

Connections

IN SUPPORT OF A
COMMUNITY FOOD CHARTER....

(article en français au verso)



MOVING THE AGENDA FORWARD

The Core Working Group as part of the food security network are:

Monique Beaudoin
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New participants are welcome!

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The Nutritious Food Basket 2002 report was presented to the Sudbury & District Board of Health at its September 19, 2002 meeting and the following motion was passed:

WHEREAS the Sudbury & District Board of Health plays an essential role in fostering healthy communities and has adopted a strategic priority to focus on the broader determinants of health;

AND WHEREAS access to safe, affordable, nutritious and personally acceptable food is a basic human right of individuals and communities;

AND WHEREAS the cost of eating well within the Sudbury & District Health Unit catchment area is shown to be above provincial average;

AND WHEREAS a Food Charter provides a comprehensive implementation framework for community food security;

THEREFORE BE IT RESOLVED THAT the Sudbury & District Board of Health supports the development of a Food Charter for the Sudbury & District Health Unit catchment area;

AND FURTHER THAT the Food Charter be forwarded to all municipalities within the Sudbury & District Health Unit catchment area for endorsement and formal declaration;

AND FURTHER THAT the Board of Health requests that all municipalities within the Sudbury and District Health Unit catchment area endorse and act on the recommendations within "The Cost of Eating Well within Sudbury & District". The recommendations together make food security a priority at all levels of society.

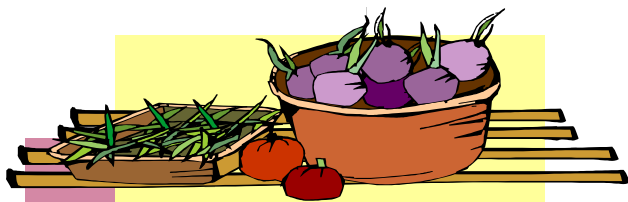
Food security is an important public health issue. The local Food Security Network is comprised of local stakeholders and includes health unit staff. The network has identified several priority areas relating to food security. The development of a Food Charter is one of these priority areas. Community food security pertains to issues of access, adequacy, acceptability and advocacy. All health units in Ontario conduct Nutritious Food Basket costing on a yearly basis.

The Food Security Network plans sector consultations and information sessions related to developing a food charter. We look forward to working together to address this important public health issue. For further information, contact Doreen Ojala at 705-670-8920 and/or Paula Worton at 522-9200, ext. 376.

Board of Health Motion, 2002

Make it a **Healthy Day!**  **Visez Santé dès aujourd'hui!**

Sudbury & District Health Unit Service de santé publique de Sudbury et du district



Community Food Security

Peruse :

www.norontagrifood.org

Look for this web site that includes a farm directory, and programs offered by Agri-Food.



Who is most impacted by food security? We all are in one way or another.

On the individual level, children of food insecure households suffer from a wide range of social and health impacts that may affect them for the rest of their lives.

Children suffer from improper growth of teeth and bones, to decreased attention spans and an inability to learn schoolwork. Food insecurity can lead to family breakdowns, as spouses feel guilt and blame when they are unable to provide for their children. Family health status may be low, reinforcing a cycle of poverty and social stigma. It can come down to choosing between paying the rent and buying food for supper.

How do communities cope with these important issues? Food banks are one answer, but they are only meant as stop-gap solutions. Many schools now have school breakfast programs and the benefits are well recognized.

Community-based food programs, such as collective kitchens, help parents provide cooked nutritious meals and may also provide direct emergency assistance. These types of programs provide supportive environments for children and families.

We must all realize that there are vulnerable groups within our society, and that a food security strategy is important to the health of communities. **A food security strategy that recognizes the right to healthy, nutritious food will pay us back many times over with reduced health care costs from chronic disease, and with improved childhood development.**

Submitted by Doreen Ojala, The Foodshed Project



Food for thought!


Food security principles include:


- ◆ Ensuring that all residents have the means to access affordable, nutritious and personally acceptable food.
- ◆ Ensuring a sustainable, safe, high quality food supply.
- ◆ Promoting food consumption patterns maximizes health and minimizes disease.





Does Our Community Have Food Security?


Here are some of the local issues:


 The cost of groceries is monitored through all health units. The basic cost of essential and healthy food items is higher than the cost for the province. For instance, in 2002 the weekly costs for essential and healthy food items for the City of Greater Sudbury was \$114.98, and for one rural site in the Sudbury district it was \$143.85. The provincial average for 2001 was \$113.28 (Nutritious Food Basket, 2002).

 The incidence of many chronic diseases in our community is very high compared to the rest of the province (Ontario Health Survey, 1996). Accordingly, the rate of diabetes in our area is higher than the provincial average (Canadian Community Health Survey, 2001-2002).

 The benefits of a healthy diet are well researched. On average, residents in our communities consume less fruits and vegetables than the provincial average (Canadian Community Health Survey, 2000-2001).

 We have more food banks per unit of population, than most places in Canada. Nationally, the incidence of food bank usage has increased by 4.1% in the last year and by 97.8% since 1989. In March 2002, 40.8% of food bank recipients were children (Hunger Count 2002 – Canadian Association of Food Banks).

 Food is central to our economy. The commitment to food security can strengthen the food sector's growth and development (Toronto's Food Charter). Food must be produced in an environmentally sustainable way and protect local agricultural lands and fish habitat.

 A Food Charter addresses issues in the economic, environmental and social aspects of the food system, and promotes adequate incomes for consumers and producers (Ontario Public Health Association position paper, Community Food Security, Nov. 2002).

We all have a role to play in Food Security!

Submitted by Paula Worton and Julie Cloutier, Sudbury & District Health Unit

Sortes d'aliments requis par les banques alimentaires



Les banques alimentaires de la Ville du Grand Sudbury ont toujours besoin d'aliments non périssables. Le besoin ne disparaît pas après Noël. Pour mieux comprendre le grand besoin des gens à faibles revenus, vous n'avez qu'à songer combien souvent vous devez aller acheter des épiceries vous-même (surtout s'il y a des adolescents qui demeurent chez vous).



- ◆ fèves en conserve
- ◆ légumes en conserve
- ◆ pâtes alimentaires
- ◆ craquelins (« biscuits soda »)
- ◆ confitures.

Lorsque vous participez à une activité où l'on vous demande de contribuer des aliments, vous pourriez donner des aliments qui figurent dans les listes ci-haut. Bien sûr, on accepte tous les aliments non périssables mais, tel que nous l'avons indiqué, les aliments nommés ci-haut sont ceux dont nous manquons le plus souvent.

D'abord, soulignons les sortes d'aliments dont nous avons le plus besoin :

- ◆ lait en conserve
- ◆ ragoût en conserve
- ◆ fruits en conserve
- ◆ viande en conserve (thon, saumon, jambon dinde, poulet, etc.).

Voici d'autres aliments dont nous avons besoin et qui sont des aliments de base dans la plupart des banques alimentaires :

- ◆ macaronis au fromage (p.ex., Kraft Dinner®)
- ◆ sauces
- ◆ beurre d'arachide
- ◆ jus de fruits en cannettes ou en bouteilles

Il est possible de faire des dons d'aliments toute l'année au Centre McKee Wong, au 634 avenue Notre-Dame. On fait le partage des aliments recueillis avec toutes les banques alimentaires de la Ville du Grand Sudbury. Pour obtenir de plus amples renseignements, vous pouvez contacter la Banque d'aliments Sudbury Food Bank, un organisme qui regroupe les banques alimentaires de la région, au 671-9663.

Remis par Sudbury Food Bank
Traduit par Richard Pulsifer

Types of Food Needed by Food Banks

The City of Greater Sudbury food banks are always in need of non-perishable food. The need does not disappear after Christmas, and you only have to think about how often you yourself make yet another trip to the grocery store (especially if you have teenagers living in your house), to understand how great the need must be for those with limited income.

First, let me start with those food types for which we have the greatest need:

- ◆ canned milk
- ◆ canned stew
- ◆ canned fruit
- ◆ canned meats (tuna, salmon, ham, turkey, chicken etc.)

Other food items that we also have a need for and are staples for most food banks:

- ◆ macaroni & cheese (ex., Kraft Dinner®)
- ◆ sauces
- ◆ peanut butter
- ◆ canned beans
- ◆ bottled or canned juices

- ◆ pasta
- ◆ soda crackers
- ◆ jam
- ◆ powdered milk
- ◆ canned soups
- ◆ canned vegetables

When you are attending an event where a food donation is requested, perhaps you could consider some of these items for your donation. All non-perishable foods are accepted of course, but these are the ones we run out of on a consistent basis.

The opportunity to donate food is available year round at 634 Notre Dame Ave in the McKee Wong Centre. The food collected there is shared with all the food banks in the City of Greater Sudbury. For more information, you can contact The Sudbury Food Bank, an umbrella organization for area food banks, at 671-9663.



Submitted by:
Sudbury Food Bank

Meet ... Dr. David Suzuki

November 4, 2003
11:00 a.m. at the
Farmer's Market. Free
admission. Entertainment
is provided.

7:00 p.m. Lecture at
Science North; "The 21st
Century; The Real Bottom
Line. Call Science North
for ticket information.

Upcoming...
Food Security
Visioning
Session... at the
Sudbury & District
Health Unit

December 4, 2003
Dr. Wayne Robert,
Ontario Food Policy





Pass it on!

Please circulate *Food Connections* to others in your organization. You may reproduce the information without permission with acknowledgement given to the Food Security Network, Sudbury and Manitoulin Districts.

For more information on the Food Security Network, please contact the following co-facilitators:

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Submissions:

Please submit articles to Paula Worton at wortonp@sdhu.com or by fax to 705-677-9613. Articles will be accepted in Word format. All submissions will be considered for publication, but we cannot guarantee your article will appear.

For additional copies of *Food Connections*, contact Carole Brazeau at Sudbury & District Health Unit at 522-9200, ext. 410 or by e-mail, brazeauc@sdhu.com

Food Connections

is published by the Food Security Network, Sudbury & Manitoulin Districts. Your comments are appreciated.

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Pour appuyer une Charte de l'alimentation communautaire

Le rapport *Panier de provisions nutritif 2002* (*Nutritious Food Basket 2002*) fut présenté au Conseil de santé du Service de santé publique de Sudbury et du district lors de sa réunion du 19 septembre 2002. Le Conseil a adopté la résolution qui suit:

ATTENDU QUE le Conseil de santé du Service de santé publique de Sudbury et du district joue un rôle essentiel dans la promotion de communautés en santé et qu'il a adopté une stratégie prioritaire afin de mettre l'accent sur les déterminants de la santé;

ET ATTENDU QUE l'accès à la nourriture sécuritaire, abordable, nutritive et acceptable sur le plan personnel est un des droits fondamentaux de la personne et de la communauté;

ET ATTENDU QUE l'on a prouvé que le coût de bien se nourrir dans la zone de service du Service de santé publique de Sudbury et du district se chiffre au-dessus la moyenne provinciale;

ET ATTENDU QUE une Charte de l'alimentation fournit un plan d'ensemble pour la mise en oeuvre de la sécurité alimentaire dans la communauté;

POUR CES MOTIFS, IL EST RÉSOLU QUE le Conseil de santé du Service de santé de Sudbury et du district appuie le développement d'une Charte de l'alimentation pour la zone de service du Service de santé publique de Sudbury et du district;

ET QUE l'on expédie une copie de la Charte de l'alimentation à toutes les municipalités de la zone de service du Service de santé publique de Sudbury et du district aux fins d'appui et de proclamation formelle;

ET QUE le Conseil de santé du Service de santé de Sudbury et du district demande à toutes les municipalités de la zone de service du Service de santé publique de Sudbury et du district d'ap-

puyer et de mettre en oeuvre les recommandations contenues dans le document *Le coût de bien manger à Sudbury et dans le district* (*The Cost of Eating Well within Sudbury & District*). Les recommandations prises dans leur ensemble font de la sécurité alimentaire une priorité à tous les niveaux de la société.

La sécurité alimentaire est une question de santé publique importante. Le réseau de sécurité alimentaire local comprend des personnes intéressées de la localité et des membres du personnel du Service de santé publique. Le réseau a identifié certaines questions prioritaires relativement à la sécurité alimentaire. Le développement d'une Charte de l'alimentation est une de ces questions prioritaires. La sécurité alimentaire de la communauté est un sujet en relation aux questions d'accès, de suffisance, d'acceptabilité et de promotion

et de défense des droits. Tous les services de santé publique en Ontario évaluent le coût d'un panier à provisions nutritif à chaque année.

Le réseau de sécurité alimentaire planifie les consultations auprès du secteur de la santé et des séances d'information relatives au développement d'une charte de l'alimentation. Nous anticipons travailler ensemble afin d'adresser cette importante question de santé publique. Pour obtenir de plus amples renseignements, veuillez contacter Doreen Ojala au 670-8920 ou Paula Worton au 522-9200, poste 376.

Mouvement du Conseil de santé, 2002
Traduit par : Richard Pulsifer



Make it a **Healthy Day!** *Visez Santé dès aujourd'hui!*

Sudbury & District Health Unit Service de santé publique de Sudbury et du district