

Upcoming Events

Winter North Bay Farmers' Market

Saturdays 10am - 2pm
North Bay Mall, 300 Lakeshore Dr
North Bay

Winter Powassan Farmers' Market

Second Saturday of the month
9 am - 1 pm, 250 Clark St
Powassan

North Bay Seed Exchange and Eco Fair Social and Launch

Saturday February 17, 6pm - 9pm
North Star Diner, 348 Algonquin Ave
North Bay

North Bay Seed Exchange and Eco Fair

Sunday, February 18, 11am – 5pm
St. Andrew's United Church
North Bay

Powassan Maple Syrup Festival

Saturday April 28, 8am-4pm
Powassan

Powassan Food Summit

Saturday May 5th, 8:30 am - 3 pm
250 Clark St, Powassan



The **Nipissing & Area Food Roundtable** is a collaborative of community stakeholders and food champions working to create a healthy, sustainable food system for the Nipissing Area. Email Erin Reyce for more information at erin.reyce@healthunit.ca.

Visit our website at
nipissingareafood.ca

Follow us on Facebook
facebook.com/nipissingareafood

Winter 2018 Newsletter



Project Updates

Income Security: A Roadmap for Change submission

Research shows that 64% of social assistance recipients are food insecure. The government of Ontario recognizes that social assistance rates are inadequate and has made a commitment to improve this system in Ontario. In 2017, they released the report *Income Security: A Roadmap for Change*. It proposes drastic changes to the social assistance program to improve income security system in Ontario. The Ministry of Community and Social Services was seeking feedback from the public on the recommendations within the report. We submitted a letter in response, which can be viewed on our website.

Hungry for Change: Food Insecurity Forum

In November 2017, we hosted the *Hungry for Change: Food Insecurity Forum*. 60 community members from various organizations attended and there was much discussion related to why an income solution is required to address food insecurity in Nipissing. A panel of local speakers from St. Andrew's Church, the Nipissing Community Legal Clinic, the Gathering Place and the North Bay Parry Sound District Health Unit discussed food insecurity from a local perspective and several out of town guest speakers shared their expertise related to food insecurity. Participants identified priorities for future direction for work of the Roundtable related to food insecurity. If you are interested in supporting this work, please email Kat Jodouin at jodouink@gmail.com.

Resource Spotlight: Local Food Literacy in Schools

It's a good time for schools to start planning for the spring time and how to incorporate local food into the school environment. **Local Food Literacy in Schools – Answers to Common Questions** from Sustain Ontario helps school food champions navigate the challenges of providing local food literacy in schools. How can I deal with the mismatch between the growing season and the school year? Are there examples of cafeterias that use local foods in their menus? Check it out for answers to these questions and more on bringing local food into the school environment.

