

Where's the Food?

A Compilation of Research Gathered with the Food Security Assessment Toolkit in the Sandy Hill Community



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1.0 OVERVIEW

This document is a compilation of research findings provided by community members in Sandy Hill. Information gathering for this project was guided by the “Where’s the Food?” community food security assessment toolkit as part of a pilot project involving a partnership between Just Food, University of Ottawa, and the Sandy Hill Community Health Centre.

Volunteers for the research team were recruited through a variety of methods including flyers, e-mails, telephone calls, and word of mouth. The first meeting of the research team, hosted on September 22, 2010 by Karen White-Jones and Valerie Stam at the Sandy Hill Community Health Centre, consisted of a comprehensive introduction to the project. Betsy Kristjansson from University of Ottawa provided an overview of the Sandy Hill community and answered questions about the neighbourhood as a whole. Moe Garahan and Erin Krekoski presented information about Just Food, including an overview of the food security assessment project and an overview of the “Where’s the Food?” toolkit. The meeting concluded with community members volunteering to take on specific parts of the research. A second meeting took place on October 4, 2010 in order to engage with 3 community members who had been unable to attend the first meeting. Karen White-Jones hosted this meeting, following the same basic agenda as the September 22 meeting.

Community members completed their research independently, with very little need for guidance or support. The research team met again on Nov 3, 2010 to review the results thus far. This document is a compilation of these results.

2.0 RESEARCH RESULTS

The “Where’s the Food?” toolkit breaks down the issue of food security into numerous categories by asking questions regarding food in the community. These questions are: How are we as a community growing, gathering and preparing food? Where do we buy food? What are the barriers to accessing healthy food and how does our community respond? These questions are answered by looking at specific food-related resources and initiatives. The following section outlines the results of research in each area.

2.1 Community Gardens (Hélène Laperrière)

There are two (2) community gardens.

(1) One is Strathcona Community Garden near Coop Voisins 440 Wiggins. Information comes from active members from Coop Voisins living on low-income revenue (5). People are coming from Coop Voisins, Conservation Coop, neighborhoods (Ottawa Community Housing). To walk there, it takes 3 minutes from my home. The members are multiethnic and will cultivate exotic product such as special leaves. For some, it is the main source of legumes for the year; they will process them for conservation during wintertime. Most will cultivate tomatoes and other seasonable vegetable to be eating during summertime. The space to cultivate varies from one member to another. Some will cover the spot; others will add flowers. I have observed that members are using compost. I have also observed that most of the members are adults, but some young children are also presents times to times. There is a waiting list for the garden but I ignore how many.

(2) There is a new one near the Robinson Park. I do not have much information about it.

2.2 Food in Schools

The schools in the community are Viscount Alexander Public School, École Francojeunesse, and the Youville Centre. Information was gathered with respect to all three local schools.

a) Viscount Alexander Public School: (Jacqueline Marriott)

This project is an element of a larger “...collaborative effort between university and team members of **Food for All.**” Information obtained from this research focuses on participation of the community to “...identify where food outlets and services exist in the community, what doesn’t exist – but perhaps should – thereby affording them better information of the availability of food in their immediate neighbourhood.”

The issue of **Food in Schools** cannot be over-emphasized. It can be as important to the students as to their families; in fact, the benefits can extend to the community. Students whose nutrition is sub-par are afforded an opportunity to benefit from the programme at little or no cost. Poor nutrition impacts a student’s physical and mental development, hence, the importance of such programmes. While individual school programmes vary overall, they may include school gardens, greenhouses, student meal programmes, school kitchens as well as classes on food and nutrition.

I visited the Viscount Alexander School, Thursday, October 21st, and was graciously received by the Principal, Mrs. Gayle Singer, from whom I obtained the information that follows.

- **Viscount Alexander School** is located at 55 Mann Avenue in Sandy Hill. It accommodates children 3-12 years of age, and includes Junior Kindergarten to grade 6, with a population of 130 pupils. The school operates under the Ottawa Carleton District School Board.
- **School gardens and greenhouses:** This school has neither a garden nor a greenhouse. The principal explained, the soil is very poor so the, if there were to be a garden, it would have to be raised. The location she envisions, if one were to be set up, would be on the south eastern corner of the grounds, fronting on Mann Avenue. She is amenable to the idea of a garden if someone, or a group of persons, were interested to establish same.
- **Kitchen facilities:** There is a school kitchen but no commercial kitchen. The school kitchen is used for the preparation of breakfast, snacks and lunch. Meals and snacks are offered on balanced school breaks, i.e., at 10:00 a.m. and noon. The breaks at shorter intervals than previously, are seen to have been beneficial to the students, in that they are better able to concentrated and, while it might appear to shorten the school day, in fact it adds to the number of teaching hours over the school year.
- **Snacks and sandwiches** are provided to 40 students. Students are encouraged to take healthy snacks; they are also encouraged to take litterless lunches. Any garbage derived from a student’s lunch must be taken home for disposal.
- **Fruity Fridays** are offered to all students by the Sandy Hill Community Health Centre.
- **The Orleans Fruit Market** donates fruit throughout the week. This is available to all students.
- **Big Brothers and Big Sisters** use the kitchen weekly in which there are 12 participants, including students.
- There are no vending machines in operation at this school.
- **Food-related courses and curriculum:** Nutrition and exercise are concentrated throughout the curriculum. I requested a copy of the schools’ food policies but I was referred to the Ministry of Education website re: Physical Education and Health to obtain that information.

- **Exercise:** A “walking school bus” is operated by volunteers in the community who pick up the students and escort them to school. In addition, there is an open gym every morning. A full range of sports is offered throughout the curriculum.

b) École Francojeunesse: (Olly Wodin)

Initially, I was hesitant to approach École Francojeunesse with only English material to describe the project. However, I understood that the pilot projects were planned to operate in English only. Once the pilots were completed and the material revised everything would be translated into French. So I approached the school speaking in French and gave them English materials about “Where’s the Food.” I’ve since realized this was a mistake. This is especially true when approaching an organization as compared to approaching an individual. At an organization, the written material will likely be shared with a variety of people, passed on by hand or by e-mail. It was, therefore, helpful that Food for All was able to create a written letter in French to describe the project along with the translating the questions into French.

I had a wonderful meeting with the school nurse, Nathalie Giroux this morning. Nathalie is a City of Ottawa Public Health Nurse and offers health services to 14 elementary schools. This includes nutrition education. When offering nutrition education to the children she also provides handouts the children can take home and share with their families. École Francojeunesse is an elementary school. Children bring their lunch and eat in class. There is no school cafeteria and no vending machines for the children. There is no garden and no greenhouse, unfortunately, no room for either of these. Last year they considered setting up a compost but decided that it was not feasible. They do have some special food days i.e. Pizza Day. They have made many changes to begin to comply with the new Policy 150 on purchasing healthy foods. For example, the pizza now has a thinner crust, no pepperoni and more vegetables on it. There are no other school food policies, i.e. specifying what parents might include in their children’s school lunches. Fresh water is easily available and children are encouraged to bring their own water bottles rather than using throw-away plastic water containers. They do not have a breakfast program.

Natalie asked when the final report for the pilot projects would be ready and I suggested that would be in February. She expressed interest in learning about what’s happening in the other schools and in food access in the community in general. I think school nurses are a great resource for communicating with the schools about food & nutrition.

c) Youville Centre: (Karen White-Jones)

Location: 150 Mann Ave., Ottawa, ON, K1N 8P4

Type of School/School Board Affiliation: Ottawa Board of Education, MF McHugh school (section 23); high school program for young mothers which provides on-site daycare for the children of the students

Grades/Ages Taught: focus on grades 10-12, although some grade 9 materials can be incorporated if necessary; female students age 16-20 (must discharge prior to 21st birthday); children in daycare program are from newborn to 3 years of age

School Population:

- 48 students at any given time; program has continuous intake and discharge over the course of the academic year (including summer school), so they often serve approximately 90-100 students per year

- Daycare holds a total of 55 preschool-aged children, including several spots that are available to the community at large (non-students); School may serve up to 100 children per year in the daycare program.

Contact Person and Information: Heather Heaney; (613) 231-5150, ext. 128;
communications@youvillecentre.org

Information on School Gardens and Greenhouses:

- no green houses

School Gardens:

- 1 garden bed for growing food, located near the front entrance to the school; approximately 4 feet x 2½ feet in size
- Grow tomatoes, squash, beans, peppers, nasturtiums (edible flowers), basil, sage, chives
- part of “Planet Youville” project in partnership with Canadian Organic Growers (“Growing Up Organic”);
- Produce is incorporated into meals, predominantly for the school’s lunch program.
- The preschool-aged children water the garden, and the students initially planted the garden.
- Staff has ended up taking responsibility for the garden due to lack of investment and involvement on the part of students (students’ focus is on basic needs and academics); therefore, the school may choose not to continue with this initiative.
- One teacher and three staff members have been involved in planting and maintaining the garden.

Information on School Kitchens/Commercial Kitchens:

- Two kitchen facilities: community kitchen and commercial kitchen
- Community Kitchen: used for students’ breakfast program (to eat but not prepare food; food is prepared in the commercial kitchen); used for all cooking that is part of school curriculum (see below)
- Commercial Kitchen: used to prepare all food for the students’ breakfast and lunch programs, as well as all food for the daycare children (2 snacks, breakfast and lunch daily); also used for food preparation for special events, if not catered, e.g., graduation, fashion show, meetings, fundraising events, BBQs etc.
- Community at large does not have access to any of the kitchen facilities. Due to security and safety concerns, there is no possibility of the community accessing these facilities during school hours.

Information on Food-Related Courses and Curriculum:

- Science: Some nutrition-related issues are addressed in the science courses. For example, students studying biology will learn about the body’s nutritional needs from a biological perspective. Numbers of students studying in this area vary yearly, based on their academic need for specific types of credits.
- Collective Kitchen/Nutrition and Parenting: one morning per week, every Wed for 3 consecutive 10-week blocks (not available during summer school program); Program serves 12-15 students per session; students cook an affordable nutritious meal and bring it home for themselves and their family.
- Mom and Me: 8-week program that focuses on attachment issues; includes a component on nutrition and parenting, based on identified needs of those attending

- Parenting and Life Skills: The Centre offers a parenting course, which is 10 weeks long and is offered twice/year. 10-15 students attend each session. Cooking generally takes place during one of the ten classes, focussed on simple and affordable menus that students may be able to make with food provided by the on-site food bank program (see below, section re: “Other initiatives”). The course includes basic information on nutrition, both for children and adults which is usually provided by the public health nurse
- Occasionally, if there is an identified need, there may be either an individual or group that receives targeted education/information/instruction re: food and nutrition. For example, pregnant students may be referred to the public health nurse to have a talk (approximately one hour in length) focussed on prenatal nutrition issues. Recently, public health gave a group talk to students whose children were of a particular age (5-12 months old) due to concerns expressed by the daycare staff regarding inadequate knowledge about food and nutrition issues.
- Due to safety and security concerns, no outside community members may participate in any of these courses.

Information on Cafeterias and Vending Machines:

- There are no vending machines on site.
- There is no cafeteria on site. Students eat the food prepared by kitchen staff in the gymnasium, while their children eat in their daycare rooms and/or the children’s lunch room.
- All food for the children (breakfast, lunch and two snacks per day) is provided at no additional cost to the student.
- Breakfast is served for the students, at no cost, in the community kitchen. Lunch is provided at low cost ((\$2.00) to the students. The food provided for the students is similar to that of their children but tends to be lower in fat in order to meet their nutritional needs (as young children require higher levels of fat in their diet than teenagers and young adults).
- The weekly menu covers all of the food groups. It is developed in accordance with the Day Nurseries Act with respect to diversity of food and balance of food groups. See weekly menus for daycare rooms (attached).

Information on School Food Policies and Other Initiatives in the School:

- The school follows all food policies as required by the Ottawa Board of Education for its breakfast and lunch programs for the students.
- The school follows all food policies as required by the Day Nurseries Act for its breakfast, lunch and snacks for the children of the students.

Food Bank:

- Available weekly through donations from the Ottawa Food Bank
- part of the Daycare Hamper Program
- demographics to track use of the service are broken down into three categories: infants (age 3 and under), children (age 3-18), and adults (age 19-20)
- Students must sign up in advance to receive Food Bank
- Well-used resource; in July 2010, the total # served was 164 with average of 41 students per week accessing (school population is 48)

Other Initiatives:

- The Main Street Farmers’ Market provided the school with “Main Market dollars” to teach and encourage the students to purchase fresh produce.

- Members of the Conservation Co-op (next door to the school) who are involved with the Sandy Hill Community Garden, donate surplus food from the community garden to the school. This local produce is used to prepare food for the lunch program.
- Nutrition information, recipes, and cooking lessons were spin-offs of lunch program
- Nutrition and cooking classes: “Grants from ACE Bakery, Bon Appetit and an anonymous donor made it possible for us to provide nutrition education to our students. We were also able to provide for “Mom & Me” cooking lessons in our kitchen classroom. Moms were able to prepare take-home food for their evening meal along with an additional meal for the fridge or freezer. Field trips were taken to local grocery stores such as Loblaws (across the street from the Sandy Hill boundary) to promote economical grocery selections, how to choose healthy snacks, and other cooking hints.”¹
- Presentation was provided to the students re: eating disorders
- Staff participated in professional development re: Food Handlers Certification Course

2.3 Nutritious Food Programs in Schools

The schools in the community are Viscount Alexander Public School, École Francojeunesse, and the Youville Centre. Information was gathered with respect to all three local schools.

a) Viscount Alexander Public School (Jacqueline Marriott)

- Breakfast is prepared and provided by OCRI for the breakfast club which is open to all, but students must register. Currently, 5 students are registered in the programme.
- Snacks and sandwiches are provided to 40 students.

b) École Francojeunesse: (Olly Wodin)

- No meal programs in place

c) Youville Centre: (Karen White-Jones)

| Food program | Days and times that meals or snacks are provided | How many children participate? Is there a cost? | Contact Person and Information |
|--|---|--|---------------------------------------|
| Breakfast program; for students, funded by OCRI, Brighter Futures, Bon Appetit, and an anonymous donor (in past also funded by ACE Bakery) | Breakfast provided 5 days/week for students, prior to start of classes | Average 20 students per day; no cost | Caterina Pace (613) 231-5150 ext. 107 |
| Christmas and Easter luncheons, for students and their children, sponsored by parishes of St. Philip, Richmond and St. Clare, Dwyer Hill, and anonymous donors | -the week prior to Christmas break -the last day of school before Easter weekend | Average 45 students per event; no cost | Caterina Pace (613) 231-5150 ext. 107 |
| Lunch program; subsidized, nutritious lunch; sponsored by Bon Appetit and an anonymous donor but seeking additional funding | Daily around noon | Average 20 students per day; \$2.00 for lunch; | Caterina Pace (613) 231-5150 ext. 107 |

¹ Youville Centre Program Report 2010. p. 16

Other Information Collected: Children of students (aged newborn to 3 years, in on-site daycare program) receive breakfast, lunch, and two snacks per day. The food provided meets the requirements set out in the Day Nurseries Act. See menus (attached).

Data Source: interview at Youville Centre; Youville Centre Program Report 2010

2.4 Food Gathering in Communities

The research team decided that this was not applicable in the Sandy Hill community.

2.5 Community Gleaning Projects

The research team decided that this was not applicable in the Sandy Hill community.

2.6 Community Kitchens (Mike de la Mothe and Olly Wodin)

Sandy Hill Community Health Centre's dietician offers the following:

- Basic Skills Cooking group - once/year - open to the public
- Specialized cooking groups ie. Oasis clients, Horizon Renaissance clients, teen living in Strathcona Heights
- If any community members are interested in starting a community kitchen where they live I would be happy to meet with them and help them to do this.
- I also do ad hoc presentations to any community group interested in learning more about healthy eating.

2.7 Community Shared or Community Supported Agriculture (CSA) (Sarah Tombler)

The following are a list of CSA farms that offer home delivery/car pooling options, some are not in the Sandy Hill area but I have included them anyways:

- a) Name: Connaught Acres Organic Produce
Location of distribution site: Canada Care Centre (Heron and Bank)
Other information: cost of \$750 - \$950 for 16 to 20 weeks
Type of food: fresh vegetables/egg option
Contact person: Debbie DeCooman 613-448-3540
- b) Name: Covenant Farm (Clarence Creek)
Location of distribution site: Ottawa East of home delivery for \$125 for the season
Other information: limited number of shares/previous shareholders have 1st option;
- \$550 for 17 weeks
Type of food: vegetables - have outline of each week's produce on website
Contact person: Stephanie 613-488-3589
- c) Name: Intentional Eaters
Location of distribution site: West end of Ottawa
Other information: \$640 for 10 to 20 weeks
Type of food: vegetables
Contact Person: David Burnford 613-720-FARM
- d) Name: Love Those Weeds
Location of distribution site: home delivery or farm pick-up

Contact person: Kathryn Jackson 613-360-6363

e) Name: Natural Lamb

Location of distribution site: Ottawa Farmers market

Other information: cost of shares available on website

- also available at Ottawa Farmer's Market

Contact Person: Keith and Deb Salisbury 613-257-7168

2.8 Farmers' Markets, Farm-gate Sales, and Farm Stands (Sarah Tombler)

There are no farmers' markets, farm stands or farm-gate sales in Sandy Hill.

2.9 Food Box Programs (Kristen Moran)

1. Name of food box program: The Good Food Box

Contact information: 613-860-6767, email: goodfoodbox@centretownchc.org

- I've emailed them and haven't heard back, but have not tried phoning

2. Name of food box program : Sandy Hill Food Coop

Contact information: 613-321-0150 (Open from 12 to 7, Monday to Friday)

-They provide home deliveries for orders over \$50

3. Name of food box program : Ottawa Food Bank

Contact information: 613-745-7001, contact person Melanie

Other information: 30-40% for Emergency Grocery Programs, 60% for drop-ins/shelters

Their emergency programs are:

- St. Joe's Parish - emergency groceries for 1 month as well as daily meals;
-contact person : Dave 613-233-4095
- Laurier/Rideau/Lowertown community house - operated out of a home at 145 Beausoleil
-they offer an emergency grocery program
-contact persons: Tracy and Kathleen - 613-562-2925
- Youville Community Centre - serves people who are registered with them
-contact information: 613-231-5150
- Youth Services at 433 Nelson St.
-they said to call the main line for information on food box program

4. Byward Fruit Market - You can sign up for weekly organic produce baskets for home

2.10 Food Stores and Restaurants in the Neighbourhood (Frank Allen, Cynthia Colapinto, Anne-Marie McElroy , and Mike de la Mothe)

This was divided into several distinct areas within the neighbourhood: Mann Avenue, Rideau Street, and the area between Rideau and Laurier.

Mann Ave: Stores included the Quickie and the New Desh Grocery. The Beirut Bakery and Zam Zam Restaurant are present in this area.

- The Quickie, 119 Mann Ave.: The researcher compiled a comprehensive list of the foods available in this store. Almost all of the foods listed on the "Food Availability Checklist" provided by Just Food could be found at this store. See Appendix 1 for a detailed list.

- The New Desh Grocery, 103 Mann Ave.: This is an ethnic food store which provides a variety of Asian, Arab, East Indian and Arabic foods, including Halal meats. See Appendix 2 for details.
- Beirut Bakery, 107 Mann Ave.: This is a take-out restaurant providing Canadian and Lebanese food. See Appendix 3 for details.
- Zam Zam Restaurant, 114 Mann Ave.; This eat-in restaurant serves East African cuisine. See Appendix 4 for details.

Availability and Accessibility of Food Stores (excluding Mann Ave.); By location

| Name | Type | Address |
|-------------------------------------|-------------------------|--|
| Sandy Hill People Food Co-op | Grocery (Organic) | 317 Wilbrod |
| The Giggling Jerks | Restaurant & Bar | Wilbrod |
| Le Cordon Bleu Signature Restaurant | Restaurant | Laurier & Range Road |
| The Urban Well | Restaurant & Bar | 244 Laurier East |
| The Moon Dog Pub and Grill | Restaurant & Bar | 236 Laurier East |
| The New Johnny's Pizza | Fast Food (Pizza) | 237 Laurier East |
| Timothy's Café | Coffee Shop | 234 Laurier East |
| Subway Restaurant | Fast Food (subs) | 231 Laurier East |
| Mac's Convenience | Convenience Store | 210 Laurier East |
| Perfection Satisfaction Promise | Vegetarian Restaurant | 165 Laurier East |
| Royal Oak | Restaurant & Bar | 161 Laurier East |
| Second Cup | Coffee Shop | 153 Laurier East |
| Café Nostalgica | Restaurant & Bar | 601 Cumberland |
| Father and Son's | Restaurant & Bar | 112 Osgoode |
| Mac's Convenience | Convenience Store | 120 Osgoode |
| Shawarma Byte | Fast Food (Lebanese) | 124 Osgoode |
| Quickway Food Market | Convenience Store | 326 Somerset East |
| Sandy Hill Lounge and Grill | Restaurant and Bar | 331 Somerset East |
| Michael's Confectionary | Convenience Store | 287 Somerset East |
| Casa Mia | Restaurant | 287 Somerset East |
| Unnamed Restaurant | Restaurant and Bar | Across 287 Somerset East |
| Govinda's | Restaurant (Vegetarian) | 212 Somerset East |
| University Tavern | Restaurant & Bar | 196 Somerset East |
| The House – La Maison | Restaurant & Bar | 195 Somerset East |
| Food Shake | Fast Food | University of Ottawa |
| Pivik | Convenience Store | University of Ottawa |
| Pizza Pizza | Fast Food | University of Ottawa |
| Sushi | Fast Food | University of Ottawa |
| Tim Hortons | Coffee Shop | University of Ottawa |
| Second Cup | Coffee Shop | University of Ottawa |
| Burger Restaurant | Fast Food | University of Ottawa |
| Don Cherry's | Restaurant & Bar | 290 Rideau |
| Petro Canada | Convenience Store | 292 Rideau |
| Shoppers Drug Mart (coming soon) | Convenience Food | Rideau, between Nelson and King Edward |

| | | |
|--------------------|----------------------------------|----------------|
| Pizza Pizza | Fast Food (Pizza) | 199 Nelson |
| Diamond Shawarma | Fast Food (Lebanese) | 354 Rideau St |
| The Horn of Africa | Restaurant | 364 Rideau St |
| Desh Grocery | Grocery (Pakistani/South Indian) | 366 Rideau St |
| East African | Restaurant | 376 Rideau St |
| Rideau Bakery | Bakery | 384 Rideau St. |
| Rideau Pharmacy | Convenience Food | 390 Rideau St. |
| Jack's Chip Wagon | Fast food (fries, etc.) | Parking lot |
| Mags Plus | Cafe | 420 Rideau St. |
| Saffron Restaurant | Restaurant | 426 Rideau St. |
| Shawarma Palace | Fast food (Lebanese) | 464 Rideau St. |
| Korea Garden | Restaurant | 470 Rideau St. |
| Green's Food | Grocery (Korean and Japanese) | 484 Rideau St. |
| 7/11 | Convenience Food | 490 Rideau St. |
| Spring Roll King | Restaurant | 508 Rideau St. |
| Frenchy's | Restaurant | 506 Rideau St. |
| Shawarma King | Fast Food (Lebanese) | 530 Rideau St. |
| Angelos | Restaurant | 538 Rideau St. |
| Passage to India | Restaurant | 544 Rideau St. |
| All Africa Market | Grocery (African & Carribean) | 590 Rideau St. |
| Hasty Market | Convenience Food | 596 Rideau St. |
| Bento Sushi | Restaurant | 606 Rideau St. |
| Mukut | Restaurant | 610 Rideau St. |

Availability and Accessibility of Food Stores (excluding Mann Ave.); By type

| Name | Type | Address |
|----------------------------------|-------------------|--|
| Rideau Bakery | Bakery | 384 Rideau St. |
| Mags Plus | Café | 420 Rideau St. |
| Timothy's Café | Coffee Shop | 234 Laurier East |
| Second Cup | Coffee Shop | 153 Laurier East |
| Tim Hortons | Coffee Shop | University of Ottawa |
| Second Cup | Coffee Shop | University of Ottawa |
| Shoppers Drug Mart (coming soon) | Convenience Food | Rideau, between Nelson and King Edward |
| Rideau Pharmacy | Convenience Food | 390 Rideau St. |
| Quickie | Convenience Food | 490 Rideau St. |
| Hasty Market | Convenience Food | 596 Rideau St. |
| Mac's Convenience | Convenience Store | 210 Laurier East |
| Mac's Convenience | Convenience Store | 120 Osgoode |
| Quickway Food Market | Convenience Store | 326 Somerset East |
| Michael's Confectionary | Convenience Store | 287 Somerset East |
| Pivik | Convenience Store | University of Ottawa |
| Petro Canada | Convenience Store | 292 Rideau |
| Food Shake | Fast Food | University of Ottawa |

| | | |
|-------------------------------------|----------------------------------|-----------------------|
| Pizza Pizza | Fast Food | University of Ottawa |
| Sushi | Fast Food | University of Ottawa |
| Burger Restaurant | Fast Food | University of Ottawa |
| Jack's Chip Wagon | Fast food (fries, etc.) | Parking lot |
| Shawarma Byte | Fast Food (Lebanese) | 124 Osgoode |
| Diamond Shawarma | Fast Food (Lebanese) | 354 Rideau St |
| Shawarma Palace | Fast food (Lebanese) | 464 Rideau St. |
| Shawarma King | Fast Food (Lebanese) | 530 Rideau St. |
| The New Johnny's Pizza | Fast Food (Pizza) | 237 Laurier East |
| Pizza Pizza | Fast Food (Pizza) | 199 Nelson |
| Subway Restaurant | Fast Food (subs) | 231 Laurier East |
| All Africa Market | Grocery (African & Carribean) | 590 Rideau St. |
| Green's Food | Grocery (Korean and Japanese) | 484 Rideau St. |
| Sandy Hill People Food Co-op | Grocery (Organic) | 317 Wilbrod |
| Desh Grocery | Grocery (Pakistani/South Indian) | 366 Rideau St |
| Mukut | Restaurant | 610 Rideau St. |
| Saffron Restaurant | Restaurant | 426 Rideau St. |
| Angelos | Restaurant | 538 Rideau St. |
| Le Cordon Bleu Signature Restaurant | Restaurant | Laurier & Range Road |
| Casa Mia | Restaurant | 287 Somerset East |
| The Horn of Africa | Restaurant | 364 Rideau St |
| East African | Restaurant | 376 Rideau St |
| Korea Garden | Restaurant | 470 Rideau St. |
| Spring Roll King | Restaurant | 508 Rideau St. |
| Passage to India | Restaurant | 544 Rideau St. |
| Bento Sushi | Restaurant | 606 Rideau St. |
| Frenchy's | Restaurant | 506 Rideau St. |
| The Giggling Jerks | Restaurant & Bar | 332 Wilbrod |
| The Urban Well | Restaurant & Bar | 244 Laurier East |
| The Moon Dog Pub and Grill | Restaurant & Bar | 236 Laurier East |
| Royal Oak | Restaurant & Bar | 161 Laurier East |
| Café Nostalgica | Restaurant & Bar | 601 Cumberland |
| Father and Son's | Restaurant & Bar | 112 Osgoode |
| University Tavern | Restaurant & Bar | 196 Somerset East |
| The House – La Maison | Restaurant & Bar | 195 Somerset East |
| Don Cherry's | Restaurant & Bar | 290 Rideau |
| Sandy Hill Lounge and Grill | Restaurant and Bar | 331 Somerset East |
| Unnamed Restaurant | Restaurant and Bar | Across 287 Somerset E |
| Perfection Satisfaction Promise | Restaurant (Vegetarian) | 165 Laurier East |
| Govinda's | Restaurant (Vegetarian) | 212 Somerset East |

| | |
|--------------------|----|
| Total outlets: | 58 |
| Convenience Stores | 10 |

| | |
|-------------------|----|
| Restaurants | 15 |
| Restaurants/Pubs | 11 |
| Specialty Grocery | 4 |
| Fast Food | 12 |
| Café/Bakery | 6 |

2.11 Poverty, Household Food Insecurity and Emergency Food Responses (Jane Crosby)

1) St. Joe's Parish – Contact Dave Ro

151 Laurier St. E 233-4095

Hours – 8am-7:30pm. Monday-Friday

4min walk from the Laurier transit station

- Dinner service 5-6:15pm
- Food bank boxes – available every Fri. from 1-3:00 pm; families can access 1x a month. 280 people are the list who regularly use food boxes
- Everyone is able to access this service
- Accept people from all over the area, have families, couples, seniors and teens from all over downtown, Barrhaven, west/east end, Gatineau etc because they appear to be the place for serving supper for free where as all others only serve lunch.
- Serving 140 meals a night or 700 a week
- 2008-2009 there was an increase of 18% in people use both dinner/food box
- 2010-2011 they are seeing an increase of 26% of use of both dinner/food box
- Is the only free food box in Sandy Hill.

2) St. Joe's Women's Centre

151 Laurier St. E

Hours 9-4pm Monday-Friday

- Serving lunch to women primarily, average age is 42
- Emergency food boxes are available in extreme circumstances
- Experiencing the same increase in people using the services as St. Joe's Parish upstairs.

3) The Mission – contact Shirley Roy

35 Waller St., 234-1144

- Serving men from all over the city
- The Ottawa Mission opened its doors back in 1906 as “The Union Mission for Men” and has evolved from a place to simply sleep and eat into a large community resources centre that it is today.
- The number of meals served has been growing steadily over the last few years – as well as the number of beds.
- There are now 223 beds (for men only – women must be referred to a women's shelter) and between 1,100- 1,200 meals are served every day.
- The people who stay here are served breakfast, lunch dinner – and there are also 2 community meals a day – one at 8:00 am and one at 3:00 pm.
- Those community meals are for anyone – men, women, children and we typically see 300-400 people a day coming in for those meals.
- The food served by The Mission comes from a variety of sources.

- Some of it is bought in bulk – also community donations come in from many places like the Ottawa Food bank, hotels and even individual families.
- There are even local farmers who come by with donations of fresh corn or other produce occasionally.
- The Mission has special community Holiday Dinners too.
- These are held to mark the holiday seasons of Thanksgiving, Christmas and Easter.
- In the last 2 years, these community dinners (open to anyone) have been serving around 2500 meals in about a 6 hour time period.
- We invite those staying not just at The Mission, but other shelters in the capital, as well as those people who may have their own small apartment or live in a rooming house, but don't have the money to buy the items for a special holiday meal.
- I've asked Shirley if she knew about the age break down and if she also was aware of where the people were coming from in the city. I'm mentioning this because that makes my data disproportional to the residence of Sandy Hill. Because like St. Joe's Parish they are not only serving meals to people living outside this area.

Additional Information:

Meals on Wheels cost \$4.80 a day, so it would be excluded because I'm doing free food. It does receive a subsidy, but I didn't ask who it was from but I would assume it is Social Assistance Dept. The food is cooked at the Gary Armstrong Island Lodge kitchen, driven to locations around the city and delivered to customers from there. They serve 35 a day to Sandy Hill, Monday-Saturday. Customers are age 59 up; they do serve invalids, people; with disabilities. They are experiencing a decrease in sales, I would assume that is because people can't afford it.

2.12 Transportation to Food Stores (Hélène Laperrière)

There are several ways to get to the food stores. I calculate five (5) major ways : by foot, by bicycle, by public transportation (OC Transpo), by private cars and by coop cars (Vrtucar). The data comes from observations and discussions with neighbors with low-income revenue. They are presented in terms of the *transportation habitus of the people to get food*.

Near Mann. I have frequently observed that some ethnic members from Ottawa Community Housing are using Mini-Van to get to their grocery store. It is also the case for some of our big family members at the coop Voisins. There are neighbors who will provide some product at the Quickie where they can have special accommodation such as paying later. The owner is very patient to wait until a client will slowly add his last token to pay 1 or 2 items. Lately, I have observed family (mom, dad and children) who went to the new ethnic grocery store on Mann Avenue and Chapel and returned to their home (2 minutes from their) at the Ottawa Community housing. Every family member was carrying a bag.

People with disabilities. I have observed and also questioned one member in wheelchair who was waiting for the OC Transpo #316 at the Wiggins St corner. She puts a large bag on the rear of her wheelchair. She explained that this way she could add easily the items in that bag and then pay at the cashier. The #316 goes by Rideau St and stop just in front of Loblaws. She can then leave the bus and go by herself to the store. I have seen her three going by herself to get her grocery.

Cooperative transport to get food. Talking with members in low-income budget, they talk about the idea to share cooperative transport with Vrtucar in order to regroup 3-4 persons (one with Vrtucar) to

get to Loblaws in Rideau or other. This way it will give more time to choose adequately. Otherwise, they take the #316 and take only 20 minutes to pick up items at Loblaws and take back the returned 315 bus. Here are the possibilities for cooperative transportation with Vrtucar in Sandy Hill:

1. Coop Voisins : 440 Wiggins
2. Coop Conservation : 140 Mann Ave
3. Coop Sandy Hill : 195 Sommerset E
4. University of Ottawa: campus lot J King Edward
5. Sandy Hill retirement residence : 353 Friel
6. Friel & Daly : 3 Friel
7. Chapel: 255 Steward St
8. Rideau: 541 Rideau St.

2.13 Skills and Information (Mary Nash)

a) Type of Initiative: Community Health Dietician, Public Health Dietician, Public Health Nurse or other Health/Nutrition Professional

- **What Services or programming is available, and how many people are involved?**

Counselling in nutrition and a variety of other services are available through Ms. Olly Wodin at the Sandy Hill Community Health Centre.

b) Type of Initiative: 4H Clubs, Junior Farmer groups, or other clubs and groups

- **What Services or programming is available, and how many people are involved?**

No 4H or Junior Farmers groups were found in the area. Difficult to determine from their websites if they would be available in this area;

- Contact and Information: Canadian 4-H Council, 930 Carling Avenue, Ottawa, ON, K1A 0C5, (613) 234-4448

c) Type of Initiative: Other Courses, Programs, Workshops or Information Available

- Craving change, a weight loss program available through Sandy Hill Community Health Centre
- Basic Skills cooking group, Teen cooking club in Strathcona Heights, at 731 Chapel Street, organized through Sandy Hill Community Health Centre.
- Wabano group uses kitchen in Sandy Hill Community Health Centre every Friday over the morning and lunch time.

d) Other Information sources tried:

- Nothing through Public Library programs
- Nothing through the churches in the area
- Nothing at U of Ottawa, continuing education program
- Nothing at Ottawa Catholic School Board
- Through the Ottawa-Carleton Public School Board-Learning for Life, several pages of ethnic cooking courses, some being taught at Rideau High School, St. Laurent Blvd.
- e-resources- Knowledge Ontario, on the web
- Data Sources-the Web and personal contact

2.14 Food Options

This section is covered in the information provided throughout this document, as well as in the detailed information contained in the appendices. Overall, it appears that all food groups are available in the

community. The foods that are not adequately represented are fresh fruits and vegetables and organic foods. A fair assortment of ethnic food is also present in food stores and restaurants in the neighbourhood.

3.0 ACTION IDEAS

At the final meeting, we discussed what types of actions could be taken based on the research findings. The following is a summary of those ideas:

Distributing “Where’s the Food? Sandy Hill” Research Results

- ACTIONS: Could condense or adapt the document to suit different audiences.
- ACTIONS: Distribute the summary document:
 - at Sandy Hill CHC
 - through Welcome Wagon
 - In the Ottawa University frosh pack
 - As an article or a series of articles in the community newspaper
 - In Housing Co-op newsletters, on notice board at housing co-ops, or at co-op assemblies, or to co-op committees
 - Through Ottawa Community Housing
 - Through Action Sandy Hill
- ACTIONS: Host one or two (or more) workshops throughout the year about growing food, gardening, and other food-related topics in Sandy Hill (note: if somebody wants to organize this, Just Food could provide facilitators and help with this)

Community Gardens

- ACTIONS: Incorporate social activities and learning opportunities into new or existing gardens (ideas include a workshop series on various topics, mentoring opportunities, potlucks, etc.)
- ACTIONS: Investigate what other gardening locations are available along the Rideau St. area.
- ACTIONS: Sandy Hill Community Health Centre has a rooftop. It would be determined whether it could structurally support a rooftop garden. The idea has come up in the past, and with enough community support there would be a good chance that this could get started.

Schools

- ACTIONS: The Viscount Alexander School seems to have an excellent complement of programs, and there is an interest in putting in a garden (if there were volunteers that could take it on). The school could be highlighted as a model of what other schools could do – this also might benefit the school which has had low enrollment.

Community Supported Agriculture

- ACTIONS: These opportunities could be flagged so that more people know about it – perhaps something in the community paper that this type of service is available.

Food Box Programs

- ACTIONS: Sandy Hill Community Health Centre could be used as a drop-off point for Good Food Boxes. One idea mentioned is that those who have a higher income could offer to pay a bit extra for their boxes which would in turn subsidize the cost for those who may otherwise have difficulty affording the box.

- ACTIONS: Getting the word out about the Good Food Box program through an article in the community paper, Good Food Box flyers or notices in housing co-ops, with an announcement about the GFB at co-op board meetings.

Food Stores and Restaurants in the Neighbourhood

- ACTIONS: Get the City of Ottawa to zone particular areas more specifically, to ensure better distribution of fresher food outlets throughout neighbourhoods (noted that this is unlikely as the City has said in the past that they cannot zone that specifically).
- ACTIONS: Get a grocery store to open around the Mann Ave area OR communicate with existing store owners about what we've found – perhaps they would source more fresh foods if they knew there was a demand for it.
- ACTIONS: Encourage/promote the use of the resources and options that we do have – such as the Good Food Box, and CSA drop-offs – by spreading the word about these options.

Poverty and Emergency Food

- ACTIONS: There is a new campaign in Ottawa called “Put Food in the Budget”. This campaign is to inform Ottawa residents about the extreme challenges that are faced by those living on social assistance to afford a nutritious diet. The “Put Food in the Budget Challenge” challenges Ottawa residents to try eating only the contents of a Food Bank hamper for 3-5 days, and to write and talk about their experiences with others. The campaign is calling on the Provincial Government to add a \$100 Healthy Eating Supplement for all adults on Social Assistance, as a starting point for making sure that there is some money in their budgets to eat healthy foods. You can “take the challenge” or support the campaign – check out the website, www.putfoodinthebudget.ca or the Ottawa blog: ottawadtmc.posterous.com.

Other Action Ideas

- There is a new Community Arts project which is accepting proposals – see the attached PDF for more details about this.
- Everybody is welcome to sign up for the Just Food newsletter (www.justfood.ca/members_m.php) and to attend the Just Food AGM and Food for All Launch in April. This newsletter goes out once a month and contains information about events, action, and news on food and farming issues in the Ottawa area.

4.0 SUMMARY

The food security assessment toolkit was piloted in the Sandy Hill community beginning in September 2010. A research team consisting of ten volunteers from the community and two staff from the Sandy Hill Community Health Centre researched the areas outlined in the “Where’s the Food?” toolkit.

Results indicate that this community has fairly good access to ethnic foods, both at food stores and restaurants. Two of the three schools in the district offer nutritious food programs for their students. Food boxes are available, as are food programs related to poverty and emergency responses (free meals). Community gardens are responsive to needs in the community.

Residents of Sandy Hill appear to need increased access to fresh fruits and vegetables, including organic produce. The Strathcona Heights neighbourhood within Sandy Hill has a convenience store with fairly good representation of food options, but there is no regular grocery store nearby. Community

supported agriculture is lacking, although there are CSA initiatives that are accessible to residents. Most of the food-related skills and information is provided by or in partnership with the Community Health Centre. Food gathering and community gleaning were both deemed “not applicable” for this urban community.

4.0 ACKNOWLEDGEMENTS

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APPENDIX 1: Foods Available at the Quickie

Beverages:

- Various soft drinks, sparkling juice drinks, and iced tea (regular and diet)
- Energy drinks (e.g. Red Bull, Rockstar)
- Protein drinks, nutrition shakes (e.g. EAS Myoplex shakes, Carnation Breakfast shakes)
- Coffee mate
- Lemonade
- Canned and frozen fruit juices
- Juices: apple, orange, punch/cocktail, Five Alive, Sunny D, smoothies, aloe vera drink, V8 vegetable juice
- Milk products: skim, 1%, 2% and whole milk; chocolate milk; buttermilk; whipping cream, table cream, half-and-half cream; yogurt drinks; lactose-free milk; soy milk (vanilla and chocolate); Rolo milkshake
- PowerAde, Gatorade
- Water: many varieties
- Coffee, cappuccino, hot chocolate
- Fruit smoothies (generated through a dispenser in the store)

Breads and Grains:

- White, whole wheat, pita, injera (specialty bread), hot dog and hamburger buns.
- Dry pasta, noodles and instant noodle products
- Rice
- Cereals
- Oatmeal (instant)

Fruits and Vegetables:

- Fresh fruit: lemons, limes, oranges, apples (variety), tomatoes, bananas
- Fresh vegetables: cucumber, carrots, lettuce, garlic, potatoes (10 lb bag), onions (3 lb bag)
- Canned: fruit salad, fruit cups, tomatoes (whole, diced), assorted fruit

Frozen/Fridge Products:

- Ice cream and ice cream bars, popsicles
- French fries
- Pizza
- Burgers, hot dogs
- Sausages, bacon
- Non-frozen dairy: yogurt, sour cream, butter, margarine, cheese, cream cheese
- Eggs
- Frozen juices
- Cakes (e.g. McCain frozen cakes)

Snack Foods:

- Potato chips, corn chips, tortilla chips, Sun Chips, Doritos, rice chips
- Pretzels, popcorn
- Cheese sticks (puffed, e.g. "cheesies")

- Hickory sticks
- Peanuts, cashews, sunflower seeds, miscellaneous peanut mixes
- Beef jerky
- Chocolate bars (wide variety) and other chocolate snack foods
- Protein bars, granola bars, Nutri-Grain bars
- Ice cream cones
- Gum
- Hard candies, jelly beans and jelly candies
- Cookies
- Pastries, sweet cakes, sweet biscuits, Pop Tarts

Other:

- Pet food (cat and dog food)
- Baby food and baby products
- Canned / bottled food: pasta sauce, tomato and other various sauces, seafood (tuna, sardines), soups, gravy, beef products
- Coffee, tea
- Baking / cooking products: sugar, salt, oils, lard, cornstarch, flour, chocolate chips etc.
- Spices
- Condiments
- Spreads: peanut butter, jam, honey, etc.
- Cake mix'
- Hamburger Helper
- Assorted other products

APPENDIX 2: Foods Available at the New Desh Grocery

Beverages: soft drinks, fruit juices, water

Dairy: cheese (Halal), paneer (East Indian cheese), Arabic fomented yogurt drink, yogurt

Halal meat: beef, lamb, chicken, beef burgers, assorted fish

Vegetables: beans, garlic, molokha (Arabic), yucca, cilantro, chili peppers, tomatoes, ginger, green peppers, collards, small selection of other ethnic vegetables; The vegetables are not bought locally; they are brought in from Montreal. The only fruit available is lemons.

Breads: pita, injera, panatha

Bottled/canned products: tomato sauce, condensed milk, pickled chutneys, oils, food colouring, coconut milk, sardines, sauces, beans, ginger/garlic paste

Boxed items: rice pudding (ethnic types), spice mixes, sauce mixes, dates, salt, tea and coffee (Western and Arabic/Muslim)

Rice, flour and pasta: large variety, mostly for the ethnic consumer; variety of noodles

Other: Roti (frozen), biscuits (Arabic varieties), frozen samosa pastry, cookies, spices, wide variety of nuts and beans, treats, pastries

APPENDIX 3: Foods Available at Beirut Bakery

All of the meat is Halal. The menu includes:

- Lebanese pies, 13 varieties including meat, cheese, and vegetarian
- Side orders: hummus, tabouli, garlic potatoes
- Pizza
- Falafel and shawarma, both sandwiches and platters
- Samosas
- Soft drinks
- Baklava

APPENDIX 4: Foods Available at Zam Zam Restaurant

All of the food at this eat-in restaurant is East African cuisine. The menu includes:

- Meat: beef, chicken, lamb, fish
- Rice, noodles
- Pita wrap
- Onion, green pepper