



LONDON FOR ALL

A ROADMAP TO END POVERTY



Food Security

7.2 Support campaigns that promote healthy, local food

Supported campaigns that promote healthy local food include:

London Food Bank

In August 2018, the London Food Bank reached an important goal. For the first time in its 32-year history, 50% of the food it received was perishable. Here's how it worked. Since its inception in 1987, the London Food Bank has been a charter member of both Food Banks Canada and the Ontario Association of Food Banks(OAFB). These organizations have been working with the corporate headquarters of grocery-store chains, working towards making more surplus perishable supplies available to member food banks.

In recent years these grocery stores have altered their corporate policies to generate more fresh supplies. In London, a number of stores – with more soon to come – have greatly increased their donations of fresh products through both the national and provincial efforts.

In May 2018, the London Food Bank, in partnership with the City of London and the Middlesex-London Food Policy Council, along with participating stores, launched Community Refresh to formalize and ramp up the efforts that have been underway for over a decade. The rapid increase in these efforts helped to bring the London Food Bank to the 50% total.

Healthy Kids Community Challenge (HKCC)

HKCC is a province-wide initiative funded by the Ministry of Health and Long Term Care (MOHLTC) intended to create sustainable improvements for children and youth in three theme areas: healthy eating, healthy physical activity and healthy lifestyle for children and youth. The target age for this Provincial initiative is 12 years and under.

London is one of 45 municipalities receiving HKCC funding and uses the funds to enhance the impact of London's Child and Youth Network (CYN), whose goals and aims closely align with the objectives of HKCC. The CYN addresses Ministry mandated themes which change every nine months.

The first theme was Run. Jump. Play; the second theme was Water Does Wonders; and the third theme was Choose to Boost Veggies & Fruits.

London Training Centre

Combining 30 years of food skills training, advocacy for careers in foodservice and a commitment to a local, sustainable food system, London Training Centre offers programs to gain real skills and work with real food in a state of the art commercial kitchen.

Designed as an introduction to the industry, programs include both classroom and kitchen instruction. Participants will also receive the full support of London Training Centre's employment services team.

Within the food programs, students and chef instructors produce amazing food entirely from scratch and offer it for sale.

Food Families – Child and Youth Network (CYN)

Food Families is a dynamic program in which a group of neighbourhood families come together on a regular basis to form a network that supports, encourages, and mentors one another using food – purchasing, growing, sharing, learning, and celebrating – as a galvanizing focus.

Food Families has had a significant impact on families. A formal evaluation was completed and identified a number of exciting results, including: families have learned new ways to save money; families are saving money on groceries and have more options when they purchase food; and Families have increased their ability to prepare and cook their own food.

Adaptive Cooking London

Adaptive cooking classes are specifically developed for adults with physical, mental or learning disabilities. The emphasis of the program is on healthy eating while living successfully on a modest budget. The goal is for members to learn to select and cook healthy options with confidence while on a budget.

Good Food Box Program

The London Good Food Box is a neighbourhood-based food distribution system that provides a variety of seasonal delicious and nutritious vegetables and fruits at an affordable price.

The London Good Food Box is committed to creating socially and economically sustainable neighbourhoods by offering affordable, fresh vegetables and fruits through collective purchasing and making them available throughout London.

The Good Food Box Program has grown from 2 to 14 host sites and now distributes over 350 boxes of food monthly. The host sites are:

- Southwest Ontario Aboriginal Health Access Centre
- South London Neighbourhood Resource Centre
- Northwest London Neighbourhood Resource Centre
- Family Centre Westminster
- Chippewa of the Thames First Nation
- Crouch Neighbourhood Resource Centre
- Glen Cairn Neighbourhood Resource Centre
- Good News Christian Reformed Church
- LUSO Community Services
- Family Centre Carling-Thames
- London InterCommunity Health Centre (Dundas St. & Huron St. locations)
- Family Centre Argyle
- Carling Heights Optimist Community Centre

Let's Get Cooking / Smart Start for Babies

Let's Get Cookin' trains volunteers from school communities and other agencies to teach children and youth grade 5 and up basic cooking skills. The program is based on a "train the trainer" model. Volunteers are required to participate in a half day training session at the Middlesex-London Health Unit before offering the program.

Smart Start for Babies is a free prenatal education and nutrition program for pregnant women and teens and their support persons who face barriers to accessing healthy food. Sessions are offered at different locations in London and Strathroy, which are led by Public Health Nurses and Registered Dietitians.

Brescia – Food & Nutrition Program

Brescia University College is very well known for its Foods and Nutrition program and the dedicated faculty and staff. Student-centred classes encourage participation and discussion and allow for interactive learning.

In the Foods and Nutrition program various community organizations in the London area have opportunities to benefit from this expertise.

Western Fair Market

Effective October 2018, the farmers' market at Western Fair expanded to Sunday openings. Market-goers can buy high-quality, farm-fresh goods directly from the person who produced them.

Harvest Bucks

Harvest Bucks are vouchers used to buy fresh vegetables and fruit at participating locations in London. Individuals, businesses and organizations may purchase Harvest Bucks and eligible community food programs may apply for funded Harvest Bucks. In 2019, the London Food Bank purchased \$150,000 worth of Harvest Bucks providing \$120,000 for pilot distribution and \$30,000 for community food cupboards.

2020 Participating Locations for Harvest Bucks are:

- Masonville Market
- Covent Garden Market
- Southdale Food Market
- London Good Food Box
- The Market at Western Fair District
- Old East Village Grocer
- Urban Roots
- Millar Berry Farms

Urban Roots

Urban Roots is a non-profit organization that revitalizes underused land in the City of London for agriculture by:

- Producing high-quality, organic vegetables and herbs
- Distributing produce locally, directly to consumers and to private and social enterprises
- Developing agricultural opportunities for the neighbourhood, social enterprises, and community organizations within the City of London
- Growing a self-sustaining, urban agricultural model to germinate to new sites

Nutrition Ignition

Nutrition Ignition is a comprehensive school-based nutrition and physical education program for school-aged children and their families. The goal of the program is to promote an improved knowledge and awareness towards a healthy lifestyle in children and their families by taking a whole school approach, addressing intrapersonal, interpersonal and community factors known to influence behaviour change. The program consists of three 40-minute classroom lessons, monthly “Dance/Fitness” events, monthly “Snack Attacks,” family events, Brescia/UWO Field trip days, monthly bulletin boards, and a website for families. The program currently runs within three Catholic elementary schools and is built on strong relationships between the schools, Western University and Brescia University College.

Growing Chefs

Growing Chefs! Ontario is a registered charity based in London that unites chefs, growers, educators and community members in children's food education projects. Cooking develops and encourages many important skills. Understanding how and where food grows, how food interacts with our senses, the history of different foods and techniques, the names we give to food, and how food relates to our own lifestyles and cultures are all important to child development. Growing Chefs! Ontario offers a variety of food education projects to get kids and communities excited about healthy, wholesome food.

Neighbourhood Resource Centres

Programs promoting healthy, local food are offered through the London Neighbourhood Resource Centres to build the capacity of neighbourhoods to develop local and sustainable food systems. Programs include healthy eating, food budgeting and preparation of healthy, affordable meals.

Middlesex London Food Policy Council (MLFPC)

The Middlesex London Food Policy Council is compiling a directory of local food literacy programming in the city. This directory will enhance networking and the sharing of information about food skills and food literacy programming and resources.