

It Takes a Village...

A Community Collaborative

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Peterborough Public Health



Peterborough
Public Health

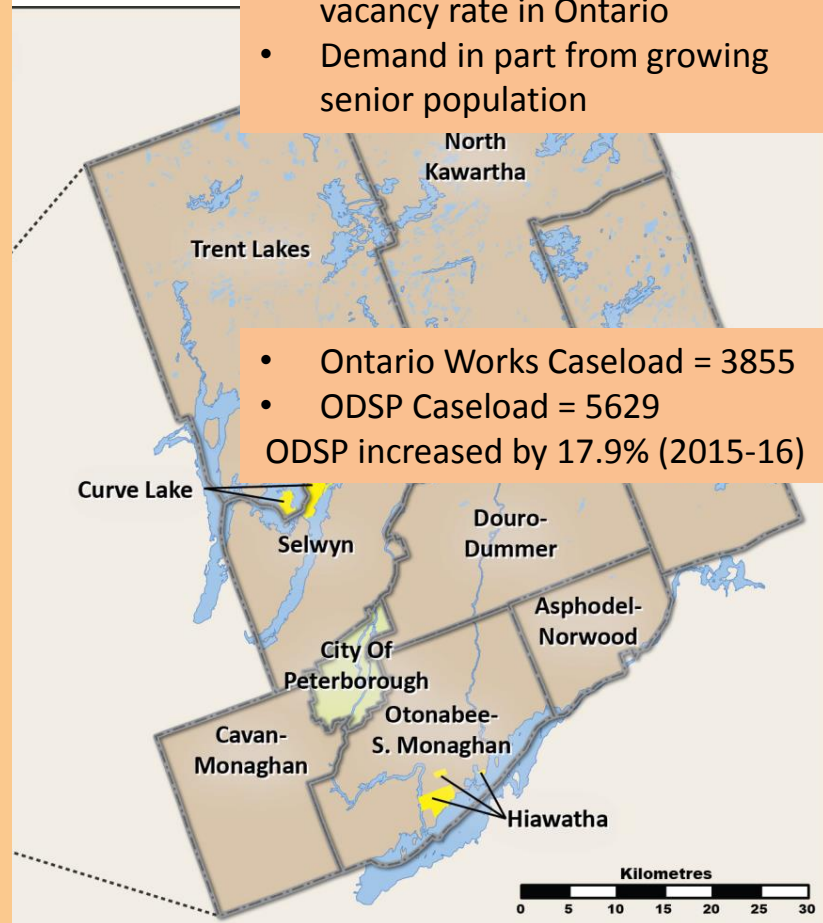
About Peterborough

Who lives in low income in Peterborough*?

- **15%** of the overall Peterborough population (or about 20,265 people).
The rate varies by age group:
 - **22%** (1,690) of children 0 – 5 years live in low income.
 - **19%** (4,540) of all children 0 - 17 years live in low income.
 - **16%** (12,575) of adults (between 18 and 64 years) live in low income.
 - **11%** (3,150) of seniors (65 years and older) live in low income.
- **19%** (14,645) of the population in just the City of Peterborough live in low income households.
- The median total household income for all of **Peterborough City and County** in 2015 was **\$64,437** and for the **City only** it was **\$58,127**. The median household income for **Ontario** was **\$74,287**.

* Peterborough refers to the geographical area of Peterborough County, including the City of Peterborough and surrounding municipalities.

- Tied with Guelph for lowest vacancy rate in Ontario
- Demand in part from growing senior population



Cost of a Nutritious Diet in Peterborough (2017)

16.5%
of Peterborough
households are
food insecure

Food Insecurity = not being able to access healthy foods

Poverty + Limited Incomes = **Food Insecurity**



Cost of feeding a family of 4 = \$899 each/month

INCOME MATTERS



Ontario Works
35% of monthly income required for healthy food



Minimum Wage
28% of monthly income required for healthy food



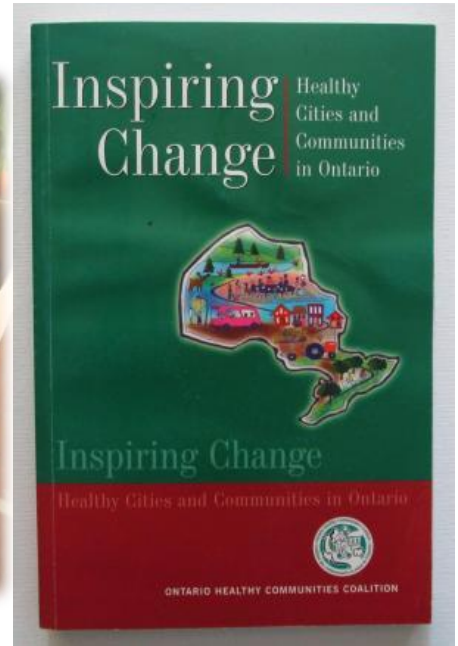
Average Income
11% of monthly income required for healthy food



What Sprouted First?



KAWARTHA
FOOD SHARE



Peterborough
Community
Garden
Network



Peterborough Food Action Network

Food in Peterborough

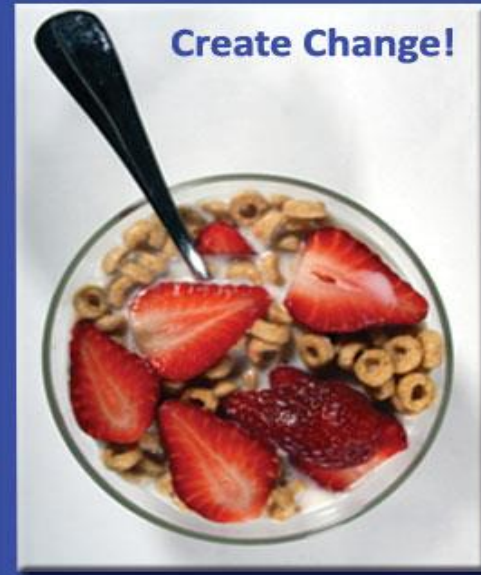
Need Food?



Get Involved



Create Change!



Need Food?
Short-term relief

Get Involved
Building
capacity

Create Change!
System change



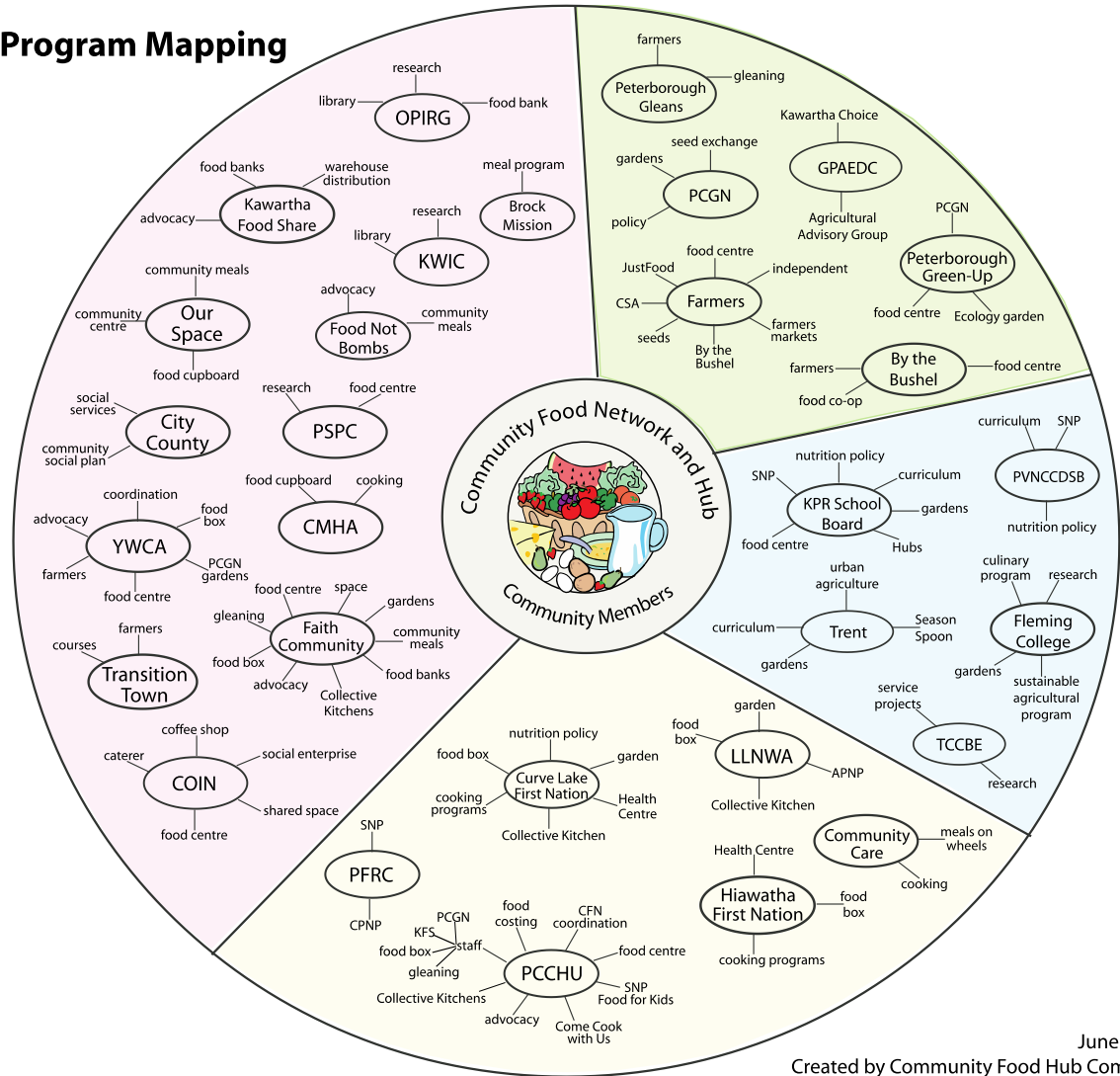
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Peterborough Community Food Program Mapping

COMMUNITY MAPPING LEGEND (March 22, 2011)

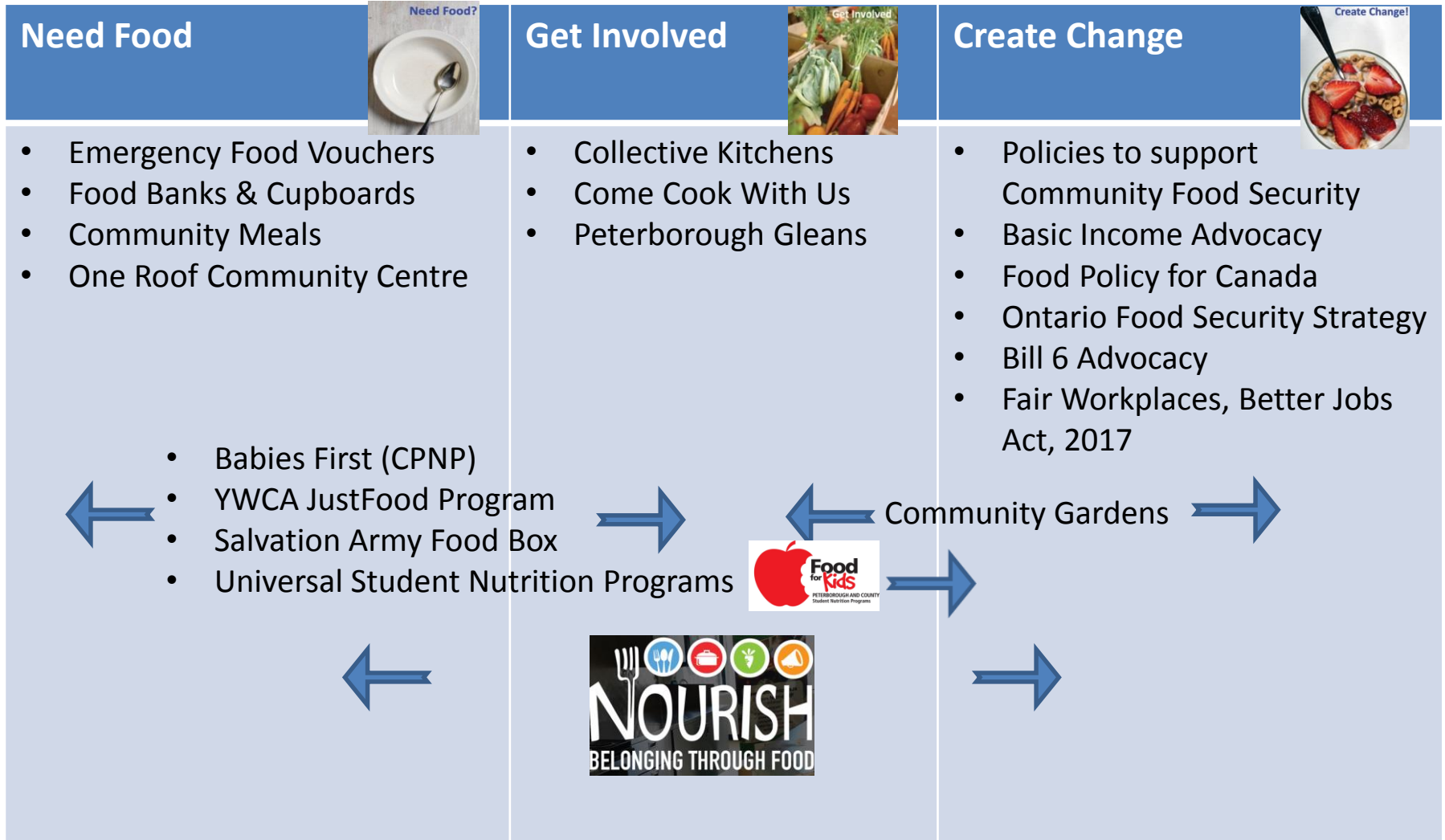
- APCP - Aboriginal Prenatal Nutrition Program
- CMHA - Canadian Mental Health Assn.
- COIN - Community Opportunity and Innovation Network
- CPNP - Canada Prenatal Nutrition Program
- GPAEDC - Greater Peterborough Area Economic Development Corporation
- KPRDSB - Kawartha Pine Ridge District School Board
- KWIC - Kawartha World Issues Centre
- LLNWA - Lovesick Lake Native Womens Assn.
- OPIRG - Ontario Public Interest Research Group
- PCGN - Peterborough Community Garden Network
- PCCHU - Peterborough County City Health Unit
- PFRC - Peterborough Family Resource Centre
- PSPC - Peterborough Social Planning Council
- PVNCCDSB - Peterborough Victoria Northumberland Clarington District School Board
- SNP - Student Nutrition Program
- TCCBE - Trent Centre for Community Based Education



- Agriculture/Growing Food
- Education
- Health
- Community Organizations

June 2, 2011
Created by Community Food Hub Committee

Growing Local Food Programs

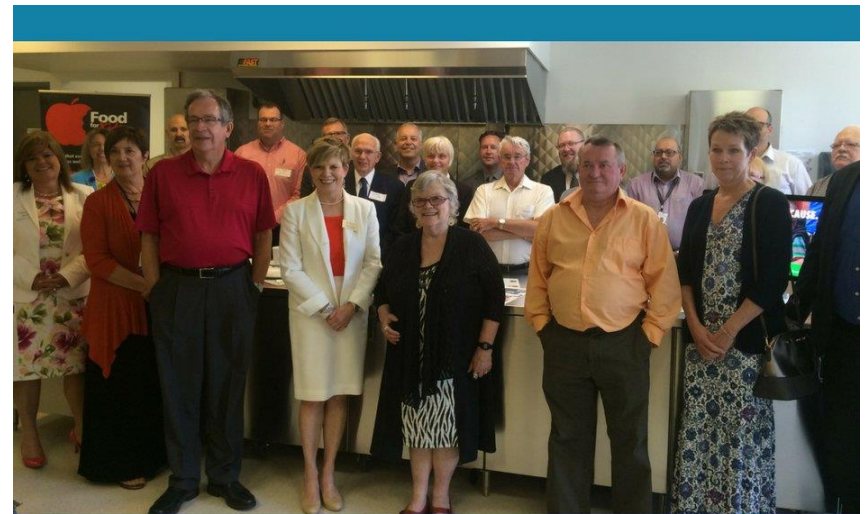


Food Programming

Deficit-Based	Strengths-Based
<p>Charitable philosophy: “feed the hungry”</p> <ul style="list-style-type: none">- clear division & hierarchy between volunteers/staff & clients- clients feel judged to be “lesser”- disempowering	<p>Individual empowerment (IE):</p> <ul style="list-style-type: none">- start where clients are- meeting needs with dignity & respect- everyone has something to contribute- clients are “experts” in their own lives
<p>Expert philosophy: “improve the nutritional status of vulnerable groups”</p> <ul style="list-style-type: none">- “expert” paid staff know that clients need skills & education, better access to healthy food- may extend to neighbourhood deficits (e.g., “food deserts”)	<p>Community development:</p> <ul style="list-style-type: none">- incorporates IE but seeks to connect with other organizations- build community capacity & networks of support for collective action- commitment to diversity & social justice in community



A Visit to The Stop Community Food Centre (2009) to Myrtle's Kitchen (2016)



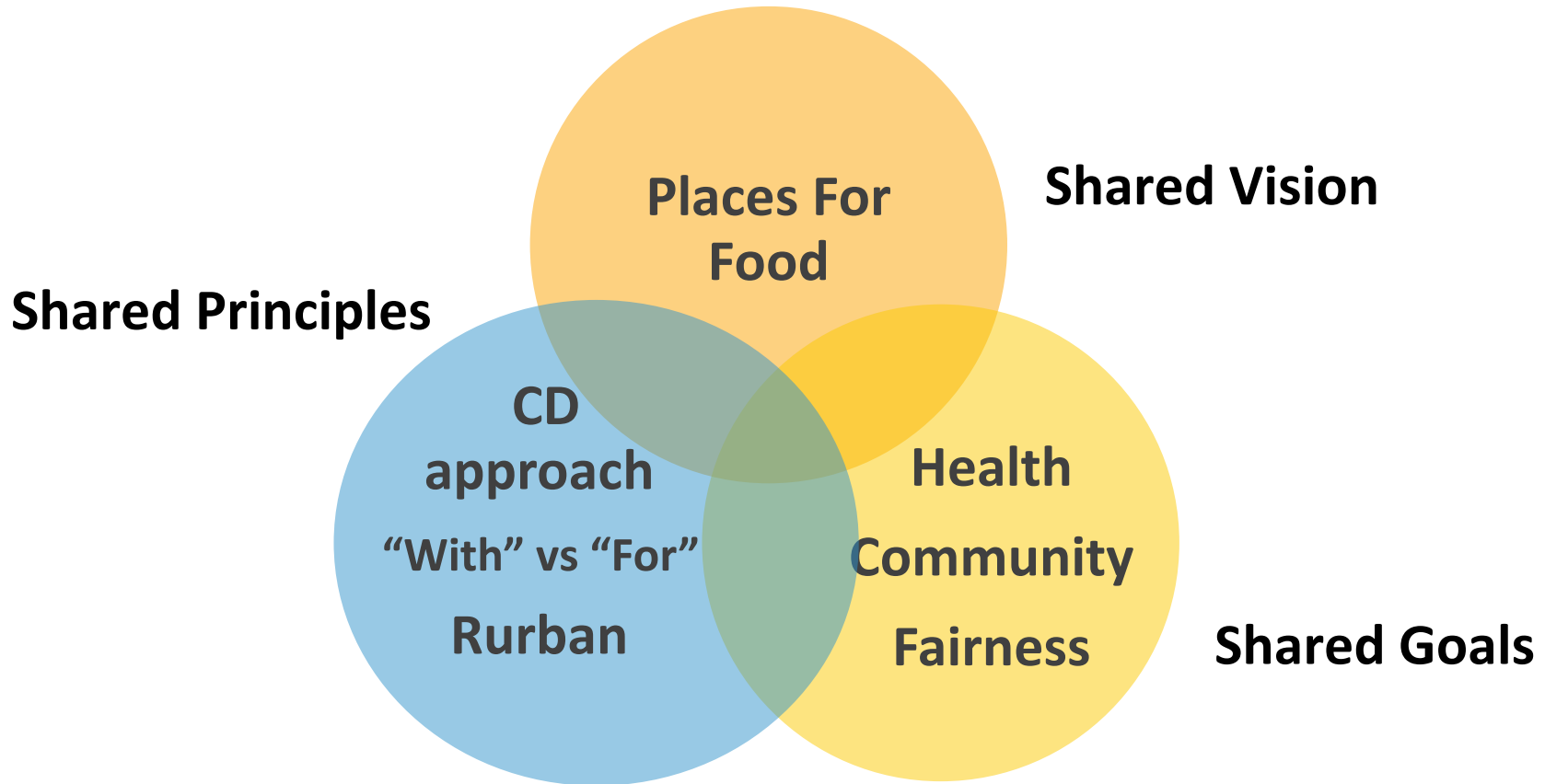
Myrtle's Kitchen

is a state of the art cooking and meeting space that is addressing food security in our community.



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It Takes A Village and Collaboration



Nourish Governance



ENABLING CONDITIONS

SITE COMMITTEES THAT:

- provide advisory support to the project
- support program design, evaluation and delivery



PETERBOROUGH

CURVE LAKE

LAKEFIELD

HAVELOCK

EVALUATION

COMMUNICATIONS

SUSTAINABILITY

ADVISORY COMMITTEES THAT ARE:

- engaged throughout the project
- provide advisory support and oversight to the project



COLLABORATIVE MEMBERS THAT ARE:

- engaged throughout the project
- provide advisory support and oversight for the project

THE NOURISH PROJECT'S THEORY OF CHANGE

VISION: To develop a dynamic local network of places for food dedicated to community, health and fairness.

Access to Healthy Food

Education / Advocacy

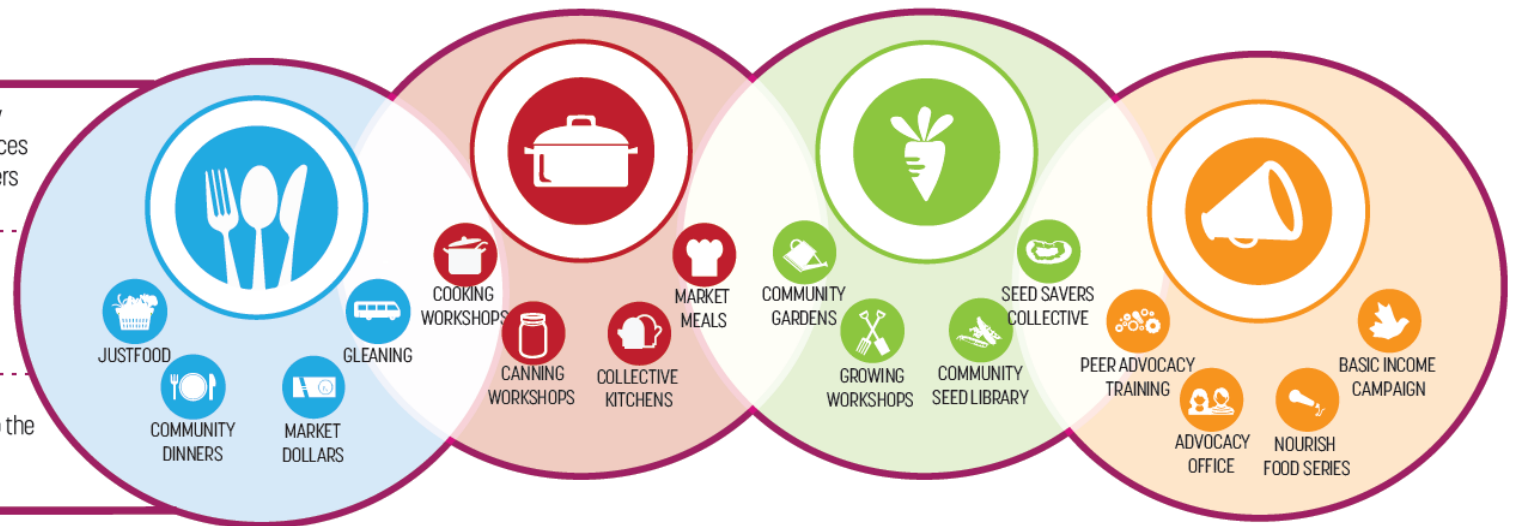
Food Literacy

WHAT WE DO

Provide dignified access to healthy food and programming that enhances the capacity of community members to meet their basic needs.

Deliver food skills programming that builds food literacy, promotes health, and enhances social connection.

Promote inclusive and resilient communities that are committed to the eradication of poverty and food insecurity.



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A Taste of Nourish - Cooking Programs



*"I quite enjoy it,
it gets me out of
the house, and
I learn new skills"
Market Meal
participant*

*"Prepping and eating food with friends builds
confidence and community" Barbara*



Nourish Volunteers



Volunteering for me is a way for me to say Thanks, to those who helped me learn new skills & learn more about things in life that I really enjoy!" Andrea, Nourish volunteer



VOLUNTEER FOOD SKILLS FACILITATOR
**TRAIN THE TRAINER
MINI-SERIES**
JUNE 7, 14, 21
10:30am - 12:30pm
185 KING STREET
Peterborough Public Health



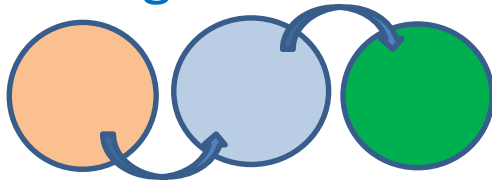
NOURISH



Education & Advocacy

Peer Advocacy

- 10-12 week intensive course providing leadership opportunities for people experiencing poverty and marginalization
- Participant driven
- Speakers, projects, group learning



ask an advocate
Need some help?
Whether you're looking for help, or just someone to talk to, our trained peer advocates can help you find services, information and support.
One Roof Community Centre
99 Brock Street
Fridays
2:00p.m. to 3:00p.m.

THE NOURISH FOOD SERIES
CAN WE CONTINUE TO "MEAT" LIKE THIS?
EXPLORING PLANT-BASED EATING
TUESDAY MAY 16
7:00PM - 8:30 PM



"It made me realize I do have something to offer the community, I feel that I belong"
Peer Advocate



NOURISH FOOD SERIES
BASIC INCOME & THE RIGHT TO HEALTHY FOOD
PUBLIC TALK
Josephine Grey
Human Rights Activist and founder of Love Welfare Tribunal of Toronto
Join us for a community talk that will connect the dots between basic income and the human right to food.

Outcomes & Impacts

SHORT-TERM OUTCOMES



ACCESS & AFFORDABILITY OF HEALTHY FOOD

·Participants have increased access to better quality, healthier, and preferably locally-produced food



HEALTHY FOOD KNOWLEDGE, SKILLS & BEHAVIOURS

·Participants demonstrate increased knowledge, skills, and behaviours related to food, nutrition, food preparation and production



SOCIAL ISOLATION

·Participants develop new social connections leading to reduced social isolation

MEDIUM-TERM OUTCOMES



CONSUMPTION OF FRESH FRUITS & VEGETABLES

·More people regularly eating healthy, locally-produced food.



CONFIDENCE & SENSE OF COMMUNITY BELONGING

·Participants feel more connected to the community and to each other



VOLUNTEERISM & COMMUNITY INVOLVEMENT

·Participants become more engaged in the project and the broader community

LONG-TERM IMPACTS

IMPROVED PHYSICAL & MENTAL HEALTH

A SUSTAINABLE & RESILIENT LOCAL FOOD SYSTEM

MORE INCLUSIVE & ENGAGED COMMUNITIES





Putting up Pumpkins!

Learn safe canning techniques
& seasonal Recipes



"Creating a shared culture is possible through food" Dinner Attendee



Nourish Meals:



Nourish Harvest Dinner on November 19th brought together 80+ volunteers & community members together to share a homemade meal featuring locally grown ingredients



NOURISH REFLECTION GATHERING
TUESDAY OCTOBER 24, 2017

TOGETHER WE PICNIC
Nogojwanong Friendship Centre
580 Cameron Street, Peterborough
Tuesday October 3rd
5:30pm to 7:00pm

"Sometimes I Feel Like I'm Counting Crackers"
HOW DO MOMS IN PETERBOROUGH FEED THEIR FAMILIES ON LOW INCOMES? WHAT MAKES IT EASIER OR HARDER? WHAT SUPPORTS ARE NEEDED? HOW CAN/DO LOCAL FOOD PROGRAMS HELP?

A COMMUNITY TALK
Friday, September 22, 2017 - 1:00 to 3:00 pm
185 King Street
Peterborough Public Health

NOURISH FOOD SERIES

BASIC INCOME & THE RIGHT TO HEALTHY FOOD

Monday October 16, 2017
7:00 P.M. – 8:30 P.M.
Peterborough Public Health
185 King Street, Peterborough

PUBLIC TALK **Josephine Grey**
Human Rights Activist and founder of Low Income Families Together

Join us for a community talk that will connect the dots between basic income and the human right to food.



Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

An agency of the Government of Ontario.
Relève du gouvernement de l'Ontario.



IN ALLIANCE WITH
COMMUNITY FOOD CENTRES CANADA



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Questions?

