

LONDON FOR ALL

A ROADMAP TO END POVERTY



Food Security

7.4 Expand programs that support residents shopping and cooking together to save money, such as collective kitchens

Food Families

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. The goal of Food Families is to build skills that increase families' buying power and increase the sharing of practical and affordable ways to eat well. In addition to these goals, Food Families seeks to increase families' social connections with other neighbourhood residents and organizations. Participating families are supported by community organizations and stakeholders who work together to provide opportunities and remove barriers for participants. Opportunities include providing families with:

- The technical 'know-how' of couponing, bulk buying, and collectively preparing larger quantities of food;
- Opportunities to work with other community partners in order to access larger quantities of fresh fruits and vegetables (e.g., sharing transportation to local markets and collective purchasing options); and
- Community space to gather, learn from one another, and build relationships.

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— saving an average of \$127 a month on groceries
- Families are saving money on groceries and have more options when they purchase food
- Families have increased their ability to prepare and cook their own food
- Families are eating nutritious, well-balanced meals when possible
- Families have greater connectivity to their neighbourhood/neighbours

Collective Kitchens

Collective Kitchen is an opportunity for individuals in our community to pool their resources with others and collectively plan, shop and prepare home cooked meals to take home. Individuals come together in a centralized kitchen to prepare a nutritious meal, which they can then share with friends on-site and have plenty left over to take home. Programming includes educational sessions around meal planning, wholesome and nutritious grocery shopping, budgeting and other healthy lifestyle practices.

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

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.

Supports available:

Equipment lending program

The Neighbourhood Basic Needs working group through the CYN Ending Poverty priority table established the equipment lending program in 2018. The program is currently coordinated out of the Glen Cairn Community Resource Centre and it supports organizations and service providers offering Food Families training. The equipment lending program allows organizations to run food programming when they would not typically have basic kitchen supplies to offer the program.

Safe Food Handler Training – London Training Centre

The London Training Centre is pleased to provide Safe Food Handler training and certification in partnership with Middlesex/London Health Unit and County of Lambton Community Health Services Department.

This certificate meets mandatory provincial food safety training requirements and is recognized by all health units in Ontario.