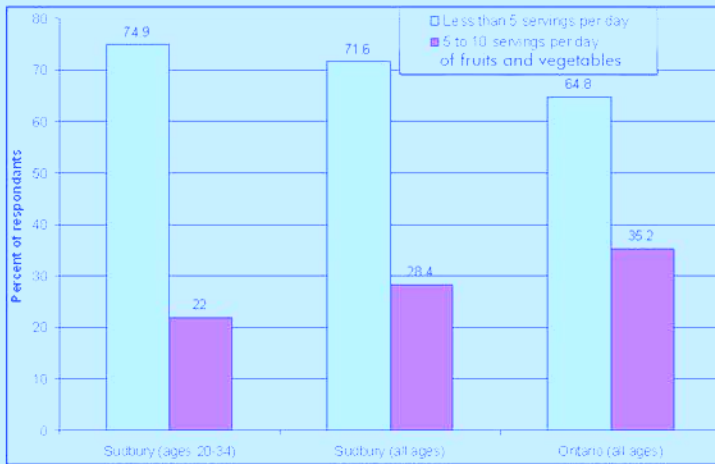


# SUDBURY'S YOUTH

## DIET AND HEALTH

### 1. Are young people eating according to Canada's food guide?



Less than 1/4 of young people (20-34) in Sudbury get the recommended amount (7-10 servings per day) of fruits and vegetables. In Ontario, 35% of all people get the recommended amount. As can be seen, people in Sudbury eat less fruits and vegetables and the situation with young people in Sudbury is even worse.

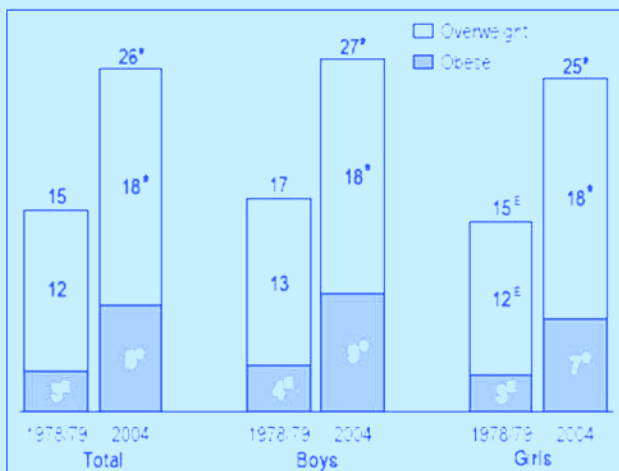
Statistics from from Sudbury and District Health Unit. (2004). Healthy Weights: Results for Sudbury and Districts from the Canadian Community Health Survey.

		CFG Awareness		Number of People Correctly Identifying	
		Number of Food Groups	Correct # of Servings of Fruits and Vegetables	Number of Food Groups	Correct # of Servings of Fruits and Vegetables
Income	Less than \$40,000	75	49	52	
	\$40,000-\$60,000	81	46	50	
	More than \$60,000	91	49	61	
Age	18-24	79	57	49	
	25-39	86	66	58	
	40-54	69	42	57	
	55 or older	75	36	45	
Children living in home	With children under 18 living at home	88	61	52	
	Without children living at home	80	43	52	

There is a lack of Canadian Food Guide understanding with Sudburian youth. Only 1/2 of youth aged 18-24 could correctly identify the correct number of fruit and vegetable servings. Only 57% of youth aged 18-24 could correctly identify the number of food groups.

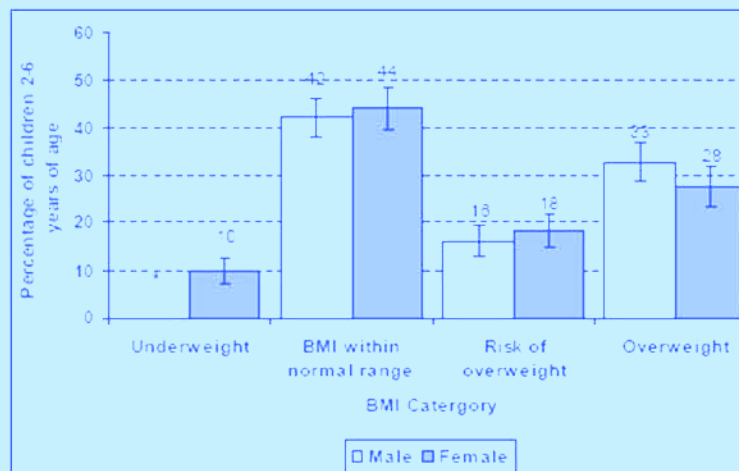
Statistics from from Sudbury and District Health Unit. (2004). Healthy Weights: Results for Sudbury and Districts from the Canadian Community Health Survey.

### 2. Is lack of knowledge leading to health issues with younger people?



In 1978 15 percent of all youth in Canada (2-17) were considered overweight and that number has almost doubled (26%) since the last national survey in 2004.

The Nutrition in Northern Ontario report (2003), published by the Sudbury and District Health Unit and PHRED, (page viii).



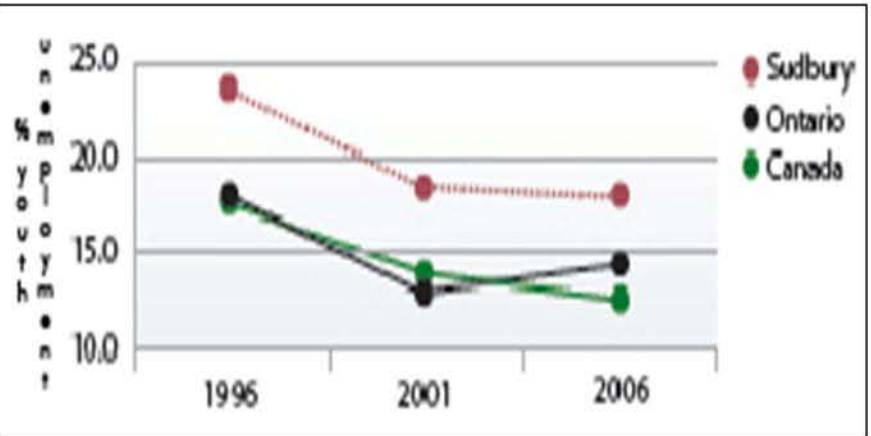
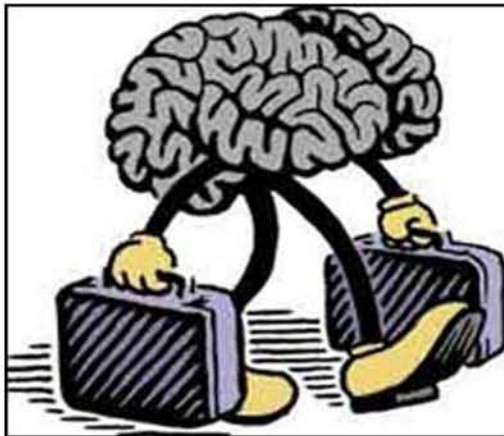
In 2003 1/3 of all children (2-6) in Sudbury were found to be overweight. Within that same age group less than half of all children were considered to be normal weight.

The Nutrition in Northern Ontario report (2003), published by the Sudbury and District Health Unit and PHRED, (page viii).

# SUDBURY'S YOUTH

## EMPLOYMENT AND AGRICULTURE

### 1. There aren't enough jobs for Sudbury's youth.



In 2005 Sudbury was one of the top three cities in Canada that lost educated young people.

During the period of 1996 to 2001 Sudbury lost 4,473 university graduates and gained 581.

Liz Cowan, the Northern Life, 2005

Although Sudbury's youth unemployment rate has gone down in the last ten years it is still remains to be about 5% higher than the provincial and national average.

Sudbury Community Foundation. (2008). Vital Signs. Sudbury Community Foundation.

### 2. Agriculture brings a lot of money to the north.

#### Northern Ontario

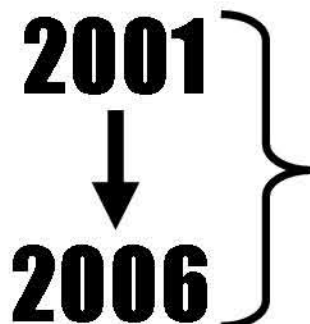
~2,500 farms = 4% of all Ontario farms = \$150+ million revenue for the North

#### The City of Greater Sudbury

160 farms in 2006 = ~\$8 million revenue for the area  
 (160 farms in 2006 is a 4.2% decline 2001 - Vital Signs, 2008)

2006 Census of Agriculture and Economic Development Policy Branch

### 3. We're loosing our farmers.



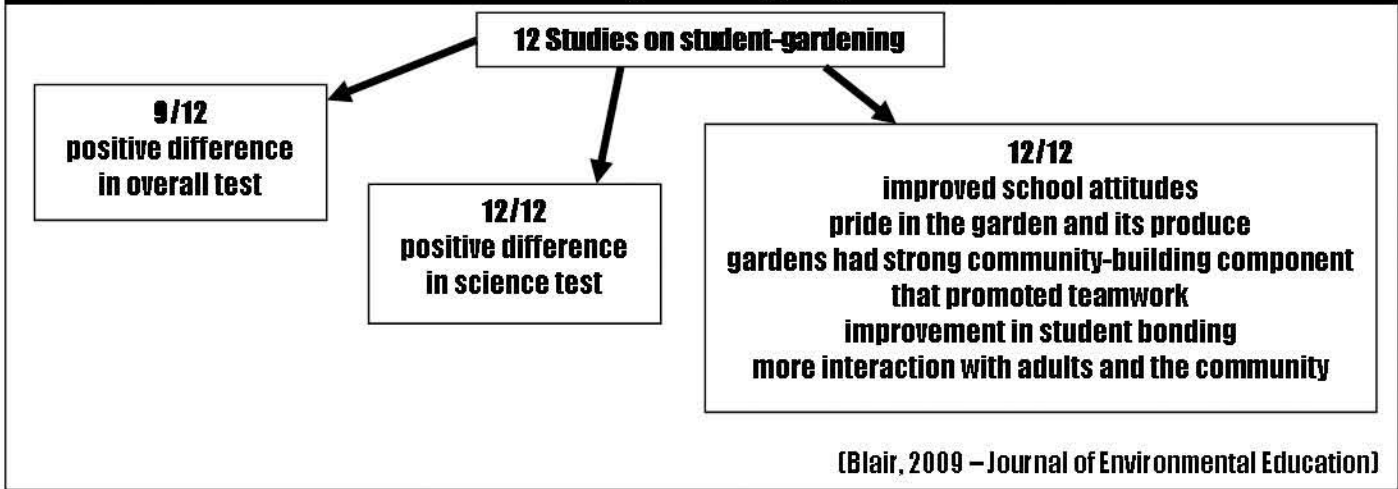
**Loss of 2605 farmers in Ontario**  
**Loss of 250 farmers in Northern Ontario**  
**Loss of 40 farmers in Sudbury**

2001 and 2006 Census of Agriculture - Farm Data and Farm Operator Data (95-629-XWE)

# SUDBURY'S YOUTH

## SOLUTIONS

### 1. Student-gardening programs



#### Subject areas taught in conjunction with the garden

- 92% Science
- 83% Environmental Education
- 69% Mathematics
- 68% Language Arts
- 59% Health and Nutrition
- 58% Ethics
- 51% Social Studies and History

(from survey of 322 elementary schools in US with school gardens)  
(DeMarco, Relf and McDaniel, 1999 – Horticulture Technology)

School gardening pilot program with 1st graders  
=  
increased willingness to try new fruits and veggies

(Morris, Neustadter, Zidenberg-Cherr, 2001 – California Agriculture)

**Studies have indicated that people who garden as children are more likely to eat fruits and vegetables as adults.**

**(Devine, 1999 – Journal of American Dietetic Association)**

**Also... kids who participate in school garden programs have a better attitude towards healthy foods.**

**(Cavaliere, 1987 – Children Today)**

# SUDBURY'S YOUTH

## EXAMPLES OF YOUTH-FOOD PROGRAMS

### Youth-centered community gardens

The Urban Youth Garden in Thunder Bay

<http://www.rootstoharvest.org>

705-708-4807

Roots to Harvest (a non-profit organization) partners with YES Employment to hire 10 youth between the ages of 15-18 to manage the 1 acre Urban Youth Garden as their summer job. They take care of the crops, they visit area farms, they learn about the food system and they become ambassadors for the Thunder Bay community.

### Youth farm internships

Everdale Organic Farm and Environmental Learning Centre

<http://www.everdale.org>

519-855-4859

Everdale is a 50 acre non-profit farm in Hillsburgh (1hr NW of Toronto) that hosts farm apprenticeships, weekend courses and workshops, school programs (link to provincial curriculum K-8) and educational tours for the public. The property hosts a working organic farm, mixed livestock, a model home, classroom, forests and meadows.

### School nutrition programs

The School of Experiential Learning's Lunch Program

<http://schools.tdsb.on.ca/see/>

416-394-6990

The SES school is a small public high school in Toronto that uses small classes and experiential learning to advance alternative learners into college and high school. They maintain a breakfast and lunch nutrition program that is run by students for students. The program receives government grant funding and costs approx. \$0.86/meal/student. The program was established by Foodshare Toronto.

### School gardens

The Manitoulin Secondary School Hydroponic Garden

Judy Olacke, [olackej@rainbowschools.ca](mailto:olackej@rainbowschools.ca)

Judy Olacke, the Life Skills teacher at Manitoulin Secondary School helps manage an indoor greenhouse that grows hydroponic vegetables. Many classes use the garden to teach their curriculum and the vegetables are used by the students to learn about cooking and nutrition, or to take home to their families or to sell at the market to raise money for the program.

For more information about starting a food-youth program, such as food-related workshops, fieldtrips, gardens or other initiatives please contact The Foodshed Project at 705-675-3894 or [info@foodshedproject.ca](mailto:info@foodshedproject.ca)