

Where's the Food Project

Centretown 2012



One of the cornerstones of reaching community food security is the ability to measure and monitor food security at a neighbourhood, or community level. Food for All is bringing together individuals, groups and organizations in the Ottawa community by adapting and piloting a community food security assessment toolkit: "Where's the Food." This project helps communities to: better understand their community food security; decide on what actions to take to improve their community food security; and monitor whether or not their community food security improves over time.

Community-Based Project

Just Food, University of Ottawa &

Centretown Community Health Centre

www.justfood.ca/foodforall/wheres-the-food

July 2012

It's my pleasure as the Member of Parliament for Ottawa Centre to endorse the *Where's the Food Study* for Centretown. I would like to thank the hard working volunteers from our community who collected the data for this project, and also the Centretown Community Health Centre and Just Food for initiating this valuable study.

The goal of the *Where's the Food Study Centretown* project is to measure and gain a better understanding of food security issues in Centretown, and to share this knowledge with the community to develop solutions. The boundaries for the area of study include the area east of Bronson, west of the Rideau Canal, north of Catherine Street and south of Wellington Street.

From the data that's been collected, we see that the gap between those who have access to healthy, affordable food choices and those who don't is growing in Centretown. With the continuing influx of new residents into Centretown, this gulf will continue to increase.

The release of the *Centretown Where's the Food* study is particularly timely considering the recent visit by the United Nation's Right to Food Special Rapporteur to assess our nation's food security situation. Canada is the only industrialized nation that was visited by the Special Rapporteur. According to the UN, 2 million Canadians are currently living without secure access to safe and nutritious food.

Grassroots projects like the Centretown study are vital in further demonstrating that urgent action is needed to address food insecurity in Canada.

Once again, I'm happy to have the opportunity to support the *Centretown Where's the Food* project.



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We would like to acknowledge the hard work and considerable time devoted by the community volunteers, without which this project would not have been possible. We would also like to thank the community organizations that provided valuable information for this project and the residents who participated in the skills survey.

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The volunteers were also greatly assisted by staff at the partner organizations, leading the Where's the Food project:

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Introduction

Welcome to *Where's the Food* in Centretown! This community-based research project is a collaborative effort of Just Food, Centretown Community Health Centre, the University of Ottawa, and most importantly, dedicated community volunteers committed to the issue of food security.

Back in December 2011, a group of community volunteers accompanied by staff members from Just Food and Centretown Community Health Centre set out to put together a clearer picture of food accessibility and availability in Centretown. The area studied included the neighbourhood situated between Wellington Street to the North, Rideau Canal to the East, Bronson Avenue to the West and Catherine Street to the South. Volunteers contributed many hours of service towards assessing how we as a community grow, prepare and access food to identifying barriers to accessing healthy and affordable foods in our neighbourhood. In this process, we reached out to a number of community partners who generously supported us by sharing relevant data and their first-hand experiences.

In many ways, our collective findings came as no surprise. Our neighbourhood is a diverse, vibrant and resourceful one. Unfortunately, it is also a community where too many residents experience significant barriers in accessing healthy and affordable food options. Issues around food security are closely tied to issues regarding income security. One has to wonder how this picture will be further altered by many new housing developments in Centretown and the steady influx of people that come with it.

It is our hope that the findings presented in the following pages will inspire you to start food conversations with your family, friends, and fellow neighbours, and move you to get involved in initiatives regarding food security. We invite you to dig into the document and hope that the information gathered will be of use to you whether you are a long-time Centretown resident, a newcomer, or a service provider working with some of the very people that face barriers to accessing healthy and affordable foods.

Happy reading,

Where's the Food, Centretown 2012, Community Research Team

Section I: How are we as a community, growing, gathering and preparing food?

Community Gardening

Community gardens are shared spaces where community members come together to grow fruits, vegetables, flowers, and other plants. Community gardens vary in appearance, and plants might be grown in any free and fertile space ranging in size from small window boxes to large fields. In cities without a lot of green space, community gardens may be on rooftops.



Community gardens are important in that they provide local, fresh and nutritious fruits and vegetables. Community residents work together to create something that they will all benefit from.

History in Centretown

In the spring of 2000, a small group of interested people asked the Ottawa-Carleton Regional Council for a list of possible community garden sites in Ottawa. Councillor Diane Holmes, at that time a member of the Regional Council, took up this request and six garden spots were selected. The garden at the corner of Bronson Avenue and Laurier Avenue West was part of this initial selection, and the volunteers involved named it Nanny Goat Hill Community Garden. 20 plots were established, including a large plot for the Special Needs Network at the Bronson Centre. By the end of that year, Nanny Goat Hill, along with two other gardens were up and running.¹

Community Composting

In the fall of 2000, a community member approached Nanny Goat Hill Community Garden with the intention of starting a compost recycling pilot project in her resident high rise condominium. This project ran until February 2011, when the City of Ottawa then converted it into a pilot project to collect compost from high rise buildings. In addition to the 50 or so units in the original condominium, many people living nearby began to bring their kitchen waste to the compost. The humus is sifted by hand and used by gardeners.²

As of May 1, 2012, there are three community gardens in Centretown: Nanny Goat Hill Community Garden; Centretown Community Garden; and Bytowne Urban Gardens (BUGs).

The Go Green Community Garden at city Hall closed in May 2012.

¹ Rosemary Tayler, "Nanny Goat Hill Community Garden: Historical Events," March 22, 2011.

² Ibid.

Community Gardens in Centretown

Nanny Goat Hill Community Garden

Contact information:

Elizabeth Eves, Coordinator

(613) 851-1121; elizaeve@gmail.com

Nanny Goat Hill has 109 plots, and is one of the 6 initial community gardens. It is located at the northeast corner of Bronson Avenue and Laurier Avenue. For more information, please see the Appendix. Also see Section III for information regarding a pilot food market.

Centretown Community Garden

Contact information:

ccgardenproject@gmail.com

Centretown Community Garden started in 2009-2010, and is now home to 30 raised bed plots. It is located at the northeast corner of Lyon Street and Lisgar Street, on land owned by the Roman Catholic School Board. The Centretown Citizens Ottawa Corporation building next door provides water.



Bytowne Urban Gardens (BUGs)

Contact information:

(613) 233-4443 ext.3000; bugscordinator@gmail.com

BUGs is one of the 6 initial community gardens. For many years, BUGs proudly grew their community garden at Metcalfe and Catherine Street, also known as Beaver Barracks. With the help of community partners, they established a new garden in the Glebe Memorial Park during the spring of 2010.

Food Gathering and Gleaning Projects

Urban Foraging

Urban Foraging is defined as finding and picking edible food from urban areas like parks, gardens, and any green space. There are many ways to go about urban foraging - asking the owner of a fruit tree if you can take some fruit, picking wild greens from government land or discovering edible wild plants on your land. Some activities of urban foraging are illegal, and some are dangerous due to contaminated soil. The most important part of urban foraging is to be informed. In Centretown, there are a couple of ways to do this:

Transition Ottawa sometimes offers workshops on urban foraging. The best way to stay informed and to find out about these workshops is to visit <http://transitionottawa.ning.com/group/Food>.

Tours are also offered occasionally to show people what is edible and what is not. Amber Westfall offers some, information can be found at: urbanwildtours@gmail.com.

Hidden Harvest Ottawa is a social enterprise that connects tree owners with volunteer harvesters and community agencies. The way hidden harvest works is that 25% of the harvest goes to the tree owner, 25% to the volunteer harvesters, 25% to the nearest community agency in need (such as food bank or soup kitchen), and 25% to Hidden Harvest for processing. More information can be found at hiddenharvestottawa.ca.

Community Kitchens

Community kitchens, also referred to as collective kitchens, are shared kitchen spaces where people come together to prepare and eat food. Some community kitchen programs might include additional components such as preserving food in season, learning about a particular style of cooking, learning how to start a food-related business, or learning a second language. Often, community kitchens bring together a group of people that share common food practices or needs – for example, single people cooking for one, families cooking for young children, or people cooking for diabetics. Ultimately, community kitchens may be used for any kind of gathering that features communal food preparation and eating.

Community kitchens all people to share their knowledge with one another to improve cooking skills, and exchange recipes, tips and practices. They can also provide positive social experiences.

There are currently three community kitchen and collective cooking organizations in Centretown. Information provided below was gathered from their websites. There appears to be some difficulty in gaining support and momentum for collective cooking groups. Challenges include: finding a facilitator and location, ensuring that the kitchen is not run as a free food giveaway, and retaining participants. If you are interested in starting a collective kitchen group, consider contacting a local emergency food service provider to help in getting started (food bank, soup kitchen etc.).

Community Kitchens in Centretown

A) Centre 507

Centretown United Church
507 Bank St. Ottawa, ON, K2P 1Z5
613-233-5088
manager@centre507.org
www.centre507.org

Cooking group held every second Friday from 1:00-2:00 p.m. Each session teaches basic cooking skills and nutrition on a budget and has six spaces available.

B) AIDS Committee of Ottawa

251 (# 700) Bank St. Ottawa, ON, K2P 1X3
613-563-0851; support@aco-cso.ca
www.aco-cso.ca/

The AIDS Committee of Ottawa offers a monthly community kitchen for HIV-positive Ottawa residents

C) Centretown Community Health Centre

420 Cooper St. Ottawa, ON, K2P 2N6
613-233-4443 x2198
www.centretownchc.org/en/home.aspx

CHC offers a variety of ongoing cooking workshops and community cooking groups. Specialized classes for seniors, pregnant women, children, and [ethnic] foods are available. Participants are asked to pay \$1 if possible.

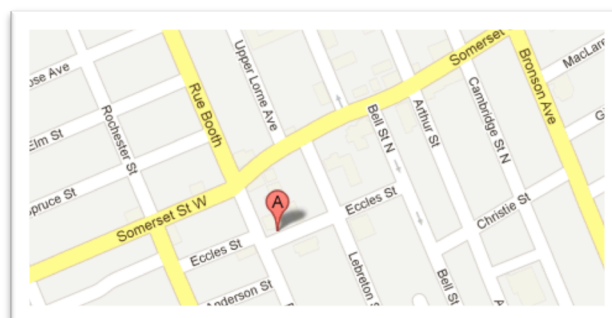
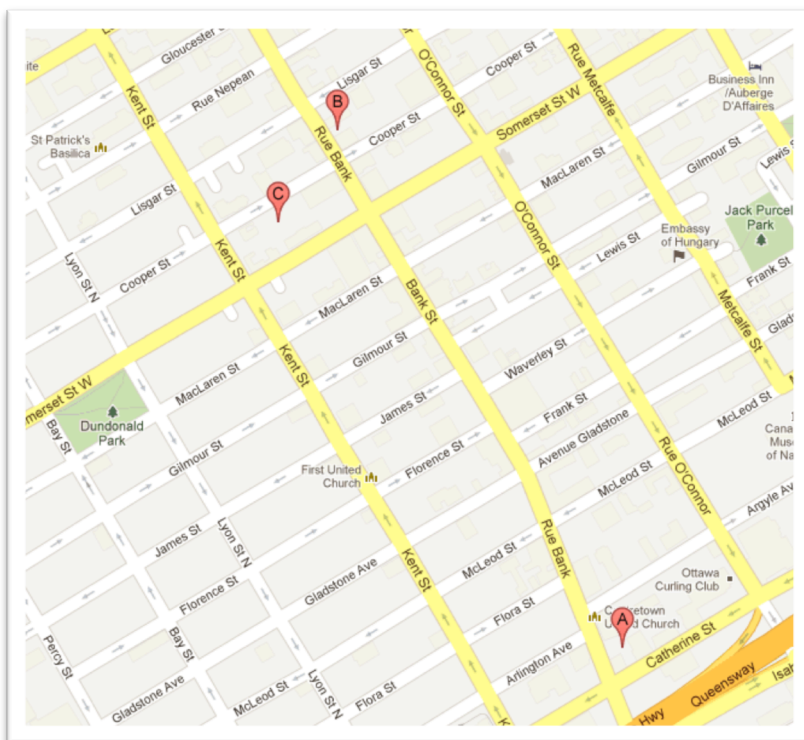
Community Kitchens Surrounding Centretown

Below are several community kitchen programs run outside of, but near to, Centretown and accessible by public transportation.

Somerset West Community Health Centre

55 Eccles St. Ottawa, ON, K1R 6S3
613-238-8210 x2320
info@swchc.on.ca
www.swchc.on.ca
Bus route: 2

Somerset West CHC offers community kitchens for seniors, people living with mental health issues, and the Vietnamese and Chinese community.



Sandy Hill Community Health Centre

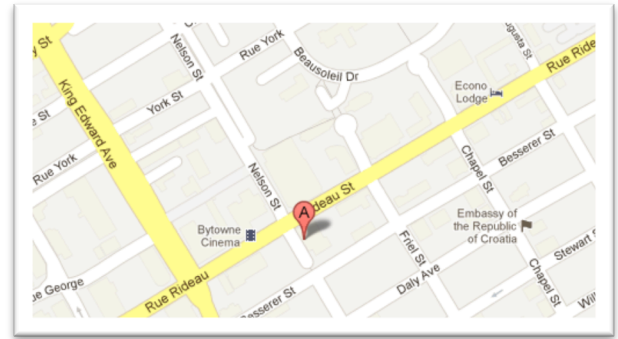
221 Nelson St. Ottawa, ON, K1N 1C7

613-789-1500 (or Olly Wodin at 613-244-2792)

www.sandyhillchc.on.ca

Bus routes: 7, 12, 14

Sandy Hill CHC hosts a basic skills cooking group once a year in addition to specialized cooking groups for Oasis and Horizon Renaissance clients, and teens living in Strathcona Heights.

**Centre Youville Centre**

150 Mann Ave. Ottawa, ON, K1N 8P4

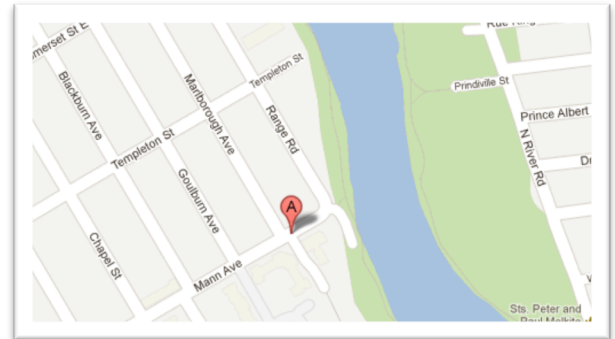
613-231-5150

info@youvillecentre.org

<http://www.youvillecentre.org>

Bus route: 16

Nutrition and cooking classes are run with grants from ACE Bakery, Bon Appétit Ottawa, and an anonymous donor. There are also 'Mom & Me' cooking lessons where mothers can 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 to promote economic grocery selections, how to choose healthy snacks, and other cooking hints.

**Lowertown Community Resource Centre**

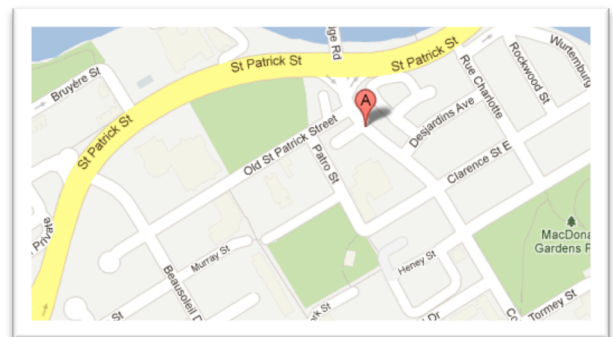
40 Cobourg St. Ottawa, ON, K1N 8Z6

613-789-3930

info@crcbv.ca

<http://www.crcbv.ca/>

Bus routes: 5, 7



People from the community get together every last Monday of the month to plan and cook nutritious and economical meals that can be frozen.

Food in Schools

Schools can play an important role in community food security, not just for students, but for the entire community. Some examples of food initiatives include: school gardens and greenhouses, student meal programs, school kitchens, and classes on food and nutrition.

School food initiatives can provide students with a sense of community while delivering components of the education curriculum in a hands-on way. By being directly involved in growing, harvesting, and cooking food, students learn about food and the environment, while also building skills in cooperation and teamwork which can be used throughout their lives. School food initiatives can also help to promote healthy lifestyles and good nutrition. What's more, parents and seniors can be involved to pass on their skills and to learn with their family. In some cases, community members, together with parents and children, may benefit from kitchen and garden spaces, where they can meet, learn and take action on food issues.

Centretown is home to six schools. Below, information is provided regarding demographic and facility information. Unfortunately, due to school board policy on external research projects, information on food-related curriculum and other activities was not available. Enrolment information is current as of October 31, 2011. The original building date is provided, but not the dates of subsequent additions.

Cambridge Street Public School

Enrolment: 202 students, Grades JK – 6

Year Built: 1974

Address: 250 Cambridge Street

Kitchen Facility: There is a kitchen adjacent to the Gymnasium; it has a fridge, stove, sink and microwave. There is no eating area. The Custodian puts a table out in the hallway for the Breakfast program to eat. The Boys & Girls Club uses the kitchen frequently.

Centennial Public School

Enrolment: 206 students, Grades JK-6

Year Built: 1966

Address: 376 Gloucester Street

Kitchen Facility: There is a kitchen between the lunch room & staff room, which has a stove and two sinks. There are fridges, but the school uses them for their programs.

Elgin Street Public School

Enrolment: 248 students, Grades JK-6

Year Built: 1953

Address: 310 Elgin Street

Kitchen Facility: Staff room kitchen only

Glashan Public School

Enrolment: 305 students, Grades 7-8

Year Built: 1979

Address: 28 Arlington Avenue

Kitchen Facility: There is a kitchen within the lunch room, which includes a stove, fridge, Microwave and sink. Fridges are locked with the Breakfast program food. The Home EC Room has Stoves, Fridges, Microwaves and sinks.

Lisgar Collegiate Institute

Enrolment: 1060 students, Grades 9-12

Year Built: 1874

Address: 29 Lisgar Street

Kitchen Facility: Kitchen part of cafeteria (North Building)

Richard Pfaff Alternate Program

Enrolment: 232 Grades 9-12 (1 student Gr. 9, 10 in Gr. 10, 39 in Gr. 11, 182 Gr. 12)

Year Built: 1968

Address: 160 Percy Street

Kitchen Facility: There may be a kitchen off the Assembly Hall.

Nutritious Food Programs in Schools***School Breakfast Program***

The School Breakfast program, led by the Ottawa Network for Education, provides a nutritious morning meal to 11,000 Ottawa Children in 148 schools, including those in Centretown. The School Breakfast Program ensures that children in need have access to a healthy breakfast in a safe, supervised environment.



The Ottawa Network for Education coordinates funding from government sources (Ministry of Children and Youth Services and the City of Ottawa) local businesses, charitable foundations and generous individuals. Money for food, equipment, and program monitors is then distributed equitably to the four school boards.

The School Breakfast Program is open to all children and youth enrolled in one of the 148 participating schools. Students may be identified through school staff or parents. The program supports each Ottawa School Board: Conseil des écoles catholiques du Centre-Est; Conseil des écoles publiques de l'Est de l'Ontario; Ottawa-Carleton District School Board; Ottawa Catholic School Board. The philosophy of the program is that no child/youth is turned away.

For more information, visit the Ottawa Network for Information website: <http://www.onfe-rope.ca/programs/school-breakfast-program>

Ontario School Food and Beverage Policy

The Ontario School Food and Beverage Policy was issued in October of 2010. This policy sets out guidelines for the types of foods and beverages that can be served in all Ontario publicly funded schools and came into effect on September 1, 2011.³

The new policy mandates that 80 per cent of all food and beverages for sale in cafeterias and vending machines have low levels of fat, sugar and sodium. These healthy options are called "Sell Most" foods and beverages. The remaining 20 per cent of choices for sale—the "Sell Less" foods—are slightly less nutritional. There's also a third category of foods and beverages that have been banned outright.

In the policy document, the Ministry of Education says the changes are being implemented in order to better meet the dietary recommendations laid out in Canada's Food Guide. According to the Ministry of Education, the school food and beverage policy contributes to improved education and health outcomes for all students. Research shows that "health and education success are intertwined: schools cannot achieve their primary mission of education if students are not healthy" and that "healthy eating patterns in childhood and adolescence promote optimal childhood health, growth, and intellectual development". The school environment profoundly influences students' attitudes, preferences, and behaviours. Research also shows that when nutritionally inadequate food and beverages are available and promoted at school every day, even along with healthier food and beverages, it becomes increasingly difficult for students to have a healthy diet.

Principals can—in consultation with the school council—deem a maximum of 10 days per year to be exempt from the policy. So that pizza day, for example, could still go ahead if there was consensus.

Ottawa-area schools seem to be adhering to the new policy. For example, the directors of education for each of the nine boards that make up the Champlain Local Health Integration Network have signed a declaration committing to ensuring their students "can make healthy food choices at school on a daily basis."⁴ (For more information, please visit:

<http://www.ccpnetwork.ca/documents/ChamplainDeclarationFinal.pdf>)

Daycares - YMCA

There is one not-for-profit daycare within Centretown, offered by the YMCA at 180 Argyle. It serves 148 children between the ages of 18 months to 10 years of age, according to the following breakdown:

- 15 toddlers with 3 staff
- 48 preschool children with 6 staff
- 40 kindergarten children with 4 staff
- 45 school age children with 3 staff

³ Just Food, Ontario Food and Beverage Policy, March 14, 2011, see online:

<http://www.justfood.ca/foodforall/weblinks/ontario-school-food-and-beverage-policy/>

⁴ Trevor Pritchard, "Explainer: What's Ontario's New School Food Policy?" Openfile (August 29, 2011), see online:

<http://ottawa.openfile.ca/ottawa/file/2011/08/explainer-whats-gist-ontarios-new-school-food-policy-0>

The daycare currently does not have a garden or green house. It was part of the BUGs Garden; however, renovations caused it be relocated. There are planters within the playground, in which the kindergarten children grow some herbs and tomatoes.

Kitchen Facilities

The daycare does have a kitchen. Food is catered, so this is a distribution centre for lunches as well as storage for snack items, snack preparation and baking area for child care programs. Students and educators occasionally use the kitchen to cook foods prepared as part of programming.

Community members have access to the kitchen if participating in programs delivered through the larger community room. In this case (mostly in the evenings) the kitchen is used for the delivery of catered foods and distribution for programs. It is used every Friday by a group of senior men. Other groups can rent the large community room and access the kitchen by contacting the Facilities Coordinator.

Food-Related Activities, Programs, Projects

Baking and cooking is always a programming activity that staff can engage children in. Otherwise, the School Age children do a nutrition education program that includes preparation of healthy snacks. School Age children also participate in the Catch Kids program – a physical fitness and nutrition education program. The daycare also offers a recreational program for pre-teen children (currently serving 23 children with 2 staff), which includes baking and cooking activities and use of the kitchen.

Daycare Food Policies

Hot meals are provided in the Toddler, Preschool and Kindergarten Child Care programs and are catered by an outside company: BYTOWN Catering is the choice of the Taggart Family Y. Nutritious snacks are served once or twice daily depending on the length of the program and the child's attendance. Although lunch time meals are catered, snacks are the responsibility of the staff (planning, purchasing and preparing). Snacks and meals follow the guidelines of the Canada Food Guide. Sugar, salt and deep-fried foods are avoided whenever possible. Dietary needs are accommodated, and the daycare is peanut and nut free. Staff take special precautions in the planning, purchasing and preparation of food to ensure the safety of children.

Guidelines Regarding Allergies

The National Capital Region YMCA-YWCA will enrol children with life threatening allergies, allergies or dietary restrictions and attempt to create an environment that minimizes the risk of accidental exposure to allergens and restricted foods. This policy recognizes that while it is impossible to create a risk-free environment, staff and parents can take important steps to attempt to minimize potentially fatal allergic reactions.

For children with life threatening allergies, their EpiPen will be located in their immediate teacher's first aid bag. The EpiPen will travel with the teacher responsible for the child within the facility (gym and swim) and when on field trips outside the Centre. If a child is found to be considered of age for carrying their own EpiPen, a signed letter from the doctor is required indicating that the child is mature enough to handle this responsibility. Please see the Appendix for more details.

Section II: Where do we buy food?

Food Stores in the Neighbourhood

Food security within neighbourhoods relates to the availability of affordable and healthy food. Higher rates of supermarkets per capita in neighbourhoods have been related in many cases to better diet and lower rates of obesity among residents.⁵

Centretown is home to myriad restaurants, convenient stores specialty food stores, and grocery stores.

Grocery and Speciality Stores in Centretown

Hartman's Your Independent Grocer – 296 Bank Street

Monday to Saturday, 8 am- 10 pm; Sunday, 10 am- 10 pm

- Organic available, Vegan/Vegetarian available, Gluten-free available, Halal available
- Some local produce/products are available.
- Accessible by bus routes: 1, 2, and 7
- Call-in a grocery order: \$13+delivery
- Delivery available: \$10 or \$7 for Seniors/Students

Herb & Spice – 375 Bank Street

Monday to Saturday, 9 am- 9 pm; Sunday, 10 am- 9 pm

- Specializes in Organic, Raw, Natural, and Gluten-free foods
- Plenty of local produce/products are available
- No Halal available
- Accessible by bus routes: 1, and 7
- No delivery available

Boushey's Fruit Market – 348 Elgin Street

Monday to Saturday, 9 am- 12 am; Sunday, 9 am- 11 pm

- Local produce available, Vegan/Vegetarian available, Gluten-free available
- No Halal available
- Accessible by bus routes: 5, 6, and 14
- No delivery available

Arya Market – 508 Gladstone Avenue

Monday to Saturday, 9 am- 9 pm; Sunday, 10 am- 6 pm

- Specializes in Persian groceries including Persian dairy products, spices, and pastries
- Butcher is onsite and Halal meat is available
- Accessible by bus route: 14

Arum Korean Market – 512 Bank Street

Monday to Saturday, 10 am- 9 pm; Sunday, 10 am- 8 pm

⁵ "Where's the Food? Finding out about Food in your Community," Just Food, August 2011.

- Specializes in Korean and Japanese food products
- Accessible by bus routes: 1 and 7

Grace Ottawa International – 219 Bank Street

Monday to Saturday, 9:30 am- 8 pm; Sunday, 10 am- 6pm

- Specializes in Asian, African, West Indian and South American food products
- Halal and meat are not available. Some produce available
- Accessible by bus routes: 1, 2, and 7
- No delivery available

Food Box Programs

Food Box programs are alternative types of food distribution systems that provide a wide variety of healthy foods to recipients at reasonable prices. These programs may be initiated by farmers, community organizations, or by community members.⁶

Food Box Programs are important in that they make fruits and vegetables much more accessible to neighbourhood residents of all income levels. Only 40.2% of Ottawa residents eat the recommended number of servings (more than 5) of fruits and vegetables per day. Because fruits and vegetables often cost more than processed, less healthy food, people with lower incomes are often less able to purchase sufficient fruits and vegetables for good health. Some food box programs, and food buying clubs, like the Ottawa Good Food box described below, aim to keep the cost of healthy foods reasonable for families of all income levels. Others aim to provide local or organic food.⁷

The Ottawa Good Food Box

The Ottawa Good Food Box is a food buying club, in which neighbourhood groups come together to order a number of Good Food Boxes for families in the area. The boxes range in size, and participants can also buy organic or fruit-only boxes. The GFB incorporates locally produced food whenever it is possible. A distribution site and volunteer coordinator are chosen, and people in the neighbourhood can then order and pay in advance for their boxes.⁸

There is one Good Food Box site in Centretown:

Centretown Community Health Centre

420 Cooper Street

Site Coordinator: Bryana/Susannah 613 233-4443

www.ottawagoodfoodbox.ca

\$5 Food Bag

\$10 Small Produce Box

\$15 Medium Produce Box

\$20 Large Produce Box

\$25 Medium size, Organic-only Box

⁶ Ibid.

⁷ Ibid.

⁸ Ibid.

Boxes are delivered and picked-up once a month on the third Wednesday of the month between 4-6pm. Orders are placed and paid for on the first Wednesday of the month at Centretown Community Health Centre between 4-6pm or ordered online until the second Tuesday of the month.

Good Food Markets (Nanny Goat Hill Pilot Project)

The Poverty and Hunger Working Group developed a new pilot project this summer called *Good Food Markets*.

Good Food Markets are community markets that sell high quality, affordable fruits and vegetables. These markets bring healthy produce to neighbourhoods where it might not otherwise be available, and where farmers' markets are not possible because sales are too low to cover farmers' costs.

The Good Food Box worked with four communities to test markets around the city, including two market dates at Nanny Goat Hill Community Garden. The other three pilot sites included: Rochester Heights (Rochester & Gladstone), Sandy Hill (Chapel & Mann Ave), and Michele Heights (Carling & Pinecrest).

The Poverty and Hunger Working Group offered this project in collaboration with many partners including the Good Food Box, the Coalition of Community Health and Resources Centres, the Social Planning Council, City of Ottawa, Ottawa Public Health, and Just Food, among others.

Farmers' Markets, Farm-gate Sales, and Farm Stands



Farmers' markets, farm-gate sales, and farm stands are all places where fresh produce and prepared food are sold directly to the public from local farmers. Farmers' markets are often found in urban areas, farm-gate sales are found at the farm, and farm stands can be found in a variety of locations.⁹

By selling directly to the public, farmers receive a larger return than they would by selling to grocery suppliers. Consumers also benefit from being able to purchase high quality food and by supporting local agriculture and economic development. In addition, "food miles" are decreased in relation to larger food systems where produce travels great distances from other countries before it arrives in the communities for sale.¹⁰

⁹ Ibid.

¹⁰ Ibid.

There are currently no farmers' markets operating within Centretown. However, there are several farmers' markets operating within an accessible distance from Centretown residents and they are listed below along with nearby public transit routes. At these markets you can find:

- artisan and gourmet products
- fresh fruits and vegetables
- bakery goods
- honey, maple syrup, preserves
- meats, eggs, cheeses
- ice-cream

Farmers' markets can be found in neighbourhoods surrounding Centretown:

Lansdowne Park Farmers' Market – relocated to Brewer Park

Bronson Avenue (across from Carleton University)

613-986-2770; manager@ottawafarmersmarket.ca

www.ottawafarmersmarket.ca

Bus routes: 7

Sunday, 8:00 am- 3:00 pm, from about May-October

*Note: The Lansdowne Park Farmers' Market has been temporarily moved for the 2012 season to Brewer Park (100 Brewer Way /Sloan Ave.) Bus route: 4 or 1, 7 for a short walk.

Byward Market

Byward Market Square

613-224-4410; bywardmarket@ottawa.ca

<http://www.byward-market.com/en/directory/outdoorfarmersmarket.htm>

Daily from about 7:00 am- 6:00 pm, depending on the season

Bus routes: 1, 2, 4, 6, 7, 9, 12, 14, 95, 96, 97

Main

223 Main Street (Saint Paul University)

613-489-3675; www.mainfarmersmarket.org

Bus routes: 5

Saturday, 9:00 am- 2:00 pm, from about May-October

Preston Farmers Market - 'Il Mercato'

Corner of Preston and Louisa in the *Il Postino* parking lot,

Saturday, 9:00 am- 2:00 pm, until Thanksgiving

Community Shared/Supported Agriculture (CSA)

Community Shared Agriculture programs provide economic stability for farmers, and high quality, local produce for community residents. Community members are invested in the costs, risks, and rewards of growing food along with the farmers. Participating in a CSA can also be a valuable learning experience, as members are often provided an opportunity to visit or volunteer on the farm at different times throughout the growing season.

In CSA programs, a farmer grows food for a pre-determined group of community members. These members enter into an agreement with a farmer prior to the start of the growing season. CSA farms then offer weekly delivery or pick-up of vegetables, and sometimes fruit, herbs, meat, and other products. This arrangement helps farmers to cover some of the up-front costs of a farm's yearly operating budget, like labour and seed. Listed below are some of the farms that deliver to Centretown, however many local farms are willing to deliver if you communicate with the farmer. Some will agree to a community drop off if you can organize a group of people interested, others will drop off to your location when asked. The best way to find the CSA you want is to contact the farmer directly. Just Food lists local farms at <http://www.justfood.ca/buylocal/index.php>, where you can find all of the information required. (After hitting Get Started, select Producers, CSA/Food box and your preferred production practice – or select all). CSA's are not restricted to vegetables; it is possible to find them for meat, eggs and dairy as well.

Here are a few known farms that deliver to Centertown:

Home Delivery:

Aubin Farm (Organic)

3015 County Rd. 21, RR # 2, Spencerville, Ontario, K0E 1X0

613.658.5721

www.aubinfarm.com

Vegetables and meat

Bryson Farm (Organic)

R.R.1, 25 Stewart Road, Shawville, Quebec J0X 2Y0

(819) 647-6785

www.brysonfarms.com

Home delivery CSA operates year round

Vegetables

Padgeberry Organic Farm (Organic)

4265 Nixon Drive, Osgoode, ON

613-868-3907

www.padgeberryfarm.com

3-4 current customers in Centertown and willing to take on more

Vegetables

Upper Canada Heritage Meat

RR4, North Augusta, ON, K0G 1R0

613-924-1234

www.uppercanadaheritagemeat.ca

3 current home delivery customers in Centertown and CSA pilot project

Meat

Fitzroy Beef Farmers

1973 Aylwin Road, Fitzroy Harbour, ON, K0A 1X0

(613) 608-8869

www.fitzroybeeffarmers.com

Delivers every two weeks – customers place their order on Sundays
Meat

Grazing Days Grass Fed Beef (Uncertified Organic)

Ottawa, ON

613-898-9136

www.grazingdays.com

19 current customers in Centertown

Meat

CSA Drop-off in Centretown:

Juniper Farm

375 Shouldice Rd, La Peche, QC

819-459-1630

www.juniperfarm.ca

10-15 current customers in Centertown and willing to expand to 30 customers

Vegetables

Riverglen Biodynamic Farm

230 Davidson's Side Road, Ottawa, ON, K2K 2Z4

613-720-3276

www.riverglenfarm.ca

15 current customers in Centertown

Vegetables

Group purchases:

Foster Family Farm

PO Box 196, North Gower, ON, K0A 2T0

(613) 489-1893

www.fosterfamilyfarm.ca

No current CSA location, but are willing to drop off in Centertown for a minimum of 10 customers

Vegetables

Savour Ottawa Restaurants in Centretown

The Savour Ottawa brand provides you with instant recognition for local agricultural products. When you see the Savour Ottawa logo at farmers' markets, butcheries, retail grocery stores and more, you can feel assured that each product or establishment with the logo has undergone a verification process to ensure that they are using local food in their products, or are a local producer.

Savour Ottawa restaurants support local farmers by buying their products and including local food on their menus. The following is a list of Savour Ottawa member restaurants and hotels in the Centretown neighbourhood.

Food Service members must purchase at minimum either 15% of their food costs or \$25,000 directly from local farmers.

Everything that the producer sells under the Savour Ottawa name must be grown or raised on their farm.

Members in Centretown as of December 2012:

Arc the Hotel
Jason Duffy
140 Slater St, Ottawa
613-238-2888
jduffy@arcthehotel.com
www.arcthehotel.com

Lift Restaurant at
Delta Ottawa City Centre
Chris Marz
101 Lyon St., Ottawa
613-237-3600 x 6298
cmarz@deltahotels.com
www.crowneottawa.ca

Rideau Club
Cory Haskins
99 Bank St., 15th Floor, Ottawa
613-233-7787
execchef@rideauclub.ca
www.rideauclub.ca

Beckta Dining & Wine
Dirk McCabe
226 Nepean St., Ottawa
613-238-7063
dmccabe@beckta.com
www.beckta.com

The Red Apron
Jennifer Heagle
574 Gladstone Ave, Ottawa
613-321-0417
redapron@rogers.com
www.redapron.ca

Zen Kitchen
Caroline Ishii
634 Somerset Street West,
Ottawa
613-233-6404
caroline@zenkitchen.ca
www.zenkitchen.ca

Section III: What are the barriers to accessing healthy food and how does our community respond?

Poverty, Household Food Insecurity and Emergency Food Responses

People are food insecure when they don't have reliable access to a varied and nutritious diet, or when they need to sacrifice other things such as paying bills or buying clothes in order to pay for food. Food insecurity is closely linked to poverty. Families and individuals with low incomes are forced to make difficult decisions. Money is often needed to pay housing costs before any other needs such as buying food can be met.

Communities and neighbourhoods cannot be food secure unless all residents are food secure. Poverty affects everyone's ability to live productive, healthy, and happy lives. As household income decreases, the likelihood of being food insecure increases. Children, in particular, experience high rates of food insecurity, and it is estimated that one out of every five children in Canada lives in a home with an income below the low-income cut-off (LICO); in Ottawa, this rate is 16.8%. Many of those who live in food insecure households can't get enough food to feed themselves and their families, and the food that they can afford is limited in selection and nutritional value. Children living in poverty are also more likely to experience health and learning problems throughout their lives, and children who do not get adequate nutrition may lag in their physical, mental, and social development. Adequate nutrition is necessary to perform well at school or at work.

Food insecurity has negative consequences on physical and mental health; it can also be socially isolating. People who are food insecure are less able to afford healthy foods like fruits and vegetables, dairy and meat products, and whole-grain products. Children and adults that experience hunger or are not eating a well-balanced diet are more likely to suffer poor health - including stomach-aches and headaches, iron deficiency, and many other health problems. Food insecurity is also related to an increased likelihood of obesity, which can lead to many medical risks and complications, as well as a decreased quality of life. Food insecurity is also associated with increased stress, anxiety and depression.

Indicators of Income that Relate to Household Food Insecurity

Low Income Cut Off (LICO)

LICO (a measure developed by Statistics Canada) is an income threshold below which a family will likely need to spend a larger share of its income on necessities such as food, shelter, and clothing than the average family.

Percentage of neighbourhood residents living below the LICO: 26% (Ottawa average: 14.1 %)

Percentage of children living below the LICO: 35% (Ottawa average: 11.1%)

Percentage of seniors living below the LICO: 10% (Ottawa average: 2.8%)

Percentage of neighbourhood residents that spend more than 30% of household income on housing: 33% (Ottawa average: 12.9%)

Indicators of Health that Relate to Household Food Insecurity

Percentage of children in the community with low birth rate: 4.2 per 100 births (Ottawa average: 4.3 per 100 births)

Rates of obesity/overweight individuals (18+) in the community: 46% (Ottawa average: 48.2%)

Proportion of neighbourhood population that consumes at least 5 servings of fruit and vegetables per day: 45% (Ottawa average: 40.2%)

Percent who are in good or excellent self-rated health: 74.6% (Ottawa average: 64.5%)

Emergency Food Programs

There are various services that provide emergency food relief for individuals and families. Often, their success depends on volunteers and community members. These services include soup kitchens (organizations that provide free meals), food banks (non-profit organizations that distribute food provided by the Ottawa Food Bank and supplemented by food donations from citizens and corporations), Meals-on Wheels (low-price meals delivered by volunteers to seniors or people with disabilities) and other emergency food services.

The Ottawa Food Bank plays a major role supplying the food needed for programs that provide direct assistance to people in need of food in Ottawa. The Ottawa Food Bank supports over 140 programs in Ottawa, including the meal programs, drop-ins and food centres, as well as After-four and the Boys and Girls Clubs.

Charitable food assistance programs are designed to provide immediate, but temporary relief so that people without enough to eat do not go hungry. These programs are very important for those who cannot access enough food for themselves or their families.

Emergency Food Programs within Centretown Core

Centretown Emergency Food Centre

507 Bank Street (Argyle Avenue)

Ottawa, ON, K2P 1Z5

613-232-3059; cefc@bellnet.ca

The Food Centre located in a church basement, serves between 45 and 65 clients daily, with an average of 750 people served every month.

Hours:

Monday and Tuesday, 12:00 pm- 2:30 pm

Wednesday and Friday, 12:00 pm- 2:00 pm

Area Served:

North- South: Wellington Street to Billings Bridge Plaza

East- West: Lees Avenue to Lyon Street.

Provides 3 – 4 day supply of emergency food according to household size
Clients can access once monthly
Clients must provide identification and proof of residence

Centre 507

507 Bank Street (Argyle Avenue)
Ottawa, ON, K2P 1Z5
613-233-5626; www.centre507.org

Centre 507 is an adult drop in centre that it is open to men and women over the age of 16, living with issues such as poverty, addictions, homelessness, mental illness, health problems and long-term unemployment. Services include: supportive counselling, crisis intervention, advocacy, outreach services and much more. Sundays are the busiest day at the Centre with an average of 120 to 150 guests for the snack program; between 80 and 120 clients attend the snack program during the week day hours. On week days a substantial snack is served between 12:00 pm and 2:00 pm while lighter snacks are available the rest of the day.

Hours:

Monday, Wednesday and Thursday, 12:00 pm- 3:30 pm and 5:30 pm- 9:00 pm
Tuesday and Friday, 12:00 pm- 3:30 pm
Sunday, 1:00 pm- 4:00 pm

The Well

154 Somerset Street West
Ottawa, ON, K2P 0H8
613- 594-2843
www.the-well.ca

A drop-in day program Centre for women and their children of all ages. The Well offers many services: personal hygiene products and other practical supports; peer, personal and group support; as well as advocacy, outreach and crisis intervention. An average of 100 to 150 women and their children are served every day. The Well serves two daily meals and an afternoon snack.

Hours:

Monday, 9:30 am- 1:30 pm
Tuesday to Friday, 9:30 am- 4:00 pm
Breakfast is served from 9:30 am- 10:30 am
Lunch is served from 12:00 pm- 1:00 pm

A Place to Go

152 Metcalfe Street (St. Peter & Paul's Anglican Church)
Ottawa, ON, K2P 1N9
613-235-1636

This is a year-round drop-in program open to all adults every Friday night from 7:30 to 10:30 pm. It offers a sit-down dinner (soup, sandwiches and desserts) as well as snacks throughout the evening. There is also a lounge with a TV and a quiet room with a radio. Between 40 to 60 people use this drop-in every week, and many are regulars.

Hours: Friday, 7:30 pm- 10:30 pm

The Living Room

251 Bank Street, Suite 700

Ottawa, ON, K2P 1X3

613- 563-0851

www.aco-cso.ca/livingroom.htm

The AIDS committee of Ottawa provides individual and/or group support and professional referrals to people living with HIV/AIDS and those otherwise affected by HIV. The Living Room offers nutritious meals during socials and support groups as well as holiday dinners.

Hours:

Monday, Tuesday and Thursday, 1:00 pm- 5:00 pm

Friday, 1:00 pm- 4:00 pm

Monday, Tuesday, Thursday and Friday soup is served in the winter only at 1:30 pm

Food Bank Hours:

Friday, 1:00 pm- 4:00 pm

Available twice monthly: Initials A- K first week; Initials L- Z the second week

Saturday Night Out of the Cold

120 Lisgar Street (Knox Presbyterian Church)

Ottawa, ON, K2P 0C2

613- 238-4774

Saturday Night Out of the Cold is open from early November until the end of March every Saturday evening. More than a 120 men and women attend this program every week.

Hours:

Saturdays, 4:00 pm- 7:00 pm

Dinner is served from 5:30 pm- 6:30 pm

The Bridge

211 Bronson Street (The Bronson Centre)

Ottawa, ON, K1R 6H5

613- 238-8182

This program is run by the Metropolitan Bible Church & Calvary Fellowship. Men and women attend an informal religious service and a hot meal is served following the service. Between 70 and 100 people attend this program every week.

Hours:

Tuesday, 6:00 pm- 9:00 pm (September to June)

Church service, 6:00 pm

Hot meal, 8:00 pm

Apple

211 Bronson Street (The Bronson Centre)
Ottawa, ON, K1R 6H5
613-238-1209
www.appledropin.com

Apple is a non-profit organization run by and for men and women who have experienced mental health challenges. The centre offers mutual support, as well as affordable recreation and cultural activities. Light meals are served several times a week. For information on meals consult the monthly calendar on the website.

Hours:

Monday and Wednesday, 4:00 pm- 8:00 pm
Friday, 5:00 pm- 9:00 pm
Saturday, 12:00 pm- 4:00 pm
Sunday, 12:00 pm- 8:00 pm

Community Emergency Food Resources Just Outside of Centretown**Dalhousie Food Cupboard (Dalhousie Food Action Group)**

399 Arlington Ave (south of Gladstone Avenue between Bell Street and Lebreton Street)
Ottawa, ON, K1R 0B1
Mailing Address: Dalhousie Food Action Group; 18 Louisa Street, Ottawa, On K1R 6Y6
613- 230- 3982
www.dalhousiefoodcupboard.ca

The Dalhousie Food Cupboard is the third busiest food cupboard in Ottawa; serving more than 750 clients monthly. It provides at least 3 days of emergency food to families once a month. Clients must provide identification for all family members and proof of address.

Hours:

Tuesdays and Thursdays, 11:00am- 3:00pm

Area served:

North-South: Ottawa River to Carling Avenue
East-West: Lyon Street to Breezehill Avenue

Salvation Army Ottawa Booth Centre

171 George Street
Ottawa, ON, K1N 5W5
613- 241- 1573
www.ottawaboothcentre.org



The Salvation Army Ottawa Booth Centre provides at least 3 days of emergency food. Clients can access this program once every 3 months. Clients must provide identification, proof of an Ottawa address and a monthly income statement.

Food Bank Hours:

Monday- Friday, 1:00pm- 4:00pm

The Community Meal Lines program provides 2 daily meals, every day of the year. Between 50 and 100 meals are served each day. More than 16,500 meals are served each month.

Breakfast is served at 8:00 am

Lunch/dinner is served at 3:00 pm

Shepherds of Good Hope

233 Murray Street

Ottawa, ON, K1N 5M9

613- 789- 8210

www.shepherdsofgoodhope.com

Shepherds of Good Hope provides 7 days of emergency food. Clients can access this program once per month and must provide identification.

Hours (Food Bank):

Wednesday and Friday, 10:00am-1:00pm

A soup kitchen is available with some restrictions, 365 days a year serving breakfast, lunch, and dinner. Between 700 and 1,000 meals are served each day to anyone in need. Take away sandwiches are available on request. Approximately 860 take-out sandwiches are taken daily.

Breakfast for shelter clients only, 7:00 am- 8:00 am

Lunch available for anyone in need, 11:30 am- 12:30 pm

Dinner for shelter clients only, 4:00 pm- 5:00 pm

Drop in soup/sandwich available for anyone in need, 5:30 pm- 9:30 pm

St. Luke's Lunch Club and Drop-In Centre

760 Somerset West (and Bell Street)

Ottawa, ON, K1R 6P9

613- 238- 4193

www.stlukesottawa.ca

St Luke's serves between 150 and 200 clients daily. All persons are welcome as long as they are not under the influence of alcohol or drugs. Persons do not need to provide identification but must sign in.

Hours:

Monday to Friday, 8:00 am- 11:30 am and 12:00 pm- 2:00 pm

Breakfast (self-serve buffet), 8:00 am- 9:00 am

Lunch, 12:00 pm- 1:00 pm

St. Joe's Women's Centre

151 Laurier Avenue East (and Cumberland Avenue)

Ottawa, ON, K1N 6N8

613- 231- 6722

www.stjoeswomenscentre.org

St. Joe's serves approximately 60 women and their children each week with no restrictions.

Hours:

Monday to Friday

Breakfast, 9:00 am- 11:00 am

Lunch, 12:00 pm- 1:00 pm

Snack, 2:00 pm- 2:30 pm

A food bank provides emergency food twice monthly (first week initials A-L; second week initials M-Z). The food bank provides three days of emergency food and weekly access to baby food and healthy snack packs for school age children (amounts depend on what resources are available through donations). Clients must provide identification.

Somerset West Community Health Centre

55 Eccles Street (Somerset Avenue West)

Ottawa, ON, K1R 6S3

613- 238- 1220

www.swchc.on.ca

The Somerset West Community Health Centre provides emergency food vouchers worth \$10-\$15 maximum once per month for Hartman's Grocery Store (Bank Street and Somerset Avenue). Tobacco products are excluded. Client must be assessed by a Community Centre social worker and they must provide identification at grocery store checkout.

Hours:

Monday to Friday, 9:00 am- 5:00 pm

Walk In Clinic Hours:

Monday, 10:00 am- 4:30 pm

Tuesday and Wednesday, 10:00 am- 7:30 pm

Thursday, 1:00 pm- 7:30 pm

Friday, 10:00 am- 4:30 pm

The Baby Cupboard Program is partnered with Bell Pharmacy (Gladstone Avenue and Arthur Street) and provides \$20 vouchers clearly marked 'baby supplies.' Client must provide identification at checkout. Note: in extreme emergency (maximum once monthly) clients will be supplied 12 diapers per baby.

Transportation to Food Stores

This section looks at the ways that food stores and services are accessed. It is useful to know how people are getting from their home to their local food stores and other services and back again. Individuals and families commonly walk, drive, or take public transportation in order to get to these places. Some people have a harder time getting to the grocery store than others, and this affects their eating habits. It is important for community members to explore the problems and benefits of the different types of transportation.

Transportation to food outlets is not always simple, and as there are only a few grocery stores in Centretown community, getting to them can be a struggle. For some people, transportation to buy food can take a lot of money out of limited budgets. Those who live in Centretown and rely on public transportation may have long bus routes to food stores and services. For people who walk long distances, there is a limit to the number of heavy bags of food they can carry, and this forces them to pick and choose the types and amounts of food that they can buy. It is important to learn more about which people have a hard time getting to food outlets so that we can think of ways of making the process easier.

Transportation to Food in Centretown

Bus Service

There are 20 OC Transpo bus routes in the Centretown core. Bronson Avenue, Somerset Street, and Gladstone Avenue have a limited number of routes.

Six routes have buses equipped with bicycle racks: Route # 94, 95, 96, 97, 99, and the 85

The routes with bicycle racks run mainly through the downtown core, and the bicycle racks are available from April thru October.

Bus tickets are sold at 33 locations in the Centretown core. These locations are primarily clustered in the downtown core between Kent Street, Metcalfe Street and Laurier Avenue.

Visit: www.octranspo.com

Bike Lanes

There is one designated bike lane that runs east/west on Laurier Avenue. There are also numerous bicycle paths in the Ottawa area.

Car Sharing

VRTUCAR

356 MacLaren Street

Ottawa, ON, K2P 0M6

613- 798- 1900

www.vrtucar.com

There are 17 Vrtucar locations in the Centretown core alone. According to Vrtucar there are on average 24 users per car, thus there are approximately 408 Vrtucar users in the Centretown area.

Vrtucar offers several packages for car sharing depending on how often one wants to drive. The rate plan for occasional drivers requires no monthly membership fee, \$99.00 non-refundable joining fee. The hourly rate is \$8.00 per hour and 17 cents/km.

Grocery Store Delivery Services

Hartman's Your Independent Grocer

296 Bank Street (Somerset Street)

Ottawa, ON, K2P 1X8

613- 234- 8692

Clients must go to the store to purchase their groceries.

Delivery service:
\$10.00 delivery charge
\$7.00 delivery charge for students and seniors

Phone in delivery: regular delivery charge plus \$13.00

Delivery Hours:
Monday to Thursday, 10:00 am- 6:00 pm
Friday, 10:00 am- 7:00 pm
Saturday, 10:00 am- 6:00 pm
Sunday, 12:00 pm- 6:00 pm

The Country Grocer

729 Ridgewood Avenue
Ottawa, On K1V 6M8
613- 731- 6883
www.thecountrygrocer.com

The Country Grocer is an online grocer that delivers anywhere in the Ottawa area. The order minimum for delivery is \$50.00.

Delivery service: \$12.00 delivery charge
Delivery Hours:
Monday to Saturday, 9:00 am- 12:00 pm
Monday to Friday, 12:00 pm- 4:00 pm
Tuesday to Thursday, 6:00 pm- 9:00 pm

Ottawa Organics & Natural Foods

365 Forest Avenue
Ottawa, ON, K2B 7Z7
613- 234- 1515
www.ottawaorganics.com

This online grocery site specializes in organic foods. The order minimum is \$35.00. This grocer delivers throughout the Ottawa and Gatineau area on different days of the week for different neighbourhoods.

Delivery service: no charge
Delivery Hours:
Thursday, 8:00 am- 11:00 am (Centretown)

Glebe Metro

745 Bank Street
Ottawa, ON, K1S 3V6
613- 232- 9466
www.metroglebe.com

This grocery store offers a full service online grocery program with delivery six days a week.
Delivery charge: Approximately \$11.95 plus taxes

Delivery hours:

Order Monday to Friday before 9:00 am, delivery before 5:00 pm

Order Monday to Friday before 11:30 am, delivery after 5:00 pm

Order Saturday before 9:30 am, delivery before 5:00 pm

Other Grocery Delivery Services

The Good Companions- Grocery Bus

670 Albert Street

Ottawa, ON, K1R 6L2

613-236- 0428 extension #250

Contact: Carolyn Calder

The Good Companions offers a school bus shuttle service that is available to seniors and those with limited mobility. Clients using the service must be able to get on and off the bus with limited assistance. Before being accepted into the program clients must undergo a telephone and home visit assessment. This shuttle service is partnered with Hartman's Your Independent Grocer at 296 Bank Street. In the last year 70 clients made use of this service.

Area Served:

North of the Queensway to Wellington Street

West of the Rideau Canal to Preston Street

Seniors on Site

613- 422- 7676

www.sosonsite.com

Seniors on Site is an Ottawa based company which provides a helping hand to seniors who need assistance with daily living needs whether they are living independently at home, in a retirement residence, assisted living facility or a nursing home.

Grocery shopping assistance: \$25.00- \$35.00 includes pick up and drop off as well as assistance with grocery shopping.

Wheels for the Wise

613- 709- 9473

www.wheelsforthewise.com

Wheels for the Wise is an Ottawa company that offers a variety of services in the Ottawa region to assist seniors and those with limited mobility to live independently in their homes. One of the services they offer is help with grocery shopping, accompanying the client in the grocery store and reading food labels as well as packaging the client's purchases.

Grocery shopping assistance: \$40.00 per hour for a minimum of one hour (60 km included in the hourly rate)

Meals on Wheels

670 Albert Street
Ottawa, ON, K1R 6L2
613- 233- 2424

www.mealsonwheels-ottawa.org

Meals on Wheels is a paid meal delivery service available on both a short-term and long-term basis. Services provided for adult clients include a daily hot meals program and weekly frozen meals program. Clients include seniors, those who are chronically ill, adults living with disability, adults convalescing from surgery/illness, or undergoing medical treatment. At this time, there are approximately 29 to 35 clients in the Centretown core.

Prices effective April 1, 2013: Hot Entrees: \$5.20, Appetito Entrees: \$29.75 for 7, soups, entrees, snacks and dessert can also be ordered individually. TimeSaver Food Entrees: \$5.85. There are no delivery charges.

Red Apron

564 Gladstone Avenue
Ottawa, ON, K1R 5P3
613- 695- 0417

www.redapron.ca

A paid for dinner meal service that provides dinners that can be ordered by the day or by the week (Tuesdays, Wednesdays and Thursdays) and can be ongoing, bi-weekly, monthly or for selected weeks. All dishes are made with seasonal ingredients and are locally sourced. Meals can be delivered to a client's home or place of work; or alternatively clients can pick up their meals at the Red Apron food shop. Delivery charges for Centretown are \$3.00.

Hours:

Tuesday, Wednesday and Thursday, 2:00 pm- 4:30 pm for meal delivery

Tuesday, Wednesday and Thursday, 2:00 pm- 6:00 pm client meal pick up

Portions and Pricing:

Small: Generous serving for two adults, \$102.00 per week; \$34 for Tuesday or Wednesday; \$39.90 for Thursday

Medium: Generous serving for three adults, \$144.00 per week; \$51.00 for Tuesday or Wednesday; \$59.85 for Thursday

Large: Generous serving for four adults, \$180.00 per week; \$68.00 for Tuesday or Wednesday; \$79.90 for Thursday

Single Serving: \$85.00 for ten frozen single serving portions

Scratch Kitchen

www.scratchkitchen.com

Scratch Kitchen is a local Ottawa family-owned and operated business that specializes in gourmet frozen meals that are delivered to your home. Scratch Kitchen uses locally- sourced and organic ingredients whenever possible. All meals are preservative and additive free, and low in sodium.

Delivery Hours:
Fridays, 4:00 pm- 8:00 pm

Portions and Pricing:
Minimum order: \$50.00 plus \$4.00 delivery fee
Singles Sampler: \$75.00 for 13 meals
Single Servings: \$6.00 each
2- 4 serving meals: \$14.00 and up
Busy week combo: \$200.00 for 5 lunches and 4 dinners

TimeSaver Foods

1101 Baxter Road (second floor of the Ottawa Citizen Building)
Ottawa, ON, K2C 3M4
613- 293- 9909
www.timesaverfoods.com

TimeSaver Foods offers a full range of nutritious, low sodium frozen gourmet meals that are ready to eat straight from the oven or microwave. Clients can choose from a range of soups and meals. Meals can be delivered for a fee, or picked up by the client.

Portions and Pricing:
Single meal serving: \$6.00
Soup serving: \$4.00
Delivery: \$5.00

Food Skills

Food skills are defined as the ability to make informed choices about food, to read and understand nutrition labels, and to prepare food in a variety of ways. Food skills include the ability to prepare food in a safe and sanitary manner, and to prepare and cook food using a variety of techniques. Food skills are also referred to as food literacy and culinary literacy. These skills are important in that they assist in making informed food-related choices. Knowing how to cook, shop for nutritious food on a tight budget, and where to access nutritious food, can help people maintain good health and well-being. According to Just Food, understanding how the food system functions can also enable people to work towards creating a food system that is just and sustainable for all.

The volunteers for this project developed a survey based on several existing surveys of food skills, including the city of Waterloo Food Skills Survey. The survey, which can be found in the Appendix included several questions regarding the ability to make informed food choices and the ability to prepare food, as well as questions regarding the main food concern for residents of Centretown. The survey was distributed online at JustFood.ca and in hard copy at the Centretown Community Health Centre. Several organizations and offices were contacted to help assist in the distribution. The survey was also circulated via the Just Food newsletter, and the Ottawa Good Food box. Since we used existing networks of residents already concerned about or having knowledge of the Centretown food system, the data collected is slightly biased. Additionally, because the data collection was limited to Centretown,

many willing participants were screened out of the survey. In the future, the hopes are to conduct a city-wide survey to identify not only food skills, but also community-based variations in food skills.

Of the 100 attempted responses, 52 surveys were completed, most of which were completed online. 74% of respondents were female, 26% male. 70% of respondents were university graduates, and 70% were employed full time. When asked where most groceries were sourced (with the ability to choose more than one option), 98% of respondents identified the grocery store, 58% the farmers market and 48% the health food store, whereas only 6% responded a CSA share or food box delivery despite these services being abundantly available in Centretown. Respondents were also asked whether they were aware of services such as CSA and food delivery in Centretown, generally under 30% of people were aware of any alternative food services in the Ottawa area other than the farmers market of which 90% of respondents were aware.

While the majority of participants responded that their food preparation skills were 'good' to 'very good', several skills were identified as 'very limited' – 51% of respondents answered that they had 'very limited' skills in canning and preserving, and 31% had 'very limited' skills in deep frying. Overall, the respondents of this survey have very good knowledge of food selection, planning and meal creation; the only piece of knowledge used 'seldom or never' was planning meals based on a food or nutrition guide.

When asked what the top food-related concern in Centertown was, the need for reasonably priced food and additional grocery stores to stimulate competition was identified overwhelmingly often. Other concerns included the fact that there was no farmers market within walking distance, and a lack of ingredients catering to food sensitivities, allergies or dietary restrictions. The appendix also includes a list of concerns identified by the residents of Centretown.

Cost of Basic Goods

Doing a price comparison of the cost of basic food staples at a variety of Centretown convenience stores, one grocery store and a Shopper's Drug mart revealed some surprising results. Prices were compared on a carton of 12 eggs, 2 litres of 1% milk, and a loaf of whole wheat bread. In each store the cheapest option for these basic staples was chosen with the quantity of the item remaining the same between stores. When possible, the same brands were chosen in each store.

The following stores were visited:

- Boushey's Fruit Market (348 Elgin Street)
- Zesty market (280 Elgin Street)
- Quickie (326- 332 Bank Street)
- Slater Street Food Market (427 Laurier Avenue)
- Food Market Express (380 Laurier Avenue)
- Shopper's Drug Mart (174 Bank Street)
- Hartman's (296 Bank Street)

Food Prices:

- Milk: Most expensive at Hartman's at \$5.05 for a 2L 1% carton of milk

- Bread: Most expensive at Hartman's and the Slater Street Food Market costing \$3.49 for a loaf of Dempster's 100% whole wheat bread at both locations
- Eggs: Most expensive at the Zesty Market and at the Slater Street Food Market costing \$3.99 for a dozen eggs
- Lowest Price: All three items were the lowest price at Shopper's Drug Mart compared to all other stores that were surveyed
 - 2L 1% carton of milk: \$3.69
 - Dempster's 100% whole wheat bread: \$1.99
 - One dozen eggs: \$2.99

Conclusion

This project attempted to collect and synthesize information within Centretown regarding how we, as a community, grow and prepare food and how we access food. It also attempted to determine the barriers to accessing food within Centretown, and how the community currently responds to these challenges. The volunteers of this community project regard it as an initiative that will help continue a discussion on food-related issues and an opportunity to raise awareness within Centretown and the City of Ottawa.

There are many innovative projects and positive initiatives going on in Centretown. The community gardens are a good example. Centretown is also a very diverse community and residents of Ottawa have access to a variety of small businesses located there that provide an assortment of food. At the same time, there are many inter-connected issues around food that are particularly troublesome for many residents of Centretown. There are a greater number of children, families, and seniors living below the low-income cut-off line in Centretown than the rest of Ottawa, spending a larger share of income on necessities such as food, shelter, and clothing (26% compared to 14.1%). There are fewer children living in Centretown compared to the rest of Ottawa, yet a greater proportion living in poverty (35% versus 11.1%). With limited options for buying affordable, healthy food, Centretown residents then face increased transportation and access issues. The affordability of housing is also a concern for Centretown residents, and for those with limited incomes, this puts strain on their ability to purchase food.

Complex issues such as these require a long-term and coordinated response from government, businesses and the community. Luckily, there are many ways for citizens to engage on issues around food security in Centretown and Ottawa. Not-for-profit and charitable organizations require more volunteers with different abilities and interests, from helping to run programs to engaging in advocacy work. For more information about ways to become involved within Centretown or Ottawa, contact the Centretown Community Health Centre or Just Food. Both of these organizations run programs and services and perform advocacy work, with food security being a priority issue.

Centretown Community Health Centre

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 Ottawa, Ontario K2P 2N6
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 Fax: (613) 233-3987
 TTY: (613) 233-0651
 Website: <http://www.centretownchc.org>

Just Food

2389 Pepin Court
 Ottawa, Ontario K1B 4Z3
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 Website: <http://www.justfood.ca/>

Appendix

Nanny Goat Hill Background Information¹¹

Progressive Expansion

In 2002, the garden expanded to include the narrow three-plot wide area across from 570 Laurier Avenue. In 2004, Richcraft moved out of the trailer they used while building the high rise at 570 Laurier. Permission was granted from the City to expand and build plots on the area across from 465 Laurier Avenue. Each of these expansions added another 20-25 plots. In January 2008, a request was made to the City to extend the garden eastward. This third expansion, completed in the fall of 2008, was approved by City staff “until such time as the community design plan process is completed and the configuration and size of the garden is determined and agreement is reached on the use of that site” (communication from Yolande Cremer, Manager of Community Funding, City of Ottawa). In 2010, another ten plots were added behind the raspberry bushes. In all, the garden has 109 plots. All work was done by volunteers.

Water Installation

In the summer of 2004, volunteers dug a 200 foot long trench, 18 inches deep, and installed PVC piping and faucets. The City’s plumbing staff connected these pipes to the City water supply. With each expansion, they have connected new PVC pipes to the main water line. The City plumbing staff drains the pipes each October and reconnect them each April.

Public Outreach

More and more visitors drop by the garden. Some walk over from nearby offices, schools, and the St. Vincent Hospital. Most enjoy wandering around to see how things are progressing. Others bring their lunch and sit at one of the two picnic tables.

Special Events

In 2004, a small group of farmers from North Korea visited Nanny Goat Hill Community Garden while attending an agricultural training program organized by the Mennonite Committee. In June 2006, a group of 15 Brazilians toured the urban garden as part of their Food Security Workshop sponsored by Ryerson University. Over the years, several herb walks have been organized. One gardener knew about Chinese uses of herbs and two others knew European uses. A nearby resident contributed her knowledge of how to eat wild plants. In the summer of 2007, two musical concerts were performed.

In the fall of 2009, the Mennonite Committee organized a garden tour for a young man from El Salvador. He visited the garden and showed pictures of how his people saved seeds. Each year, the seed saving is done by elders who keep track of weather conditions. Oral tradition passes this information down and as the weather changes the seeds suitable for that particular climate are used for that year. The seeds are saved in jars and bags and stored in a shed.

In July 2010, Transition Ottawa volunteers worked with expert gardeners to co-host a one-day workshop which included talks on square foot gardening, soil and composting, listening to plant teachings, and

¹¹Taylor, “Nanny Goat Hill Community Garden: Historical Events,” March 22, 2011.

edible wild plants. Several annual bike tours organized by Just Food have stopped by the garden, where refreshments and tours were offered. Each year starts with an organizational meeting and ends with a pot luck gathering.

Jack Cadotte: 2009

The man who was a dedicated volunteer in the garden, Jack Cadotte, died of a heart attack in March, 2009. Over the previous 7 years, he helped out from time to time. In 2006, he bought a lawn mower and started cutting the grass. When the third expansion was underway, he moved the soil, spread it with a rake, talked to neighbours and gardeners and generally enjoyed his time at the garden. Several times he would say this garden work was his form of mediation. The Manitoba Maple across from 570 Laurier was planted by Jack.

Creating Community

As one friend says, "Gardening is a vehicle for cultivating humanity." At Nanny Goat Hill Community Garden, there are people from all walks of life and a wide range of cultures and traditions. Some are from China, Lebanon, Bangladesh, Burma and India. Many had gardens in their homeland and they cultivate their gardens with great care and passion. It is a place to learn English, meet friends and become acquainted with various Canadian customs and lifestyles. Such shared tasks as watering a neighbour's garden because a friend has a young family or a very busy work schedule becomes second nature.

Soil Testing

In the fall of 2009, the City took 5 soil samples from the garden and found levels of petroleum fraction 3 that needed to be addressed. The next spring another 20 samples were taken and it was determined that the petroleum contamination was not critical. Soil was removed from one test plot and the second test plot is being used to grow roses. The compost soil purchased from the City in 2008 tested high petroleum and was removed from the site.

Three Art Murals

In May 2010, Crime Prevention Ottawa granted \$5,200 to paint art murals on retaining walls in the garden. Two community meetings were held to receive suggestions as to what would be drawn on the walls, and the art project was undertaken in mid-August by local graffiti artists and young people from the Youth Services Bureau, the lead partner in the project.

Food Skills Centretown Survey

Where's the Food? Finding out about Food in Your Community

Community Food Survey Centretown

Background: *Where's the Food?* Was created by the project of Food for All: An Ottawa Community Response. Its development was a collaborative effort between university and community team members for Food For All.

Goals: Throughout this project, we seek to understand and share knowledge, and take steps in the Ottawa area to address food and farming-related concerns that are identified in different communities. The core components of the Food for All project are:

- The development of municipal level food policy recommendations through community engagement
- Building community capacity to take action on food issues
- The development and pilot of a Community Food Security Assessment

Contact: For questions about the Food for All project or other Just Food activities, check out our website, www.justfood.ca/foodforall or call 613-699-6850

Informed consent:

You are being asked to participate in a survey research project entitled “Community Food Survey: Centretown,” which is being conducted by Katy Alp, a student at Athabasca University in collaboration with *Where's the Food?* You must be at least 18 years of age to participate in this study. This study has been reviewed by the Athabasca University Research Ethics Board. Should you have any comments or concerns regarding your treatment as a participant in this study, please contact the Office of Research Ethics at 780-675-6718 or by e-mail to rebsec@athabascau.ca.

This survey is anonymous; please do not mark your name or any identification information on this survey. No one, including the researcher, will be able to associate your responses with your identity. Your participation is voluntary. You may choose not to take the survey, to stop responding at any time, or to skip any questions that you do not want to answer. Due to the anonymous nature of this survey, data cannot be withdrawn once the completed survey has been submitted. The results of this study will be submitted as part of a final research paper at Athabasca University, and may be further used for academic presentations. Results will also be included in the ‘*Where's the Food?*’ final report which will be published and available online at www.justfood.ca/foodforall.

This survey will take between 10-15 minutes to fill out. The results of this survey will be used to analyze food skills in the Centretown community. The results may be used to develop new policies and programs regarding food skills. The results of the survey will be made available at www.justfood.ca/foodforall.

Questions regarding the purpose or procedures of the research should be directed to the principal investigator Katy Alp at ottawafoodsurvey@gmail.com, or to Dr. Norman Temple, project supervisor at normant@athabasca.ca.

Your completion of the survey serves as your voluntary agreement to participate in this research project and your certification that you are 18 or older.

Personal information:

Age:	19-24 <input type="checkbox"/>	25-34 <input type="checkbox"/>	34-49 <input type="checkbox"/>	50-64 <input type="checkbox"/>	65+ <input type="checkbox"/>
Income:	0-29,000 <input type="checkbox"/>	30,000-49,999 <input type="checkbox"/>	50,000-69,999 <input type="checkbox"/>	70,000+ <input type="checkbox"/>	
Sex:	Female <input type="checkbox"/>	Male <input type="checkbox"/>			
Marital Status:	Single <input type="checkbox"/>	Common-law <input type="checkbox"/>	Married <input type="checkbox"/>	Other <input type="checkbox"/>	
Educational Level:	Some high school <input type="checkbox"/>	High school <input type="checkbox"/>	College <input type="checkbox"/>	Some university <input type="checkbox"/>	University graduate <input type="checkbox"/>
Employment:	Unemployed <input type="checkbox"/>	Part-time <input type="checkbox"/>	Full-time <input type="checkbox"/>	Student <input type="checkbox"/>	Stay-at home parent <input type="checkbox"/>

Household structure:

Number of Adults	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5+ <input type="checkbox"/>
Number of dependents	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5+ <input type="checkbox"/>
Who gets the groceries?	Myself <input type="checkbox"/>	Someone else <input type="checkbox"/>	Shared responsibility <input type="checkbox"/>		
Who prepares the food?	Myself <input type="checkbox"/>	Someone else <input type="checkbox"/>	Shared responsibility <input type="checkbox"/>		

How much time do you spend (on average) preparing your main meal of the day?

- ☐ 0-15 minutes
- ☐ 15 - 30 minutes
- ☐ 30-45minutes
- ☐ 45- 60 minutes
- ☐ 60+ minutes

How many of your main meals in the past seven days were made ‘from scratch’?

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

Food skills:

Please rate your knowledge in food selection, planning, and meal creation:

Food selection, planning	Seldom or Never	Sometimes	Often	Always	Not applicable
I am able to read and understand nutrition labels					
I am able to read and understand ingredient lists					
I am able to make informed choices about food					
I plan a menu before doing groceries					
I plan my menu based on a food / nutrition guide					
I make a list before doing groceries					
I do groceries on a planned budget					
I prepare pre-packaged meals					
I make meals ‘from scratch’					
I am able follow recipes					
I am able to adapt recipes to my liking					
I make meals without a recipe					
I use what I have in the house and improvise					
I am able to make meals from leftovers					
I am able to make meals based on dietary restrictions (vegetarian, vegan, gluten free, allergies)					

Please rate your skills in food preparation:

Food Skill	Very limited or no skill	Basic skill level	Good skill level	Very good skill level	Not applicable
Using a kitchen knife safely					
Peeling / chopping/ slicing fresh fruits and vegetables					
Chopping raw or frozen meat, fish, chicken					
Boiling					
Steaming					
Frying					
Deep-frying					
Poaching					
Roasting					
Microwaving					
Canning / preserving					
Preparing stew / casserole / soup (pre-packaged)					
Preparing stew / casserole / soup (‘from scratch’					

Preparing baked goods (pre-packaged)					
Preparing baked goods (from scratch)					

Food selection / options:

Where do you get most of your groceries? (may choose more than one option)

- ☐ Grocery store
- ☐ Health food store
- ☐ Convenience store
- ☐ Big box store (e.g. Walmart)
- ☐ Farmers market
- ☐ Food box (pick-up)
- ☐ Food box (delivery)
- ☐ Community supported agriculture (CSA)
- ☐ Food co-operative
- ☐ Farm stand
- ☐ Food bank

Are you aware that the following food-related resources are available in your community and surrounding area?

- ☐ Food box (delivery)
- ☐ Food box (pick-up)
- ☐ Seasonal farmers market
- ☐ Community sponsored agriculture
- ☐ Food co-operative
- ☐ Community kitchen
- ☐ Meals on Wheels
- ☐ Food Cupboard
- ☐ Soup Kitchen or Meal Program
- ☐ Community dietician
- ☐ Cooking classes

Which of the following food-related resources do you make use of?

- ☐ Food box (delivery)
- ☐ Food box (pick-up)
- ☐ Seasonal farmers market
- ☐ Community sponsored agriculture
- ☐ Food co-operative
- ☐ Community kitchen
- ☐ Meals on Wheels
- ☐ Food Cupboard
- ☐ Soup Kitchen or Meal Program
- ☐ Community dietitian
- ☐ Cooking classes

What is your top food-related concern in your neighbourhood?

Comments: