



LONDON FOR ALL

A ROADMAP TO END POVERTY



Food Security

7.3 Until emergency food sources are no longer required, ensure fresh, high quality food is easily available (convenient locations and hours) to those who need it

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.

Meals on Wheels

Meals on Wheels London provides service to adults with disabilities and seniors (55+) in need of nutritional support. Meals on Wheels assists those who need short term (caregiver relief, recuperation, seasonal) or long term assistance.

London Food Coalition

The London Food Coalition is a group of more than 20 organizations that work with members of our community who are at risk of poverty and food insecurity. The Coalition is a coordinated food alliance that rescues high-quality fresh food and redistributes it to Londoners in need.

The London Food Coalition is dedicated to creating food prosperity initiatives that assert fresh food as a fundamental right. Fresh food is integral to many different community programs in the city. This initiative provides essential resources for family cooking programs, nutritional and educational programming, camp programs, and healthy meals for children and families. Furthermore, this coalition reduces the costs of food for London organizations.

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

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

“All About Food” – Neighbourhood Mapping

Through the Child and Youth Network (CYN) 6 neighbourhoods were identified in 2018 for neighbourhood mapping for low or no cost food sources such as food cupboards; community gardens; and community kitchens. The 6 neighbourhoods identified are:

- Family Centre Westmount
- Glen Cairn Community Resource Centre
- South London Neighbourhood Resource Centre
- Northwest London Resource Centre
- Argyle Family Centre
- Crouch Neighbourhood Resource Centre

Salvation Army

The Salvation Army operates a food bank that services over 1,000 households with emergency food assistance. The Community and Family Services Food Bank is a choice model, meaning customers can shop for the food items that best fit their needs and the needs of their family.

Hydroponic Growing Towers

In partnership with United Way Elgin Middlesex, the London Police Association and the Child and Youth Network (CYN) 17 Hydroponic Growing Towers were provided to the following locations:

- Family Centre Westminster
- Beacock Library

- Blessed Sacrament Family Centre
- Glen Cairn Community Resource Centre
- Crouch Neighbourhood Resource Centre/Crouch Library
- London InterCommunity Health Centre- Dundas Street
- My Sister's Place
- Southern Ontario Aboriginal Health Access Centre
- London Children's Museum
- Westmount Library
- Goodwill Industries – Horton Street
- Boys and Girls Club London
- London Central Library
- Salvation Army Centre of Hope
- Family Centre Fox Hollow
- Family Centre Fanshawe
- Family Centre White Oaks

Hydroponics is a method of gardening that doesn't use soil, but rather a rich nutrient solution that cycles through from a reservoir. These automated *soilless* growing systems increase efficiency, maximize space, leading to higher yields, and potentially better quality produce. Hydroponic plants can grow as much as two times as fast as their soil-grown counterparts.

Community Benefits:

- Increased access to healthy, nutrient dense produce *all year*
- Increased opportunities for enhancement of food literacy skills among individuals, children, youth and families (learning, watching and participating in growing food for the benefit of all community members)
- Fully accessible: wheelchair accessible, portable and can be placed anywhere.
- Environmentally sustainable- hydroponic gardens use less water and other resources than traditional soil based gardens
- Innovative: London has embraced garden towers as a fundamental part of community life: centering around food education and access.