

OPHA

# **Food Security in Ontario**

A Directory of Agencies  
and Programs involved in  
food security in Ontario

A Project of *Building Bridges: Food Security and Heart Health*  
Ontario Public Health Association  
March 1999

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# Acknowledgments

Thank you to all the organizations and communities who responded to the information request to compile this directory. A note of thanks goes to FoodShare Metro Toronto, for assistance and collaboration in developing the survey. As well, a special thanks to Kathleen Orth of the Ontario Public Health Association for entering all the data for this directory, and designing and laying-out the directory.

# Introduction

This Directory has been prepared in partnership with the Food Security Working Group of the Ontario Public Health Association (OPHA), and has been funded through the Population Health Fund of Health Canada. It provides a brief outline of the various activities, projects and strategies being undertaken by organizations concerned about food security in Ontario. The organizations that are profiled in the directory are active in working in one or more of the following areas to build food security:

- 1) Ensuring that all Ontarians have the means to access affordable, nutritious and personally acceptable foods,
- 2) Ensuring a sustainable, safe, high quality food supply in Ontario, and
- 3) Promoting food consumption patterns that maximize health and minimize disease.

This directory is not intended to provide a comprehensive listing of all organizations involved in food security in Ontario. The wide variety of community based activity and the sheer number of organizations and community groups addressing food security issues would make it impossible to include all groups. Instead, we have sought to include some basic information on at least one organization/project in a city/town or county with the hope that these organizations could provide more detailed information about their community to others.

Information included in the directory was obtained through a mail out survey to health, agriculture and social service organizations and groups across Ontario. In some cases, follow-up phone calls were made to encourage survey response. Information presented for each project is arranged under the following headings: goals of the organization, main food security activities, agriculture and food production, food access initiatives, and public education and policy change initiatives. Contact names, telephone numbers and addresses are included for each project so that further information can be easily obtained.

An alphabetical index, as well as an index by city, is included to help you find a particular project. In Part Two we have provided a listing of all Community Health Centres and Public Health Units across Ontario. These organizations are often active in food security issues and may be a good place to start if you are looking for additional information on a particular community.

We would appreciate your feedback on the usefulness of this directory, as well as your help in keeping it up-to-date. Evaluation and update forms are included in Part Four of this directory. Please take a few minutes to complete the evaluation form, and the update form if there is anything new about your organization. If your organization is not currently in the directory, but would like to be, please complete and return the survey form, also found in Part Four. Any changes to the directory will be posted on our web site <http://www.opha.on.ca/opha/>.

We hope this directory will assist you in your efforts to address food security within your own community or to link with, and learn from others who may be doing similar work.

Ursula Lipski  
Project Coordinator  
Building Bridges: Food Security and Heart Health

Connie Uetrecht  
Board Member, Ontario Public Health Association  
Member, Food Security Working Group

# Part One

- Food Security in Ontario: A directory of agencies and programs involved in food security in Ontario, Page 1
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## **Afri-Can Foodbasket**

59 Heathrow Dr., North York, ON, M3M 1X1

- Tel: (416) 248-5639
- Fax: (416) 248-6027

Region of Province ..... Toronto  
Program Contact..... Anan Lololi  
Area Served ..... Metro Toronto

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### **Goals of the Organization**

The Afri-Can FoodBasket is a community-based, cooperative economic development movement that is committed to meeting the nutrition, health and employment needs of members of the community, in particular, those who are economically and socially vulnerable. Through community development, food security, leadership development and collaborative partnerships, the Afri-Can FoodBasket will endeavour to advance the interests of the African Canadian community in these areas.

### ***Main Food Security Activities***

- Community gardening
- Community markets
- FoodBasket
- Food Buying Club
- Fruit & vegetable promotion

### ***Agriculture & Food Production***

- Community-shared agriculture
- Consumer education regarding agriculture and food production
- Promoting / supporting environmentally sustainable agriculture
- Promoting / supporting organic food production

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Food buying club
- Good Food Box

### ***Public Education & Policy Change***

- Public education and awareness-raising
- International food security networks

## **Algoma Health Unit**

99 Foster Dr., Sault Ste Marie, ON, P6A 5X6

- Tel: (705) 759-5437
- Fax: (705) 759-1534

Region of Province ..... Northeast

Program Contact ..... Jane Harbour

Area Served ..... Algoma District

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### ***Goals of the Organization***

To support healthy communities by providing a continuum of quality health services throughout Algoma.

To improve health by optimizing the nutritional status of the population of Algoma.

### ***Main Food Security Activities***

Training provided to groups interested in establishing community kitchens. Facilitators are trained to implement kitchens in their communities.

A listing of community sources of food, including infant formula, is updated annually.

Canadian Prenatal Nutrition program is implemented throughout Algoma providing expectant mothers in financial need with additional food and milk.

### ***Agriculture & Food Production***

- Promoting / supporting local producers and/or products

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community kitchens
- Prenatal / postnatal nutrition programs

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Healthy eating
- Supermarket tours

### ***Public Education & Policy Change***

- Public education / awareness-raising

## Association for Agricultural Self-Reliance

Box 819, Renfrew, ON, K7V 4H2

- Tel: (613) 735-8653 ext. 544
- Fax: (613) 735-3068
- Email: [aasr@rerc.ogs.net](mailto:aasr@rerc.ogs.net)

Region of Province ..... Eastern  
Program Contact ..... Peggy Patterson  
Area Served ..... Renfrew County  
..... Currently branching out to other parts of the Upper Ottawa Valley.

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### *Goals of the Organization*

- (1) To increase the consumption of local agricultural products.
- (2) To promote the production of local agricultural products.
- (3) To promote local processing of local agricultural products.

### **Mission statement:**

To actively assist our community of Renfrew County to move toward increased production, processing, distribution and consumption of local agricultural products for the economic, environmental, health and social benefit of the Region.

### *Main Food Security Activities*

Our "Sales and Distribution Program" consists of placing kiosks in local retail stores stocked with local products. This idea is being pilot tested during the summer of 1998. Our "official mark" is used (on stickers) to identify products from the Ottawa Valley. Our web site is being expanded to include the advertising of products and services of members. A newsletter is mailed to members. (Membership costs \$10/year.)

### *Agriculture & Food Production*

- Linking producers and consumers
- Promoting / supporting local producers and/or products

## **Brant County Health Unit**

194 Terrace Hill St., Brantford, ON, N3R 1S7

- Tel: (519) 753-4937
- Fax: (519) 753-2140

Region of Province ..... Central West  
Program Contact ..... Elizabeth Heeney  
Area Served ..... Brant County

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### ***Goals of the Organization***

The nutrition goals of the Population Health Program at the Brant County Health Unit are:

- To increase access to sufficient, nutritious and personally acceptable foods.
- To increase the proportion of Brant County residents at a healthy weight.
- To increase the prevalence of sound nutrition practices.
- To facilitate community kitchens and child nutrition program

### ***Main Food Security Activities***

To provide information and opportunities for skill development to facilitate the adoption of health-related behaviours (sound nutrition practices)

### ***Agriculture & Food Production***

- Consumer education regarding agriculture & food production
- Linking producers & consumers

### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community Food Advisor Program
- Community kitchens
- Food cooperatives
- Prenatal / postnatal nutrition programs

### **Emergency Food Programs**

- Food bank (on committee)
- Free or low-cost meals

### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Fruit & vegetable promotion
- Healthy eating
- Supermarket tours
- Policy advocacy

### ***Public Education & Policy Change***

- Public education / awareness-raising

## **Breakfast for Learning, Canadian Living Foundation**

25 Sheppard Ave. W., Suite 100, North York, ON, M2N 6S9

- Tel: (416) 218-3540
- Fax: (416) 218-3631
- Email: [clf@sympatico.ca](mailto:clf@sympatico.ca)
- Web Site: [www.canadianliving.com/bfl/main](http://www.canadianliving.com/bfl/main)

Region of Province: .....Toronto

Program Contact:..... Martha O'Connor, Executive Director

Area Served: ..... Canada

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### ***Goals of the Organization***

To ensure every child in Canada goes to school well nourished and ready to learn.

### ***Main Food Security Activities***

To provide support to community groups providing nutrition programs for school children. Support is provided through grants, nutrition education materials and community development staff

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning

### ***Public Education & Policy Change***

- Policy advocacy
- Public education / awareness-raising
- Research

## **Caledon Institute of Social Policy**

1600 Scott St., Suite 1600, Ottawa, ON, K1Y 4N7

- Tel: (613) 729-3340
- Fax: (613) 729-3896
- Email: [caledon@caledoninst.org](mailto:caledon@caledoninst.org)
- Web Site: [www.caledoninst.org](http://www.caledoninst.org)

Region of Province ..... Eastern  
Program Contact ..... Sherri Torjman, Vice-President  
Area Served ..... National

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### ***Goals of the Organization***

Research on social policy issues

- Development of programs and policy options to reduce poverty
- Development of framework for community-based poverty reduction
- Documentation of community-based solutions to social problems

See the description of the Caledon Institute at Appendix A.

### ***Main Food Security Activities***

The Caledon Institute of Social Policy has published profiles of groups involved in community-based food security initiatives. The Institute has also worked extensively in the areas of income security and poverty reduction. Our policy proposals relate broadly to the issue of food security.

### ***Food Access Initiatives***

#### **Community Food / Self-Help Programs**

- community gardens
- community kitchens
- community meals
- Good Food Box

(We are not involved in these programs directly but we have written about them.)

### ***Public Education & Policy Change***

- Policy advocacy
- Public education and policy change

## Canadian Association of Food Banks

530 Lakeshore Blvd. West, Toronto, ON, M5V 1A5

- Tel: (416) 203-9241
- Fax: (416) 203-9244
- Email: [cafb@icomm.ca](mailto:cafb@icomm.ca)

Region of Province ..... Toronto  
Program Contact ..... Julia Bass, Executive Director  
Area Served ..... Canada

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### *Goals of the Organization*

We are the national coalition of organizations that gather food for redistribution to people in need.

We coordinate donations of food and transportation across the country.

We gather and share information on food sourcing and fundraising among food banks.

We provide liaison between food banks and industry and government, and act as the national voice of food banks in Canada.

We have a Code of Ethics that all members uphold, which promotes the personal dignity of food bank users and the proper stewardship of donated food.

In 1995, CAFB established the National Food Sharing System to facilitate the sharing and distribution of major food industry donations to food banks across Canada. Through this system, CAFB has become the sole distributor of food donations from a number of major food companies as well as from some national and provincial marketing boards. Our "Food Train" runs to points from Vancouver to Halifax. The food we distribute includes infant formula, cereals, soup, vegetables, fruit juice and eggs. One-third of the food we distribute requires refrigeration.

### *Agriculture & Food Production*

- Linking producers and consumers

### *Food Access Initiatives*

#### **Emergency Food Programs**

- Food bank
- Food rescue or reclamation

### *Public Education & Policy Change*

- Policy advocacy
- Public education and awareness-raising
- Research

## Canadian Health Food Association

550 Arden Rd., Markham, ON, L3R 6A8

- Tel: (905) 479-6939
- Fax: (905) 479-1516
- Email: [slavoie@chfa.ca](mailto:slavoie@chfa.ca)
- Web Site: [www.chfa.ca](http://www.chfa.ca)

Region of Province ..... Central East  
Program Contact ..... Serge Lavoie  
Area Served ..... National

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### *Goals of the Organization*

CHFA is a Trade Association for manufacturers, distributors and retailers of whole and natural foods and supplements.

### *Main Food Security Activities*

CHFA provides advocacy and training for food and supplement manufacturing and distribution, including organic products.

### *Agriculture & Food Production*

- Consumer education regarding agriculture & food production
- Linking producers & consumers
- Promoting / supporting organic food production
- Training / education for producers

### *Public Education & Policy Change*

- Policy advocacy
- Public education / awareness-raising
- Research

## Canadian Institute for Environmental Law & Policy

517 College St., Suite 400, Toronto, ON, M6G 4A2

- Tel: (416) 923-3524
- Fax: (416) 923-5949
- Email: [cielap@web.net](mailto:cielap@web.net)
- Web Site: <http://www.web.net/cielap>

Region of Province ..... Toronto  
Program Contact ..... Jan Rabantek  
Area Served ..... National

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### *Goals of the Organization*

To identify and analyze current and emerging environmental law and policy issues, and provide policy options based on thorough research and consultations.

### *Main Food Security Activities*

- Labelling of genetically engineered products
- Bio-safety protocol
- Environmentally sustainable agriculture

### *Agriculture & Food Production*

- Consumer education regarding agriculture and food production
- Preservation of agricultural lands
- Promoting / supporting environmentally sustainable agriculture
- Promoting / supporting organic food production

### *Public Education & Policy Change*

- Policy advocacy
- Public education and policy change
- Research

## Canadian Red Cross

141 Wellington Street, St. Thomas, ON, N6C 2V8

- Tel: (519) 631-1611
- Fax: (519) 631-3681

Region of Province ..... Southwest  
Program Contact ..... Sharon Neilsen  
Area Served ..... St. Thomas

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### *Main Food Security Activities*

Providing breakfast during the school year free of charge to all interested children, in six city schools.

### *Agriculture & Food Production*

Bluebird Community Garden - individual plots allotted free of charge.

### *Food Access Initiatives*

- Community shared agriculture

#### **Community Food / Self-help Programs**

- Community gardens
- Good Food Basket
- Child nutrition, school food programs or breakfast clubs.

#### **Emergency Food Programs**

- Food rescue or reclamation

#### **Food & Nutrition Skills Development**

- Fruit & vegetable promotion
- Healthy eating

### *Public Education & Policy Change*

- Public education / awareness-raising

## Canadian Red Cross Society

100 Garden St., Stratford, ON, N5A 7T8

- Tel: (519) 273-9339
- Fax: (519) 271-3540
- Email: [bjorkquist@cyg.net](mailto:bjorkquist@cyg.net)

Region of Province ..... Southwest  
Program Contact ..... Kathy Bjorkquist  
Area Served ..... Stratford and Perth County

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### *Goals of the Organization*

The Canadian Red Cross Society is focussed on improving the situation of the most vulnerable. We help people deal with situations, which threaten their survival, safety, security, well being and human dignity.

### *Main Food Security Activities*

User and location-friendly Breakfast Programs are offered in seven locations on school mornings between October and June.

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Volunteer development

#### **Emergency Food Programs**

- Free or low-cost meals

#### **Food & Nutrition Skills Development**

- Healthy eating

### *Public Education & Policy Change*

- Public education / awareness-raising
- Building and participating in community networks which address food security issues

## Canadian Red Cross Society, Metropolitan Toronto

1623 Yonge St., Toronto, ON, M4T 2A1

- Tel: (416) 480-2500
- Fax: (416) 480-2777

Region of Province ..... Toronto  
Program Contact ..... Donna Endicott, Regional Director  
Area Served ..... Toronto North (Yonge St. - St. Clair Ave. E.)

Community offices are located in Scarborough, Etobicoke, North York, Jane/Keele area, Flemingdon Park area - call above number for more information.

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### *Goals of the Organization*

Emergency assistance to individuals and community groups, including fire victims.

Classes in First Aid, CPR, babysitting and child care.

Programs in water safety.

Community and senior services

### *Main Food Security Activities*

- Meals on Wheels
- Emergency food and clothing
- Congregate dining
- Care and Share holiday hamper program

## Carlington Community and Health Services

900 Merivale Rd., Ottawa, ON, K1Z 5Z8

- Tel: (613) 722-4000
- Fax: (613) 761-1805

Region of Province .....Eastern  
Program Contact ..... Donna Sambasivan  
Area Served ..... West end of Ottawa

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### *Goals of the Organization*

Community well-being - promotion of social, economic, physical, mental & environmental health

### *Main Food Security Activities*

Self-help through community garden, Good Food Box, collective kitchens, skills development (including workshops, prenatal/postnatal group), improving access to community resources (e.g. local farms).

### *Agriculture & Food Production*

- Promoting / supporting local producers and/or products
- Promoting / supporting organic food production

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Community gardens
- Community kitchens
- Food buying clubs
- Good Food Box
- Prenatal / postnatal nutrition programs

#### **Emergency Food Programs**

- Food gleaning

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Fruit & vegetable promotion
- Healthy eating
- Supermarket tours (sometimes)

## Centre de santé communautaire de Témiskaming

C.P. 30, New Liskeard, ON, P0N 1P0

- Tel: (705) 647-5775
- Fax: (705) 647-6011

Region of Province ..... Northeast  
Program Contact ..... Marie-France Paradis, R.D.  
Area Served ..... New Liskeard

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### *Goals of the Organization*

The mission of the CSCT is to offer health services to the Francophones of Témiskaming using a prevention approach, and providing education by a multi-disciplinary team.

### *Main Food Security Activities*

The main food security initiative undertaken by the CSCT is a collective kitchen. It is a group of 6 to 8 people who meet to cook five meals once a month that they then bring back to their family.

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Cooking classes
- Community kitchens
- Community meals
- Prenatal / postnatal nutrition programs

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Healthy eating
- Supermarket tours

### *Public Education & Policy Change*

- Public education / awareness-raising

## Centre Médico-social communautaire

22 College St., Toronto, ON, M5G 1K3

- Tel: (416) 922-3672
- Fax: (416) 922-6624

Region of Province ..... Toronto  
Program Contact ..... Françoise Paris, R.D.  
Area Served ..... Toronto (megacity)

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### *Goals of the Organization*

Community Health Centre serving the French-speaking population. Important percentage of clientele are new immigrants / refugees from African countries.

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Cooking classes

#### **Food and Nutrition Skills Development**

- Food budgeting, meal and menu planning
- Healthy eating

## Centretown Community Health Centre

340 McLaren St., Ottawa, ON, K2P 0M6

- Tel: (613) 233-9170
- Fax: (613) 563-0163
- Email: [olly-wodin@centretown.ochc.org](mailto:olly-wodin@centretown.ochc.org)

Region of Province ..... Eastern  
Program Contact ..... Olly Wodin  
Area Served ..... Centretown, Glebe & Ottawa South

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### *Goals of the Organization*

To lead and work with others to promote and improve the health of individuals and groups, particularly those with special needs.

### *Main Food Security Activities*

Focus on local food access and nutrition education.

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Cooking classes
- Community gardens
- Community kitchens
- Community meals
- Food buying clubs
- Good Food Box

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Healthy eating

### *Public Education & Policy Change*

- Public education / awareness-raising

## Chatham-Kent Health Unit

P.O. Box 1136, Chatham, ON, N7M 5L8

- Tel: (519) 352-7270 ext. 282
- Fax: (519) 352-2166
- Web Site: [www.city.chatham-kent.on.ca/healthun](http://www.city.chatham-kent.on.ca/healthun)

Region of Province ..... Southwest  
Program Contact ..... Janice Stewart, Public Health Dietitian  
Area Served ..... Municipality of Chatham-Kent

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### *Goals of the Organization*

To promote and protect the health of the citizens of Chatham-Kent.

To reduce the premature mortality and morbidity from preventable chronic diseases through population health strategies and community-based programs.

To promote access to sufficient, safe, nutritious and personally acceptable food for people of all ages in Chatham-Kent.

### *Main Food Security Activities*

**Basic Shelf Program** - helps participants develop the skills to plan and prepare low cost meals on a limited budget.

**Healthy Babies in Kent** - a prenatal nutrition support drop-in program offered in Chatham, Blenheim, Ridgetown & Wallaceburg.

Consultation and support of community initiatives through the Chatham-Kent Hunger Coalitions that address food security.

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Cooking classes
- Community kitchens
- Prenatal / postnatal nutrition programs

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Fruit & vegetable promotion
- Healthy eating
- Supermarket tours

## **Chatham-Kent Hunger Coalition**

P.O. Box 1136, Chatham, ON, N7M 5L8

- Tel: (519) 352-7270
- Fax: (519) 352-2166

Region of Province ..... Southwest  
Program Contact..... Janice Stewart, Public Health Dietitian  
Area Served ..... Municipality of Chatham-Kent

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### ***Goals of the Organization***

To be an information and resource sharing group / network of community members, agencies and organizations that address food security issues in Chatham-Kent.

To improve access to sufficient, safe, nutritious and personally acceptable food for people of all ages in Chatham-Kent.

To increase community awareness of food security issues and barriers to food access.

To support and encourage the implementation of community food/self-help programs that offer alternative solutions to food access for those in need.

### ***Main Food Security Activities***

Established a community partnership of key stakeholders in Chatham-Kent who are committed to supporting student nutrition programs by facilitating their expansion and sustainability.

Supporting and encouraging the implementation of community kitchens / cooking clubs, community gardens, and a Good Food Box program that will become sustainable over the long term.

### ***Agriculture & Food Production***

- Linking producers & consumers

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community gardens
- Community kitchens
- Good Food Box

#### **Emergency Food Programs**

- Food bank
- Food gleaning

## **Children's Nutrition Network, London & Middlesex County**

c/o Middlesex-London Health Unit

50 King St., London, ON. N6A 5L7

- Tel: (519) 663-5317
- Fax: (519) 663-9581

Region of Province ..... Southwest

Program Contact ..... Beth Wilck, Nutrition Services

Area Served ..... London & Middlesex County

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### ***Goals of the Organization***

Through support of Community Nutrition initiatives, the network strives to achieve our goals:

- To assist children who suffer from hunger and poor nutrition
- To promote nutrition education by providing examples and instruction
- To improve children's learning abilities, social skills and behaviour
- To help to improve community awareness and participation

### ***Main Food Security Activities***

We developed a local resource guide - a practical tool to support the development of child nutrition programs. The content is specific to programs and initiatives in London and Middlesex County. The guide was developed to facilitate community action and to link groups directly to the resources, supplies and assistance they might need.

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs

#### **Food & Nutrition Skills Development**

- Healthy eating

### ***Public Education & Policy Change***

- Policy advocacy

## **Community Outreach Dinners**

### **c/o Trinity Anglican Church**

55 Southwick Street, St. Thomas, ON, N5R 3S3

- Tel: (519) 633-0518
- Fax: (519) 633-5854

Region of Province ..... Southwest  
Program Contact ..... Cathy Grandin  
Area Served ..... Elgin County

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#### ***Goals of the Organization***

- To provide a healthy meal to the hungry and socially isolated members of our community
- To provide an opportunity for fellowship and networking
- To teach nutrition, budgeting, shopping, teamwork and cooking through a collective kitchen project

#### ***Main Food Security Activities***

- Monthly outreach / fellowship dinner
- Monthly collective kitchen - shared food preparation and sharing a meal

#### ***Food Access Initiatives***

##### **Community Food / Self-help Programs**

- Community kitchens
- Cooking classes

##### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Healthy eating

##### **Emergency Food Programs**

- food gleaning
- free or low-cost meals

#### ***Public Education & Policy Change***

- Public education / awareness-raising

## Daily Bread Food Bank

530 Lakeshore Blvd. West, Toronto, ON, M5V 1A5

- Tel: (416) 203-0050
- Fax: (416) 203-0049
- Email: [dailybread@titan.ten.net](mailto:dailybread@titan.ten.net)

Region of Province ..... Toronto  
Program Contact ..... Sue Cox, Executive Director  
..... Winston Husbands, Director of Research  
Area Served ..... GTA - Toronto, Peel, York and Durham Regions

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### *Goals of the Organization*

- 1) To provide emergency food relief to people in need.
- 2) To work to eliminate hunger in the Greater Toronto Area.

### *Main food security activities*

#### **1) Programs to eliminate hunger**

- collect, sort, store and distribute food to social service agencies that provide food as meals or groceries to individuals in need
- recover surplus food and grocery products from companies
- conduct public food drives
- conduct research and engage in public education on hunger and related issues
- provide referrals for people in need of food

#### **2) Low Income Rights Advocacy (One on One Advocacy Program)**

- provide information to, and advocate on behalf of users of food banks on government and social service programs and entitlement
- create opportunities for food bank users and others to organize self help responses to hunger issues
- coordinate and assist emergency food programs with public policy advocacy

### *Food Access Programming*

#### **Emergency Food Programs**

- Food bank
- Food rescue or reclamation
- Supply food to meal programs, drop-ins, shelters, school food programs, pre-natal and post-natal programs

### *Public Education & Policy Change*

- Public education & awareness raising
- policy advocacy
- research
- low income rights advocacy program

## Davenport West Food Access Committee

1900 Davenport Rd., Toronto, ON, N6N 1B7

- Tel: (416) 656-8025
- Fax: (416) 656-1264

Region of Province ..... Toronto  
Program Contact ..... Wendy Lancashire  
Area Served ..... Toronto

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### *Goals of the Organization*

- To provide nutritious meals to the community
- To provide information and referral services about other programs in the community

### *Main Food Security Activities*

Providing a hot, nutritious meal to the community twice a week (Wednesday suppers and Friday lunches)

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community gardens

#### **Emergency Food Programs**

- Free or low-cost meals

### *Public Education & Policy Change*

- Public education / awareness-raising

## Durham Region Health Department

1615 Dundas St. East, Whitby Mall, # 210, Whitby, ON, L1N 2L1

- Tel: (905) 723-8521
- Fax: (905) 723-6026
- Email: giffin.t@region.durham.on.ca

Region of Province ..... Central East  
Program Contact ..... Tara Giffin, Public Health Nurse  
Area Served ..... Durham Region (east of Toronto)

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### *Goals of the Organization*

Public health.

### *Agriculture & Food Production*

- Promoting / supporting local producers and/or products

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Cooking classes
- Prenatal / postnatal nutrition programs

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Healthy eating

### *Public Education & Policy Change*

- Research (in early stages)

## Eastern Ontario Health Unit

1000 Pitt St., Cornwall, ON, K6J 5T1

- Tel: (613) 933-1375
- Fax: (613) 933-7930

Region of Province ..... Eastern  
Program Contact: ..... Louise Simmons, Healthy Lifestyles Coordinator  
Area Served ..... Stermont, Dundas, Glengarry, Prescott & Russell Counties

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### *Goals of the Organization*

To provide optimal well-being through health promotion, disease prevention and local services

### *Main Food Security Activities*

Food security related activities undertaken by our organization include: Canada Prenatal Nutrition Program, community kitchens, community gardens, supermarket tours, initiating and promoting breakfast programs, as well as nutrition policies, food budgeting, meal and menu-planning and cooking classes, through our “On My Own” program. Education and awareness through nutrition presentations and workshops.

### *Food Access Initiatives*

#### **Emergency Food Programs**

- Food bank (as a member on their advisory committee)
- Free or low cost meals (for school breakfast programs)

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community gardens
- Community kitchens
- Cooking classes (“On My Own” program)
- Prenatal nutrition programs (“Baby’s Best Start”)

#### **Food and nutrition skills development**

- Food budgeting, meal and menu planning (through the program “On My Own”)
- Fruit & vegetable promotion
- Healthy eating
- Supermarket tours (Nutri-Basket)

### *Public Education & Policy Change*

- Policy advocacy
- Public education and awareness-raising
- Research (regarding all healthy lifestyles)

## **Elgin-St. Thomas Health Unit**

99 Edward Street, St. Thomas, ON, N5P 1Y8

- Tel: (519) 631-9900
- Fax: (519) 633-0468

Region of Province ..... Southwest  
Program Contact ..... Dale Murray  
Area Served ..... Elgin County

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### ***Goals of the Organization***

Health Promotion and Protection in the following areas: chronic diseases and injuries; chronic disease prevention; early detection of cancer; injury and substance abuse prevention

Family Health (sexual health, reproductive health, child health)

Infectious disease (control of infectious diseases, food safety, infection control, rabies control, safe water, STDs and AIDS, TB control, vaccine prevention)

### ***Main Food Security Activities***

- Community partnerships in Food for all Elgin - in support of School Breakfast / Nutrition programs
- Community Garden Projects - in conjunction with community partners such as Red Cross and Community Living Association
- Breakfast programs - in support of the Healthy at Heart Elgin Project
- Good Food Basket Project
- Community Fellowship Dinners

### ***Agriculture & Food Production***

- Community shared agriculture
- Consumer education regarding agriculture & food production

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community gardens
- Community meals
- Good Food Box

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Fruit & vegetable promotion
- Healthy eating
- Supermarket tours

### ***Public Education & Policy Change***

- Policy advocacy
- Public education / awareness-raising

## Fair Share Harvest Community Shared Agriculture Project

R.R. # 1, Newton, ON, N0K 1R0

- Tel: (519) 595-4841
- Fax: (519) 595-8811

Region of Province ..... Eastern  
Program Contact ..... Ed Bennett / Dianne Heise  
Area Served ..... Kitchener-Waterloo & Stratford

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### *Goals of the Organization*

To support local family farms by providing a secure market.

To provide consumers with fresh affordable organic produce and a connection to the people who grow it.

### *Main Food Security Activities*

Over 100 families receive their produce from the Community Shared Agriculture for seven months of the year. Many also preserve food for the winter. Sixteen farm families participate in growing produce for the Community Shared Agriculture.

### *Agriculture & Food Production*

- Community shared agriculture
- Consumer education regarding agriculture and food production (through newsletters)
- Linking producers and consumers
- Promoting / supporting environmentally sustainable agriculture
- Promoting / supporting local producers and/or products
- Promoting / supporting organic food production
- Training / education for producers (through group meetings with growers)

### *Food Access Initiatives*

#### **Emergency Food Programs**

- Food bank (extra produce given to it each week)

#### **Food and nutrition skills development**

- Fruit & vegetable promotion
- Healthy eating
- Education provided on preserving food, recipes and use of new vegetables

### *Public Education & Policy Change*

- Public education and awareness-raising
- Policy advocacy
- Research

## Food Access Community Taskforce (F.A.C.T.) of East York

850 Coxwell Ave., East York, ON, M4C 5R1

- Tel: (416) 461-8136
- Fax: (416) 461-8564

Region of Province..... Toronto  
Program Contact ..... Denise Vavaroutsos  
Area Served ..... Boundaries of East York  
(until restructuring of new city is completed)

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### *Goals of the Organization*

See Appendix B-1 (Goals & Objectives) and Appendix B-2: East York Community Food Security Task Force, Terms of Reference

### *Main Food Security Activities*

The Food Access Community Taskforce (F.A.C.T.) is a community-based group of local agencies and residents whose aim is to help make it easier for people to get enough food to eat that is safe, nutritious and accessible. Key F.A.C.T. initiatives include community awareness and skill-building sessions. Member agencies share and network through F.A.C.T.

Initiatives done by member agencies of F.A.C.T. are so indicated (member); those done by F.A.C.T. are so indicated.

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs (member)
- Community kitchens (member)
- Community meals (member)
- Cooking classes (member)
- Good Food Box (member)

#### **Emergency Food Programs**

- Food bank (member)
- Free or low-cost meals (member)

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning (F.A.C.T.)
- Fruit & vegetable promotion (F.A.C.T.)
- Healthy eating (F.A.C.T.)

### *Public Education & Policy Change*

- Public education / awareness-raising (F.A.C.T.)

## **Food Security Working Group of North York**

12 Flemingdon Rd., Toronto, ON, M6A 2N4

- Tel: (416) 787-1661
- Fax: (416) 787-3761

Region of Province ..... Toronto  
Program Contact ..... Jacki Veregin  
Area Served ..... North York

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### ***Goals of the Organization***

To initiate food access programs that are creative, empowering, non-threatening, non-stigmatizing, affordable, accessible, sustainable and multicultural.

To support the provision of safe, nutritious, affordable and personally acceptable food for everyone.

To form a variety of networks and collaborate with agencies to bring more community representation to the Food Security Working Group and meet the need of our communities.

### ***Main Food Security Activities***

- (1) Conduct community kitchens under the Cooking Healthy Together Project - facilitation by community food advisors with project consultation by registered dietitians.
- (2) Advocate the provision of safe, nutritious affordable and personally acceptable food for everyone.

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Community Food Advisor Program
- Community kitchens
- Cooking classes

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Fruit & vegetable promotion
- Healthy eating
- Supermarket tours

### ***Public Education & Policy Change***

- Public education / awareness-raising

# Food & Consumer Products Manufacturers of Canada

885 Don Mills Rd., Suite 301, Don Mills, ON, M3C 1V9

- Tel: (416) 510-8024 x 2228
- Fax: (416) 510-8043

Region of Province ..... Toronto  
Program Contact ..... Pam Bensimon  
Area Served ..... National

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## *Goals of the Organization*

### **Our Mission**

Enhance the growth and competitiveness of the food and consumer products manufacturing industry.

### **Our Goals**

Foster a robust business climate that

- helps members deliver added value to their consumers/customers
- helps members contain/reduce costs
- supports North American competitiveness of members

### **Our Strategic Priorities**

Deliver exceptional value to our members by influencing government policy, focusing on efficient trade practices and providing value-added services.

## *Public Education & Policy Change*

- Policy advocacy

## FoodShare Metro Toronto

238 Queen St. West, Toronto, ON, M5V 1Z7

- Tel: (416) 392-6653
- Fax: (416) 392-6650
- Email: fdshare@web.net

Region of Province ..... Toronto  
Program Contact ..... Kathryn Scharf  
Area Served ..... Toronto

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### *Goals of the Organization*

To improve access to affordable, nutritious food by supporting grassroots, community-based initiatives.

### *Main Food Security Activities*

- **Baby Nutrition Project** Sessions on making home-made baby food and other aspects of baby feeding and nutrition. Taught by a nutritionist from Foodshare.
- **Good Food Box** Fresh fruit and vegetables are distributed across the city two times a month.
- **Just Grow It!** Assistance in planning and support for starting community gardens.
- **FoodLink Hotline** Information on food security and nutrition programs within Toronto.
- **Toronto Kitchen Incubator** An industrial-scale kitchen made available for low hourly rental to small food businesses.
- **Focus on Food** Employment training program for low-income women who are looking for work in the food sector.
- **Field to Table Catering** Community Economic Development project (grew out of an earlier Focus on Food class) which operates a non-profit catering company.
- **Community Kitchens** Training workshops offered to help groups who are interested in starting or maintaining a community kitchen.

**Advocacy** Key partner in a number of organizations and coalitions addressing policy aspects of food security. Groups include:

- Toronto Food Policy Council
- Metro Partners for Child Nutrition
- Coalition for Student Nutrition
- Friends of Community Gardening
- Citizens for Public Health
- Hunger Watch
- Food 2002

***Agriculture & Food  
Production***

- Consumer education regarding agriculture and food production
- Linking producers and consumers
- Preservation of agricultural lands
- Promoting / supporting environmentally sustainable agriculture
- Promoting / supporting local producers and/or products
- Promoting / supporting organic food production

***Food Access Initiatives***

**Community Food / Self-Help Programs**

- Community gardens
- Community kitchens
- Food buying clubs
- Food cooperatives
- Prenatal / postnatal nutrition programs

***Public Education &  
Policy Change***

- Public education and awareness-raising
- Policy advocacy

## Four Villages Community Health Centre

1700 Bloor St. West, Toronto, ON, M6P 4C3

- Tel: (416) 604-3361
- Fax: (416) 604-3367
- Email: health.promotion/nutrition@4villages.on.ca

Region of Province ..... Toronto  
Program Contact ..... Krystyna Lewicki, Community Nutritionist  
Area Served ..... Toronto  
(Roncesvalles Ave. (East) .... to Humber River (West). St. Clair Ave. (North)  
to Lakeshore Blvd. South)

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### *Goals of the Organization*

Four Villages CHC works to foster a healthy community. We provide barrier-free programs and services with a focus on: seniors, families and those living with chronic illness, disability or in isolation. Our goals are:

- (1) To enhance active living and community involvement of those living with chronic illness and disability including their families, and for those living in isolation.
- (2) To improve health in our community by focussing on cancer, diabetes, heart health, mental health and addictions.
- (3) To support children and families by focussing on pre- and postnatal care and healthy child development.

### *Main Food Security Activities*

#### **Community Food Advisor Program**

West Toronto Group coordinated by Four Villages CHC in partnership with OMAFRA and Davenport Perth CHC. Community Food Advisors have successfully completed a training program on food safety and nutrition, food selection, preparation and storage. They work as volunteers, providing information and resources to the public. For example, they provide workshops, conduct cooking classes or organize displays. Their services are free.

#### **Healthy Women, Healthy Babies**

A drop-in prenatal / postnatal program for pregnant women and women with new babies who are living in a shelter, refugee house or who do not have stable housing. Once a week (Wednesday, 9:30 am - 11:30 am) we provide healthy snacks, health care information, support during pregnancy, food coupons, TTC tickets and child care.

### *Agriculture & Food Production*

- Consumer education regarding agriculture and food production
- Promoting / supporting environmentally sustainable agriculture
- Promoting / supporting local producers and/or products
- Promoting / supporting organic food production

*Food Access Initiatives*

**Community Food / Self-help Programs**

- Cooking classes
- Community Food Advisor Program
- Prenatal / postnatal nutrition programs

**Food & Nutrition Skills Development**

- Food budgeting, meal and menu planning
- Fruit & vegetable promotion
- Healthy eating
- Supermarket tours

*Public Education &  
Policy Change*

- Policy advocacy
- Public education and awareness-raising
- Research

## **From the Ground Up**

c/o Barrie Community Health Centre  
80 Bradford St., Barrie, ON, L4N 6S7

- Tel: (705) 734-9690
- Fax: (705) 734-0239

Region of Province ..... Central East  
Program Contact ..... Sharon Nelson, Community Dietitian (Chair)  
Area Served ..... Barrie & surrounding area  
Future plans are to expand activities throughout Simcoe County

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### ***Goals of the Organization***

See Appendix C for the Terms of Reference for this group. Our members include the Barrie Community Health Centre, Simcoe County District Health Unit, Ontario Ministry of Agriculture, Food & Rural Affairs, Community Food Advisors, Prenatal Nutrition Program/Hospital representative, community members, municipal non-profit housing, Community Action Program for Children and local service clubs.

Our group is newly formed and our activities are generally in the planning stages. One task group has submitted a proposal to the Canadian Living Foundation for funding for child nutrition programs. Other possibilities include involvement in costing a nutritious food basket and development of an inventory of nutrition-related programs, activities and services in Barrie and Simcoe County. (*Activities indicated with an \* do take place in our community and pre-date the formation of 'From the Ground Up' which will probably have more of a coordination / promotion / support function.*)

### ***Main Food Security Activities***

- Community kitchens \*
- Prenatal / postnatal nutrition programs \*

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Cooking classes \* (via Community Food Advisor Program)
- Community Food Advisor Program \*
- Community gardens \*

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning \* (via CFA program)
- Fruit & vegetable promotion \*
- Healthy eating \*

### ***Public Education & Policy Change***

- Policy advocacy \*
  - Public education / awareness-raising \*
- (Can see these being important group functions in future.)

## **From the Ground Up - The Guelph Food Action Network**

c/o Guelph Community Health Centre  
89 Wyndham St. N., Guelph, ON, N1H 4E9

- Tel: (519) 821-8833 x 335
- Fax: (519) 821-5834

Region of Province ..... Central East  
Program Contact ..... Valerie Gennings  
Area Served ..... City of Guelph

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### ***Goals of the Organization***

- (1) To increase access to high quality, nutritious, reasonably priced, fresh food for individuals, families, community organizations and schools through a Garden Fresh Box (Good Food Box) system delivered monthly.
- (2) To increase knowledge about food and nutrition via a newsletter distributed monthly.
- (3) To distribute high quality fresh fruit to schools through a Snack-in-a-Box system delivered monthly and bi-monthly.

### ***Main Food Security Activities***

The Garden Fresh Box is a non-profit, community-based produce-buying cooperative that delivers high-quality, nutritious and reasonably priced fresh fruit and vegetables to neighbourhoods within the City of Guelph on a monthly basis. The Snack-in-a-Box Project delivers fresh fruit to area schools on a regular basis.

### ***Agriculture & Food Production***

- Consumer education regarding agriculture and food production
- Promoting / supporting environmentally sustainable agriculture
- Promoting / supporting local producers and/or products
- Promoting / supporting organic food production

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community Food Advisor Program
- Community kitchens
- Good Food Box

#### **Food & Nutrition Skills Development**

- Fruit & vegetable promotion
- Healthy eating  
(Via monthly newsletter)

### ***Public Education & Policy Change***

- Public education and awareness-raising
- Research

## **Good Food Basket**

99 Edward Street, St. Thomas, ON, N5P 1Y8

- Tel: (519) 631-9900 x 231
- Fax: (519) 633-0468

Region of Province ..... Southwest  
Program Contact ..... Tamara Frise, Project Coordinator  
Area Served ..... Elgin County

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### ***Goals of the Organization***

To provide boxes of seasonal produce from a local produce supplier to all county residents.

To create better buying power within the community for food purchases

### ***Agriculture & Food Production***

- Community shared agriculture
- Promoting / supporting local producers and/or products

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Community gardens
- Food buying clubs
- Good Food Box

#### **Food & Nutrition Skills Development**

- Fruit & vegetable promotion

## **Good Food Box for Kids**

99 Regina St. South, Waterloo, ON, N2J 4V5

- Tel: (519) 882-2110 x 5339 or 883-2004 x 5300
- Fax: (519) 883-2241

Region of Province ..... Central West  
Program Contact ..... Carole Desmeules  
Area Served ..... Waterloo Region

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### ***Goals of the Organization***

To provide fresh fruit to schools in order to help increase the number of servings of fruit children will eat.

Fruit is delivered to community groups that operate breakfast, snack or lunch programs in Waterloo Region.

### ***Main Food Security Activities***

- Good Food Box for Kids
- Healthy Eating Habit Development
- Fruit & vegetable promotion
- Promoting / supporting local producers and/or products

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs

#### **Emergency Food Programs**

- Free or low-cost meals

### ***Public Education & Policy Change***

- Public education and awareness-raising

## Grassroots Economic Opportunity Development & Evaluation

450 Morin Ave., Sudbury, ON, P3C 5H6

- Tel: (705) 674-5587
- Fax: (705) 674-5732
- Email: [geode@tyenet.com](mailto:geode@tyenet.com)
- Web Site: [wb.tyenet.com/geode/index.htm](http://wb.tyenet.com/geode/index.htm)

Region of Province ..... Northeast  
Program Contact ..... Katrina O'Neill  
Area Served ..... Region of Sudbury

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### *Goals of the Organization*

GEODE is a community-based non-profit organization, which seeks to organize sustainable economic opportunities for persons in the Regional Municipality of Sudbury.

### *Main Food Security Activities*

GEODE is involved in three Main Food Security Activities:

- (1) Good Food Box - A bulk-buying program focused on fresh fruits and vegetables
- (2) NOCSA - Northern Ontario Community Shared Agriculture is meant to narrow the distance between farmer and buyer. Consumers pay in advance for products grown by a local farmer.
- (2) Green Farming - Participants barter their labour with a local farmer for a share of produce/product.

### *Agriculture & Food Production*

- Community shared agriculture
- Promoting / supporting local producers and/or products
- Green Farming: bartering with local farmers to exchange labour for produce.

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Community gardens
- Community kitchens
- Good Food Box

## **Community Activist, Town of Haileybury**

P.O. Box 472, Haileybury, ON, P0J 1K0

- Tel: (705) 672-5730
- Email: dbremner@ntl.sympatico.ca

Region of Province ..... Northeast  
Program Contact ..... Chris Bremner  
Area Served ..... Town of Haileybury

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Chris is actively involved in a variety of food security issues and programs in Haileybury, including child nutrition programs, gardening, community meals and public education and advocacy.

She can provide information on the following initiatives in the Haileybury area and can put you in direct contact with these projects.

### ***Agriculture & Food Production***

- Community shared agriculture
- Farmers' markets
- Promoting / supporting local producers and/or products

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs (Breakfast for Learning)
- Community gardens (Temiskaming Child Care)
- Community kitchens
- Community meals (neighbourhood cafe)
- Prenatal / postnatal nutrition programs (Brighter Futures)

#### **Emergency Food Programs**

- Food bank (St. Paul's and St. Andrew's churches)
- Free or low cost meals

### ***Public Education & Policy Change***

- Ontario Agri-Food Education Advocate
- Policy advocacy
- Public education / awareness-raising

## Haldimand-Norfolk Regional Health Department

12 Gilbertson Dr., Box 247, Simcoe, ON, N3Y 4L1

- Tel: (519) 426-6170
- Fax: (519) 426-9974
- Email: hnmoh@netroute.net

Region of Province ..... Cental West  
Program Contact ..... Kathy Page  
Area Served ..... Haldimand-Norfolk region

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### *Goals of the Organization*

To promote quality of life for those who work, live and play in Haldimand-Norfolk.

### *Main Food Security Activities*

Working with the community, we are involved in the following projects:

- (1) Child Nutrition Network (Community Partnership Program') - The goal of this Network is to develop and coordinate local child nutrition programs.
- (2) Healthy Harvest - Our mandate is to direct the development and delivery of a Good Food Box program, which supports local producers, and offers skills development opportunities for program volunteers.
- (3) Canada Prenatal Nutrition Program - To increase pregnant women's access to sufficient nutritious food.

### *Agriculture & Food Production*

- Promoting / supporting local producers and/or products

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community kitchens
- Good Food Box
- Prenatal / postnatal nutrition programs

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Healthy eating

## **Haliburton, Kawartha, Pine Ridge District Health Unit**

200 Rose Glen Rd., Port Hope, ON, L1A 3V6

- Tel: (905) 885-9100
- Fax: (905) 885-9551

Region of Province ..... Central East  
Program Contact ..... Anne Adair, Public Health Nutritionist  
Area Served ..... Northumberland, Victoria & Haliburton Counties

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### ***Goals of the Organization***

As outlined in Requirement # 8 of the Chronic Disease Prevention Program, Mandatory Health Programs and Services Guidelines (1997). Refer to Part Two - Public Health in Ontario.

### ***Main Food Security Activities***

- Promotion of healthy eating.
- Member of the Food Issues Committee of the Northumberland Community Coalition, a group that aims to educate, advocate and network around food security issues in Northumberland County.

### ***Agriculture and Food Production***

- Health Unit provides a site for a local Soup Kitchen.
- Annual costing of the nutritious food basket.

### ***Food Access Initiatives***

- Promoting / supporting local producers and/or products (as part of some of our programs)

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community gardens
- Community kitchens
- Community meals
- Prenatal / postnatal nutrition programs

(Note: We do not run these programs but provide supports such as promotion, materials and consultation.)

### ***Public Education & Policy Change***

- Public education and awareness-raising
- Research

## Harvest Share

3 Beechwood Dr., Parry Sound, ON, P2A 1J2

- Tel: (705) 746-4800
- Fax: (705) 746-8989
- Email: [harvestshare@vianet.on.ca](mailto:harvestshare@vianet.on.ca)
- Web Site: <http://www.parrysound.net/paces/harvest/index.htm>

Region of Province ..... Northeast  
Program Contact ..... Barb Holmberg  
Area Served ..... West side of the District of Parry Sound

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### *Goals of the Organization*

- Improving accessibility to good quality, affordable and nutritious food.
- Building a sustainable local economy.
- Promoting recycling.

### *Main Food Security Activities*

**Great Beginnings** - prenatal nutrition program.

**Harvest Kitchen** - a weekly community dinner made "from scratch" from locally recovered food. Costs \$1 per person.

**Produce sales** - weekly sale of donated fruits, herbs and vegetables. Cost \$1 per bag.

**Good Food Box** - monthly delivery of a choice of four types of boxes ranging in price from \$15 - \$25.

### *Agriculture & Food Production*

- Promoting / supporting local producers and/or products
- Recycling food waste, table scraps to pig and chicken farmers

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community meals
- Good Food Box
- Prenatal / postnatal nutrition programs

#### **Emergency Food Programs**

- Food rescue or reclamation
- Food gleaning (from private gardens)
- Free or low cost meals

### *Public Education & Policy Change*

- Public education and awareness-raising

## **Kawartha FoodShare and Food Policy Action Coalition**

P.O. Box 1413, Peterborough, ON, K9J 7A2

- Tel: (705) 745-5377
- Fax: (705) 745-9708

Region of Province ..... Central East  
Program Contact ..... Arlene Berry  
Area Served ..... Peterborough County

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### ***Goals of the Organization***

To coordinate community resources to provide emergency food in a way which maintains dignity for all and is accountable to the community.

To work towards the realization of a just, healthy and environmentally sustainable food system which strengthens the local economy.

### ***Main Food Security Activities***

We work to increase access to nutritious, safe, personally acceptable food by: (1) linking excess food and food donations with food banks and food action programs; (2) linking people in need to food resources; (3) linking all food security related programming.

We also increase the public's awareness about the links between food issues and the multifactorial problem of poverty, through a comprehensive education and advocacy campaign.

### ***Agriculture & Food Production***

- Community shared agriculture
- Farmers' markets
- Linking producers & consumers
- Preservation of agricultural lands
- Promoting / supporting environmentally sustainable agriculture
- Promoting / supporting local producers and/or products
- Food price monitoring, inventory of local programs

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community gardens
- Community kitchens
- Community meals
- Cooking classes
- Food buying clubs
- Prenatal / postnatal nutrition programs

**Emergency Food Programs**

- Food bank
- Food rescue or reclamation

***Public Education &  
Policy Change***

- Policy advocacy (food and nutrition policy development; advocacy around poverty)
- Public education / awareness raising
- Information and referral to food access programs

## Kingston, Frontenac, Lennox & Addington Health Unit

221 Portsmouth St., Kingston, ON, K7M 1V5

- Tel: (613) 549-1232
- Fax: (613) 549-7896
- Email: stenzl99@mail1.moh.on.ca

Region of Province ..... Eastern  
Program Contact ..... Valerie Stenzl, Manager,  
Chronic Disease and Injury Prevention  
Area Served ..... The City of Kingston, and the Counties of  
Frontenac, Lennox & Addington

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### ***Goals of the Organization***

#### **Mission Statement**

The KFLA Health Unit helps people in their communities, schools and homes, to be as well as they can be. The Health Unit's mandate is to deliver Mandatory Programs set by the Ontario Ministry of Health.

### ***Main Food Security Activities***

- (1) Canada Prenatal Nutrition Program, *Food for You, Food for Two*
- (2) Host site for Good Food Box program
- (2) Support for Community Food Advisors who facilitate Basic Shelf Programs (the health unit is the sponsoring agency for the CFA program).

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Cooking classes
- Community Food Advisor Program
- Good Food Box
- Prenatal / postnatal nutrition programs
- Costing of the Nutritious Food Basket

#### **Food & Nutrition Skills Development**

- Fruit & vegetable promotion - *in plans for future*
- Healthy eating
- Supermarket tours
- Meals in Minutes cooking class

### ***Public Education & Policy Change***

- Nutrition Working Group (Kingston)

## **Lambton Health Unit**

160 Exmouth St., Point Edward, ON, N7V 7Z6

- Tel: (519) 383-8331
- Fax: (519) 383-7092
- Web Site: [www.sarnia.com/groups/lhu/](http://www.sarnia.com/groups/lhu/)

Region of Province ..... Southwest  
Program Contact ..... Susan Harris  
Area Served ..... Lambton County

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### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Good Food Box

#### **Food & Nutrition Skills Development**

- Supermarket tours

## LIFE·SPIN

360 Queens Ave., London, ON, N6A 4H4

- Tel: (519) 438-8676
- Fax: (519) 438-7983
- Email: [life@execulink.com](mailto:life@execulink.com)
- Web Site: [www.privateeye.com.london.life.spin](http://www.privateeye.com.london.life.spin)

Region of Province ..... Southwest  
Program Contact ..... Tara MacDonald  
Area Served ..... London

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### *Goals of the Organization*

Our goals are to work with low-income people to share information, resources and support so that they may achieve economic and social independence. LIFE·SPIN is made up of low-income folks - some staff, many volunteers and at least 60% of Board of Directors are low-income. We work with and support low-income Londoners in their efforts to attain empowerment through advocacy, information and community economic development programs and businesses.

### *Main Food Security Activities*

**Green Market Basket** has been operating since 1995 and provides a box of fresh, wholesome produce and grocery items to Londoners. We average 200 boxes each month. We support local small businesses, organic and chemical-free food growers. About 2,000 families purchase through us each year.

**School Food Gardens** currently operates at four schools. Two more schools will be joining us next year. This project targets schools with a greater proportion of low-income families. Gardens are planned and grown by children with help from LIFE·SPIN staff. Food goes directly to the children for snacks and lunches.

### *Agriculture & Food Production*

- Consumer education regarding agriculture and food production
- Linking producers and consumers
- Preservation of agricultural lands
- Promoting / supporting environmentally sustainable agriculture
- Promoting / supporting local producers and/or products
- Promoting / supporting organic food production (organic, chemical-free & biodynamic)
- Training / education for producers

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community / neighbourhood markets (just starting this year)
- Good Food Box (we call it the "Garden Market Basket")
- School Food Gardens

### *Public Education & Policy Change*

- Public education and awareness-raising

## North Hamilton Community Health Centre

554 John St. North, Hamilton, ON, L8L 4S1

- Tel: (905) 523-6611
- Fax: (905) 523-5173
- Email: blundell@nhchc.mcmaster.ca

Region of Province ..... Central West  
Program Contact ..... Laura Blundell  
Area Served ..... Hamilton  
(North End, Barton St. to the Bay; Bay St. to Sanford Ave.)

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### *Goals of the Organization*

The North Hamilton Community Health Centre is a non-profit organization that provides a wide range of health and related services and programs. The emphasis is on promoting healthy lifestyles and prevention of disease. We also provide medical and ongoing support and rehabilitation to individuals with short term and ongoing diseases. We are committed to health and quality of life for all. Our special populations are single-parent families, immigrants / refugees, unions and persons with HIV. We address the special needs of our neighbourhood and help our community to organize around issues of concern.

### *Main Food Security Activities*

- Breakfast Programs
- Collective Kitchens
- Community Gardens
- Prenatal Nutrition Program

### *Agriculture & Food Production*

- Community shared agriculture
- Promoting / supporting environmentally sustainable agriculture
- Promoting / supporting local producers and/or products
- Promoting / supporting organic food production

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community gardens
- Community kitchens
- Prenatal / postnatal nutrition programs

#### **Emergency Food Programs**

- Free or low-cost meals

### *Public Education & Policy Change*

- Public education / awareness-raising
- Research

## North Lambton Community Health Centre

Box 1450, Forest, ON, N0N 1J0

- Tel: (519) 786-4545
- Fax: (519) 786-6318
- Email: [grnwd@xcelco.on.ca](mailto:grnwd@xcelco.on.ca)

Region of Province ..... Southwest  
Program Contact ..... Willa Greenwood  
Area Served ... North Lambton County, Kettle & Stoney Point Reservations

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### *Goals of the Organization*

Provide affordable, accessible health care to the residents of North Lambton, with emphasis on wellness and illness prevention.

### *Main Food Security Activities*

- Community Kitchens
- Cooking Classes
- Good Food Box

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Community kitchens
- Cooking classes
- Good Food Box

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Healthy eating
- Supermarket tours

## **Nutrition for Learning**

99 Regina St. South, Waterloo, ON, N2J 4V3

- Tel: (519) 883-2110 x 5339 or (519) 883-2004 x 5300
- Fax: (519) 883-2241

Region of Province ..... Central West  
Program Contact ..... Carole Desmeules  
Area Served ..... Waterloo Region

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### ***Goals of the Organization***

Our mission is to enhance children's ability to learn by ensuring that each child goes to school well nourished.

Our programs are:

- community-based
- flexible and diverse
- universally accessible

We value partnership building and we seek to make our programs sustainable.

### ***Main Food Security Activities***

- Child nutrition programs
- School food programs or breakfast clubs
- Food & nutrition skills development
- Healthy eating
- Fruit & vegetable promotion

## Ogden-East End Community Health Centre

525 Simpson St., Thunder Bay, ON, P7C 3J6

- Tel: (807) 622-8235
- Fax: (807) 622-3548

Region of Province ..... Northwest  
Program Contact ..... Alison McMullen, Jan Salomon  
Area Served ..... Ogden-East End community in Thunder Bay

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### *Goals of the Organization*

Provide primary health and health promotion programs to the Ogden-East End community.

### *Main Food Security Activities*

Organized two city-wide food and hunger forums that resulted in the formation of Thunder Bay's Food Action Network.

Currently running four community kitchen programs and assist with community kitchen leader training.

Full-time dietician on staff who provides one-to-one counselling and leads group programs.

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community kitchens
- Community meals
- Prenatal / postnatal nutrition programs

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Healthy eating

### *Public Education & Policy Change*

- Policy advocacy

## Ontario Agri-Food Education Inc. (OAFE)

P.O. Box 460, Milton, ON, L9T 4Z1

- Tel: (905) 878-1510
- Fax: (905) 878-0342
- Email: [admin@oafe.org](mailto:admin@oafe.org)
- Web Site: [www.oafe.org](http://www.oafe.org)

Region of Province ..... Central East  
Program Contact ..... Alan King  
Area Served ..... Ontario

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### ***Goals of the Organization***

OAFE's vision is a society with an enhanced awareness, appreciation and understanding of the agriculture and food system. Our mission is to build awareness and understanding of the importance of an agriculture and food system by providing educational programs and resources for all Ontario students and teachers.

### ***Main Food Security Activities***

OAFE provides balanced, current information in a readily-usable format for teachers and their students on topics including: food supply, production, safety, nutrition and economics.

### ***Agriculture & Food Production***

- Consumer education regarding agriculture & food production
- Linking producers & consumers

### ***Public Education & Policy Change***

Public education / awareness-raising around all aspects and stages of food production and distribution, from primary farming through to the point where food reaches the store shelf.

## **Ontario Agri-Food Technologies**

1 Stone Rd. West, Guelph, ON, N1G 4Y2

- Tel: (519) 826-4195
- Fax: (519) 826-3389
- Email: [oaft@sentex.net](mailto:oaft@sentex.net)

Region of Province ..... Central West  
Program Contact ..... Dr. Gordon Surgeoner  
Area Served ..... Ontario

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### ***Goals of the Organization***

Ontario Agri-Food Technologies is a consortium of 34 members, including 5 universities involved in research and promotion of technologies to enhance food yields and availability.

### ***Agriculture & Food Production***

- Access to technologies
- Linking producers and consumers
- Promoting / supporting local producers and/or products
- Consumer education regarding agriculture and food production
- Promoting / supporting environmentally sustainable agriculture
- Training / education for producers
- Preservation of agricultural lands

### ***Public Education & Policy Change***

- Agricultural policy

## Ontario Association of Food Banks

530 Lakeshore Blvd., Toronto, ON, M5V 1A5

- Tel: (416) 203-9615
- Fax: (416) 203-0049

Region of Province..... Toronto  
Program Contact ..... Oliver Carroll, Executive Director  
Area Served ..... Ontario

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### *Goals of the Organization*

- To provide a forum for the exchange of information.
- To advocate on behalf of clients
- To assist in province-wide fund raising
- To provide support to the National Food Share Program
- To coordinate milk program

### *Main Food Security Activities*

- Development of a Farm Gate Program. Currently, milk and some pork are provided to member food banks.
- Development of a province-wide fundraising program modelled on current local program
- Development of information-sharing system for members
- Establishment of regional councils

### *Agriculture & Food Production*

- Linking producers and consumers

### *Food Access Initiatives*

#### **Emergency Food Programs**

- Food bank
- Food gleaning
- Food rescue or reclamation
- Free or low-cost meals

#### **Community Food / Self-help Programs**

- Community kitchens

#### **Food and Nutrition Skills Development**

- Fruit and vegetable promotion
- Healthy eating

### *Public Education & Policy Change*

- Policy advocacy
- Research

## Ontario Farm Women's Network

R.R. 1, Berwick, ON, K0C 1J0

- Tel: (613) 984-0599
- Fax: (613) 984-0599
- Email: [glaudale@cawl.igs.net](mailto:glaudale@cawl.igs.net)
- Web Site: [abraxis-publications-ca/ofwn3.htm](http://abraxis-publications-ca/ofwn3.htm)

Region of Province .....Eastern  
Program Contact ..... Barbara Ann Glaude  
Area Served ..... Ontario

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### *Goals of the Organization*

#### **Our Mandate**

"The Ontario Farm Women's Network is a provincial network of farm women who act together to identify and address issues that are important to farm women, farm families and the family farm.

### *Main Food Security Activities*

The OFWN presented a brief to the Toronto Food Policy Council on the use of BST (Bovine Somatropin or Bovine Growth Hormone) in food production, specifically milk. OFWN is opposed to the use of BST.

### *Agriculture & Food Production*

- Consumer education regarding agriculture and food production
- Preservation of agricultural lands
- Promoting / supporting environmentally sustainable agriculture

## Ontario Federation of Agriculture

40 Eglinton Ave. East, 5th floor, Toronto, ON, M4P 3A2

- Tel: (416) 485-3333
- Fax: (416) 485-9027
- Email: [comm@ofa.on.ca](mailto:comm@ofa.on.ca)
- Web Site: [www.ofa.on.ca](http://www.ofa.on.ca)

Region of Province ..... Toronto  
Program Contact ..... Catrina Causi  
Area Served ..... Ontario

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### *Goals of the Organization*

OFA is a lobby organization. Its objective is to raise the profile of the Ontario agricultural industry and to improve the economic and social well being of farmers.

### *Main Food Security Activities*

To ensure that the federal and provincial governments, in cooperation with farmers, play a significant role in the process of food inspection and grading. Our role is also to instill consumer confidence in the food supply.

#### ***Agriculture & Food Production***

- Consumer education regarding agriculture & food production
- Linking producers & consumers
- Preservation of agricultural lands
- Promoting / supporting environmentally sustainable agriculture
- Promoting / supporting local producers and/or products
- Training / education for producers

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Food cooperatives

#### **Emergency Food Programs**

- Food bank

### *Public Education & Policy Change*

- Policy advocacy
- Public education / awareness raising
- Research

## Ontario Healthy Communities Coalition

180 Dundas St. West, Suite 1900, Toronto, ON, M5G 1Z8

- Tel: (416) 408-4841
- Fax: (416) 408-4843
- Email: [anna@opc.on.ca](mailto:anna@opc.on.ca)
- Web Site: [www.opc.on.ca/ohcc](http://www.opc.on.ca/ohcc)

Region of Province ..... Toronto  
Program Contact ..... Anna Jacobs  
Area Served ..... Ontario

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### *Goals of the Organization*

The Ontario Healthy Communities Coalition works to build communities that integrate economic, social, environmental and health sectors to promote the well-being of all people. We do this by:

- Supporting local initiatives through education, training and facilitation,
- Developing networks to exchange information among communities, and
- Identifying resource persons to provide support for community activities.

We have developed a resource ([Healthy Food Healthy Communities](#)) that explains the steps in building community gardens, food co-ops and other community food programs. Several of our communities are working on food security issues. They are involved in the following initiatives:

### *Main Food Security Activities*

#### ***Agriculture & Food Production***

- Community shared agriculture
- Consumer education regarding agriculture & food production.
- Promoting / supporting environmentally sustainable agriculture

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Community gardens
- Community kitchens
- Food cooperatives

#### **Food & Nutrition Skills Development**

- Healthy eating
- Public education and awareness-raising

### *Public Education & Policy Change*

## **Organic Conference (University of Guelph)**

Box 116, Collingwood, ON, L9Y 3Z4

- Tel: (705) 444-0923
- Fax: (705) 444-0380
- Email: organix@georgian.net
- Web Site: www.gks.com

Region of Province ..... Cental East  
Program Contact ..... Tomas Nimmo  
Area Served ..... Canada-wide focus

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### ***Goals of the Organization***

Annual organic farming conference at the University of Guelph

### ***Main Food Security Activities***

To provide information about organic (sustainable) food production

### ***Agriculture & Food Production***

- Community shared agriculture
- Consumer education regarding agriculture & food production
- Linking producers & consumers
- Preservation of agricultural lands
- Promoting / supporting environmentally sustainable agriculture
- Promoting / supporting local producers and/or products
- Promoting / supporting organic food production
- Training / education for producers
- Eco products trade show (product trade / sales)

### ***Public Education & Policy Change***

- Research
- Video tapes

## Ottawa-Carleton Health Department

495 Richmond Rd., Ottawa, ON, K2A 4A4

- Tel: (613) 724-4122 ext. 3613
- Fax (613) 724-4223
- Email: Dinningbo@rmoc.on.ca

Region of Province .....Eastern  
Program Contact .....L. Bonnie Dinning, Manger, Nutrition Branch  
Area Served .....Ottawa-Carleton

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### *Goals of the Organization*

Overview of the Goals and Objectives: Nutrition initiatives are aimed at two levels of goals: (1) Health Impact Goals which are achieved through (2) Nutrition Impact Goals. Refer to Appendix D for more information.

### *Main Food Security Activities*

#### **Recent Departmental Initiatives**

Presently 0.5 Nutritionist has been working with the Urban Community and rural health programs to promote nutrition of seniors and adults and to support food banks. Also, 0.8 FTE of nutrition staff is assigned to the Francophone community program on an ad hoc basis. The dietician is working to increase access to food through Good Food Box projects, food bank and collective kitchen initiatives. Within all program areas there is some work with vulnerable populations. Nutritionists also advocate for and support municipal and community initiatives that increase access to nutritious food, promote breastfeeding and increase healthy eating among ethno-cultural groups. Two Public Health Nurses are assigned full-time to work with street people. A nutritionist was also part of the Regional Food for Change Committee which aims to promote access to healthy food for vulnerable populations.

Recent initiatives have included:

- **Elderly in Need:** Program provides individual assessment which includes nutrition to isolated frail seniors and links seniors to meals on wheels, lunch clubs and grocery store services, advocated for seniors monthly club luncheon, parish supper and wheels to meals initiatives for Francophone seniors in Vanier.
- **Low Income Community Education:** Francophone community programs focused on Baby Boomers and Healthy Living, and Healthy Living on a Tight Budget; collective kitchens.
- **Food Security:** Ten committees/groups supported around nutrition issues regarding hunger or new immigrants' needs; Food for Change Committee participation: "Could You Live on Welfare" promotion; Cumberland rural food bank development.

- **New Immigrants:** Welcome Nutrition Project - developed in collaboration with Pinecrest Queensway Community Health Centre which trained six peer educators from the Somali, Arabic and Cambodian communities who delivered workshops reaching 1000 newcomers in their first year.

***Agriculture & Food Production***

Consumer education regarding agriculture & food production through nutrition on-call line.

***Food Access Initiatives***

**Community Food / Self-help Programs**

- Community Food Advisor Program
- Community kitchens
- Good Food Box

**Emergency Food Programs**

- Food bank

**Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Supermarket tours

***Public Education & Policy Change***

- Policy advocacy

***See Appendix D for more information.***

## Peel Health

180B Sandalwood Parkway East, Brampton ON, L6Z 4N1

- Tel: (905) 791-7800
- Fax: (905) 840-3183
- Web Site: [www.region.peel.on.ca/heal](http://www.region.peel.on.ca/heal)

Region of Province ..... Central East  
Program Contacts: Susan Mah, ext. 7145; E-mail: [mahs@region.peel.on.ca](mailto:mahs@region.peel.on.ca)  
Mary Turfryer, ext. 7661. E-mail: [turfryerm@region.peel.on.ca](mailto:turfryerm@region.peel.on.ca)  
Area Served ..... Peel Region

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### *Goals of the Organization*

Peel Health has an overall responsibility for the health of persons living and working in Peel Region. Our mission is to provide leadership and community support through emphasis on health promotion and illness prevention, to build healthy, dynamic communities in the Region of Peel.

Peel Health offers a wide range of public health services which: 1) provide residents with accessible and credible information, 2) focus on preventing illness and improving the health of our communities, and 3) recognize and involve the unique abilities and needs of our communities.

### *Main Food Security Activities*

Breakfast programs, community kitchens, Healthy Start programs (for pregnant women in need).

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community Food Advisor Program
- Community kitchens
- Prenatal / postnatal nutrition programs

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Healthy eating

### *Public Education & Policy Change*

- Coalition building
- Peel Coalition Against Poverty (to reduce incidence of low birth weight) and Peel Community Partners (for breakfast programs)

## Peterborough County City Health Unit

10 Hospital Dr., Peterborough, ON, K9J 8M1

- Tel: (705) 743-1000
- Fax: (705) 743-2897
- Email: shubay@pcchu.peterborough.on.ca

Region of Province ..... Central East  
Program Contact ..... Susan Hubay  
Area Served ..... Peterborough County

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### *Goals of the Organization*

To ensure that Peterborough County residents have access to nutritious, affordable and personally acceptable foods.

### *Goals of the Organization*

#### ***Main Food Security Activities***

- Annual Food Cost Survey
- Gleaning, Grow A Row, Hearts Alive initiatives
- Kawartha Food Share Board Member - food security coalition
- Research - Hunger Prevalence Study 1997
- School Nourishment Program Coordinator - Food for Kids

### *Agriculture & Food Production*

- Linking producers & consumers
- Promoting / supporting environmentally sustainable agriculture
- Promoting / supporting local producers and/or products
- Promoting / supporting organic food production

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Cooking classes
- Community kitchens
- Prenatal / postnatal nutrition programs

#### **Food & Nutrition Skills Development**

- Fruit & vegetable promotion
- Healthy eating
- Supermarket tours

### *Public Education & Policy Change*

- Policy advocacy
- Public education / awareness-raising
- Research

## Pinecrest-Queensway Health & Community Services

1365 Richmond Rd., 2nd floor, Ottawa, ON, K2B 6R7

- Tel: (613) 820-4922
- Fax: (613) 820-2006
- Email: pqhcs@sympatico.ca
- Web Site: www.pinecrest-queensway.com

Region of Province ..... Eastern  
Program Contact ..... Barbara MacKinnon, Executive Director  
Area Served ..... West end Ottawa

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### *Goals of the Organization*

**Integrated Health and Community Services.** Health Services offers primary health care through the services of doctors, nurses and nurse practitioners. Health promotion activities include mental health outreach, counselling and minorities outreach services. We also provide crisis intervention, individual and family counselling, parent/school drop-ins, Headstart nursery school, employment counselling, ESL and support for abused women.

### *Main Food Security Activities*

**Good Food Box:** Food buying club that lets you buy \$25.00 worth of produce (fresh fruit and vegetables) for \$15.00. Members also volunteer to help with packing, sorting and delivery. Program contact for Good Food Box is Rose Scott-Lincourt.

**Collective Kitchens:** Group of three to six people join together to cook for their families. Five main dishes are prepared. Each participant takes home enough food to feed 5 people. The food can be frozen and used later. (Cost is \$5.00 per person in family you are preparing for.)

**Welcome Nutrition - Peer Education Project:** This project enables refugees and immigrants to become more familiar with the Canadian food system and to better understand food labels and dietary recommendations for health in Canada. Program contact for Collective Kitchens and Welcome Nutrition is Melissa Rowe.

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Community kitchens
- Food buying clubs
- Good Food Box

#### **Emergency Food Programs**

- Information and referral only to emergency food programs

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Healthy eating

## Porcupine Health Unit

169 Pine St. South, Timmins, ON, P4N 8B7

- Tel: (705) 267-1187
- Fax: (705) 264-3980
- Web Site: [www.onlnk.net/~porcupine/index.htm](http://www.onlnk.net/~porcupine/index.htm)

Region of Province ..... Northeast  
Program Contact ..... Betty Ann Honbul, Public Health Nutritionist  
Area Served ..... Cochrane District

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### *Goals of the Organization*

#### **Our Mission Statement**

The Porcupine Health Unit is an organization that works with communities in our area to promote and protect health. Together we will strive to:

- understand our health and its determinants
- provide a variety of relevant, responsive and effective programs that will improve and protect our health.

### *Main Food Security Activities*

- Advocate for prenatal allowance for moms on welfare
- Preparation and dissemination of Food Security Report which includes a directory of agencies and results of the Nutritious Food Basket Survey.
- Motion by our board to advocate for food security

### *Agriculture & Food Production*

- Linking producers & consumers

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Prenatal / postnatal nutrition programs

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Fruit & vegetable promotion
- Healthy eating
- Supermarket tours

### *Public Education & Policy Change*

- Policy advocacy
- Public education / awareness-raising

## Community Development Council of Quinte

C4-344 Front St., Belleville, ON, K8N 5M4

- Tel: (613) 968-2466 Fax: (613) 968-2251
- Email: [cdc@lks.net](mailto:cdc@lks.net) Web Site: [www.lks.net/~cdc](http://www.lks.net/~cdc)

Region of Province ..... Eastern  
Program Contact ..... V. Roni Summers-Wickens  
Area Served ..... Hastings and Prince Edward Counties

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### ***Goals of the Organization***

To promote the planning and provision of health and social services to ensure residents of the Quinte community are provided with the necessities of life and an opportunity to improve one's quality of life.

### ***Main Food Security Activities***

In addition to the community building, social planning and research activities undertaken by the CDC, all food security initiatives operate under the CDC's community development umbrella. They are, the Good Food Box, the Good Lunch Box, Community Gardens, Collective Kitchens, Second Helping and Planting Seeds for Change.

### ***Agriculture & Food Production***

- Consumer education regarding agriculture & food production
- Linking producers & consumers
- Promoting / supporting local producers and/or products
- Promoting / supporting organic food production

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community gardens
- Community kitchens
- Community meals
- Good Food Box and Good Lunch Box
- Food production and distribution through "Planting Seeds for Change" - a community campaign

#### **Emergency Food Programs**

- Food Gleaning (Second Helping): Food is recovered and preserved through canning cooperatives.

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Fruit & vegetable promotion
- Healthy eating

### ***Public Education & Policy Change***

- Policy advocacy
- Public education / awareness-raising
- Research

## **Rexdale Community Health Centre**

8 Taber Rd., Etobicoke, ON, M9W 3A4

- Tel: (416) 744-0066
- Fax: (416) 744-1661

Region of Province ..... Toronto  
Program Contact ..... Lisa St. John, Nutritionist  
Area Served ..... Rexdale, Etobicoke

---

### ***Goals of the Organization***

Goals are to provide quality health care to people in the Rexdale community via primary health care services and community programs / initiatives.

### ***Main Food Security Activities***

- Canada Prenatal Nutrition Program, *Eating for Two*
- Community kitchens
- Good Food Box site

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Community kitchens
- Good Food Box
- Prenatal / postnatal nutrition programs

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Fruit & vegetable promotion
- Healthy eating

## **Ryerson Centre for Studies in Food Security**

350 Victoria St., Toronto, ON, M5B 2K3

- Tel: (416) 979-5000
- Fax: (416) 979-5204
- Web Site: <http://www.acs.ryerson.ca~foodsec>

Region of Province ..... Toronto  
Program Contact .....Jennifer Welsh (Nutrition) or Mustafa Koc (Sociology)  
Area Served ..... Ontario

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### ***Goals of the Organization***

The purpose of Ryerson's Centre for Studies in Food Security is

- to facilitate dialogue, research, community action, business developments and professional practice, and
- to increase food security through focusing on issues of health, income and the evolution of the food system, including attention to ecological sustainability and socio-cultural diversity.

The Ryerson Centre for Studies in Food Security focuses on issues and questions in the areas of access, acceptability, adequacy and availability.

### ***Public Education & Policy Change***

- Public education and awareness-raising
- Policy advocacy
- Research

## **The Salvation Army Brockville**

Box 751, Brockville, ON, K6V 5W1

- Tel: (613) 342-5211
- Fax: (613) 342-5788

Region of Province ..... Eastern

Program Contact ..... Galen Fraser

Area Served ..... Brockville

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### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Cooking classes
- Community kitchens
- Good Food Box

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Fruit & vegetable promotion
- Supermarket tours

## **The Salvation Army**

329 Talbot Street, St. Thomas, ON, N5P 1B5

- Tel: (519) 638-4509
- Fax: (519) 631-9208

Region of Province ..... Southwest  
Program Contact ..... Janice Riman and Heather Sheridan  
Area Served ..... Elgin County

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### ***Goals of the Organization***

To provide emergency assistance to members of the community. These activities may involve food, medication, transportation, clothing or shelter. We provide unbiased, non-judgmental service to people of any race, creed, gender, age or religion.

### ***Main Food Security Activities***

We provide non-perishable food items, milk, meat and personal hygiene products through the food bank.

### ***Agriculture & Food Production***

- Promoting / supporting organic food production

### ***Food Access Initiatives***

#### **Emergency Food Programs**

- Food bank
- Food gleaning
- Food rescue or reclamation

**Scarborough Hunger Coalition c/o Toronto Health  
Department, Scarborough Office**

55 Town Centre Ct., Scarborough, ON, M1P 4X4

- Tel: (416) 396-7471
- Fax: (416) 396-5299

Region of Province ..... Toronto  
Program Contact ..... Janice Stoveld, Chair  
Area Served ..... Municipality of Scarborough

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***Goals of the  
Organization***

**Our Mission Statement**

The Scarborough Hunger Coalition is a community-based group committed to ensuring that personally acceptable and quality foods are available, accessible and affordable for all residents in the area. The Scarborough Hunger Coalition has grown to include 100 community partners.

***Main Food Security  
Activities***

- Developing, administering and implementing the Food Insecurity in Scarborough Study
- Identifying and preparing information based on need for food action projects and services across the Scarborough community
- Presenting workshops to develop Community Kitchen Facilitators
- Supporting and helping the ongoing development of community kitchen and garden projects in Scarborough.

***Food Access Initiatives***

**Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community gardens
- Community kitchens
- Food buying club (exploring this)
- Good Food Box

**Emergency Food Programs**

- Food gleaning
- Food rescue or reclamation

***Public Education &  
Policy Change***

- Policy advocacy
- Public education and awareness-raising
- Research

## **Somerset West Community Health Centre**

55 Eccles St., Ottawa, ON, K1R 6S3

- Tel: (613) 238-8210
- Fax: (613) 238-7595

Region of Province ..... Eastern  
Program Contact ..... Bonnie Baxter  
Area Served ..... West-central Ottawa

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### ***Goals of the Organization***

Somerset West Community Health Centre (SWCHC) exists to help residents of west-central Ottawa achieve optimal health and social well-being. Special attention is given to those who have additional needs because of income, language, culture, age, gender, family composition, disability or other factors.

### ***Main Food Security Activities***

The main food security activities are community kitchens, prenatal/postnatal nutrition programs, workshops on making your own baby food, food budgeting, supermarket tours, healthy eating, and fruit & vegetable promotion. The SWCHC is also involved in community shared agriculture.

### ***Agriculture & Food Production***

- Community shared agriculture

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Cooking classes
- Community kitchens
- Prenatal / postnatal nutrition programs
- Workshops on making baby food

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Fruit & vegetable promotion
- Healthy eating
- Supermarket tours

## Stonegate Community Health Centre

150 Berry Rd., Etobicoke, ON, M8Y 1W3

- Tel: (416) 231-7070
- Fax: (416) 231-2663

Region of Province ..... Toronto  
Program Contact ..... Russ Ford  
Area Served ..... Etobicoke

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### *Goals of the Organization*

Primary health care and health promotion

### *Main Food Security Activities*

**Community garden:** offers an opportunity for apartment dwellers to grow fresh vegetables, herbs & flowers. It also promotes gentle exercise for all participants.

**Heart Smart cooking for seniors:** a cooking program to assist seniors in developing a diet that provides excellent nutrition and reduces the risk of heart problems

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Cooking classes
- Community gardens
- Community kitchens

## Sudbury & District Health Unit

1300 Paris St., Sudbury, ON, P3E 3A3

- Tel: (705) 522-7200
- Fax: (705) 522-5182

Region of Province ..... Northeast  
Program Contacts ..... Gale Elliott, Lisa McKinnon-Garic, Chantal Marden  
Area Served ..... Sudbury and area

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### *Goals of the Organization*

Working with our communities to promote and protect health and to prevent disease.

### *Main Food Security Activities*

The following is a listing of current food security activities:

#### **Sample of Food Security Reports:**

- The Cost of Eating Well within Manitoulin and Sudbury Districts ... A Food Price Monitor Report, Fall 1997
- Food Security Network Update, Winter 1998
- Healthy Schools Food and Nutrition Bulletin # 2, 1997

#### **Sample of Committees/Coalitions/Activities**

- Advocacy for the reinstatement of the pregnancy allowance for women on social assistance
- Building Bridges: *Food Security/Heart Health* project to develop an interactive placemat for breakfast programs in schools
- Healthy Schools/Healthy Kids - link schools with Heart Health issues
- Sudbury Spring Food Share - huge food drive event
- Human League - local organization which supports breakfast programs for schools
- GEODE- Grass Roots Economic Development Organization
- Sudbury Food Warehouse Committee - working on a feasibility study for developing a food warehouse for the region

### *Agriculture & Food Production*

- Community shared agriculture
- Consumer education regarding agriculture & food production
- Farmers' markets
- Promoting / supporting local producers and/or products

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community Food Advisor Program
- Community gardens

*Food Access Initiatives  
(cont.)*

- Community / neighbourhood markets
- Good Food Box
- Prenatal / postnatal nutrition programs

**Emergency Food Programs**

- Food bank

**Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Fruit & vegetable promotion
- Healthy eating
- Supermarket tours

*Public Education &  
Policy Change*

- Policy advocacy
- Public education / awareness-raising

**Toronto Food Policy Council c/o Toronto Health Department,  
Toronto Office**

277 Victoria St., Toronto, ON, M5B 1W1

- Tel: (416) 392-1107
- Fax: (416) 392-1357
- Email: [rmacrae@city.toronto.on.ca](mailto:rmacrae@city.toronto.on.ca)
- Web Site: [www.city.toronto.on.ca](http://www.city.toronto.on.ca)

Region of Province ..... Toronto  
Program Contact ..... Rod MacRae  
Area Served ..... Toronto

---

***Goals of the  
Organization***

(FPC) is a sub-committee of the Toronto Board of Health. We have 21 members, including City Councillors, farmers, community activists, consumers, business representatives and faith leaders. FPC was established in 1990 to help Toronto City Council solve problems of hunger, nutrition and environmental degradation in our food and agriculture system, and to create food security.

***Main Food Security  
Activities***

- Finding ways to reduce dependence on food banks
- Helping communities raise funds for food access projects
- Influencing governments to direct funds to food development projects
- Educating citizens about healthy and environmentally-friendly food choices.
- Working with groups to develop new economic opportunities

***Agriculture & Food  
Production***

Advocate and/or do research or policy work for most of these:

- Community shared agriculture
- Consumer education regarding agriculture and food production
- Farmer's markets
- Linking producers and consumers
- Preservation of agricultural lands
- Promoting / supporting environmentally sustainable agriculture
- Promoting / supporting local producers and/or products
- Promoting / supporting organic food production
- Training / education for producers

***Food Access Initiatives***

**Community Food / Self-help Programs**

Advocate and/or do research or policy work for most of these:

- Child nutrition program, school food programs or breakfast clubs
- Community Food Advisor Program
- Community gardens

---

***Food Access Initiatives  
(cont.)***

- Community kitchens
- Community meals
- Community neighbourhood markets
- Cooking classes
- Food buying clubs
- Food cooperatives
- Good Food Box
- Prenatal / Postnatal nutrition programs

***Public Education &  
Policy Change***

- Policy advocacy
- Public education and policy change
- Research

## Toronto Public Health

3rd floor, 277 Victoria St., Toronto, ON, M5B 1W1

- Tel: (416) 392-7641
- Fax: (416) 392-1482
- Email: [slynch@city.toronto.on.ca](mailto:slynch@city.toronto.on.ca)

Region of Province ..... Toronto  
Program Contact ..... Sarah Lynch  
Area Served ..... City of Toronto

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### *Agriculture & Food Production*

- Farmers' Markets (provide support in some areas of Toronto)

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community Food Advisor Program
- Community gardens
- Community kitchens (train the trainer)
- Cooking classes (train the trainer)
- Prenatal / postnatal nutrition programs

#### **Food and Nutrition Skills Development**

- Food budgeting, meal and menu planning
- Healthy eating (train the trainer)
- Supermarket tours (minimal)

## **Tweed & District Community Health Centre**

41 McClellan St., Bag Service # 99, Tweed, ON, K0K 3J0

- Tel: (613) 478-1211
- Fax: (613) 478-1220

Region of Province ..... Eastern  
Program Contact ..... Nicola Smith, Registered Dietician  
Area Served ..... Tweed and District

---

### ***Goals of the Organization***

- To promote and enhance the physical, emotional, psycho-social, environmental and economic well-being of the community
- To provide continuous, comprehensive and coordinated health care delivered by a multi-disciplinary health care team
- To liaise with other agencies to promote and support educational services as necessary

### ***Main Food Security Activities***

Tweed and District Community Health Centre (TDCHC) is currently offering several programs addressing food access issues and promoting healthy eating. These include community meals, collective kitchens, meals on wheels and healthy lifestyle programs. In addition, TDCHC has partnered with a variety of local agencies to enhance food security programs such as the Good Food Box and supermarket tours.

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Community kitchens
- Community meals
- Good Food Box
- Meals on Wheels

#### **Emergency Food Programs**

- Food bank
- Free or low-cost meals

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Healthy eating
- Supermarket tours

### ***Public Education & Policy Change***

- Policy advocacy

## United Nations Association in Canada

130 Slater St., Suite 900, Ottawa, ON, K1P 6E2

- Tel: (613) 232-5751 x 223
- Fax: (613) 563-2455
- Email: [harry@unac.org](mailto:harry@unac.org)
- Web Site: [www.unac.org](http://www.unac.org)

Region of Province ..... Eastern  
Program Contact ..... Harry Qualman, Executive Director  
Area Served ..... National

---

### *Goals of the Organization*

To provide information to the public about the United Nations (UN)

To develop policy options on UN-related questions

To promote a strong UN and a strong Canadian role in the UN

### *Main Food Security Activities*

- Web site information at [www.unac.org](http://www.unac.org)
- Public education work
- Sustainable agriculture project

### *Agriculture & Food Production*

- Promoting / supporting environmentally sustainable agriculture

### *Public Education & Policy Change*

- Policy advocacy
- Public education and awareness-raising
- Research

## University of Guelph, Office of Research

1 Stone Rd. West, Guelph, ON, N1G 4Y2

- Tel: (519) 826-3800
- Fax: (519) 826-3841
- Email: lemagner@ornet.or.uoguelph.ca

Region of Province ..... Central East  
Program Contact ..... Mark LeMaguer  
Area Served ..... Ontario

---

### *Goals of the Organization*

To conduct research and offer extension services to provide leading edge technology to Ontario farmers and food processors to ensure: (1) safety of food, (2) reasonable cost of food, and (3) environmental protection.

### *Main Food Security Activities*

Research and extension to farmers and processors

### *Agriculture & Food Production*

- Farmers' markets
- Food safety issues, biotechnology issues
- Consumer education regarding agriculture and food production
- Promoting environmentally sustainable agriculture
- Promoting / supporting local producers and/or products

### *Public Education & Policy Change*

- Public education and awareness-raising (biotechnology and pesticides)
- Research

## **Waterloo Region Community Gardening Network**

c/o Working Centre, 58 Queen St. South, Kitchener, ON, N2G 9Z9

- Tel: (519) 743-1211 or (519) 883-5339.
- Web Site: in development

Region of Province ..... Central West  
Program Contact ..... Sara MacDonald  
Area Served ..... Waterloo Region

---

### ***Goals of the Organization***

To advocate for sustainable food and agriculture policy, especially as it relates to urban agriculture.

To share information and resources about community gardens in Waterloo Region and to initiate new gardens.

### ***Main Food Security Activities***

This is a network of 18 (and growing!) community gardens in Waterloo Region. We promote urban agriculture and access to food through advocacy activities, workshops and a newsletter. For a list of all the gardens, contact Sara MacDonald at the address above.

### ***Agriculture & Food Production***

- Community shared agriculture
- Consumer education regarding agriculture and food production
- Farmers' markets
- Linking producers and consumers
- Promoting / supporting environmentally sustainable agriculture
- Promoting / supporting local producers and/or products
- Promoting / supporting organic food production
- Preservation of agricultural lands
- Training / education for producers

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community gardens
- Community / neighbourhood markets
- Cooking classes
- Good Food Box

#### **Emergency Food Programs**

- Food rescue or reclamation

### ***Public Education & Policy Change***

- Policy advocacy re: access to urban land for agriculture.

## **Waterloo Region Prenatal Nutrition Program**

c/o Sue Morris, Box 1633, 99 Regina St. South, Waterloo, ON, N2J 4V3

- Tel: (519) 883-2267
- Fax: (519) 883-2241
- Web Site: <http://chd.region.waterloo.on.ca>

Region of Province ..... Southwest  
Program Contact ..... Carole Doucet Love  
Area Served ..... Waterloo Region

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### ***Goals of the Organization***

To reduce the incidence of births below 2500 grams by improving the health of pregnant women through increased access to sufficient, nutritious foods. Economically disadvantaged and socially isolated pregnant women and mothers of infants up to six months of age will be strengthened and supported by social networks, community resources and comprehensive programming.

### ***Main Food Security Activities***

Weekly meals in which prenatal / postnatal women prepare meals together. A \$10 food voucher is given to women each week to supplement their prenatal food budget.

#### **Community Food / Self-help Programming**

- Prenatal / postnatal nutrition programs

#### **Food & Nutrition Skills Development**

- Food budgeting, meal and menu planning
- Healthy eating

## **West Hill Community Services**

156A Galloway Rd., West Hill, ON, M1G 1X2

- Tel: (416) 286-2991
- Fax: (416) 286-8241

Region of Province ..... Toronto  
Program Contact ..... Margaret Baker  
Area Served ..... Southeast Scarborough

---

### ***Goals of the Organization***

#### **Our Mission Statement**

We are building a healthier community by working together with individuals and families to meet their health and life challenges.

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Community meals
- Cooking classes
- Good Food Box
- Prenatal / postnatal nutrition programs

#### **Emergency Food Programming**

- Food bank
- Free or low-cost meals

#### **Food and nutrition skills development**

- Food budgeting, meal and menu planning
- Healthy eating

**Windsor-Essex County Health Unit**  
1005 Ouellette Ave., Windsor, ON, N9A 4S8

- Tel: (519) 258-2146
- Fax: (519) 258-6003

Region of Province ..... Southwest  
Program Contact ..... Mariette Baillargeon  
Area Served ..... Windsor-Essex County

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***Goals of the Organization***

To work with community agencies and groups to promote access to sufficient, safe, nutritious and personally acceptable food for people of all ages.

***Main Food Security Activities***

As a member of the Windsor-Essex County Food Security Steering Committee, the Windsor-Essex County Health Unit was the sponsoring agency for a two-year food security project, which was funded by the Trillium Foundation. The project consisted of an assessment of local food security issues and identification of gaps in services that prevent local food security. Results of this research have been published in the report "Is there Food For All in Windsor-Essex County?" (1997). A Community Forum was held in September 1997 to release the report and raise awareness about local food security issues. As a result of the forum, three work-groups were established to begin the implementation of some of the recommendations from the project report. A food cost survey was completed in 1996 as part of this project and will now be completed annually. The nutrition promotion staff also acts as a resource to community groups who are establishing community gardens or community kitchens.

***Food Access Initiatives***

**Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Community gardens
- Community kitchens
- Prenatal / postnatal nutrition programs

**Food and nutrition skills development**

- Food budgeting, meal and menu planning
- Healthy eating
- Supermarket tours

***Public Education & Policy Change***

- Policy advocacy
- Public education and awareness-raising
- Research

## **Women's Culinary Network**

11 Dunloe Rd., Toronto, ON, M4V 2W4

- Tel: (416) 483-7114
- Fax: (416) 487-3849

Region of Province ..... Toronto  
Program Contact ..... Nettie Cronish  
Area Served ..... National

---

### ***Goals of the Organization***

The Women's Culinary Network is a membership organization serving women in the food industry (chefs, food consultants, nutritionists, cooking teachers, food writers, business owners, students, home economists, product developers).

### ***Main Food Security Activities***

The network works with and supports women in the food industry by sharing experience, knowledge and information.

### ***Agriculture & Food Production***

- Consumer education regarding agriculture & food production
- Linking producers & consumers
- Promoting / supporting organic food production

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Community / neighbourhood markets
- Cooking classes

## Women's Health in Women's Hands Community Health Centre

2 Carlton St., Suite 500, Toronto, ON, M5B 1J3

- Tel: (416) 593-7655
- TTY: (416) 593-5835
- Fax: (416) 593-5867

Region of Province ..... Toronto  
Program Contact ..... Nutritionist  
Area Served ..... Toronto

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### ***Goals of the Organization***

The mandate of Women's Health in Women's Hands (WHIWH) Community Health Centre is to provide community, mental and clinical health promotion support - from an inclusive feminist, pro-choice, anti-racist, anti-oppression and multilingual participatory framework - to women from the following priority population groups: immigrant and/or refugee women, women with disabilities, young women and girls <sup>1</sup> and older women in Toronto. Within these groups, the Centre prioritizes low income women of colour. In particular, WHIWH reaches out to women from the Caribbean, African, Latin American and South Asian communities.

### ***Main Food Security Activities***

- Individual counselling
- Community gardening
- Workshops on various issues

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Community gardens
- Cooking classes
- Prenatal / postnatal nutrition programs

1. *The definition of the term "girls" as used here is the same as that of the United Nations' "girl children". Within the specific context of the Centre's Female Genital Mutilation (FGM) Eradication Programme, the designation "girls" refers to girl children of all ages.*

## **YWCA**

8 Hudson Bay Ave., Kirkland Lake, ON, P2N 2H7

- Tel: (705) 567-5919
- Fax: (705) 567-5925
- Email: phamel@atl.sympatico

Region of Province ..... Northeast  
Program Contact ..... Pamela Hamel  
Area Served ..... Timiskaming District

---

### ***Goals of the Organization***

- To promote healthy, balanced nutrition in children and adolescents via school feeding programs
- To increase knowledge regarding children's nutritional habits and effects on the social infrastructure

### ***Main Food Security Activities***

- Children's Cooking Club
- Collective kitchen
- Community Garden and Greenhouse
- Heart Healthy Catering Company
- Prenatal Nutrition Programs
- School Nutrition Programs

### ***Food Access Initiatives***

#### **Community Food / Self-help Programs**

- Child nutrition programs, school food programs or breakfast clubs
- Cooking classes
- Community gardens
- Community kitchens
- Prenatal / postnatal nutrition programs

#### **Emergency Food Programs**

- Free or low-cost meals

#### **Food & Nutrition Skills Development**

- Fruit & vegetable promotion
- Healthy eating

### ***Public Education & Policy Change***

- Policy advocacy

## York Community Services

1651 Keele St, Toronto, ON, M6M 3W2

- Tel: (416) 653-5400 x 231
- Fax: (416) 653-1696

Region of Province ..... Toronto  
Program Contact ..... Barbara Titherington  
Area Served ..... City of York

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### *Goals of the Organization*

To provide health, social and legal services to the community.

We are 1) a community health centre, 2) social counselling and information centre and 3) legal aid clinic integrated into one community organization.

### *Main Food Security Activities*

- Cooking / social activity groups
- Community garden
- Community kitchen (in the development stages)

### *Agriculture & Food Production*

- Consumer education regarding agriculture & food production
- Promoting / supporting environmentally sustainable agriculture
- Promoting / supporting organic food production

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Cooking classes
- Community gardens
- Community kitchens
- Community meals
- Prenatal / postnatal nutrition programs

#### **Emergency Food Programs**

- Food bank
- Free or low-cost meals

#### **Food & Nutrition Skills Development**

- Food budgeting, meal & menu planning
- Fruit & vegetable promotion
- Healthy eating
- Supermarket tours

## York Region Food Network

P.O. Box 28564, Aurora South Post Office, Aurora, ON, L4G 6S6

- Tel: (905) 773-9866
- Email: wedlock@oise.utoronto.ca

Region of Province ..... Central East  
Program Contact ..... Jane Wedlock  
Area Served ..... York Region

---

### *Goals of the Organization*

Seek to influence the setting of public policy through awareness and education about issues, which affect food security in York Region.

Support food banks in York Region through assistance with food drives, sharing of foods obtained through the York Region Food Network.

Gather data on demographic conditions, employment, social assistance, food bank usage, etc. to provide a regional perspective.

Initiate food action pilot projects including Community Gardens, Community Kitchens, the Good Food Box and to support (through financial contributions, sharing experience, education) community groups who wish to undertake food action projects.

### *Main Food Security Activities*

The YRFN was recently part of a Food, Health and Hunger Forum Planning Committee. Committee members included York Region Health Services Department, Simcoe York District Health Council, Yellow Brick House (women's shelter), Early Intervention Services/York Region Social Services Department, and the Newmarket Food Pantry). The forum, sponsored by the York Region Health Services Department and York Simcoe District Health Council, was held November 6, 1998, in Newmarket. It was the first opportunity we have had within York Region to have food security issues examined from a regional perspective.

### *Food Access Initiatives*

#### **Community Food / Self-help Programming**

- Child nutrition programs, school food programs or breakfast clubs
- Community gardens

#### **Emergency Food Programs**

- Information on food banks in York Region
- Policy advocacy

### *Public Education & Policy Change*

## The Youth Centre

360 Bayly St. West, Ajax, ON, L1S 1P1

- Tel: (905) 428-1212
- Fax: (905) 428-9151

Region of Province ..... Central East  
Program Contact ..... Janet McPherson  
Area Served ..... Ajax / Pickering

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### *Goals of the Organization*

Community Health Centre for youth ages 13 - 19 years and their families living in Ajax / Pickering.

To provide medical services, counselling services, health education / promotion programs

### *Main Food Security Activities*

Satellite location for local food bank (St. Paul's on the Hill), serving youth 13 - 19 years.

*Food 4 Thought*, prenatal / postnatal program for young mothers with infants up to 6 months old, and young pregnant women (ages 25 and under).

### *Food Access Initiatives*

#### **Community Food / Self-help Programs**

- Community meals
- Prenatal / postnatal nutrition programs

#### **Emergency Food Programs**

- Food bank

#### **Food & Nutrition Skills Development**

- Healthy eating

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Many Community Health Centres and Public Health Units in Ontario are active in food security issues. If you are looking for information about food security in a city or community, which is not listed in this directory, we suggest that you contact either a local community health centre or public health unit. It can likely provide you with some of the information you may be looking for.

The following sections contain general information on Community Health Centres and Public Health Units in Ontario. A comprehensive listing of these agencies is included.



## An Introduction to Community Health Centres

The Association of Community Health Centres represents the interests of Community Health Centres, Community Health Access Centres (which principally serve aboriginal populations), and Health Service Organizations. AOHC member agencies support over 300,000 Ontarians in over 1.3 million encounters annually. Member agencies serve all people within a catchment area and are expert at serving those who may have difficulty accessing other health services. For instance, member agencies provide accessible primary health care services:

- in northern and rural communities,
- to people in crisis,
- to those with special, complex needs,
- in communities where many people have a high risk of ill health; and to
- individuals and families with significant access issues such as their ethnic background, racial make-up, gender, mother tongue or physical/mental health or communications disabilities.

Some factors that distinguish member agencies are:

- non-profit, community-based, community governed organizations,
- provide primary health care and health promotion services,
- multi-disciplinary teams of health providers - which often include physicians, nurse practitioners, dieticians, health promoters, counsellors and others - who are paid by salary rather than through a fee-for-service system,
- services are designed to meet the specific needs of a defined community,
- provide a variety of health promotion and illness prevention services which focus on raising awareness of the broader determinants of health such as employment, environment, isolation and poverty.

Program objectives are:

- to promote equity in access to health services,
- to strengthen the role of the individual and the community in health and health care delivery,
- to encourage linkages among health services and with social and other community services,
- to develop coordinated primary care services which make the most efficient use of health care providers and health resources, and
- to promote health and prevent illness to enhance the health status of the communities served.

A selection of programs offered in some locations:

- community cooking clubs
- diabetes support group
- kids in the kitchen
- smoking cessation support group
- arthritis self-management program
- sharing food cultures
- rehabilitation walking club
- grief support group

For information about the programs available in your community, call an agency in your locale. ◀

## Community Health Centres (CHCs) in Ontario

### **Association of Ontario Health Centres - mail@aohc.org**

Executive Director: Gary O'Connor  
5233 Dundas Street West, Suite 410, Toronto, ON M9B 1A6  
Tel: 416 236-2539 Fax: 416 236-0431. [www.aohc.org](http://www.aohc.org)

### **Access Alliance Multicultural Community Health Centre - Accessalliance@altavista.com**

Executive Director: Ms Axelle Janczur  
340 College Street, Toronto, ON M5T 3A9  
Tel: 416 324-8677 Fax: 416 324-9074

### **Anishnawbe Health Toronto**

Executive Director: Mr. Joe Hester  
225 Queen Street East, Toronto, ON M5A 1S4  
Tel: 416 360-0486 Fax: 416 365-1083

### **Anne Johnston Health Station - ajhs@pathcom.com**

Executive Director: Ms Linda Jackson  
2398 Yonge Street, Toronto, ON M4P 2H4  
Tel: 416 486-8666 Fax: 416 486-8660

### **Barbara Black Centre for Youth Resources (The Youth Centre) - youth1@idirect.com**

Executive Director: Ms Susan Bland  
360 Bayly Street West, #5, Ajax, ON L1S 1P1  
Tel: 905-428-1212 Fax: 905-428-9151

### **Barrie Community Health Centre - bchc@csolve.net**

Executive Director: Ms Carla Palmer  
56 Bayfield Street, Barrie, ON L4N 3A5  
Tel: 705 734-9690 Fax: 705 734-0239

### **Bernard Betel Centre for Creative Living - eball@idirect.ca**

Executive Director: Ms Esta Wall  
1003 Steeles Avenue West, Toronto (North York), ON M2R 3T6  
Tel: 416 225-2112 Fax: 416 225-2097

### **Black Creek Community Health Centre**

Executive Director: Mr. Cary Milner  
2202 Jane Street, #5, Toronto, ON M3M 1A4  
Tel: 416 249-8000 Fax: 416 249-4594. [www.bcchc.com](http://www.bcchc.com)

### **Carlington Community & Health Services - mbirming@carlington.oohc.org**

Executive Director: Mr. Michael Birmingham  
900 Merivale Road, Ottawa, ON K1Z 5Z8  
Tel: 613 722-4000 Fax: 613 761-1805

### **Central Toronto Community Health Centres**

(Queen West CHC & Shout Clinic)  
Executive Director: Mr. Jack Lee (Interim)

### **Queen West CHC - jlee@ctchc.com**

168 Bathurst Street, Toronto, ON M5V 2R4  
Tel: 416 703-8482 Fax: 416 703-7832

### **Shout Clinic - atravers@ctchc.com**

Program Director: Ms Anna Travers  
467 Jarvis Street, Toronto, ON M4Y 2G8  
Tel: 416 927-8553 Fax: 416 927-9365

**Centre de santé communautaire de l'Estrie - centre@glen-net.ca**

Executive Director: Mr. Roland Beaulieu  
841 rue Sydney, Cornwall, ON K6H 3J7  
Tel: 613 937-2683 Fax: 613 937-2698

**CSCE l'Estrie**

3 rue George, Chrysler, ON K0A 1R0  
Tel: 613 987-2683 Fax: 613 987-9908

**Centre de santé communautaire Hamilton-Wentworth-Niagara (CSCHWN Inc.) - cscn@iaw.on.ca**

Executive Director: Mr. Robert Bisson  
1 Vanier Drive, Welland, ON L3B 1A1  
Tel: 905 734-1141 Fax: 905 734-1678

**Hamilton office - cscn@iaw.on.ca**

460 Main Street East, 2nd floor, Hamilton, ON L8N 1K4  
Tel: 905 528-0163 Fax: 905 528-9196

**Centre de santé communautaire de Sudbury**

Executive Director: Ms France Gélinas  
19, chemin Frood, Sudbury, ON P3C 4Y9  
Tel: 705 670-2274 Fax: 705 670-2277

**Centre de santé communautaire du Témiskaming - csct@nt.net**

Executive Director: Ms Jocelyn Maxwell  
C.P. 38, 83 avenue Whitewood, New Liskeard, ON P0J 1P0  
Tel: 705 647-5775 Fax: 705 647-6011

**Centre medico-social communautaire - jeangill@cmsctoronto.org**

Executive Director: Mr. Jean-Gilles Pelletier  
22 College Street, Toronto, ON M5G 1K3  
Tel: 416 922-2672 Fax: 416 922-6624

**Centretown Community Health Centre - Info@centretown.ochc.org**

Executive Director: Ms Margarite Keeley  
420 Cooper Street, Ottawa, ON K2P 2N6  
Tel: 613 233-4443 Fax: 613 233-3987

**Country Roads Community Health Centre - health@rideau.net**

Executive Director: Ms Sandra Chant  
Box 96, Highway 15, Bldg. # 2792, Portland, ON K0G 1V0  
Tel: 613 272-3443 Fax: 613 272-3463

**Davenport Perth Neighbourhood Centre - dpncfsw@web.apc.org**

Executive Director: Mr. Keith McNair  
1900 Davenport Road, Toronto, ON M6N 1B7  
Tel: 416 658-6812 Fax: 416 656-1264

**East End Community Health Centre**

Executive Director: Ms Joyce Kalsen  
343 Coxwell Avenue, Toronto, ON M4L 3B5  
Tel: 416 778-5858 Fax: 416 778-5855

**2nd location:**

710 Kingston Road, Toronto, ON M4E 1R7.  
Tel: 416 694-5622 Fax: 416 694-2909

**Flemingdon Health Centre - fhcinfo@fhc-chc.com**

Executive Director: Mr. Peter Yue  
10 Gateway Blvd., Don Mills, ON M3C 3A1  
Tel: 416 429-4991 Fax: 416 422-3573

**Four Villages Community Health Centre - admin@4villages.on.ca**

Executive Director: Almerinda Rebelo  
1700 Bloor Street West, Toronto, ON M6P 4C3  
Tel: 416 604-3361 Fax: 416 604-3367

**Gateway Community Health Centre - tdchc@bel.auracom.com**

Executive Director: Ms Jeanne Goodhand  
41 McClellan Street, Bag 99, Tweed, ON K0K 3J0  
Tel: 613 478-1211 Fax: 613 478-6692

**Grand Bend Area Community Health Centre**

Executive Director: Mr. Dan Steinwald  
29 Gill Road, Grand Bend, ON N0M 1T0  
Tel: 519 238-2362 Fax: 519 238-6478

**Guelph Community Health Centre - kpeet@gchc.org**

Executive Director: Ms Mary McNally (Interim)  
89 Wyndham Street North, Guelph, ON N1H 4E9  
Tel: 519 821-5363 Fax: 519 821-5834

**Hamilton Urban Core Community Health Centre - dbrooks@hucchc.com**

Executive Director: Ms Denise Brooks  
71 Rebecca Street, Hamilton, ON L8R 1B6  
Tel: 905 522-3233 Fax: 905 522-3706. www.hucchc.com

**Kitchener Downtown Community Health Centre - kdchc@golden.net**

c/o St. Peter's Evangelical Lutheran Church  
Executive Director: Ms Leslie Benecki  
49 Queen St. N., Kitchener, ON N2H 2G9  
Tel: 519 745-4404 Fax: 519 745-3709

**Lakeshore Area Multi-Service Project (LAMP) - LOHP@lefca.com**

Executive Director: Mr. Russ Ford  
185-5th Street, Toronto, ON M8V 2Z5  
Tel: 416 252-6471 Fax: 416 252-4474. www.lefca.com/lampchc

**Langs Farm Village Association - billd@langs.org**

Executive Director: Mr. William Davidson  
887 Langs Drive # 1, Cambridge, ON N3H 5K4  
Tel: 519 653-1470 Fax: 519 653-1285

**Lawrence Heights Community Health Centre - kyik@lawrenceheightschc.on.ca**

Executive Director: Ms Cathy Paul  
12 Flemington Road, Toronto, ON M6A 2N4  
Tel: 416 787-1661 Fax: 416 787-3761. www.lawrenceheightschc.on.ca

**London InterCommunity Health Centre - lihc@sympatico.ca**

Executive Director: Ms Shanthi Radcliffe  
659 Dundas Street East, London, ON N5W 2Z1  
Tel: 519 660-0874 Fax: 519 642-1532

**Longlac Community Health Centre - longchc@cancom.net**

Executive Director: Mr. Richard Harrington  
Box 910, 99 Skinner Avenue, Longlac, ON P0T 2A0  
Tel: 807 876-2271 Fax: 807 876-2473

**Mary Berglund Community Health Centre - mbchced@ignace.lakeheadu.ca**

Executive Director: Mr. Peter Marshall  
Hwy 17 & 599, Ignace, ON P0T 1T0  
Tel: 807 934-6719 Fax: 807 934-6552

**Merrickville Dist. Community Health Centre - mdchc@magma.com**

Executive Director: Ms Beverly Ogilvie  
354 Read Street, Merrickville, ON K0G 1N0  
Tel: 613 269-3400 Fax: 613 269-4958

**Misiway Milo-Pemahtesewin Community Health Centre**

Executive Director: Ms Angie Lafontaine  
137 Pine Street South, Timmins, ON P4N 2K3  
Tel: 705 264-2200 Fax: 705 264-2243

**North Hamilton Community Health Centre - beader@NHCHC.McMaster.ca**

Executive Director: Ms Beth Beader  
554 John Street North, Hamilton, ON L8L 4S1  
Tel: 905 523-6611 Fax: 905 523-5173

**North Kingston Community Health Centre - nkchc@kingston.net**

Executive Director: Ms Pat Gillespie  
400 Elliott Avenue, Kingston, ON K7K 6M9  
Tel: 613 542-2813 Fax: 613 542-5486

**North Lambton Community Health Centre - nlchc@xcelco.on.ca**

Executive Director: Mr. Mac Redmond, macr\_nlchc@hotmail.com  
P.O. Box 1120, 59 King Street West, Forest, ON N0N 1J0  
Tel: 519-786-4545 Fax: 519-786-6318

**North Lanark County Community Health Centre - info@northlanarkchc.on.ca**

Executive Director: Ms Wanda MacDonald  
207 Robertson Drive, Lanark, ON K0G 1K0  
Tel: 613 259-2182 Fax: 613 259-5235. www.northlanarkchc.on.ca

**Ogden-East End Community Health Centre - kopka@tbaytel.net**

Executive Director: Ms Wendy Talbot  
525 Simpson Street, Thunder Bay, ON P7C 3J6  
Tel: 807 622-8235 Fax: 807 622-3548

**Oshawa Community Health Centre**

Executive Director: Ms Doris Anderson  
777 Simcoe Street South, Oshawa, ON L1H 4K5  
Tel: 905 723-0036 Fax: 905 723-3391

**Parkdale Community Health Centre - simone.hammond@pchc.on.ca**

Executive Director Ms Simone Hammond  
1229 Queen Street West, Toronto, ON M6K 1L2  
Tel: 416 537-2455 Fax: 416 537-5133

**Pinecrest-Queensway Health & Community Services - general@pinecrest-queensway.com**

Executive Director: Ms Barbara MacKinnon  
1365 Richmond Road, 2nd Floor, Ottawa, ON K2B 6R7  
Tel: 613 820-4922 Fax: 613 820-2006

**Planned Parenthood of Toronto - joy@ppt.on.ca, ppt@ultratech.net**

Executive Director: Ms Joy Thompson  
36B Prince Arthur Avenue, Toronto, ON M5R 1A9  
Tel: 416 961-0113 Fax: 416 961-2512. www.ppt.on.ca

**Regent Park Community Health Centre - rpchc@regentparkchc.org**

Executive Director: Ms Carolyn Acker  
465 Dundas Street East, Toronto, ON M5A 2B2  
Tel: 416 364-2261 Fax: 416 364-0822. regentparkchc.org

**Rexdale Community Health Centre - rchc@rexdalechc.com**

Executive Director: Ms Ekua Asabea Blair  
8 Taber Road, Toronto, ON M9W 3A4  
Tel: 416 744-0066 Fax: 416 744-1881. www.rexdalechc.com

**Sandwich Community Health Centre - schc@wincom.net**

Executive Director: Ms Isabel Cimolino  
749 Felix Avenue, P.O. Box 7391, Windsor, ON N9C 4E9  
Tel: 519 258-6002 Fax: 519 258-3693. www.wincom.net/~schc/

**Sandy Hill Community Health Centre - info@sandyhillchc.on.ca**

Executive Director: Mr. Peter McKenna (Interim)  
Director: 221 Nelson Street, Ottawa, ON K1N 1C7  
Tel: 613 789-1500 Fax: 613 789-7962. www.sandyhillchc.on.ca

**Somerset West Community Health Centre - jmccarth@swchc.on.ca**

Executive Director: Mr. Jack McCarthy  
55 Eccles Street, Ottawa, ON K1R 6S3  
Tel: 613 238-8210 Fax: 613 238-7595

**South-East Ottawa Centre for a Healthy Community - davidh@seoche.on.ca**

Executive Director: Mr. David J. Hole  
1355 Bank Street, Suite 600, Ottawa, ON K1H 8K7  
Tel: 613 737-5115 Fax: 613 739-8199

**South Riverdale Community Health Centre - srchc@srchc.com**

Executive Director: Ms Liz Feltes  
955 Queen Street East, Toronto, ON M4M 3P3  
Tel: 416 461-1925 Fax: 416 461-3578

**Stonegate Community Health Centre - stonegat@istar.ca**

Executive Director: Ms Lucia Furgjuele  
150 Berry Road, Toronto, ON M8Y 1W3  
Tel: 416 231-7070 Fax: 416 231-2663

**Teen Health Centre - teencent@jet2.net**

Executive Director: Ms Sheila Gordon  
1585 Ouellette Avenue, Windsor, ON N8X 1K5  
Tel: 519 253-8481 Fax: 519 253-4362

**West Elgin Community Health Centre - [doug@wehc.com](mailto:doug@wehc.com)**

Executive Director: Mr. Doug Graham  
168 Main Street, Box 761, West Lorne, ON N0L 2P0  
Tel: 519 768-1715 Fax: 519 768-2548

**West Hill Community Services - [whhc@interlog.com](mailto:whhc@interlog.com)**

Executive Director: Ms Pat Jensen  
156 Galloway Road, Scarborough, ON M1E 1X2  
Tel: 416 284-5931 Fax: 416 724-5205

**Women`s Health in Women`s Hands - [whiwh@web.net](mailto:whiwh@web.net)**

Executive Director: Ms Eunadie Johnson  
2 Carlton Street, Suite 500, Toronto, ON M5B 1J3  
Tel: 416 593-7655 Fax: 416 593-5867

**Woolwich Community Health Centre - [wchc@on.aibn.com](mailto:wchc@on.aibn.com)**

Executive Director: Ms Denise Squires  
10 Parkside Drive, St. Jacobs, ON N0B 2N0  
Tel: 519 664-3794 Fax: 519 664-2182

**York Community Services**

Executive Director: Mr. Duncan Farnan  
1651 Keele Street, Toronto, ON M6M 3W2  
Tel: 416 653-5400 Fax: 416 653-1696

**COMMUNITY HEALTH SERVICE ORGANIZATIONS**

**Group Health Centre - [harwood\\_j@ghc.on.ca](mailto:harwood_j@ghc.on.ca)**

President & CEO: Mr. John Harwood  
240 McNabb Street, Sault Ste. Marie, ON P6B 1Y5  
Tel: 705 759-5519 Fax: 705 759-5528. [www3.sympatico.ca/group.health.centre](http://www3.sympatico.ca/group.health.centre)

**Sharbot Lake Family Health Centre**

Director: Ms Sandra Moase  
P.O. Box 70, 1 Medical Centre Street, Sharbot Lake, ON K0H 2P0  
Tel: 613 279-2100 Fax: 613 279-2872

**Ste. Anne`s Medical Centre**

Executive Director: Ms Rejeanne Cuerrier  
500 Old St. Patrick Street, Ottawa, ON K1N 9G4  
Tel: 613 789-1552 Fax: 613 789-0659

**COMMUNITY HEALTH ACCESS CENTRES**

**Anishnawbe Mushkiki - [jyesno@anishnawbe-mushkiki.org](mailto:jyesno@anishnawbe-mushkiki.org)**

Executive Director: Ms Bernice Dubec  
29 Royston Court, Thunder Bay, ON P7A 4Y7  
Tel: 807 343-4843 Fax: 807 343-4728

**Gizhewaadziwin Access Centre - [fftaha@fort-frances.lakeheadu.ca](mailto:fftaha@fort-frances.lakeheadu.ca)**

Fort Frances Tribal Health Authority  
Executive Director: Catherine R. Bruyere  
P.O. Box 608, Fort Frances, ON P9A 3M9  
Tel: 807 274-3131 Fax: 807 274-2050

**N`Mninoeyaa Community Health Access Centre**

Executive Director: Ms Fern Assinewe  
49 Indian Road, Box 28, Cutler, ON P0P 1B0  
Tel: 705 844-2021 Fax: 705 844-2844

**Noojmowin Teg Health Centre - [noojteg@msdcorp.com](mailto:noojteg@msdcorp.com)**

Executive Director: Ms Petra Wall  
P.O. Box 104, Highway # 6 South, Shesquiandah, ON P0P 1W0  
Tel: 705 368-2182 Fax: 705 368-2229

**Shkagamik-Kwe Health Centre**

Executive Director: Mr. Brian Dokis  
161 Applegrove Street, Sudbury, ON P3C 1N2  
Tel: 705 675-1596 Fax: 705 675-8040

**Associate Members****Aigo Centre - ed@Abrigo-centre.on.cabr**

Executive Director: Ed Graca  
900 Dufferin Street, Suite # 104, Toronto, ON M6H 4A9  
Tel: 416 534-3434 Fax: 416 534-8026

**Cdn. Mental Health Assn., Windsor-Essex Branch**

Executive Director: Pamela Hines  
1400 Windsor Avenue, Windsor, ON N8X 3L9  
Tel: 519 255-7440 Fax: 519 255-7817

**Centre des services communautaires de Vanier**

Executive Director: Mr. Michel Gervais  
282 rue Dupuis 6e étage, Vanier, ON K1L 7H9  
Tel: 613-744-2892 Fax: 613-749-2902

**Choice in Health Clinic**

Executive Director: Ms Simone Hammond  
597 Parliament Street, Suite 207, Toronto, ON M4X 1W3  
Tel: 416 975-0315 Fax: 416 975-0314

**Community Organizational Health Inc. (COHI) - cohi@interlog.com**

Executive Director: Ms Janet McCrimmon  
5233 Dundas Street West, Suite 410, Toronto, ON M9B 1A6  
Tel: 416 239-2448 Fax: 416 239-5074

**CRC of Goulbourn, Kanata & West Carleton**

Executive Director: Ms Peggy Feltmate  
150 Katimavik Road, 2nd Fl. Town Centre, Kanata, ON K2L 2N2  
Tel: 613 591-3686 Fax: 613 591-2501

**Cumberland Township CRC**

Executive Director: Thérèse Preston  
211-210 Centrum Blvd., Orléans, ON K1E 3V7  
Tel: 613 830-4357 Fax: 613 830-4196

**Kenora Area Health Access Centre**

Executive Director: Anita Cameron  
Box 320, Keewatin, ON P0X 1C0  
Tel: 807 543-3946 Fax: 519 543-3946

**Lowertown Resource Centre**

Executive Director: Ms Margot Arseneau  
40 Cobourg, Ottawa, ON K1N 8Z6  
Tel: 613 789-3930 Fax: 613 789-3443

**Loyola Arrupe Centre for Seniors**

Executive Director: Ms Mary-Ellen Morrison  
1709 Bloor Street West, Toronto, ON M6R 3B1  
Tel: 416 766-7977 Fax: 416 766-9258

**Overbrook-Forbes Comm. Serv. Assn.**

Executive Director: Ms Simone Thibault  
7-1155 Lola Street, Ottawa, ON K1K 4C1  
Tel: 613 745-0073 Fax: 613 741-9292

**South Essex Community Centre**

Executive Director: Ms Colleen Johnston  
215 Talbot Street East, Leamington, ON N8H 3X5  
Tel: 519 326-8629 Fax: 519 326-8528

**Wabano Centre for Aboriginal Health**

Executive Director: Allison Fisher  
299 Montreal Road, Vanier, ON K1L 6B8  
Tel: 613 748-5999 Fax: 613 748-9364

## Public Health & Food Security in Ontario

Many public health units in Ontario have been active in food security initiatives in their communities for several years. Public health nutritionists, dietitians, nurses and other health unit staff have been involved in food access programming, awareness-raising, coalition work and other community development activities dealing with food security issues. In some communities, public health units have been the leaders in addressing local issues. These efforts have varied from one health unit to the next, with each unit developing its own programming based on local community needs and interests.

In December 1997, the Public Health Branch of the Ontario Ministry of Health released new Mandatory Health and Programs and Services Guidelines, which outline the minimum requirements for public health programs. The goal of the Chronic Disease Prevention standard is to reduce the premature mortality and morbidity from preventable chronic disease. Requirement 8 of this standard provides the basis for public health units' ongoing work in food security.

Requirement 8 specifies that:

“The board of health shall work with community agencies and groups to promote access to sufficient, safe, nutritious and personally acceptable food for people of all ages. This shall include as a minimum”:

- a) monitoring, annually the cost of a nutritious food basket according to the Ministry of Health Monitoring the Cost of a Nutritious Food Basket Protocol (June 1, 1998). Information about the cost of a nutritious food basket is to be used on an ongoing basis to promote and support policy development to increase access to healthy foods;
- b) developing and disseminating an inventory of local programs and services which increase access to healthy foods. The inventory shall be updated annually;
- c) working with community agencies and groups to improve access to healthy foods on an ongoing basis; and
- d) promoting and providing consultation and training sessions to community agencies and groups that are involved in increasing access to healthy foods on an ongoing basis.

For information about food security in your community, the local health unit may be a good starting point. Each unit is expected to develop and maintain an inventory of local programs. Some health units have provided specific information about their programming for inclusion in this directory. Others have preferred to just be included in the overall listing of Ontario public health units. Feel free to contact your local unit for more information. We have included contact information for each public health unit in the following section. ◀

## Public Health Units in Ontario

### Algoma Health Unit

Medical Officer of Health: Dr. Allan Northan  
6th Floor, Civic Centre, 99 Foster Drive, Sault St. Marie, Ontario P6A 5X6  
Tel: (705) 759-5287. Fax: (705) 759-1534  
Web: N/A

### Brant County Health Unit

Medical Officer of Health: Dr. Doug Sider  
194 Terrace Hill Street, Brantford, Ontario N3R 1G7  
Tel: (519) 753-4937. Fax: (519) 753-2140  
Web: <http://www.bchu.org>

### Bruce-Grey-Owen Sound Health Unit

Medical Officer of Health: Dr. Murray McQuigge  
920 First Avenue West, Owen Sound, Ontario N4K 4K5  
Tel: (519) 376-9420. Fax: (519) 376-0605  
Web: <http://www.srhip.on.ca/bgoshu/>

### Chatham-Kent Health Unit

Medical Officer of Health: N/A  
Commissioner of Health Social Services: Greg Keating  
435 Grand Avenue, P.O. Box 1136, Chatham, Ontario N7M 5L8  
Tel: (519) 352-7270. Fax: (519) 352-2166  
Web: <http://www.city.chatham.on.ca/healthunit>

### Durham Health Department, Regional Municipality of

Medical Officer: Dr. Robert Kyle  
1615 Dundas Street East, Suite 210, Whitby, Ontario L1N 2L1  
Tel: (905) 723-8521. Fax: (905) 723-6026  
Web: <http://www.region.durham.on.ca>

### Eastern Ontario Health Unit

Medical Officer of Health: Dr. Robert Bourdeau  
1000 Pitt Street, Cornwall, Ontario K6J 5T1  
Tel: (613) 933-1375. Fax: (613) 933-7930  
Web: N/A

### Elgin-St. Thomas Health Unit

Acting Medical Officer of Health: Dr. Sharon Hertwig  
99 Edward Street, St. Thomas, Ontario N5P 1Y8  
Tel: (519) 631-9900. Fax: (519) 633-0468  
Web: <http://www.srhip.on.ca/Elgin-StThomas/Homepage>

### Haldimand-Norfolk Health Department, Regional Municipality of

Medical Officer of Health: N/A  
12 Gilbertson Drive, P.O. Box 247, Simcoe, Ontario N3Y 4L1  
Tel: (519) 426-6170. Fax: (519) 426-9974  
Web: <http://cwhweb.mcmaster.ca/hn/webpage/>

### Haliburton, Kawartha, Pine Ridge District Health Unit

Medical Officer of Health: Dr. Alex Hukowich  
200 Rose Glen Road, Port Hope, Ontario L1A 3V6  
Tel: (905) 885-9100. Fax: (905) 885-9551  
Web: <http://www.hkpr.on.ca>

### Halton Regional Health Department

1151 Bronte Road, Oakville, Ontario L6M 3L1  
Tel: (905) 825-6060. Fax: (905) 825-8588  
Web: <http://www.region.halton.on.ca/health/>  
Medical Officer of Health: Dr. Robert Nosal

**Hamilton-Wentworth Social & Public Health Services Division, Region of**

Medical Officer of Health: Dr. Elizabeth Richardson  
P.O. Box 897, 25 Main Street West, 4th Floor, Hamilton, Ontario L8N 3P6  
Tel: (905) 546-3500. Fax: (905) 546-4075  
Web: <http://www.health.hamilton-went.on.ca>

**Hastings & Prince Edward Counties Health Unit**

Medical Officer of Health: Dr. Lynn Noseworthy  
179 North Park Street, Belleville, Ontario K8P 4P1  
Tel: (613) 966-5500. Fax: (613) 966-9418  
Web: N/A

**Huron County Health Unit**

Acting Medical Officer of Health: Dr. Beth Henning  
Health & Library Complex, R.R # 5, Clinton, Ontario N0M 1L0  
Tel: (519) 482-3416. Fax: (519) 482-7820  
Web: <http://www.srhip.on.ca/huroncountyhu/index.htm>

**Kingston, Frontenac and Lennox & Addington Health Unit**

Medical Officer of Health: Dr. Ian Gemmill  
221 Portsmouth Avenue, Kingston, Ontario K7M 1V5  
Tel: (613) 549-1232. Fax: (613) 549-7896  
Web: <http://www.khunit.on.ca>

**Lambton Health Unit**

Acting Medical Officer of Health: Dr. Christopher Greensmith  
160 Exmouth Street, Prince Edward, Ontario N7T 7Z6  
Tel: (519) 383-8331. Fax: (519) 383-7092  
Web: <http://www.lambtonhealth.on.ca>

**Leeds, Grenville and Lanark District Health Unit**

Medical Officer of Health: Dr. Charles Gardner  
458 Laurier Boulevard, Brockville, Ontario K6V 7A3  
Tel: (613) 345-5685. Fax: (613) 345-2879  
Web: <http://www.healthunit.org>

**Middlesex-London Health Unit**

Medical Officer of Health: Dr. Graham Pollett  
50 King Street, London, Ontario N6A 5L7  
Tel: (519) 663-5317. Fax: (519) 663-9581  
Web: <http://www.healthunit.com>

**Muskoka-Parry Sound Health Unit**

Acting Medical Officer of Health: Dr. Jim Pfaff  
70 Pine Street, Bracebridge, Ontario P1L 1N3  
Tel: (705) 645-4471. Fax: (705) 645-8567  
Web: <http://www.mpshu.on.ca>

**Niagara Public Health Department, Regional**  
Medical Officer of Health: Dr. Robin Williams  
573 Glenridge Avenue, St. Catharines, Ontario L2T 4C2  
Tel: (905) 688-3762. Fax: (905) 682-3901  
Web: <http://www.regional.niagara.on.ca/niagara.html>

**North Bay and District Health Unit**  
Medical Officer of Health: Dr. Catherine Whiting  
681 Commercial Street, North Bay, Ontario P1B 4E7  
Tel: (705) 474-1400. Fax: (705) 474-8252  
Web: <http://www.nbdhu.on.ca>

**Northwestern Health Unit**  
Medical Officer of Health: Dr. Pete Sarsfield  
21 Wolsley Street, Kenora, Ontario P9N 3W7  
Tel: (807) 468-3147. Fax: (807) 468-4970  
Web: <http://www.nwhu.on.ca>

**Ottawa-Carleton Health Department, Region of**  
Medical Officer of Health: Dr. Robert Cushman  
495 Richmond Road, Ottawa, Ontario K2A 4A4  
Tel: (613) 722-2328. Fax: (613) 724-4191  
Web: <http://www.rmoc.on.ca/healthsante>

**Oxford County Board of Health**  
Medical Officer of Health: N/A  
Director of Public Health and Planning: Michael Bragg  
410 Buller Street, Woodstock, Ontario N4S 4N2  
Tel: (519) 539-9800. Fax: (519) 539-6206  
Web: <http://www.ocl.net/projects/ocbh/>

**Peel, Health Department, Regional Municipality of**  
Medical Officer of Health: Dr. David McKeown  
150 Central Park Drive, Suite 307, Brampton, Ontario L6T 2T9  
Tel: (905) 791-7800. Fax: (905) 789-1604  
Web: <http://www.region.peel.on.ca/health/health.htm>

**Perth District Health Unit**  
Medical Officer of Health: Dr. Susan Tamblyn  
653 West Gore Street, Stratford, Ontario N5A 1L4  
Tel: (519) 271-7600. Fax: (519) 271-2195  
Web: <http://www.pdhu.on.ca>

**Peterborough County-City Health Unit**  
Medical Officer of Health: Dr. Garry Humphreys  
10 Hospital Drive, Peterborough, Ontario K9J 8M1  
Tel: (705) 743-1000. Fax: (705) 743-2897  
Web: <http://pcchu.peterborough.on.ca>

**Porcupine Health Unit**  
Web: <http://www.porcupinehu.on.ca>  
Medical Officer of Health: Dr. Susan Kaczmarek  
169 Pine Street South, Timmins, Ontario P4N 8B7  
Tel: (705) 267-1181. Fax: (705) 264-3980

**Renfrew County & District Health Unit**

Medical Officer of Health: Dr. Michael Corriveau  
7 International Drive, Pembroke, Ontario K8A 6W5  
Tel: (613) 732-3629. Fax: (613) 735-3067  
Web: <http://www.rcdhu.com>

**Simcoe County District Health Unit**

Medical Officer of Health: Dr. George Pasut  
15 Sperling Drive, Barrie, Ontario L4M 6K9  
Tel: (705) 721-7330. Fax: (705) 721-1495  
Web: <http://www.simcoehealth.org>

**Sudbury & District Health Unit**

Medical Officer of Health: Dr. Penny Sutcliffe  
1300 Paris Street, Sudbury, Ontario P3E 3A3  
Tel: (705) 522-9200. Fax: (705) 522-5182  
Web: <http://www.sdhu.com>

**Thunder Bay District Health Unit**

Medical Officer of Health: Dr. David Williams  
999 Balmoral Street, Thunder Bay, Ontario P7B 6E7  
Tel: (807) 625-5900. Fax: (807) 623-2369  
Web: <http://www.tbdhu.on.ca>

**Timiskaming Health Unit**

Acting Medical Officer of Health: N/A  
221 Whitewood Avenue, Box 1240, New Liskeard, Ontario P0J 1P0  
Tel: (705) 647-4305. Fax: (705) 647-5779  
Web: <http://www.timiskaminghu.com>

**Toronto Public Health, Toronto Office**

Medical Officer of Health: Dr. Sheela Basrur  
277 Victoria Street, 5th Floor, Toronto, Ontario M5B 1W2  
Tel: (416) 392-7401. Fax: (416) 392-0713  
Web: <http://www.city.toronto.on.ca/health/index.htm>

Toronto Public Health Dept, East York Office  
850 Coxwell Ave., East York ON M4C 5R1  
Tel: 416 461-8136. Fax: 416 461-8564

Toronto Public Health Dept, Etobicoke Office  
399 The West Mall, Etobicoke ON M9C 2Y2  
Tel: 416 394-8300. Fax: 416 394-8893

Toronto Public Health Dept, North York Office  
5100 Yonge St., North York ON M2N 5V7  
Tel: 416 395-7700. Fax: 416 395-7691

Toronto Public Health Dept, Scarborough Office  
55 Town Centre Court, Suite 500, Scarborough ON M1P 4X4  
Tel: 416 396-7391. Fax: 416 396-5299

Toronto Public Health Dept, York Office  
524 Oakwood Ave., Toronto ON M6E 2X1  
Tel: 416 394-2436. Fax: 416 394-2907

**Waterloo, Community Health Department, Regional Municipality of**

Medical Officer of Health: Dr. Hanif Kassam  
P.O. Box 1633, 99 Regina Street South, Waterloo, Ontario N2J 4V3  
Tel: (519) 883-2000. Fax: (519) 883-2241  
Web: <http://chd.region.waterloo.on.ca>

**Wellington-Dufferin-Guelph Health Unit**

Medical Officer of Health: Dr. Ronald Sax  
205 Queen Street East, Fergus, Ontario N1M 1T2  
Tel: (519) 843-2460. Fax: (519) 843-2321  
Web: <http://www.wdghu.com>

**Windsor-Essex County Health Unit**

Medical Officer of Health: Dr. Allen Heimann  
1005 Ouellette Avenue, Windsor, Ontario W9A 4J8  
Tel: (519) 258-2146. Fax: (519) 258-6003  
Web: <http://www.wechealthunit.org>

**York Region Health Services Department**

Medical Officer of Health: Dr. Helena Jaczek  
17250 Yonge Street, Box 147, Newmarket, Ontario L3Y 6Z1  
Tel: (905) 895-4511. Fax: (905) 895-3166  
Web: <http://www.region.york.on.ca/services/health/healthhome.html>

## **Map of Ontario showing the Public Health Units and the Provincial Health Planning Regions (Ministry of Health)**

This map has not been included in the electronic version.

A map of Ontario, which shows the Public Health Units can be found on the web site of the Association of Local Official Health Agencies at:

[http://www.alphaweb.org/phunit/index.asp?action=show&phunit\\_id=4](http://www.alphaweb.org/phunit/index.asp?action=show&phunit_id=4)



# Part Three

The Appendices comprise sample materials received from some organizations.

## **Appendix A**

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## **Appendix B-1**

Food Access Community Task Force East York, 1997-98 Goals & Objectives,  
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## **Appendix B-2**

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## **Appendix D**

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## **Caledon Institute of Social Policy**

The Caledon Institute of Social Policy is a social policy think tank.

Established in 1992, the Caledon Institute of Social Policy is a private, non-profit organization with charitable status. It is supported primarily by the Maytree Foundation, located in Toronto. Caledon is an independent and critical voice that does not depend on government funding and is not affiliated with any political party. Caledon welcomes charitable donations from individuals and organizations and occasionally undertakes contract projects for government and non-government organizations on the basis that such work fits Caledon's research agenda, but does not define it.

The Caledon Institute of Social Policy does rigorous, high-quality research and analysis, seeks to inform and influence public opinion and to foster public discussion on poverty and social policy, and develops and promotes concerns, practicable proposals for the reform of social programs at all levels of government and of social benefits provided by employees and the voluntary sector. Caledon's work deals with poverty and other social and economic inequalities, and covers a broad range of social policy areas including income security (eg. Pensions, welfare, child-benefits, Unemployment Insurance, benefits for Canadians with disabilities), taxation, social spending, employment development services, social services and health. While Caledon is an Ontario-based organization which focuses on Canadian issues, it draws upon international experience and innovations in social policy. Caledon also seeks to inform social policy experts and policy-makers in other countries on issues and developments in Canadian social policy.

Underlying Caledon's work is the quest for sustainable social policy - for strong, cost-effective solutions to the difficult problems created by our aging population, insecure labour market and rapid pace of social change. Caledon believes passionately in the enduring need for strong social policy to fight poverty, ensure social and economic security and achieve social justice. But Caledon also believes that fundamental changes in the economy and society demand equally fundamental reforms to social programs. Caledon emphasizes the vital links between social and economic policy, and its proposals are based on what can be achieved in the world in which we live.

The Caledon Institute produces brief commentaries and both popular and technical reports and books. It contributes articles to the op ed page of major newspapers, to journals and to books. In addition to work done by staff and consultants, Caledon publishes papers and commentaries written by other leading thinkers in the fields of social and economic policy. Its staff comment frequently in the media on social policy issues.

The Caledon Institute of Social Policy is chaired by Alan Broadbent. Its President is Ken Battle.

## **Food Access Community Task Force, East York 1997-98 Goals & Objectives**

### **GOALS**

To collaborate with community groups and residents to:

- explore underlying causes which limit food access in East York
- increase public awareness of food access issues and its underlying reasons in East York, and
- increase food access in East York

### **PROCESS OBJECTIVES**

1. To continue to build, strengthen and expand the Task Force membership.

### **OUTCOME OBJECTIVES**

Food Access Awareness and Policy Actions

1. To work with the media to increase awareness about food access issues in East York.
2. To participate in community events to increase awareness about food access issues in East York.
3. To advocate for appropriate changes to existing (or development of new) municipal and provincial practices and policies.

### **Food Access Support Actions**

1. To investigate and provide support in existing community initiatives that address food access issues.
2. To facilitate community action by supporting new initiatives that address food access issues.

3. To hold education events for the public to increase their understanding of food access issues and to enhance their skill base.

### **PROJECTED ACTIVITIES FOR 1997/98**

1. To host a second Healthy Cooking from the Shelf workshop October 1997.
2. To host a container gardening workshop in February/March 1998 facilitated by FoodShare.
3. To participate in community events, such as Parenting Fair, East York Day, and Canada Day in 1998.
4. To create an information pamphlet outlining the location of food and related services available for agencies and individuals in East York.
5. To develop a mechanism whereby food wastage by food establishments and agencies in East York could be reduced.
6. To increase the awareness among the public about "best before dates".

APPENDIX B-2:  
East York Community Food Security Task Force, Terms of Reference

**East York Community Food Security Task Force  
Terms of Reference**

**AUTHORITY:**

Established as an Ad Hoc East York Community Action Group.

**MANDATE:**

Work towards increasing food security for the residents of East York by reducing the barriers to food security.

This initiative will be achieved through the implementation and evaluation of health promotion initiatives (e.g. Awareness raising, advocacy, community development, policy change, etc.) which address the barriers to food security.

After one year, the initiatives of the Task Force will be evaluated against the goals and objectives to determine its future direction.

**GUIDING PRINCIPLES:**

The following principles will guide the decision making of the Task Force.

1. Work collaboratively to create a better community.
2. Follow community development principles that promote local initiatives.
3. Help small things happen in neighbourhood settings.
4. Seek community solutions rather than mandated solutions.
5. Encourage local and community-based initiatives and events.
6. Recognize, encourage and utilize the knowledge, resources and skills possessed by those affected by government funding cuts and job loss.
7. Create opportunities for all people to work together to seek solutions.
8. Ensure food donated is nutritionally sound, safe for consumption, properly stored and packaged, and from a reliable source.
9. Realize, effectively, the information from the community to build solutions.

**MEMBERSHIP:**

The Task Force will have East York residents and community agencies as members to ensure representation and participation for at least a one-year term. The Task Force members will appoint a new Chair and Co-Chair annually.

**TIME FRAME:**

This Task Force will carry out its responsibilities over a one-year time frame from the acceptance of goals and objectives, at which point an evaluation will be conducted to determine future initiatives.

**ACCOUNTABILITY:**

- a) The Task Force will report to the East York Board of Health at least twice annually.
- b) The Task Force members will report to their constituency as required.

**FUNCTIONS:**

1. To provide overall direction and coordination to the implementation and evaluation of the East York Community Food Security Task Force initiatives.
2. To increase public awareness of food security issues experienced within East York.
3. To facilitate community development initiatives which support increased food security within East York.
4. To advocate for appropriate changes to existing (or development of new) municipal and provincial policies to have a positive impact on food security.

**OPERATIONAL GUIDELINES:**

1. Meetings will be held at least four (4) times yearly and shall be conducted in accordance with general meeting practices.
2. Minutes of meetings shall be recorded.
3. Agendas will be developed by the Chairperson and distributed 10 days prior to the meetings.
4. From time to time, to facilitate the work of the Task Force, workgroups may be formed. Such workgroups will be comprised of Task Force members as well as members from the East York community as appropriate to the workgroups' tasks. Terms of Reference for all workgroups will be developed as they are formed.
5. An evaluation of the Task Force's activities against its goals and objectives will be conducted annually. The evaluation will include the target population of each initiative. Pending outcome of the evaluation, future initiatives will be established.

## APPENDIX C: From the Ground Up (Barrie), Terms of Reference

### From the Ground Up (Barrie), Terms of Reference

#### Purpose

- To increase “food security” for the people of Simcoe County. We say that people have “food security” when they have the resources to acquire enough safe, healthy foods to meet their long-term needs and, at the same time, have the knowledge, motivation and skills to make healthy food choices and to prepare foods in healthy ways.

#### Objectives

- To work together as a coalition of individuals and groups to increase food security in our community.
- To raise community awareness of local food security issues, of the programs and activities that are available to help address these issues, and of what further actions can be taken.
- To encourage the development of community programs and activities that help people acquire the resources they need to purchase / obtain enough safe, healthy foods for themselves and their families.
- To encourage the development of community programs and activities that help people acquire the knowledge, motivation and skills they need to make healthy food choices and to prepare foods in healthy ways.

#### Composition

Membership is drawn from local individuals, groups and agencies that support the stated purpose and objectives of the coalition. This can include stakeholders in health, service clubs, education, social services, business and agriculture.

#### Role of Members

- To share information with other coalition members about local food security-related programs, activities and resources.
- To share information about the purpose, objectives and work of the coalition with the organization/groups that members represent, and with others in the community.
- To participate actively on task groups that help to meet coalition objectives.
- To ensure that personal contact information on the coalition mailing list is up-to-date and accurate.

#### Role of Chair

The position of chair is for a one-year term. The chair:

- arranges for a location/room for steering committee meetings
- prepares the meeting agenda and distributes it to members
- conducts the meeting
- arranges for an alternate to chair if unable to attend

#### Role of Recorder

The responsibility for recording the minutes of coalition steering committee meetings is shared by all steering committee members, on a rotating basis. The recorder for the next meeting is determined before the end of the current meeting. The recorder:

- records the discussions and decisions of the group
- makes sure the mailing list is up-to-date and accurate
- sends out minutes
- arranges for an alternate to take minutes if unable to attend
- passes on the mailing list to the person who will be the recorder for the next meeting

#### Role of Task Group Leader

A task group is made up of interested member(s) of the steering committee and others who come together to work on a specific activity that helps to meet one or more coalition objectives. There may be a number of different task groups at any one time, with each group focussing on a different activity. Each group will decide on a task group leader. The task group leader:

- coordinates the work of the task group
- attends the quarterly meetings of the coalition steering committee and updates its members on the work of the task group
- updates task group member on the activities of the steering committee and on the work of other task groups

#### Decision-making

At both coalition steering committee meetings and individual task group meetings, decisions will be made by consensus.

#### Meeting Frequency

The coalition steering committee will meet quarterly. Task groups will determine their own meeting schedules as needed to complete specific tasks.

#### Funding

The coalition draws on community resources to meet its objectives, and does not have an overall budget or a bank account. If a task group needs financial or other resources for a planned activity, members of that group must find their own ways of raising the needed funds.

#### Review of the Terms of Reference

The Terms of Reference will be reviewed annually by the coalition as a whole.

Date Terms of Reference Approved - June 1998.

## Ottawa-Carleton Health Department

### Health Impact Goals

- improve healthy growth and development and wellness
- reduce: cardiovascular disease, nutrition-related cancers, osteoporosis, diabetes, gastro-intestinal disorders, low birth-weight, congenital anomalies, nutrition deficiencies (e.g. anaemia), obesity, childhood infection/failure to thrive, eating disorders
- increase independence of senior adults and vulnerable groups

### Nutrition Impact Goals

- increase % of population following Canada's Food Guide to Healthy Eating:
  - reduce fat intake according to national guidelines for children, youth and adults
  - increase dietary fibre
  - increase folic acid consumption among woman of child-bearing age
  - increase calcium and iron consumption in some groups
  - increase intake of vegetables and fruit
  - balanced eating from all four food groups
- increase % of population with healthy weight
- increase % of population with healthy body image
- increase % of babies breast-fed exclusively for the first six months

### Target Populations

The target populations for the goals are:

- general population (including families, baby-boomers and senior adults)
- vulnerable populations\*
- pre- and post-natal families
- child care and school-aged children and youth.

The goals and objectives were derived from a review of selected external documents and a review of internal Nutrition documents and draft plans. An earlier draft was reviewed by a senior management group (Medical Officer of Health, Directors of Adult and Child and Adolescent Divisions) and the nutrition staff. These goals and objectives will provide a basis for setting nutrition priorities.

(\*Nutritionally vulnerable populations within Ottawa-Carleton include: people on low-incomes including Francophones on low income, some multicultural groups, isolated, frail seniors and people with disabilities. People with chronic illness are also nutritionally vulnerable, but their nutrition should be addressed by the long-term care system, and is outside the mandate of the public health system.)



## **Part Four**

Help us make sure this directory remains up-to-date and meets your needs.  
Please take a few moments to complete these forms:

**Evaluation Form**, Page 119

To let us know how we can improve the directory

**Update Form**, Page 120

To tell us about any changes in your program or organization

**Survey Form**, Page 121

To have your program or organization included in the directory

**Thank You!**

## EVALUATION FORM, Food Security in Ontario

**1. How did you hear about / receive a copy of Food Security in Ontario?**

- On the distribution list
- At a conference / workshop
- Flyer
- Colleague
- Newsletter / announcement
- Other:

**2. How would you rate this resource in terms of:**

	Excellent	Very Good	Good	Fair	Poor
Clarity	5	4	3	2	1
Comprehensiveness	5	4	3	2	1
Timeliness	5	4	3	2	1
Usefulness	5	4	3	2	1
Other (please specify)	5	4	3	2	1

**3. How will you, or how have you, used the information in this directory?**

- To network with colleagues
- To plan new programs
- To share / maximize resources
- Other: \_\_\_\_\_

**4. What additional features would you like to see included in any updated edition?**

- None. Fine as it is
- Calendar of events / key dates
- Relevant statistics
- Other: \_\_\_\_\_

**5. Other comments or suggestions:**

**6. Please tell us a bit about yourself (Please check all that apply)**

***Focus of your work:***

- Health Promotion
- Social/Economic Issues
- Policy Analysis
- Agriculture
- Other: \_\_\_\_\_

***Employer:***

- Community Health Centre
- Policy or Research Organization
- Community Coalition
- Social Service Agency
- Health Unit
- Non-profit Organization
- Other: \_\_\_\_\_

## **UPDATE FORM, Food Security in Ontario**

Please help us keep the information in this directory up-to-date. Complete this form and fax back to Building Bridges at 416-367-2844. Updates will be posted on the OPHA web site. THANK YOU!

### **ORGANIZATION**

Please include changes of address, phone, fax, email, web site, etc.:

---

### **CONTACTS**

Please include titles, areas of responsibility, address, phone, fax, email, if different from above:

---

### **KEY PROGRAMS / PRODUCTS:**

---

### **RECENT / UPCOMING INITIATIVES:**

---

### **NEW RESOURCES**

Please include order information including cost and person to contact for more information:

---

## SURVEY FORM, Food Security in Ontario

### **Part I – Food Security in Ontario: A directory of agencies and programs involved in food security in Ontario**

Information you provide in this section, Part 1, will be included in the food security directory. If there is something you would prefer to keep confidential please leave it blank.

#### ***Agency Information***

Name of Group or Organization:

---

Contact Person:

---

Address:

---

Postal Code:

---

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_ Web site: \_\_\_\_\_

Location served by your organization

---

#### ***Activities***

**1. Please list the main goals of your organization.**

**2. Please provide a description of the main food security activities undertaken by your organization, as you would like it to appear in the directory.**

**3. Please indicate which of the following food security activities your organization is involved in. Check all that apply.**

**Food Access Programming**

***Emergency food programs***

- Food bank  Free or low cost meals  
 Food rescue or reclamation  Food gleaning  
 Other, please specify \_\_\_\_\_

***Community food / self-help programs***

- Community kitchens  Community gardens  
 Food buying clubs  Food cooperatives  
 Community meals  Cooking classes  
 Good Food Box  Community / neighbourhood markets  
 Community Food Advisor Program  
 Child nutrition programs, school food programs or breakfast clubs  
 Prenatal / postnatal nutrition programs  
 Other, please specify \_\_\_\_\_

***Food and nutrition skills development***

- Food budgeting, meal and menu planning  Healthy eating  
 Supermarket tours  Fruit and vegetable promotion  
 Other, please specify \_\_\_\_\_

***Agriculture and Food Production***

- Linking producers and consumers  Farmer's markets  
 Community shared agriculture  Preservation of agricultural lands  
 Promoting / supporting local producers and/or products  
 Consumer education regarding agriculture and food production  
 Promoting / supporting environmentally sustainable agriculture  
 Promoting / supporting organic food production  
 Training / education for producers  
 Other, please specify \_\_\_\_\_

***Public Education and Policy Change***

- Public education and awareness raising  
 Policy advocacy  
 Research  
 Other, please specify: \_\_\_\_\_

**4. a) Do you have any program evaluations you would be willing to share with others?**

- yes  no

**b) If yes, would you like this indicated in the directory?**

- yes  no

## **Part II – Nutrition and Food Security Network**

The Ontario Public Health Association Food Security Working Group is hoping to establish a province-wide network of community organizations working on food security issues. The Network is intended to coordinate and mobilize food security action in Ontario and to encourage learning and information exchange among groups.

The following information will not be included in the Food Security Directory. It will be used by the Food Security Working Group to develop the provincial network.

**1. Are you interested in belonging to an Ontario Nutrition and Food Security Network?**

yes             no

**2. What type of information would you find most useful to receive through the Network?**

- latest policy developments
- information on new programs / best practices
- advocacy related action ideas / campaigns
- latest food security related research
- news from other network members
- information on resources
- other, please specify:

**3. What would be your preferred method of communication for network purposes?**

- E-mail
- fax
- tele-conference

**4. Would you like to join a food security list serve of Ontario food security groups?**

- yes
- no

Please fax or mail the completed form to:

Ontario Public Health Association  
468 Queen Street East, Suite 202  
Toronto, Ontario M5A 1T7

Tel (416) 367-3313  
Fax (416) 367-2844

Ontario Public Health Association  
468 Queen Street East, Suite 202  
Toronto, ON, M5A 1T7

Tel: (416) 367-3313 / 1-800-267-6817

Fax: (416) 367-2844

E-mail: [info@opha.on.ca](mailto:info@opha.on.ca)

Web site: <http://www.opha.on.ca>