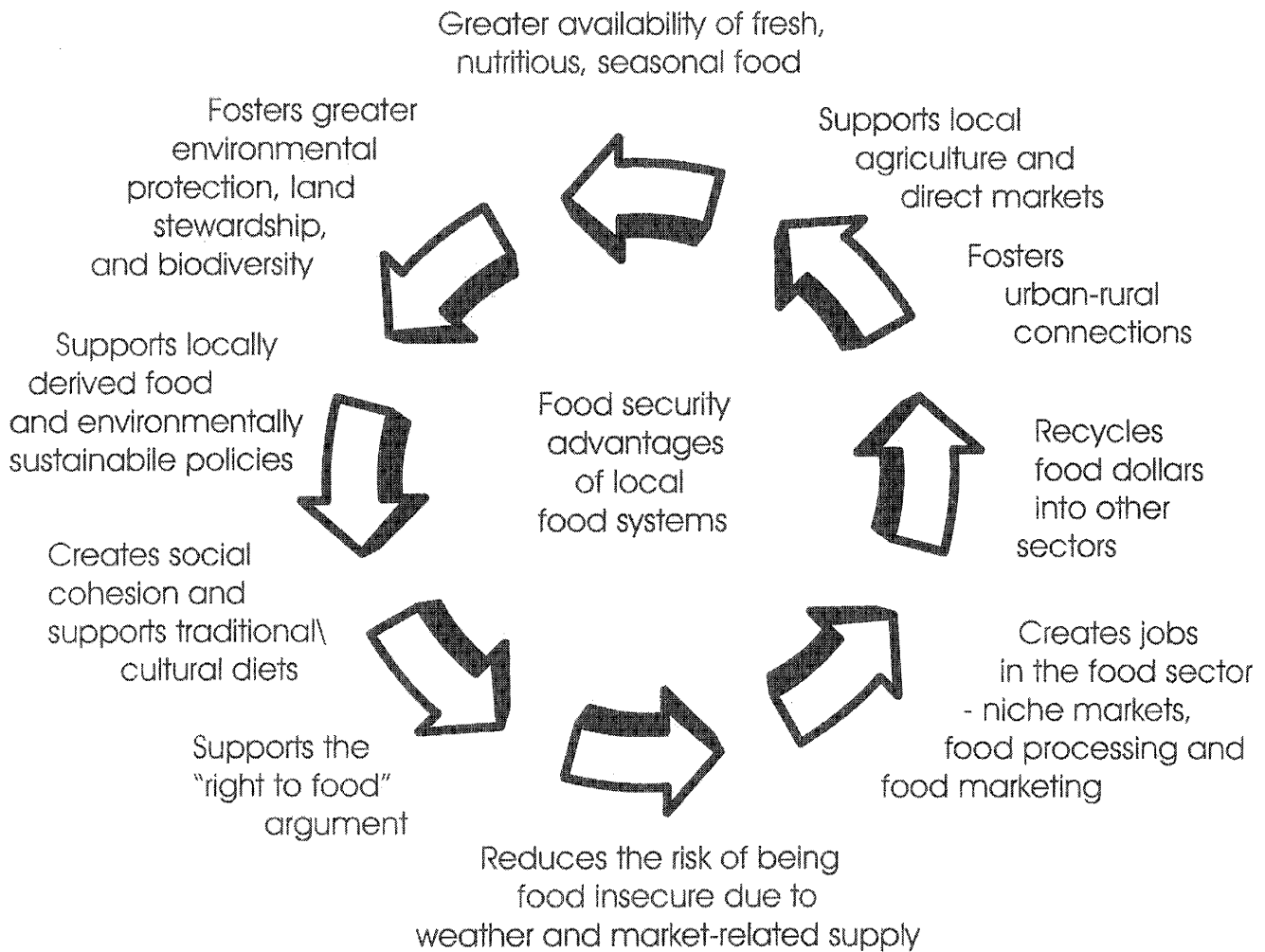


Figure 16. Advantages of local and regional food systems

Conclusion:

Understanding the multi-faceted nature of food security is the first step in creating the collective vision of a Food Charter. This common vision is integral to promoting policies that promote a more regionally-based and more equitable food distribution system. A Food Charter must recognize the "right to food" and the importance of a nutritious diet throughout our lives. A Food Charter must recognize the support systems that are needed in our society for vulnerable groups such as seniors, single mothers, those on disability, and those with medical needs.

A Food Charter would also recognize the environmental cost of growing food, and the need to grow high-yield Northern crops and to protect watersheds. It is clear that we need to develop a more regionally-based food system - and it is economically a smart choice. We must do this in a sustainable manner. Our food supply comes to us from all corners of the world, and fresh food is available in all seasons. However, extreme issues such as war, urban sprawl, or drought from global warming and climate change, are forcing scientists and researchers to assess our global food security. According to Gary Nabhan's new book (from the Center for Sustainable Environments at North Arizona University), Coming Home to Eat: Making Local Food Systems Sustainable, "we must advance food security, sustainability, and food safety, by forecasting threats, and then documenting the changes our actions bring about." Nabhan cites the recent drought in Arizona and the impact of urban sprawl which has resulted in the decline of range-fed livestock and farm acreage. Water shortage and drought add to farm debt. These factors, along with population growth due to urbanization, affects food security. We need to think deeply about food security, because we are undermining it faster than any terrorist could."^{*}

We cannot hide from the food insecurity and the hunger that exists in our own community. We must recognize that a healthy and nutritious food supply is a "determinant of health" - factors which determine health but which are not necessarily under the control of the individual. These determinants can include income distribution, discrimination, access to education, and housing policies ^{**}. These are systemic issues that play a large role in food security. For instance the availability of healthy food in low-income neighborhoods affects food choices and affordable housing affects food purchasing power. Income levels impacts individual and household food security, and also affects the farmers who produce and distribute our food. Community food security, as proposed by the OPHA, promotes adequate income levels for all members of society.

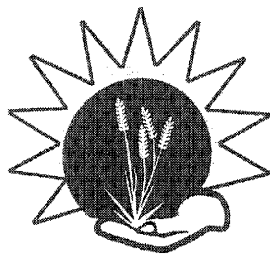
Does the community have a responsibility to understand the various routes of intervention so society can ensure food security for its' citizens? We must clearly identify the problems and concerns - and work together towards creative solutions. The Food Charter, being developed by the Food Security Network of the Sudbury and Manitoulin Districts is an important first step in creating a food secure community for each one of us.

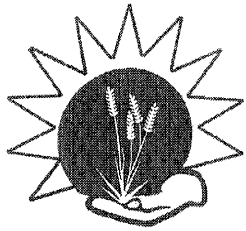
Please see the Appendices for the draft Food Charter and a diagram of the global food system.

^{*} Yale Daily News, Julie Post, January 2004.

^{**}Addressing Social Determinants of Health: Community-based Participatory Approaches to Research and Practice, Schulz, Amy, PhD, et. al, Health and Education Behavior, pp. 287-288.

Appendices





The FOOD SECURITY NETWORK of the Sudbury and Manitoulin Districts
FOOD CHARTER

Draft - May 2004

Given that access to safe, affordable, nutritious food is a basic human right of individuals and communities, and connects us to our families, our cultures, and our traditions;

And that community food security is a comprehensive approach that includes all members of the food system, from producers to consumers, and promotes regional food self-reliance;

And that having a food secure community is the foundation of population health, social justice, community-based economic development and a sustainable environment;

Therefore, the Food Security Network of the Sudbury and Manitoulin Districts, including The City of Greater Sudbury, The Social Planning Council of Sudbury, and the Sudbury & District Health Unit, will work towards the development and implementation of a community food security mandate that supports research, policies and programs that will endorse:

1) Population Health and Wellness

- Individual and household food security as a determinant of health;
- Adequate income, employment, housing, and transportation policies that ensure food accessibility and availability to all citizens; and
- Nutritional education and healthy food choices in schools, businesses and public places.

2) Community Development

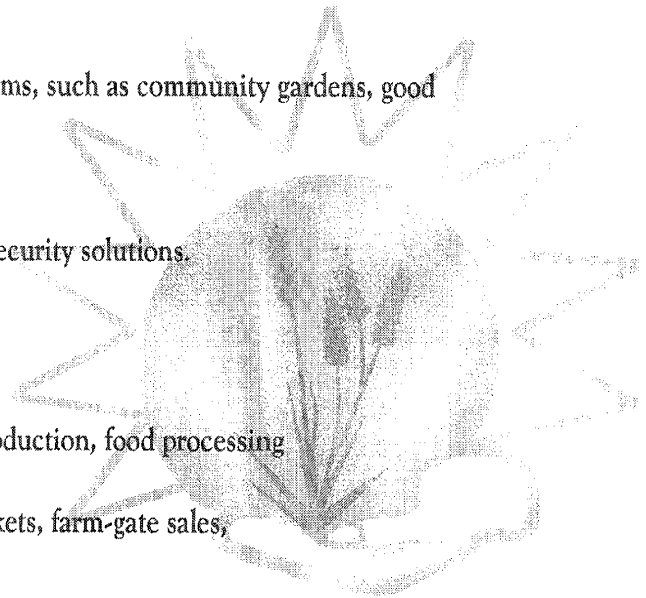
- An annual community food security report card;
- Food self-reliance through community-based food programs, such as community gardens, good food box programs and collective kitchens;
- Multi-cultural food festivals and cultural events;
- A community emergency food preparedness plan; and
- The involvement of the community in developing food security solutions.

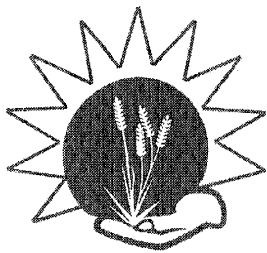
3) Investment in the Local Food System

- A regionally-based and community-driven food system;
- The viability of agricultural and rural communities;
- The development of regional value-added agricultural production, food processing and distribution systems; and
- The promotion of regional food products at farmer's markets, farm-gate sales, and local food outlets.

4) The Development of a Sustainable Food System

- Public and institutional education on the interdependence between the food system and a sustainable environment;
- Scientifically proven best management agricultural practices and regional crop varieties;
- The reduction of persistent toxic chemicals that can accumulate within the food chain;
- The development and implementation of renewable technologies in the expansion of the regional food system;
- Sustainable waste management practices; and
- Support for initiatives that educate on the loss of bio-diversity, resource depletion, and climate change, and that raise the awareness of global environmental issues.





**The Food Security Network of the Sudbury and Manitoulin Districts
TERMS OF REFERENCE**

Definitions:

Community Food Security: Adapted from the Ontario Provincial Health Association Position Paper: A Systemic Approach to Community Food Security: A Role for Public Health (November 2002)

Community Food Security is a strategy for ensuring secure access to adequate amounts of safe, nutritious, culturally appropriate food for everyone, produced in an environmentally sustainable way, and provided in a manner that promotes human dignity.

This strategy is based on the vision of a local and regionally-based **food system**. It is based on the cooperation and partnerships among all contributors, from producers to consumers. This also includes government organizations, businesses, academic researchers, environmental advocates, and citizens groups.

The development of community food security considers all of the economic, environmental and social policies and aspects of the food system.

This includes consideration of the following:

- Having food security as a primary determinant of health for individuals and communities
- Increasing the availability and accessibility of nutritious food to those in need
- Food-based economic development, including production, processing and distribution
- The environmental sustainability of agricultural lands, wildlife and fish habitat.
- Building multi-cultural connections, social capital and social cohesion.
- Research and development of the local food production and distribution system.

Food System

A food system includes the deliberate organization and control of the production, processing, and distribution of food within particular area.

The food system includes:

- Inputs, such as seeds, fuel, pesticides, fertilizers, equipment, and labour
- Environmental considerations, such as air, land and water resources the disposal of waste products such as packaging and sewage
- Animal husbandry practices

- Economic systems and theories
- Food processors, storage, and distribution
- Marketing boards and agricultural organizations
- Urban agriculture, including community gardens, greenhouses, and community supported agriculture
- Direct marketing outlets, such as farmer's markets and farm gate sales (sales directly on the farm)
- Food service industry, including retail outlets, grocery stores, restaurants, and public institutions
- Community food distribution through NGO's and charities
- Food bank use and the level of food insecurity
- Cultural factors, such as dietary requirements

Assessing the food system considers:

- Food availability and accessibility
- The consumer base, the cultural and socio-economic influences
- The method and type of basic production
- The modes of distribution and marketing of food
- An assessment of the level of food insecurity
- Health issues related to diet

Food Insecurity

Food insecurity is defined by “the limited or uncertain ability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways. Food insecurity can be considered at the level of nations, communities, households, or individuals, but the term hunger is typically used in reference to food insecurity experienced by individuals or households.” A Critical Examination of Community-Based Responses to Household Food Insecurity in Canada, Valerie Tarasuk, Phd.

1.0 Purpose

- To promote the Food Charter within the Sudbury and Manitoulin Districts
- To provide networking opportunities for community groups and organizations in the Sudbury and Manitoulin Districts
- To link food security to local health, economic, environmental and community issues.
- To understand the barriers and opportunities to the development of a locally and regionally based food system
- To be a resource for food security information for the community
- To promote community-level involvement and advocacy
- To understand and promote food security policies that increase food accessibility and availability

2.0 Goals

To create a Food Security Network (herein known as the Network) that represents all aspects of the food system, from producers to consumers. The Network members will endorse the Food Charter within their organization.

The Food Charter champions the local food systems approach, and the right to a nutritious diet, including the following principles:

The Food Systems Approach is a method of understanding all of the components of the food system, and of linking issues related to health, economy, environment and community development.

- The right of all citizens to adequate amounts of safe, nutritious, culturally acceptable food.
- The advocate to alleviate the systemic causes of food insecurity, such as poverty, and lack of accessibility and availability of nutritious food.
- The identification of food insecure groups, such as students, youth, single mothers, and others who may need community food support.
- Support for events highlighting the multi-cultural diversity of the Sudbury and Manitoulin area.
- The promotion of food safety policies and programs.
- Support food purchasing policies that serve as a model of health, social and environmental responsibility and follow the suggestions outlined in Canada's Food Guide.
- Support for community gardens and urban gardening programs to improve food self-reliance, fitness, a cleaner environment, and which beautify greenspaces, and foster community-building and social cohesion.
- Support for the local agricultural community, and the purchase of locally grown food.
- Support a civic culture that supports food programs that provide cultural, social, and economic, environmental and health benefits.
- Partnerships with community agencies, residents' groups, businesses and other levels of government to achieve these goals.

3.0 Benefits:

The Network will provide opportunities to:

- To advocate for community support for food security initiatives, as outlined in the Food Charter.
- To participate, develop and educate the community on the principles outlined in The Food Charter in response to specific food security challenges identified by an individual, group, agency, or organization
- To discuss issues, identify common ground and develop consensus on key policies and programs in a neutral, supportive environment
- To participate in the development of increased food security status in the District of Sudbury and Manitoulin.

4.0 Structure

4.1 Membership

Membership is free, and open to any community group interested in promoting the values of the Food Charter and of the Goals and Objectives of the Network. Membership should include the following groups and organizations:

- Community-based food initiatives

- Health NGOs (e.g. Ontario Heart & Stroke Foundation, Canadian Cancer Society, Dietitians of Canada)
- Food service industry, including restaurants, and other food-based micro-enterprises
- Social Development NGOs
- Public Health Unit and Department of Health Units
- Anti-Poverty groups, social planning councils, food policy councils and food security coalitions
- Prenatal and Child Nutrition Programs
- Nutrition and food security researchers
- Food banks, and other emergency food providers
- Student nutrition programs
- Environmental sector
- Agricultural sector
- Food production and processing sector
- Consumers
- Corporate and private sector food outlets
- Ex-officio membership from relevant government portfolios (e.g. OMAFRA, Ministry of Health, COMSOC)

Members shall work in partnership to:

- Attend committee meetings, and send regrets if unable to attend
- Contribute to the Network by sharing information about nutrition and food security
- Participate actively in Network activities
- Act as a link between the Network and the community
- Develop a common vision and structure of the Network, as outlined in the Food Charter
- Broaden membership to a variety of sectors, through recruitment campaigns and other means
- Assist to identify and develop ways to share food security and nutrition-related knowledge and skills
- Promote networking and collaboration among individuals/groups with an interest in nutrition and food security-related issues, policies and programs
- Ensure ongoing monitoring and reporting of indicators relating to the status of local food security priorities

4.2 Executive Committee

The Food Security Network Executive will be comprised of the following:

1. Two Co-Chairs
2. Four Committee Chairs

The Co-Chairs and Committee Chairs shall have a term of office of one year, and shall be elected by majority vote by each committee in September of each calendar year.

4.2.1 Duties of the Co-Chairs include:

1. To ensure that members are aware of the Terms of Reference.
2. To assist in developing an agenda for each meeting, and to distribute the agenda one week in advance of each meeting.
3. To ensure that the minutes are recorded, distributed, and made available for reference upon

request.

4. To chair meetings, or to assign a meeting chairperson.
5. To facilitate networking and positive information sharing among all members.
6. To organize a meeting location, and to ensure that meetings are held in accordance with this Terms of Reference.
7. To maintain a contact list of the members.

4.2.3 Duties of Committee Chairs

1. To record memberships votes in their committee, as requested by the Co-chairs.
2. To identify issues that warrant committee meetings.
3. To ensure that the minutes are recorded and distributed to the full membership, and are available upon request.
4. To chair committee meetings, or to assign a chairperson.
5. To facilitate networking and positive information sharing among all members.
6. To organize a meeting location, and to ensure that meetings are held in accordance with this terms of reference.
7. To meet regularly with the Co-Chairs to discuss the issues that are relevant to the membership and the Food Charter.

7.0 Meeting Frequency

1. Meetings shall be held every second month for the Executive, and as required for the Committee members.
2. Meetings of the complete network shall be held annually each year. This meeting shall be open to the public.
3. Meetings shall be called upon request.

8.0 Communications Strategy

1. Official correspondence with the media must be done through the Executive Committee.
2. Minutes of all meetings shall be available to any member or individual.

HUNGER FACTS 2003

➤ MORE DEMAND NATIONALLY

- Number of people using a food bank in *one month* of 2003: **777,869**
- Population of New Brunswick: **756,650**
- Increase in use since 2002: **5.5%**; since 1998: **9.01%**; since 1989: **105.8%**
- Number of food banks: **639 (482 in sample)**
- Number of meal programs open in March 2003: **450**
- Number of provinces & territories *without* a food bank: **0**
- Years since Canada's first food bank opened in Edmonton: **21**

➤ MORE DEMAND REGIONALLY

- Highest provincial per capita food bank use: **Newfoundland at 3.58%**
- Percentage of food bank users in cities >100,000 people: **63.5%**
- Percentage of food bank users in areas <100,000 people: **36.5%**

➤ CHALLENGES MEETING DEMAND

- Percentage of food banks with difficulty meeting demand: **40%**
- Number of pounds of food distributed in one month: **7.03 million**
- Number of meals served in one month: **2.29 million**
- Full-time equivalent jobs provided by volunteers in one month: **12,473**

➤ MORE WORKING FAMILIES

- Percentage of food bank users with jobs: **12.9%**
- Annual income of a four-person family needed to live in a large city at Statistics Canada's (2002) "low-income cut-off" level (LICO): **\$30,576**
- Number of provinces/territories with minimum wage rates above the LICO: **0**
- Percentage of food bank users receiving social assistance: **55.8%**
- Number of provinces/territories with welfare rates above the LICO: **0**
- Monthly cost of groceries for a 4-person family (Dieticians of Canada): **\$629**
- Actual monthly amount a family receiving social assistance has in Ontario for groceries, after paying (CMHC) average rent: **\$203**

➤ MORE HUNGRY CHILDREN

- Percentage of food bank users who are children: **39% (306,552)**
- Likelihood that a food bank recipient is a child: **+2 in 5**
- Years since the federal government promised to eliminate child poverty: **14**
- Change in the number of hungry children since then (1989): **+155,552**

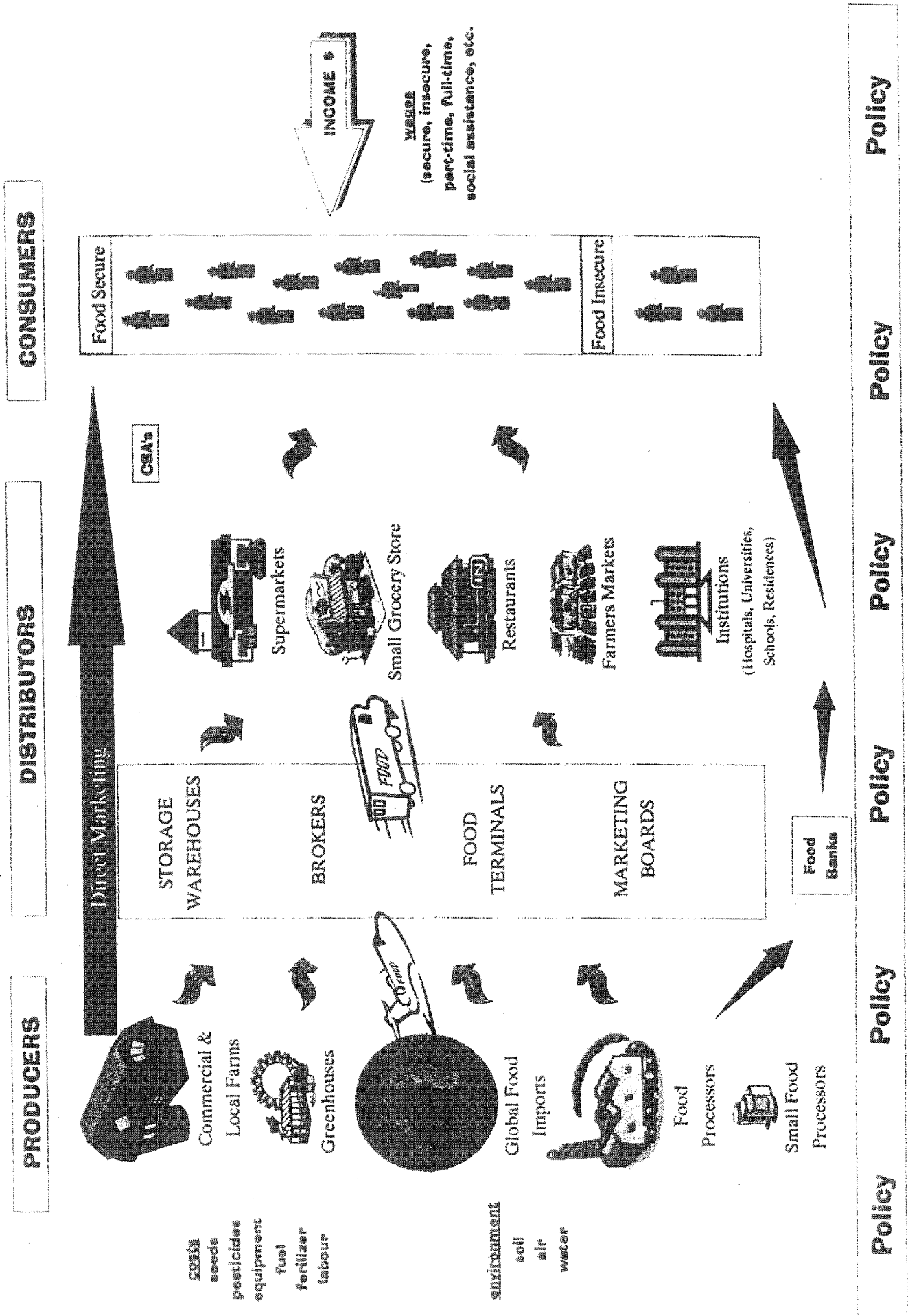
Canadians "seriously concerned" about domestic hunger (Totum Research Inc., 2003): **67%**

Number of "food bank" mentions in Parliament from Jan/01 to June/02 (Hansard): **1**

Percentage of donations to CAFB spent on charitable work: **+90**

Amount of government funding for CAFB core operations: **\$0**

Our Food System



Ellen Desjardins Region of Waterloo Public Health

Saskatoon Food Charter

A Proposal

Canada stands committed to the United Nations Covenant on Social, Economic and Cultural Rights specifying the right of everyone to adequate food, and endorses a food security action plan stating "the fundamental right of everyone to be free from hunger" and "food security exists when all people at all times have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life" (Canada's Action Plan for Food Security – 1998).

To meet this national commitment, and to make food security work in our community, the City of Saskatoon and other local organizations support the following elements as the basis for a Saskatoon Food Charter.

Food Security and Production

- Food is an integral part of the economy of Saskatoon and the surrounding area. A commitment to building bridges between urban and rural communities on food security will strengthen the food sector's self reliance, growth and development.
- Local agriculture is important to producers and consumers alike. Urban and rural food security initiatives will preserve local agricultural production, and build on the mutual interdependence of producers and consumers. The Farmer's Market and the Good Food Box serve as viable models of this interaction with local farmers being able to market their products directly, and consumers being able to access nutritious, wholesome food.
- Urban agriculture can be advanced through the establishment of community gardens that contribute directly to the economic, environment and social life of city residents.
- Food must be produced in a manner that is environmentally sustainable, safe for consumption and socially just.

Food Security and Justice

- Food is more than a commodity. It is a basic right. Every Saskatoon resident should have access to an adequate supply of nutritious, affordable and safe food without social and economic barriers. In Saskatoon, we must work with those communities most affected by lack of access to nutritious, affordable and safe food.

Food Security and Health

- Food security contributes to the physical, mental, spiritual and emotional well-being of residents.
- Nutrition education and consumption of wholesome, healthy foods are important factors in determining the overall positive health of the city's population, and this begins with the promotion of healthy eating practices – as early as birth – with breast feeding.

Food Security and Culture

- Food brings people together in the celebration of family and community, strengthening links between diverse cultures and urban and rural communities. The preparing, eating and sharing of food engages individuals and families in a social and community fellowship that balances physical and spiritual needs.
- Food is a social good that sustains and supports us and our communities.

Food Security and Globalization

- Any international agreements entered into by our governments must respect the full realization of people's right to adequate, nutritious, accessible, affordable, safe food at home and internationally. National, provincial and local governments must guarantee the right of communities and individuals to food security through supporting viable, sustainable, agricultural production and an equitable income distribution.

The fulfillment of a Saskatoon Food Charter relies on citizens participating directly in and promoting food security measures in their homes, their work places, their community, and in this process strengthening citizen involvement and concern.

Toronto's Food Charter

In 1976, Canada signed the United Nations Covenant on Social, Economic and Cultural Rights, which includes "the fundamental right of everyone to be free from hunger." The City of Toronto supports our national commitment to food security, and the following beliefs:

Every Toronto resident should have access to an adequate supply of nutritious, affordable and culturally-appropriate food.

Food security contributes to the health and well-being of residents while reducing their need for medical care.

Food is central to Toronto's economy, and the commitment to food security can strengthen the food sector's growth and development.

Food brings people together in celebrations of community and diversity and is an important part of the city's culture.

Therefore, to promote food security, Toronto City Council will:

- champion the right of all residents to adequate amounts of safe, nutritious, culturally-acceptable food without the need to resort to emergency food providers
- advocate for income, employment, housing, and transportation policies that support secure and dignified access to the food people need
- support events highlighting the city's diverse and multicultural food traditions
- promote food safety programs and services
- sponsor nutrition programs and services that promote healthy growth and help prevent diet-related diseases
- ensure convenient access to an affordable range of healthy foods in city facilities
- adopt food purchasing practices that serve as a model of health, social and environmental responsibility
- partner with community, cooperative, business and government organizations to increase the availability of healthy foods
- encourage community gardens that increase food self-reliance, improve fitness, contribute to a cleaner environment, and enhance community development
- protect local agricultural lands and support urban agriculture
- encourage the recycling of organic materials that nurture soil fertility
- foster a civic culture that inspires all Toronto residents and all city departments to support food programs that provide cultural, social, economic and health benefits
- work with community agencies, residents' groups, businesses and other levels of government to achieve these goals.



Towards a food-secure city

Canada's National Action Plan for Food Security states that "Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life."¹

In May 2000, Toronto City Council voted unanimously to become a food-secure city that would strive to ensure:

- the availability of a variety of foods at a reasonable cost
- ready access to quality grocery stores, food service operations, or alternative food sources
- sufficient personal income to buy adequate foods for each household member each day
- the freedom to choose personally- and culturally-acceptable foods
- legitimate confidence in the quality of the foods available
- easy access to understandable, accurate information about food and nutrition
- the assurance of a viable and sustainable food production system.

Ten reasons why

Toronto supports food security

Food is a need all people share. So is the need for food security. Food security is not someone else's problem. Nor is it a problem that can be safely ignored by anyone or any government. If our city depends on imports for basic staples, we have a food security problem. If foods aren't labelled accurately so people know exactly what's in them, we have a food security problem. If foods aren't properly

inspected, we have a food security problem. If topsoil erodes and water tables are polluted, future food security is threatened. If healthy foods aren't affordable, we're all just one layoff, one divorce, one major accident or illness away from food insecurity.

Food security, however, is not just a set of problems. It creates opportunities. There are at least ten good reasons why investments in food security are among the smartest ethical investments a city can make, and why Toronto is starting to make those investments now.

1. Food security means no-one in the city goes to bed hungry.

Toronto tries to be a city where everyone belongs, feels part of a larger community and has an opportunity to contribute. It does not want to be a city torn between haves and have-nots. The decision to make Toronto a food-secure city acknowledges that each of us is affected by the well-being of others. International studies show that people from all income groups are healthier when people from low-income groups are also healthy.² Some people see this commitment as a matter of conscience and respect for human rights. Some see it as enlightened self-interest and respect for the conditions that create a safe and liveable city. Either way, food security is essential to an open, peaceable and civil city Torontonians can take pride in.

2. Food security makes the city more affordable.

Toronto is one of the few world cities in which people from all walks of life can still afford to set up home and raise families. But

¹Canada's Action Plan for Food Security: A Response to the World Food Summit, 1998.

²For example, the poorest people in Sweden are healthier, on average, than the richest people in England. See Dennis Raphael, "Public Health Responses to Health Inequalities," *Canadian Journal of Public Health*, November-December 1998, page 89; R.G. Wilkinson, *Unhealthy Societies: The Afflictions of Inequality* (New York: Routledge, 1996); D. Vagero et al., "Health Inequalities in Britain and Sweden," *The Lancet*, 1989, no. 2, pages 35-36; D. Loon et al., "Social Class Differences in Infant Mortality in Sweden: A Comparison with England and Wales," *British Medical Journal*, 1992, vol., 305, pages 687-91.

it's an expensive place to live. During the 1990s, despite the boom in some economic sectors, the number of Toronto families living in poverty increased, both absolutely and relatively. Food banks, created as a short-term stopgap during the 1980s, became permanent fixtures in the city.

Measures that enable people to buy and prepare healthy but inexpensive food, or to grow some of their own food, help make the city more affordable to everyone.

3. Food security means every child gets a head start.

Kids need a nourishing breakfast and a good lunch to get the most from their school day. Research proves that child nutrition and learning are closely linked, and that childhood nutritional shortcomings can last a lifetime. That's why school nutrition programs are well established across Europe and the United States.

Canada is the only western industrialized country that does not have a national child nutrition program. But Toronto gives 65,000 children a head start on their day and their life with school breakfast, snack and lunch programs supported by the city, province, volunteers and local businesses.

4. Food security saves on medical care.

A healthy diet is the most cost-effective form of health care available. Heart disease, strokes, diabetes and cancer, all of which are related to diet, cost Toronto \$491 million a year in medical bills and lost productivity. Many worry that a public and universal health care system cannot sustain the burden of expensive treatments of preventable diseases. To protect Canada's health care system, especially as the population ages and chronic diseases peak, nutrition needs to be treated as a first line of defence.

5. Food security means more local jobs.

Unlike people in many world cities, Torontonians rely almost entirely on food trucked from thousands of kilometres away. That means Toronto's food dollars travel thousands of kilometres to create jobs elsewhere.

It doesn't have to be that way, especially in a region that has the best farmland in Canada. As recently as 1960, most of Toronto's food came from within 350 kilometres of the city limits. If even 1.5 % of Toronto's surface area were made available to market gardeners and greenhouse operators, we could create a \$16 million a year industry growing 10% of our city's fresh vegetables. A combination of vacant, under-used land and flat empty roofs makes that goal achievable.

6. Food security is environmentally friendly.

The more we rely on the Greater Toronto Area for food, the more we will enjoy fresh air and clean water.

Since plants store carbon dioxide and release oxygen, gardens improve air quality. Local growers also reduce the need to bring in food by truck. Trucks burn 10 times more energy in transit than is in the food itself. Growing 10% of our vegetables in the city would reduce greenhouse gas emissions by 37.9 kilotonnes a year, help meet Toronto's commitments to reduce global warming, and avoid more than \$5 million in environmental costs.³

Plants also absorb rain, and keep rainwater out of the sewage system, where it's difficult and costly to treat. Rooftop gardens collect rainfall, and lower a building's heating and cooling needs. Putting gardens on top of 20% of the city-owned buildings in Toronto

³Calculations provided by Rod MacRae, Ph.D., food policy advisor, at the request of the Toronto Food and Hunger Action Committee.

would add 16 hectares of green space to the city, providing food, oxygen and better stormwater control.

7. Food security reduces traffic pollution.

Unlike many U.S. cities, Toronto boasts quality food stores within easy reach of most people. That's an amenity worth protecting.

The trend in food retail is to larger stores surrounded by huge parking lots, usually away from populated areas. As a result, people without cars are at a disadvantage, while shoppers with cars add to traffic jams and pollution. In a food-secure Toronto, people will live within walking distance of a food store and have the opportunity to exercise when they do their shopping errands.

8. Food security is good business.

Food processing, the city's largest industry sector, employs 40,000 workers. More than 120,000 people have food-related jobs, in restaurants, shops or marketing. Job security in these businesses depends on customers with food security.⁴

Toronto could create even more jobs by supplying more of its own food needs. It has a diverse and cosmopolitan populace that isn't always served by mass market products. Some people require halal or kosher meats. Vegetarians, vegans and people with food sensitivities and allergies all have special needs. These people support small, community-based processors who specialize in filling their special needs. These small companies create food security for their employees and customers.

9. Food security means waste not, want not.

A typical family of four generates a tonne of food and packaging waste a year. Most of it is carted away to landfill sites, at about \$60

a tonne. What we waste could be turned into any number of resources, including methane for clean fuel, livestock feed, or compost to enrich gardens. A city that is food-secure knows the difference between waste and the feedstock for another business or project.

Toronto has many resources waiting to be used. There is idle land that could be made into gardens, and greenhouses that lie empty for part of the year. Those gardens could use recycled water and rain for irrigation. The greenhouses can use waste heat coming from power plants and boilers. Food security is about not throwing opportunities away.

10. Food security is neighbourly.

People from all cultures build communities around food. Seder ceremonies, Eid-al-Fitr festivities, Caribana picnics, family dinners at Thanksgiving, wedding feasts, anniversary banquets... most people celebrate special events by breaking bread with companions — the word companion comes from the Latin for "with" and "bread." Community gardens also bring people together in a project that beautifies and enlivens a neighbourhood.

Some elderly or disabled residents rarely enjoy eating with friends and neighbours, but find it difficult to get around, and so often eat alone. In a food-secure Toronto, they will enjoy more opportunities to join others for a meal.

Toronto is the name its original inhabitants used for "meeting place." Food honours that tradition, and helps keep Toronto a place where people of many cultures and values enrich the city with their distinctive variations on our common human needs.

⁴ Kyle Benham, "An Economic Development Strategy for the Toronto Food Sector," City of Toronto, May 1998.