

The **Research Shop**

COMMUNITY. CAMPUS. COLLABORATION. 

FOOD SECURITY SCAN OF DUFFERIN COUNTY

MARCH 2012

Rebecca Ivanoff* and Erin Nelson**

*Research Shop Intern

**Research Shop Project Manager

Citation: Ivanoff, R., & Nelson, E. *Food security scan of Dufferin County*. Guelph, ON: Institute for Community Engaged Scholarship. <https://dspace.lib.uoguelph.ca/xmlui/handle/10214/8902>

The authors would like to acknowledge Linda Hawkins for support provided throughout the research and writing process, and Julia Withers for assistance in data collection.

Generous funding was provided by Wellington-Dufferin-Guelph Public Health and The Institute for Community Engaged Scholarship/Research Shop.



INSTITUTE for COMMUNITY ENGAGED SCHOLARSHIP

College of Social and Applied Human Sciences University of Guelph Guelph, Ontario Canada N1G 2W1
phone: 519 / 824.4120 Ext. 53829 | email: ices@uoguelph.ca | www.theresearchshop.ca

Table of Contents

Table of Contents	2
Introduction	3
Background.....	3
Geographical Scope of the Project	3
Research Purpose and Goals	3
Research Methods.....	4
Key Informant Interviews	4
Surveys	4
Summary of Emergency Food Services	10
Strengths of Current Food Security Work.....	10
Challenges Facing Current Food Security Initiatives	11
<i>Challenges to Emergency Food Provision:.....</i>	<i>11</i>
<i>Challenges to Improving Community Food Security:.....</i>	<i>11</i>
Strategies for Addressing Challenges	12
Dufferin Not-For-Profit Support & Capacity-Building Project	12
Dufferin County Food Bank Group	12
Gateway Community Centre	13
The Headwaters Food Summit.....	13
Formal Collaboration	13
Promising Practices from Other Communities	14
Summary.....	15
References	16

Introduction

Background

This report presents the results of research on food security work in Dufferin county that was conducted by the University of Guelph's Institute for Community Engaged Scholarship (ICES)/Research Shop, in collaboration with Wellington-Dufferin-Guelph (WDG) Public Health. To an extent, this project is a follow-up to previous work on emergency food services in Guelph and Wellington (the results of which are presented in the ICES report *Emergency Food Services in Guelph-Wellington: A Scan of the Current System and Thoughts on the Future*); however, because of the local context in Dufferin, the project there took shape differently. Specifically, whereas the Guelph-Wellington work had a strong focus on addressing the weaknesses of the current emergency food provision system (with an emphasis on the concept of the food hub as a potential strategy for change), the Dufferin project was more exploratory in nature, and sought primarily to develop an improved understanding of what is happening in the area in terms of food security work – i.e. who are the active stakeholders, and what kind of work are they engaged in. In addition, whereas the primary community partner for the Guelph-Wellington work was the Food Access Working Group (FAWG) of the Guelph-Wellington Food Round Table, in Dufferin the Public Health office, which is headquartered in Orangeville, played this role.

Geographical Scope of the Project

Dufferin county is located to the northeast of Guelph and is comprised of the towns of Mono, Orangeville, and Shelburne, as well as five rural townships: Amaranth, East Garafraxa, East Luther Grand Valley, Melancthon, and Mulmur. Orangeville is the largest urban settlement in an area that is dominated primarily by farmland. Although the Town of Caledon is located in Peel (as opposed to Dufferin), initiatives based there were also included in this scan, as Caledon is part of the region known as the Headwater Communities. As one interviewee explained: “We have learned that our natural community extends beyond these political boundaries, and that citizens living in North Caledon see themselves as stakeholders in projects happening in Dufferin County.”

Research Purpose and Goals

The overall purpose of the research project was to engage stakeholders in Dufferin in a broad-based discussion about food security work happening in the county, with a view to providing a general picture of the various initiatives that are currently underway, and exploring the potential for increased collaboration. The specific objectives were:

- To assess key strengths and weaknesses of the existing emergency food provision system in Dufferin;
- To identify programs and services other than emergency food provision that contribute to improved food security in Dufferin (e.g. community gardens, local food projects, policy work), and assess the key strengths and weaknesses of these initiatives;
- To determine the degree to which actors engaged in emergency food provision and food security work are currently collaborating, and;
- To assess the degree of stakeholder interest in engaging in more formalized collaboration, and explore what forms such collaboration might take.

Research Methods

Key Informant Interviews

The primary data collection method employed for this study was semi-structured interviews. The first key informants included in the study were identified through consultation with WDG Public Health. Specifically, respondents were identified based on their affiliation with organizations engaged in emergency food provision, or with projects seeking to otherwise improve food security in Dufferin. A snowball sampling strategy was then used to identify further participants. In total, nine individuals were interviewed, representing eight different organizations¹.

During the interviews, participants were asked questions regarding: the programs and services offered by their organization; the strengths and weaknesses of those programs and services; their awareness of other emergency food and/or food security work being done in the region; their awareness of innovative and effective food security work being done in other communities, and; suggestions for how to increase the effectiveness of existing efforts to improve food security in Dufferin, specifically with regards to increasing communication and collaboration. (See Appendix I for a full interview guide.)

Surveys

In addition to the interviews, a survey was conducted with three study participants who represented direct emergency food providers (i.e. food banks and pantries or meal programs). This survey was identical to one previously provided to food banks and food pantries in Guelph and Wellington, the results of which were published in *A Survey of Emergency Food Programs: Overview and Analysis* (a report put out by the United Way of Guelph & Wellington) and the ICES/Research Shop report *Emergency Food Services In Guelph- Wellington: A Scan Of The Current System And Thoughts On The Future*.

A Summary of Food Security Work in Dufferin

The tables below provide a brief summary of the emergency food services and other food security initiatives currently operating in Dufferin, as well as the wider Headwaters Region. This information is based entirely on data obtained during interviews and survey application. As such, it may not be exhaustive. Table 1 summarizes the programs and services offered by the organizations that were directly included in the study, while Table 2 presents additional actors that were identified by key informants as local food security stakeholders.

¹ Throughout the report, the two interviewees interviewed from the same organization are counted as one. In other words, all reporting of the numbers of interviewees citing a particular issue is based on a total of eight.

Table 1: Organizations Participating in this Study

Organization	Location	Summary of Programs and Services
Orangeville Food Bank	Orangeville	Provides 4-5 days worth of emergency food supplies to individuals in need once per month. Open Tuesdays.
Grand Valley and District Community Emergency Relief Network (ConCERN)	Grand Valley	Provides emergency food to those in need in Grand Valley and surrounding area. Operates on an emergency basis only, so by appointment only. Provides 4-5 days worth of food, once monthly, as well as holiday hampers.
Good Friends Fellowship's The Lighthouse	Orangeville	Provides a Hot Lunch Program from Monday to Friday and Hot Dinner Program on Sundays. Open to everyone.
Westminster United Church Milk Program	Orangeville	Provides emergency temporary assistance for families experiencing difficulties, by supplying milk to assist in providing a nutritional diet for their children. Coupons are mailed monthly, to be redeemed at a local grocery store for one 4-litre bag per child per week for a maximum of 6 months.
The Shepherd's Cupboard Food Bank	Shelburne	Provides 3-5 days worth of emergency food supplies to individuals in need once per month. Also works to provide holiday hampers. Some financial counselling was also available to assist clients. Open Wednesdays 12:00 - 1:30pm; Thursdays 6:30 - 8:00pm; first come, first served. Appointments can be arranged on an emergency basis.
Headwaters Communities in Action (HCIA)	Dufferin and Caledon	HCIA is a grassroots citizen group that fosters community leadership and action towards a long-term vision of well-being for Dufferin County and the Town of Caledon. Their work is based on five pillars of a healthy community – Healthy People; Dynamic Economy; Sustainable Environment; Vibrant Culture; and, Engaged Citizens. HCIA facilitated a Community Well-being Report, which identified issues of concern around community food security.
Orangeville Sustainability Action Team (OSAT)	Orangeville	The purpose of this committee is to assist in the development, implementation and promotion of environmentally sustainable practices within the Town of Orangeville in order to reduce environmental impact and improve the quality of life of its residents. Part of

		<p>this work includes an effort to organise community gardens. Last year, one garden was operated at a local church and another at Island Lake Public School. The garden at the school gave parents and children attending the school an opportunity to grow their own vegetables, while the food grown by the volunteers at the Broadway Pentecostal Tabernacle was donated to Choices Youth Shelter, the Orangeville Food Bank, and the Lighthouse soup kitchen.</p>
<p>Ontario Federation of Agriculture</p>	<p>Offices in Orangeville, but working throughout the county.</p>	<p>The Ontario Federation of Agriculture is Canada’s largest voluntary farm organization representing more than 38,000 farmers across Ontario. The OFA is a farmer-led organization based in Guelph, Ontario that works to champion the interests of Ontario farmers through government relations, lobby efforts, community representation, media relations and more. The OFA works to give food security a high priority in the minds of Ontarians and works to support local primary producers.</p>

Table 2: Other Food Security Stakeholders Identified by Interviewees

Organization	Location	Summary of Programs and Services
Amaranth Farmers’ Market	Amaranth	Wednesday evenings from 5pm to 8pm, June until the end of September. Township Municipal Building across from the Laurelwoods School.
Breaking Ground (CSA)	Amaranth	Breaking Ground CSA grows a variety of vegetables and fruits that are distributed to shareholders weekly. They offer pasture-raised beef for pre-order to members and the wider community. They also have free-range eggs available. They provide the Grand Valley Food Bank with a share weekly.
Caledon Farmers’ Market	Bolton	Albion Bolton Community Centre 150 Queen St. S., Bolton Thursdays 3 PM to 8 PM
Albion Hills Community Farm (CSA)	Caledon	Located at Ontario’s oldest conservation area and within Ontario’s Greenbelt, the Albion Hills Community Farm (AHCF) is a place where students, teachers, aspiring farmers, community groups and families come together to learn about local food and farming and to foster healthy eating and lifestyle

		choices. AHCF is a demonstration site for sustainable farming practices and a learning centre for local food, farming and conservation.
Eat Local Caledon/Caledon Countryside Alliance	Caledon	The Caledon Countryside Alliance (CCA) has been active in promoting Buy Local and Eat Local since the 2002 launch of the Buy Local Guide for Headwaters. From 2003 to 2006 the CCA was the main organizer and one of the sponsors of the Annual Local Food Conference in partnership with the Toronto Food Policy Council. The CCA was one of the founding partners and sponsors of the Grown in Peel Guide. The Eat Local Caledon program was launched in the Spring of 2007. The main objectives of the Eat Local Caledon program are to: 1) raise awareness of the environmental, social, economic and cultural benefits of eating food that is produced locally; 2) engage the public to support a local food system and make local food choices, and; 3) build capacity and infrastructure to support the sale and distribution of local food and to facilitate local trade relationships.
Peace Ranch (CSA)	Caledon	The mission of Peace Ranch is to provide supportive housing and rehabilitative programs for adults who have serious mental illnesses, enabling them to live and work in a community atmosphere. The Ranch has a Market Garden project that provides vocational experience for people with mental illness living in the community looking for paid part-time seasonal work and the opportunity to learn about the farming / horticultural industry. The Market Garden provides in-season vegetables that are grown pesticide-free and offered for sale to the public.
Whole Village Sustainable Farm (CSA)	Caledon	This intentional community features a CSA that provides residents with a variety of fruits, vegetables, and herbs. The CSA farm also includes a small flock of hens for farm fresh eggs to be available mid-season as an add-on option.
Coach4Food	Caledon-Dufferin	The Coach4Food program offers skills training to minor hockey teams in exchange for food or monetary donations to local food banks. The initiative, (which operates in a number of Ontario

The **Research Shop**

		communities and is set to launch in Caledon-Dufferin in 2012-2013), aims to increase the capacity of food banks, boost players' and coaches' skills, and build community partnership between food banks, businesses, hockey teams, and the media.
Food in the Hills Magazine and Website	Caledon-Dufferin	Food in the Hills is published by Signe Ball twice yearly (in May and August) and features information about local food in the Headwaters Region.
Honey Hills Farm (CSA)	Cheltenham, Town of Caledon	This CSA farm offers organic vegetable and herbs to share-holders, and sells directly in Cheltenham, across from the general store on Wednesdays from 5-7pm.
The Dufferin Mental Health Coalition	Dufferin County	The DMHC is a network of service providers and individual community members who have an interest in improving mental health services in Dufferin County, through collaboration and communication. Though not directly involved in food security initiatives, they provide a location where many emergency food providers in the community are present.
WDG Public Health Community Food Advisors	Dufferin County	This program provides food and nutrition presentations, displays, and demonstrations, and conducts cooking classes to help promote healthy eating at the local level.
Landman Gardens (CSA)	Grand Valley	This operation plans to run an on-farm store this year that will feature eggs, meat (beef, pork, chicken, turkey and lamb), baking and preserves. The farm also runs a small CSA, with 40 shares available for the 2012 season.
Everdale Organic Farm and Environmental Learning Centre	Hillsburgh, Town of Erin, Wellington County	Everdale's mission is to be a teaching farm that provides hands-on, solution-based food and farming education to build and engage healthy local communities. To accomplish this, they deliver a wide range of hands-on learning programs on food and farming to people of all ages and backgrounds.
Hockley Valley Resort Farmers' Market	Hockley Valley	793522 Mono 3rd Line; Sundays 10 AM to 3 PM.
North Dufferin Agriculture and Community Task	Melancthon and Mulmur Townships.	The newly developed North Dufferin Agriculture and Community Task Force (NDACT) recently organized the event Foodstock, which brought 26,000 people

The **Research Shop**

Force (NDACT)		out in support of the organization’s mission, which is: “to preserve and protect the unique and non-renewable resources of North Dufferin County - including the Headwaters that supply water to hundreds of thousands of Ontarians, our exceptional prime agricultural farmland and the environmental, social, economic, and cultural characteristics that have been such an important and vibrant part of our community and its heritage for more than 150 years.”
Dufferin Farm Fresh	Mono	A local resident from Mono is currently working with the Ontario Federation of Agriculture to develop the Dufferin Farm Fresh map, which would show the locations of farmers, farmers’ markets, agricultural societies, as well as restaurants and retailers either selling or producing local food.
Broadway Pentecostal Tabernacle Church	Orangeville	This church has collaborated with OSAT to provide food for the Orangeville food bank, The Lighthouse, and Choices Youth Shelter.
Orangeville Farmers’ Market	Orangeville	Town Hall, 2nd & Broadway Streets, Saturdays 8 AM to 2 PM.
Supportive Housing in Peel (SHIP)’s Growing Green Community Garden	Orangeville	Supportive Housing in Peel (SHIP)’s Growing Green Community Garden is located at 40 Lawrence Ave. in Orangeville. The garden aims to help people with mental illness develop employment related skills.
The Gateway Community Centre	Orangeville	Drop-in centre for all ages. Running out of St. Mark’s Anglican Church, programs offered by the Gateway include budgeting, healthy eating cooking classes, life skills, anger management and literacy programs, guitar lessons, crafts, storytelling and information on needed services in the community.
North Dufferin Good Food Box	Shelburne	This is a cooperative program running from October-May. For the low cost of \$12.00, participants receive fresh fruits and vegetables purchased by Shelburne Fresh Variety. The program is managed largely by volunteers who help sort and pack the produce.

Summary of Emergency Food Services

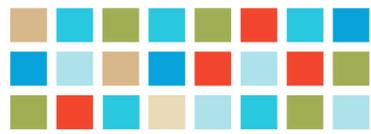
While the above tables include direct emergency food providers, as well as organizations engaged in broader efforts related to food security, this section offers a brief summary focused exclusively on emergency food services, and is based on survey data. Although five emergency food providers were included in the study, only three felt they had sufficient knowledge to answer the survey questions. As such, this data is based on their responses, and may not be representative of emergency food providers in general.

Two of the organizations included in the survey were food banks, while the third was a soup kitchen. In terms of the size of these operations, the largest served approximately 340 people per month, while the smallest saw about 45 clients on a monthly basis. One operation worked out of a 2400 sq. ft. space, another occupied approximately 1200 sq. ft., while a third was using only a shared cupboard at a community church in order to run their service. Program availability ranged from being open daily, to one day per week, to by appointment only. All those surveyed provided canned fruit, veggies, and milk, as well as rice, pasta, cereal, prepared foods, beans, condiments and snacks, and baking goods such as sugar. None of the organizations had any paid staff person specifically dedicated to the emergency food program; however, in one case service provision was facilitated by a paid pastor from a supporting church. In contrast, all three organizations relied on volunteer labour, which ranged from 4-110 hours per week. All those surveyed had an interest in expanding the scope of their emergency food provision work; however, one individual did note that the need to expand would be contingent on potential community expansion expected as a result of local development plans.

Strengths of Current Food Security Work

Based on interview data, the most commonly identified strengths of both the emergency food provision system and the wider community food security system in the Dufferin region were:

1. A strong volunteer base, along with strong 'champions' or project leaders (cited by 4 interviewees);
2. The ability to meet the needs of clients through an effective process of emergency food relief (cited by 3 interviewees);
3. The ability to provide a variety of food for emergency use (cited by 2 interviewees)
4. The ability to provide a non-threatening environment for emergency food service users (cited by 2 interviewees),
5. Good community involvement and engagement with citizens beyond recruitment of volunteers (cited by 2 interviewees) and;
6. The ability to convene local groups, and facilitate information sharing of best practices from outside the Headwaters region (cited by 1 interviewee).



Challenges Facing Current Food Security Initiatives

Two broad categories of challenges were considered as part of this project: those affecting emergency food provision; and challenges in improving community food security more generally.

Challenges to Emergency Food Provision:

The first set of challenges facing emergency food providers were identified through survey application, and relate specifically to barriers that constrain people's access to emergency food. The primary barriers identified by survey respondents were:

1. A lack of affordable transportation, and corresponding inability to transport food (cited by 2 of 3 respondents);
2. The stigma associated with emergency food use (cited by 2 respondents), and;
3. Limited days/times of program operation (cited by 1 respondent).

A number of other challenges that constrain the ability of emergency food services to meet community need were identified during interviews. The main additional challenges cited by interviewees were:

1. A lack of nutrition education, including cooking methods for food bank goods such as beans, and tips on preparing fresh, local, nutritious foods on a restricted budget (cited by 6 interviewees);
2. Difficulties with retention of volunteers (as current volunteers retire or move on), as well as recruitment of volunteers with unique expertise (such as gardeners for the different community garden projects) (cited by 4 interviewees);
3. A lack of funding, in particular for infrastructure (cited by 3 interviewees), and;
4. Insufficient supply of fresh, nutritious food, particularly in bulk quantities (cited by 3 interviewees).

Challenges to Improving Community Food Security:

When discussing the challenges of achieving community food security more generally, interview participants identified another set of factors that constrain success. The main factors cited were:

1. A lack of affordable transportation to facilitate food transport within the region (cited by 4 interviewees);
2. Insufficient linkages with primary producers (cited by 4 interviewees);
3. A lack of local employment opportunities (cited by 3 interviewees), and;
4. The need for farmers to seek off-farm jobs to supplement their income (cited by 2 interviewees).

Strategies for Addressing Challenges

Many of the projects that seek to address issues of emergency food provision and community food security are outlined in the tables above. In this section, the initiatives that were most widely cited by interview participants as good examples of food security work in the region are highlighted.

Dufferin Not-For-Profit Support & Capacity-Building Project

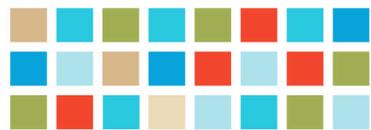
When asked how they envisioned addressing some of the challenges to effective emergency food provision and community food security in the region, six of the eight participating organizations pointed to the Dufferin Not-For Profit Support & Capacity-Building Project as an example of making progress. Led by a coalition of Dufferin-based organizations and service clubs (including the Amaranth Lions Club, Community Living Dufferin, County of Dufferin, Headwaters Communities in Action, Orangeville Lions Club, Rotary Club of Orangeville Highlands, Shelburne Rotary Club, and Shelburne Lions Club), the initiative was created to increase the effectiveness and sustainability of Dufferin's not-for-profit sector. As one interview participant explained: "As a group, [the Dufferin Not-For-Profit Support & Capacity-Building Project] received Trillium funding to distribute to community groups in Dufferin County that were looking at collaborating with each other." While a broad range of projects received support for the project, interviewees pointed to two specific initiatives that related to regional food security: the Dufferin County Food Bank Group, and the new Gateways Community Centre.

Dufferin County Food Bank Group

With support from the Dufferin Not-For Profit Support & Capacity-Building Project, a number of food banks and pantries in the region have been able to meet in an effort to jointly address a number of needs, including: gathering information on client needs; improving access to healthy, nutritious foods; and, offering healthy eating workshops. All of the interviewees representing food banks or pantries referred to this collaboration as an important step in overcoming the challenges constraining their work.

To date, some specific outcomes of the Dufferin County Food Bank Group's work include:

- A study of emergency food service client needs that looked at barriers to emergency food access as well as interest in nutrition education;
- Purchasing of equipment and seeds for a volunteer-led community garden project outside of Orangeville;
- Purchasing of 10 boxes/month of fresh produce through the Good Food Box program, as well as a number of shares in a local Community Supported Agriculture (CSA) farm, for emergency food distribution;
- Payment of a membership fee that allows access to food from the Waterloo Region Food Bank, and;
- Organizing of Healthy Eating Workshops in Shelburne, Orangeville and Grand Valley run by Public Health's community food advisors.



The **Research** Shop

Gateway Community Centre

Another collaborative initiative that was identified by a number of participants as a useful means of addressing food security issues in the region was the newly opened Gateway Community Centre. According to interviewees, the most important benefits of the Gateway project are: building stronger bonds between organizations; providing nutrition education in a non-threatening environment, and; providing a physical space for vulnerable community members. Based out of St. Mark's Anglican Church, programs offered by Gateway include budgeting, healthy eating cooking classes, life skills, anger management and literacy programs, guitar lessons, crafts, storytelling and information on needed services in the community. For research participants engaged in emergency food provision, Gateway was perceived as acting as a kind of hub for service provision related to (but not exclusively focused on) food. For example, one interviewee explained: "Gateway is a hub for information, collaboration, education, such as cooking classes happening today and guitar classes... We used to be worse at working together but we have come together through Gateway to talk about what is lacking."

The Headwaters Food Summit

One final initiative that seeks to foster increased communication and collaboration between organizations working on food issues in the region is the Headwaters Food Summit project, which is being funded by a Healthy Communities grant from the Ontario Ministry of Health and Long Term Care, and spearheaded by Dufferin-Guelph-Wellington Public Health. Set to be held in April, 2012, the Food Summit will look to bring together a wide variety of local actors in an effort to increase local dialogue and collaborative action on food security.

Thinking About the Future

Formal Collaboration

When asked their opinion on potentially increasing formal collaboration amongst actors working on food security issues in the region, there was unanimous support for the idea.² One interviewee summarized this support: "There is a real interest and appetite in linking and really looking at farmers, producers, processors, and asking what are the ties between our agricultural assets, our history as an agricultural community, and current efforts to reinvigorate our local economy with an emphasis on agriculture." This interviewee went on to explain: "In Dufferin County we need to look beyond food access for the poor. Though this aspect is important, to limit yourself to only that dimension [of community food security] is to miss a really huge opportunity."

In spite of overall broad-based support for collaboration, research participants did caution that some resources would be required to ensure continued effectiveness. Another issue that was raised was the particular challenge of including food producers in any collaborative effort. In the words of one interviewee: "How many producers in Dufferin have the time and energy to participate?" Another suggested that organizing collaborative meetings during the spring and summer months would make it difficult for those involved in either farming or gardening to participate actively. Finally, although most research participants indicated that the Food Round Table model used in Guelph-

² It should be noted that six interviewees believed such collaboration was already well underway.



The **Research** Shop

Wellington could not simply be replicated in Dufferin, there was a sense that the advances in terms of collaborating on food security work in Guelph-Wellington could be learned from. In the words of one interviewee: “They [Guelph-Wellington] are further ahead, so we can use them for learning, and because of our close proximity, and linking through Public Health, we can ask what are the synergies that can be applied to our work.”

Promising Practices from Other Communities

The following list provides a summary of various projects or ideas that were cited by research participants as promising practices that could potentially be learned from and/or adapted in some way for use in Dufferin and the Headwaters region.

- Food Round Tables
 - Growing in popularity in both Canada and the United States, as well as other regions, the closest example of a functioning food round table is Guelph-Wellington.
 - For more information, see the Guelph-Wellington Food Round Table website: <http://gwfrt.com/>.
- The Stop Community Food Centre
 - The Stop Community Food Centre in Toronto, as well as replication projects in Perth and Stratford, Ontario, provides an example of how emergency food provision can be integrated into broader food security and community development programming.
 - For more information, see the Stop Community Food Centre website: <http://thestop.org/>.
- Foodlink
 - A non-profit organization that promotes local food, supports and connects farms and food businesses, provides local food education and outreach in our community, and engages decision makers in putting local food policy on the community's agenda.
 - For more information, see the Foodlink Waterloo Region website: <http://www.foodlink.ca/>.
- Kawartha Food Share
 - Kawartha Food Share seeks to ensure that all members of the Peterborough community have access to a reliable emergency food source, while working towards greater public awareness regarding the impacts of hunger through education, instruction, research and documentation of the effects and reality of hunger in the community.
 - For more information, see the Kawartha Food Share website: <http://www.kawarthafoodshare.com/>.
- Ontario Professional Planners Institute (OPPI)
 - As part of the OPPI's commitment to promoting healthy communities, the organization released a report on food system planning in June 2011. With this discussion paper, OPPI's aim was to raise awareness and to highlight key issues



The **Research** Shop

- so that municipalities can address the challenges associated with planning for local food systems.
- The full report “Planning for Food Systems in Ontario: A Call to Action” is available online at:
http://www.ontarioplanners.on.ca/pdf/a_call_to_action_from_oppi_june_24_2011.pdf.
 - Sustainable Food Systems
 - The Sustainable Food Systems project of the London Training Centre was funded by Ministry of Training, Colleges & Universities under the Labour Market Partnership program. The project focuses on the skills and knowledge needed to improve the local food economy.
 - Information on the program is available at:
http://www.londontraining.on.ca/sustainable_food_systems.htm.
 - Collective Impact for Social Change
 - One final resource identified by a research participant as potentially useful for food security work in Dufferin is the report “Channeling Change: Making Collective Impact Work” by Fay Hanleybrown, John Kania and Mark Kramer. According to the interview who cited the work, in Dufferin there is a “shared appetite for collective action” to improve community food security.
 - The report is available at:
http://tamarackcci.ca/files/collective_impact_channeling_change_pdf_2.pdf.

Summary

The primary findings of this report are:

- While emergency food providers express relative satisfaction with their current ability to meet the needs of the local population, there is an expectation that expansion will be necessary to meet the needs of a growing regional population base.
- The main barriers that inhibit people’s access to emergency food services are a lack of affordable transportation and the stigma associated with emergency food use.
- Other important challenges to improved community food security in the region are:
 - A lack of nutrition education;
 - Insufficient linkages with local food producers, and;
 - Difficulties retaining volunteers, and finding volunteers with specific expertise (e.g. in gardening).



The **Research** Shop

- Dufferin and the Headwaters region is a place where action around issues of emergency food provision and community food security is becoming increasingly dynamic.
 - The key to that increased dynamism appears to be the relatively new emergence of collaborations between different stakeholders, including food banks and pantries, agricultural societies, public health officials, and civil society organizations.
- There is hope that the future strengthening and/or formalizing of existing collaborations will cement bonds between actors from different sectors, and allow the challenges to food security in the area to be addressed in a holistic manner.

References

Martin, M. 2010. *A Survey of Guelph Emergency Food Programs: Overview and Analysis*. Guelph: United Way of Guelph and Wellington in partnership with the Food Accessibility Working Group of the Guelph-Wellington Food Round Table.

Nelson, E., P. Aberdeen, F. Dietrich-O'Connor and E. Shantz. 2011. *Emergency Food Services in Guelph-Wellington: A Scan of the Current System and Thoughts on the Future*. Guelph: University of Guelph ICES/Research Shop. Available at <http://www.theresearchshop.ca/sites/default/files/Emergency%20Food%20Services%20in%20Guelph-Wellington.pdf>.