

# Community Food Security Indicators Report Card

City of Greater Sudbury



Sudbury-Manitoulin  
Food Security Network

**2005**  
Baseline Report Card

# COMMUNITY FOOD SECURITY INDICATORS REPORT CARD of the City of Greater Sudbury\*

\*unless otherwise indicated



Sudbury-Manitoulin  
Food Security Network

## 2005 Baseline Report

"Community Food Security is a situation in which all community residences obtain a safe, culturally acceptable, and nutritionally adequate diet through a sustainable food system that maximizes self-reliance and social justice."

Hamm MW and Bellows AC  
J.Nutr Education Behav 2003:35:37-43

Food insecurity is a state where there is "the inability to acquire or consume an adequate diet of quality or of sufficient quantity in socially acceptable ways, or the uncertainty that one would be able to do so."

Dr. Lynn McIrtre, Dalhousie University

The Sudbury-Manitoulin Food Security Network has vision of zero hunger, healthy food choices, local food resources and a sustainable environment in the Sudbury and Manitoulin Districts. Our mandate is to support the Greater Sudbury Food Charter with community food security strategies that:

1. Ensure **ZERO HUNGER**,  
among individuals and families that are food insecure,  
*by increasing the accessibility of healthy food;*
2. Educate and promote **HEALTHY FOOD CHOICES**,  
for infants, students, families and individuals,  
*by involving the community in strategic food security planning;*
3. Promote **LOCAL FOOD RESOURCES**,  
from farm producers to the local food infrastructure,  
*by supporting local food production and distribution; and*
4. Ensure a **SUSTAINABLE ENVIRONMENT**,  
air, land, water, biodiversity and climate,  
*by supporting sustainable development practices.*



...building the vision of community food security

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### Demographics

Total population.....	155,268 <sup>2</sup>	Geographic area.....	3354 km <sup>2</sup>
Seniors.....	21,510 or 7.2%	Low Income Families.....	11%
Students.....	15,405		
Monthly average Ontario Social Assistance (2005).....	3,788 <sup>4</sup>		
Monthly average Ontario Disability Service Program (2004).....	4,721		
Unemployment rate.....	7.4%	Minimum Wage.....	\$7.45 / hour <sup>5</sup>
Total Private Dwellings.....	68,710	Estimated homeless.....	over 400 <sup>6</sup>

### General Living Expenses

#### Basic Utilities

Electricity: First 600 kWh.....	\$ 0.058 (5.8 cents) <sup>8</sup>
Additional kWh.....	\$ 0.067 (6.7 cents)
Hook-up fees.....	\$ 30.00
Debt retirement fee to pay down Ontario Hydro per kWh.....	\$0.007 (.7 cents) <sup>9</sup>
Natural Gas M <sup>3</sup> .....	\$0.355 <sup>10</sup>
Phone - basic monthly rate.....	approximately \$25.00 per month <sup>11</sup>

#### Transportation

Cost per litre of gasoline.....	\$ 1.09 <sup>12</sup>
Bus ticket: \$2.25    Monthly bus pass....	\$65.00    Seniors rate: \$41.00 <sup>13</sup>
Taxi fare base amount.....	\$3.00    Amount per kilometer....
	\$1.76* <sup>14</sup>

#### Rental Rates\*<sup>11</sup> utilities not included

Average cost bachelor apartment.....	\$ 393.00
Average cost one bedroom apartment.....	\$ 529.00
Average cost two bedroom apartment.....	\$ 655.00
Average cost three bedroom apartment....	\$ 734.00
Waiting list geared-to-income housing.....	1,500 families* <sup>15</sup>

\*Families with incomes of less than \$22,000 receive about \$125 per child per month from the Federal government. In Ontario, families living on social assistance or disability benefits, have this support "clawed back" by the Ontario government.<sup>7</sup>

\* Nutritious Food Basket Costs: The Sudbury & District Health Unit calculates that it costs \$128.73 per week to feed a reference family of four in 2005. This cost has risen from \$118.91 in 2004.<sup>16</sup>

### Case Study: Single Parent Family on Social Assistance

Hunger Count 2005, as reported by the Sudbury Food Bank, has seen an increase in single parent families and those on Social Assistance at area food banks. The cost of food is an important factor, which must be understood within the context of the cost of living. Single parent families on social assistance are making the choice between paying the rent or feeding themselves and their children - making the link between income and food bank use in Greater Sudbury. This case study includes a single mother aged 24 with an eight year old daughter - they are food insecure. Over 8,000 people collect social assistance in one form or another in Greater Sudbury - 70% of food banks users are on assistance of one kind or another.<sup>17</sup> Being on social assistance in Ontario is a risk factor for food insecurity.<sup>18</sup>

Monthly Income	Cost Nutritious Food Basket	Rental Costs	Basic Utilities	Transportation and misc. costs	=	Monthly Deficit
\$1,124.00	\$256.00	\$656.00	\$200.00	\$200.00		(\$187.92)



Sudbury-Manitoulin  
Food Security Network

# The Sudbury-Manitoulin District Food Charter

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

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

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

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

## **1) Population Health and Wellness**

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

## **2) Community Development**

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

## **3) Investment in the Local Food System**

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



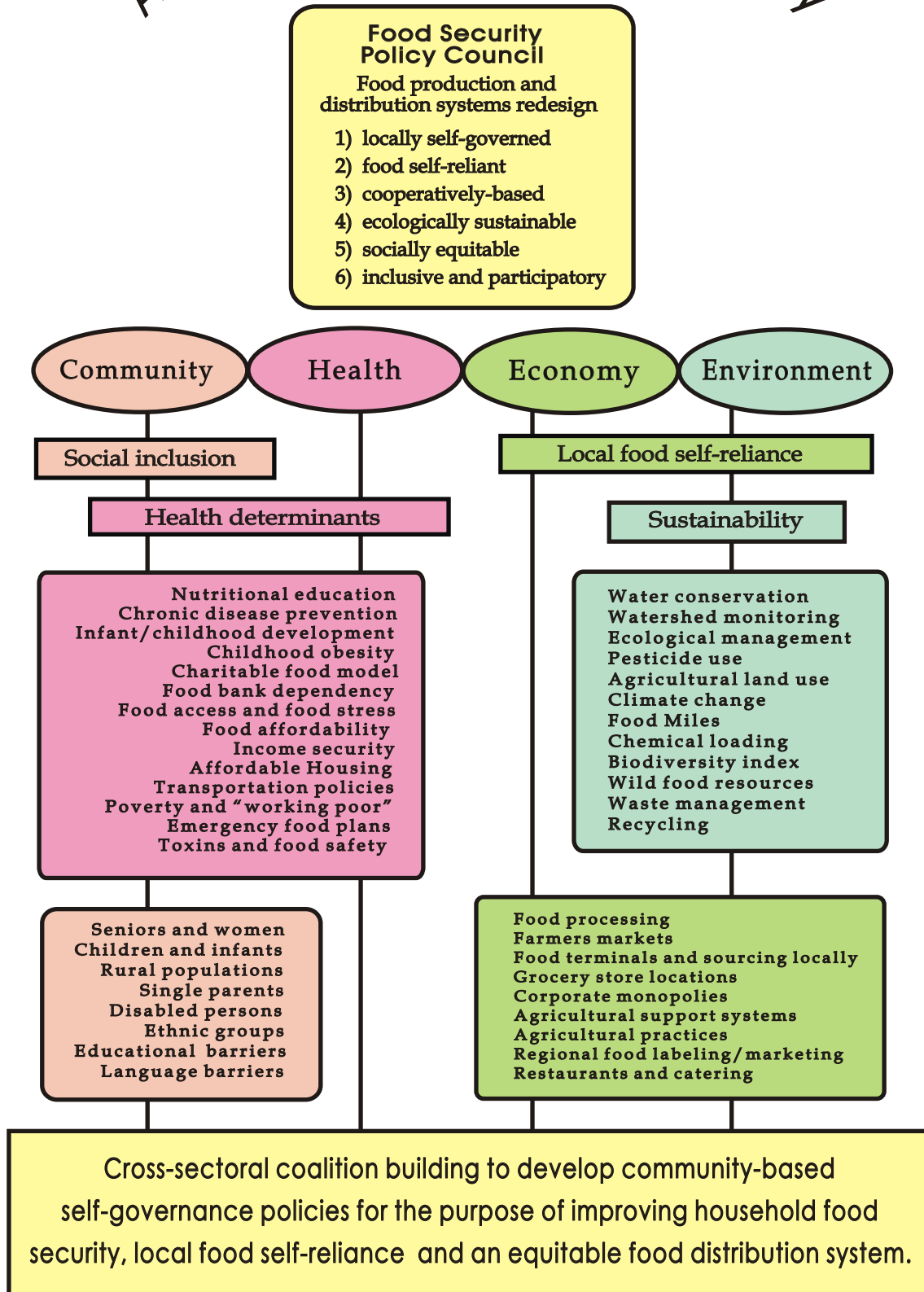
## **4) The Development of a Sustainable Food System**

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

Adopted by the City of Greater Sudbury and Sudbury & District Board of Health in 2004

# Achieving Community Food Security

## Re-localizing Our Food System



# COMMUNITY FOOD SECURITY INDICATORS REPORT CARD of the City of Greater Sudbury\*

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Sudbury-Manitoulin  
Food Security Network

## 2005 Baseline Report

**Our Mandate:** 1) To ensure **ZERO HUNGER**, among individuals and families who may be at-risk for food insecurity, by *increasing the accessibility of healthy food.*

8.4% of families in the Sudbury and Manitoulin Districts are estimated to be food insecure, with the highest rate from sole support parents. <sup>18 2002 data</sup>

### **HungerCount 2005 Sudbury Food Bank** <sup>19</sup>

Number of food banks.....	41
Adults served.....	8,659
Children served.....	4,703
Meals served.....	7,142

### **Profile of Sudbury Food Bank users** <sup>19</sup>

Social Assistance.....	70%
Employed.....	10%
Employment Insurance.....	3%
Disability Income.....	10%
Pensions.....	2%
College or University.....	1%
Other Income.....	1%
No Income.....	3%

In 2003, the Canadian Association of Food Banks reported in one month that 777,896 Canadians used food banks. In 2005, the number climbed to 823,856 for a reported month - an increase of about 6%. <sup>22</sup>

In 2005 the percentage of food bank recipients on social assistance was 70% - this is an increase from 57% in 2003. There has also been an increase in the number of single parents using food banks in 2005. The number of people on disability pension using food banks has decreased from 18% in 2003 to 10% in 2005. <sup>21</sup>

### **Types of Feeding Programs** <sup>19</sup>

- Soup kitchens
- Food hampers
- Fresh food depots
- Non-perishable emergency food banks
- School feeding programs
- Pregnancy/prenatal programs
- Grocery programs
- Meal programs
- Collective kitchens

Number of grocery stores participating in the Fresh Food Depot program:.....Unknown  
Number of school feeding programs:.....49 <sup>28</sup>

In 1992 it is estimated that Canadians spent \$1,495.00 per person on groceries. In 2005, that increased to \$2,020.00 per person - this is a 26% increase from the 1992 amount. <sup>20</sup>

44% of the people who rent in Greater Sudbury spend more than one-third of their income on shelter <sup>37</sup>.

The Sudbury Food Bank partners with local milk producers to distribute fresh milk each week.

Local food banks are supported by the Horticultural Society "Grow a Row" campaign. Call the Sudbury Food Bank to donate.

### **Food Security Network Recommendations to ensure zero hunger;**

- Policies that reduce poverty levels and ensure household food security;
- Affordable housing policies including policies that promote building efficiencies in social housing;
- Transportation policies that ensure food accessibility to all areas of Greater Sudbury;
- The involvement of community partnerships to increase the availability of local food to outlying areas;
- Support for food self-reliance through community-based food programs, such as community gardens, fresh food box programs and collective kitchens.

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## 2005 Baseline Report



Sudbury-Manitoulin  
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**Our Mandate: 2) To educate and promote HEALTHY FOOD CHOICES,**  
to infants, students, individuals and families,  
*by Involving the community in strategic food security planning.*

### Diet-related Statistics for Northern Ontario

Obesity Rates 18 and over (male and female average).....	36.6% <sup>23</sup>
Physically inactive 12 and over (male and female average).....	44.3% <sup>23</sup>
Less than 5 fruits and vegetables per day.....	58.2% <sup>23</sup>
Salad Bar School Program in Greater Sudbury.....	no cafeteria program, fresh snacks only
Rate of food insecurity in the Greater Sudbury area.....	8.4% <sup>18</sup>

### Food Security Education and Advocacy in Greater Sudbury<sup>24</sup>

**Agriculture** - Northern Ontario Agri-food Education and Marketing Association

**Budgeting, Food Preparation, Meal Planning, or Nutrition** - Community Food Advisors, Sudbury & District Health Unit, Our Children/Our Future, The Human League, Meals on Wheels, Inner City Homes, Vegetarian Society

**Environmental Initiatives** - Climate Friendly Shopping Planner (The Foodshed Project), Keen to be Green (Sudbury Basin Environmental Networking Initiative)

**Food Festivals** - Blueberry Festival, Garlic Festival, Blues for Food, Multicultural Festival, Ukrainian Festival

**Community Newsletters** - The Social Scale (Social Planning Council), Food Connections (Sudbury & District Health Unit)

**Advocacy** - Justice for Dignity Campaign, Neighbourhood Action Project, Hunger Organizing Action Committee, Pesticide Free Sudbury

**Cooking Courses** - Cambrian College, Nickel Chef (Vinegar on the Rocks), Vegetarian Society

Ontario's Emergency Management Statute Law Amendment (Bill 56) is now in effect. You are responsible for your own emergency food for the first 72 hours. Knowledge of local food sources could assist in ensuring our food security in a crisis. Call the City of Greater Sudbury Emergency Management Services for more info.<sup>25</sup>

### Food Security Network Recommendations to *increase healthy food choices*:

- The promotion of the public health "Eat Smart" designation for restaurants to increase healthy food choices in schools, businesses and public places;
- Promotion of food festivals and cultural events that connect consumers with local food producers;
- Public education on a community emergency food preparedness and response plan;
- The development of a multi-sectoral Food Security Policy Council.

# COMMUNITY FOOD SECURITY INDICATORS REPORT CARD of the City of Greater Sudbury\*

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## 2005 Baseline Report

**Our Mandate: 3) To promote LOCAL FOOD RESOURCES,**  
from farm producers to the local food infrastructure,  
by supporting local food production and distribution.

Community food security starts with having local food sources available.  
Most of our food comes from Southern Ontario, Western Canada and the U.S.A.

### Local Farming Operations <sup>27</sup>

Employment agriculture, fishing, & hunting.....	545
Total number of farms 1991.....	255
Total number of farms 2001.....	235
Total hectares.....	10,285
Average farm receipts.....	\$58,768
Vegetable farm-gate sales.....	13
Sweet corn.....	8
Cucumbers.....	7
Green or wax beans.....	8
Cabbage.....	4
Tomatoes.....	3
Pick-your-own berry farms.....	13
(strawberries, raspberries, & blueberries)	
Wheat.....	4
Oats.....	23
Barley.....	9

### Miscellaneous

Community-shared agriculture.....	1 <sup>28</sup>
Greenhouse operations.....	12
Certified Organic farms.....	0
Community gardens.....	3
Backyard gardens.....	unknown

### Food Processing

Egg processing facilities.....	0
Chicken/poultry.....	26
Abattoirs.....	0

### Livestock Operations

Cattle operations.....	54
Dairy.....	0
Deer/Elk.....	3
Pigs.....	13
Sheep and lambs.....	4

### Food Distribution Infrastructure

Grocery stores <sup>29</sup> .....	22
Farmers' Markets.....	2
Eat Smart Restaurants <sup>30</sup> .....	21
"Fast food" Restaurants.....	89

Locations with out grocery stores in the City of Greater Sudbury: Onaping, Levack, Azilda, Wahnapiatae, and Capreol. A taxi ride from Capreol to Hanmer would be in the \$60.00 range, and from Azilda to Chelmsford is about \$35.00 (these are return fares).<sup>14</sup>

### Food Security Network Recommendations to support local food resources:

- Economic support for locally owned food infrastructure;
- Support for education on the agriculturally significant historical sites of the Sudbury area;
- Support for regional food product labeling;
- The development of a food terminal to purchase and distribute local farming products;
- Consumer education on the health, economic, social and environmental benefits of local food;
- Education and promotion of the benefits of an environmentally sustainable diet.

# COMMUNITY FOOD SECURITY INDICATORS REPORT CARD of the City of Greater Sudbury\*

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## 2005 Baseline Report



Sudbury-Manitoulin  
Food Security Network

**Our Mandate: 4) To ensure a SUSTAINABLE ENVIRONMENT, air, land, water, biodiversity and climate, by supporting sustainable development practices.**

Reduce "food miles" by shopping locally also reduces greenhouse gas emissions (which contribute to climate change). A sustainable food system includes the reuse and reduction of waste, including container plastics and compostable food waste.

The City of Greater Sudbury now includes #4 and #6 plastics, including styrofoam, juice boxes, plastic bags, and clear plastic food containers. For more information call 673-BLUE.

### **Weather Normals 2005<sup>31</sup>**

Maximum temperature.....34.6 °C on July 11  
Minimum temperature.....-32.9 °C on Jan. 21  
Precipitation accumulation 2005.....664.2 mm  
Carbon Dioxide levels.....380 ppm  
~100 ppm over the pre-Industrial (early 1900) average<sup>32</sup>

According to the Canadian Council of Grocery Distributors, over \$250 million dollars worth of food travels on Canadian roads daily. As fuel costs rise, so will the price of food. Almost everything we do is tied to petroleum.<sup>33</sup>

Pesticide Free Sudbury is promoting a ban on the cosmetic use of pesticides in Greater Sudbury.

### **Waste Management 2005<sup>34</sup>**

Total tonnes landfilled waste.....93,260  
Total tonnes recycled waste.....6,996\*  
% organic waste at landfill.....29%

\* see list below for items, additional recycled items may not be accounted for

### **Recycled Materials Collected 2005**

Total Tonnes recycled cans.....792  
Total Tonnes recycled PETE plastic.....634  
Total Tonnes recycled fine paper.....255  
Total Tonnes recycled glass.....1803  
Total Tonnes recycled cardboard.....3512

Per capita landfill waste produced: 601 kg

### **Remember to Reduce - Reuse - Recycle!**

Sudbury Soils Study results are expected in 2007.  
For information go to [www.sudburysoilstudy.com](http://www.sudburysoilstudy.com)<sup>35</sup>

### **Food Security Network Recommendations to ensure a sustainable environment:**

- Economic development of local food production, including the Organic sector;
- Renewable energy technologies to reduce climate changing greenhouse gas emissions;
- An expanded municipal recycling and composting program to reduce landfill waste;
- The protection of bio-diversity and natural resources, including climate, land and water resources.

*Community food security can only be achieved through the active cooperation of all members of the food system, including producers, distributors and consumers. Community food security is based on the principles of social justice, equity, and the understanding of the importance of food to our health, our community, our economy and our environment.*<sup>36</sup>

# *The Benefits of Community Food Security*

- Greater awareness would be created about our food system and how it can be developed to maximize food security for all
- Healthy and affordable food would be standard social policy and there would be less food insecurity among families and individuals
- Food assistance programs would include related issues such as transportation policies in locations that do not have grocery stores
- Food stores would be located within walking distance or on bus routes within the City limits
- Local cuisine and small agri-food business opportunities would flourish
- Culinary arts and value-added food products would be economically viable
- Diet-related diseases, such as diabetes and obesity, would be minimized
- Local food varieties would have a niche market and would be labelled
- We would be more locally food self-reliant and know who is growing our food
- We would be aware of our local food resources in the event of an emergency
- Food would be available in case of emergencies to vulnerable populations
- Food terminals would guarantee local farmers assured markets
- Community gardens, roof top gardens and other alternative food sources such as community shared agriculture would be supported
- Urban-rural connections would be strengthened, and small-scale farming would thrive
- Direct marketing and farm-to-school and farm-to-institution programs would flourish
- Climate change would be understood and monitored and adaptation strategies developed, including research into plant varieties to improve yield
- Greenhouse gas emissions would be reduced, as well as emissions that contribute to smog and other pollutants
- Best management farming practices and training would be supported
- Renewable energy technologies would be promoted to grow, store, and process food
- Recycling and composting programs would reduce land-filled waste significantly
- Our food system would be valued for the importance that it should have in our lives

*Workshop notes from the "Building Our Vision" Conference, 2005*

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*Supporting the  
City of  
Greater Sudbury  
Food Charter*

An initiative of The Foodshed Project, in partnership with the members of the Sudbury-Manitoulin Food Security Network and supported by the Social Planning Council of Sudbury and the Laidlaw Foundation.

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