



WHERE'S THE FOOD?

A COMPILATION OF FOOD RESOURCES FOR BARRHAVEN

March, 2012

Created by: Community members from Barrhaven with the support of the South Nepean Community Health Centre, the Nepean, Rideau & Osgoode Community Resource Centre, and Food for All (Just Food and the University of Ottawa).

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Photo on front cover: Zsuzsanna Kilian

Overview

The Where's the Food? Barrhaven Report documents the research findings of a community food security assessment project in Barrhaven. It outlines many of the food resources currently available in Barrhaven.

The aim of this project was to answer the following questions:

- 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?

It was made possible through the hard work and collaboration of a group of Barrhaven residents, with the assistance of the South Nepean Community Health Centre, the Nepean, Rideau & Osgoode Community Resource Centre, and Food for All (a project of Just Food and the University of Ottawa).

The research gathering was guided by the “Where's the Food? Finding Out About Food in Your Community” community food security assessment toolkit created by Just Food and researchers from the University of Ottawa. It is available online at <http://www.justfood.ca/foodforall/wheres-the-food/>.

For more information on Just Food, call 613-699-6850 or visit the website: www.justfood.ca

For more information about the services and programs provided at the South Nepean Community Health Centre, call 613-288-2820 or visit the website: <http://www.pqchc.com/South%20Nepean%20CHC.htm>

For more information about the services and programs provided through the Nepean, Rideau & Osgoode Community Resource Centre, call 613-596-5626 or visit the website: <http://nrocr.org/>

2.1 Action Ideas

The Where's the Food Barrhaven research team hopes that these research findings will inspire you to learn more about Barrhaven and the many food resources and services that are available. Through researching food in Barrhaven, the research team identified possible actions that could strengthen and build upon the food-related services and resources that are present. Some of these actions are already underway.

You can get involved by:

- Supporting some of the food initiatives and programs in the Barrhaven area.
- Talking to your elected officials about the food issues that are important to you.
- Connecting with others in your community to start a new food-related project, like a garden, a collective kitchen, or a food drive.
- Connecting with the food programs and services outlined here to learn more.
- Sharing this research document with others that you think may be interested.

2.2 Community Gardens

West Barrhaven Community Garden¹

The West Barrhaven Community Garden is located at 3058 Jockvale Road, on the site of the Barrhaven Fellowship Christian Reformed Church.

The garden was started in 2009 by the Church as part of its outreach activities to the Barrhaven community. The garden is operated and managed independently by a four member Garden Team, who are not necessarily affiliated with the Church.

In 2010, the garden size was doubled to approximately 3,000 square feet and 24 lots (of 100 square feet each). Depending on demand, there are plans to expand the garden by a further 400 to 500 square feet.



Photo: Klest

In 2011, 22 families participated, with the Church cultivating the 2 remaining lots.

Membership is restricted to residents of Barrhaven, with those living in west Barrhaven receiving (a not strictly enforced) priority.

Early in each calendar year, the Garden Team issues an invitation to gardeners to apply for available plots. Preference is given to returning families but plots are rotated annually to ensure equal access to plots.

Some members garden as a hobby while others grow their own food to ease their financial burden. Membership is \$10-20 each season in order to purchase fertilizer for the following year.

The Church and/or the Garden Team cultivates and donates foods that are not harvested.

There is no restriction on the crops that can be cultivated but no chemicals are allowed. The only exception is store-purchased starter plants which may have some chemicals. “Pest

¹Data collected by Ken K.L. Lee. Data provided by Peter Oegema, member of the West Barrhaven Community Garden Team (February 2012).

control” is through “symbiotic” planting and/or the introduction or presence of natural “predators” such as toads. Watering is through the use of rain-barrels or a nearby well.

The most popular crop is tomatoes (20% of the land), with approximately 15 varieties grown. Some gardeners receive seeds from relatives who mail them seeds from their countries of origin. This diversity creates a lot of information sharing amongst gardeners and passers-by and fosters a greater sense of community.

For more information, contact Andrea at 613-825-7512 or email: wbcgarden@gmail.com



Photo: Vicki Moore

One of my neighbours told me she is part of the Community Garden which is located across from Barrhaven United Church off Jockvale Road. This summer she showed me her chard, her lettuce and beets which looked absolutely so fresh and delicious. She also grows tomatoes in her backyard and gave me a few which tasted so good! Of course, freezing her freshly picked produce at end of summer gives her vegetables all winter long.

- Gail M., Barrhaven Resident

Nepean Garden Allotment Association²

Although not directly in Barrhaven, the Nepean Garden Allotment Association is used city-wide. The garden is located at Viewmount Drive between Merivale Road and Fisher Road.

The garden has approximately 220 plots. Approximately 150 people are registered, but they each have friends and family that participate with them so the exact number of people involved is unknown. According to the chair of the NGAA, Mike Chebbo, the reason there are less gardeners than plots is that they allow each existing member to hold up to 2 plots total (2 annuals or 1 annual and 2 perennials adding up to 1200 sqft.).

For more information, please contact Mike Chebbo, Chair of the NGAA at nagagardens@gmail.com

² Data collected by Katherine Occhiuto. Data provided by Mike Chebbo, based on Katherine’s personal experience at the garden and from <http://207.112.105.217/PEN/1999-03/s-garden.html> (November 2011).

2.3 Food and Nutritious Food Programs in Schools

There are many schools in the Barrhaven community, and each school has different programs, resources, and services that can be provided to students. Though the research team attempted to gather particular information about the meal programs, food environments, and food-related resources available for Barrhaven students, they were unable to do so. Parents interested in finding out more about the food resources available at their child's school should contact the school directly. Information about programs and services is also available from the school boards.

2.4 Food Gathering in Communities

Food gathering refers to activities such as hunting, trapping, foraging for wild edibles, and harvesting foods such as maple syrup, berries, and mushrooms. The Where's the Food Barrhaven team chose not to gather information on food gathering as it was felt that this was not a significant food source for residents of Barrhaven.

2.5 Community Gleaning Projects



Photo: Patrick Hajzler

Gleaning refers to collecting edible food remaining in farmers' fields after the commercial harvest season. No detailed information was found with respect to existence or scope of urban gleaning projects in Barrhaven or Ottawa, or whether specific gleaning trips are organized to bring Barrhaven residents to farms where gleaning is permitted.

One example of a community gleaning project is the Community Harvest Ontario program (a program of the Ottawa Food Bank). This program connects farmers, volunteers and food banks to provide local, fresh and healthy food to Ontarians in need. The program organizes volunteer groups to collect edible food remaining in farmers' fields after the commercial harvest season.

The produce volunteers pick is then distributed to local food banks. However, this program does not necessarily result in food provided for Barrhaven residents, because the Barrhaven Food Cupboard is not a member agency of the Ottawa Food Bank.

The following farms have participated in gleaning or growing projects in partnership with the Ottawa Food Bank:

Ottawa Food Bank Growing Partners (2011)	
Roots and Shoots 1004 Manotick Station Road, Manotick, ON	613-897-8975 robin@rootsandshootsfarm.com http://www.rootsandshootsfarm.com
Knotty Bottoms Farm 698 Putnam rd. Merrickville, ON	613-800-0157 sales@knottybotomsfarm.com http://www.knottybottoms.com

Ottawa Food Bank Gleaning Partners (2011)	
Rideau Pines Farm 5714 Fourth Line rd. North Gower, ON	613-489-3601 admin@rideaupinesfarm.com http://www.rideaupinesfarm.com
Ovens Berry Farm 4205 Nixon dr. Osgoode, ON	613-826-2147 ovens@ovensberryfarm.com http://www.ovensberryfarm.com/
ProulxSugarbush and Berry Farm 1865 O'Toole rd. Cumberland, ON	613-833-2417 proulx@proulxberryfarm.com http://www.proulxberryfarm.com

For general information on gleaning, please visit:

Community Harvest Ontario:

http://oafb.convio.net/site/PageServer?pagename=oafb10_home

Transition Ottawa: <http://transitionottawa.ning.com/>

Toronto's Not Far from the Tree: <http://www.notfarfromthetree.org/>

Edmonton's Operation Fruit Rescue: <http://operationfruitrescue.org/>

California's Gleaning Program Directory: <http://www.villageharvest.org/harvestingdirectory>

2.6 Community Kitchens

Seniors Multi-Cultural Community Kitchen

This kitchen is hosted at the South Nepean Satellite Community Health Centre, in partnership between the South Nepean Satellite Health Centre and the Nepean, Rideau and Osgoode Community Resource Centre. It is located at 4100 Strandherd Drive.

The group meets once a month and targets the immigrant population, largely of Chinese descent, in the hope of reducing isolation. It also provides free nutritious lunches and teaches various recipes. There are approximately 20-40 seniors who attend regularly.

Funding for this program is only guaranteed until the end of 2011. The future of this program is currently being negotiated by the South Nepean Satellite Centre and the Nepean, Rideau and Osgoode Community Resource Centre.



Photo: Foodshare

2.7 Community Shared or Community Supported Agriculture (CSA)

Community shared agriculture (also called community supported agriculture) is an approach to purchasing food directly from a farmer. In a CSA, the eater agrees to purchase food from the farmer before the growing season starts and pays upfront. The food is then delivered, usually on a weekly or bi-weekly basis, throughout the growing season.

Farm	Pick-up Location	Contact (phone, email, website)	Share Costs
Elm Tree Farm	Home Delivery	613-335-3361 elmtree@kos.net http://www.elmtreefarm.ca/Welcome.html	\$512-\$752 for 16 weeks
Foster Family Farm CSA	2501 Greenbank Road, Nepean, ON K2J 4Y6 (Canadian Tire parking lot)	613-489-3903 csa@fosterfamilyfarm.ca http://www.fosterfamilyfarm.ca/	
Grazing Days	Home Delivery	613-898-9136 info@grazingdays.com http://www.grazingdays.com/	80 lb \$670-\$740 40 lb \$370 10 lb \$100
Natural Lamb/Food	Home Delivery	613-257-7168 info@naturallamb.ca http://www.naturallamb.ca	\$150-\$595
Our Little Farm	Nepean (To be confirmed) Bi-weekly baskets only	819-328-3989 jim@notrepetiteferme.ca http://www.ourlittlefarm.ca/	\$558 for 18 weeks \$297 for 18 weeks (9 bi-weekly)
Padgeberry Farm	Home delivery (\$100 extra)	613-868-3907 CSA@padgeberryfarm.com http://www.padgeberryfarm.com/	\$550 for 16-18 weeks
Upper Canada Heritage Farm	Home Delivery	613-924-1234 Heritagemeat@sympatico.ca http://www.uppercanadaheritagemeat.ca	\$630-\$1260
Aubin Farm	Home Delivery	613-658-5721 aubinfarm@aol.com http://www.aubinfarm.ca/index.asp	\$35 Mixed Vegetable Box (delivered) \$10 delivery charge outside route
Bryson Farms	Home Delivery	819-647-6785 info@brysonfarms.com http://www.brysonfarms.com	\$50-\$90/week

2.8 Farmers' Markets, Farm Gate Sales and Farm Stands



These are some places where you can get local foods directly from farmers in and around Barrhaven.

Please also see Just Food's online Buy Local Food Guide: <http://www.justfood.ca/buylocal/index.php> for information about farm-gate sales (updated annually).

Photo: Tracy Lamb, Mopani Communications

Name	Location	Pick your own?	Produce?	When is Sold?
Farm-gate Sales and Farm Stands				
Acorn Creek Garden Farm	928 Oak Creek Rd.	At the farm	Vegetables	
AppleHill Fruit Farm	3699 Jockvale Rd.	Pick your own	Apples, pears	Late August - Mid November
DeKok Family Berry Farm	1070 March Rd.	Pick your own	Apples	August – October
Foster Family Farm	333 ch. Cedarview Rd.	Wholesale to Grocery Stores in Barrhaven, Canadian Tire Stand, CSA Foodbox program: pick up weekly at stand in Barrhaven.	Sweet corn, green beans, squash	June 23 - End of August
Rideau Pines Farm and Market	5714 Fourth Line Rd., North Gower			
Shouldice Farms	2901 Woodroffe Ave.	At the farm, Pick your own	Raspberries, strawberries, preserves	Mid June-July
Veggie Trails Farm	1757 av. Woodroffe Ave			
Valleyview Farm	4750 Fallowfield Rd.	At the farm	Pumpkins	October-November
Community Gardens				
West Barrhaven Community Garden	3058 Jockvale Rd.	At the garden	Vegetables	

Butchers				
Manotick Village Butcher Inc	5556 Unit 2 Main Street	At location	Meat	
Farmers' Markets				
Kanata Farmer's Market	420 Hazeldean Rd.	Market Only	Strawberries, raspberries, currants, garlic, potatoes, onions, cabbage, sweet corn, tomatoes, carrots, peppers, apples, pumpkins, squash	May- October; Saturdays 8am – 3pm
Stittsville Organic Farmers' Market	Bradley's Insurance Parking Lot, Main St., Stittsville	Market only	Vegetables, fruits, teas, coffee, oil, preserves, honey, meats, baked goods	early June to Thanksgiving; Thursdays from 3:30-6:30pm
North Gower Farmers' Market	2363 Roger Stevens Dr.	Market only	Fruits, vegetables, meats, honey, baked goods, plants, crafts	June-October; Saturdays 8:30am -1pm



Photo: Tracy Lamb, Mopani Communications

2.9 Ottawa Good Food Box Program³



Photo: Ottawa Good Food Box

Food Box Programs are an affordable way to buy fresh fruits and vegetables, or to buy local or organic produce. One example is the Ottawa Good Food Box program.

The Nepean, Rideau and Osgoode Community Resource Centre hosts this program, which is available for Barrhaven residents. Between 5 and 12 households currently participate in the monthly fruits and vegetables program. The boxes cost \$10, \$15 and \$20. A \$10 box is well suited for single households and the \$15 or \$20 boxes for families. There is also a \$5 fruit bag available.

Residents who wish to purchase a box can do so by making a payment in the first week of the month, and delivery is made on the third Wednesday of the month. The most central distribution site is located at the Nepean, Rideau and Osgoode Community Resource Centre (NROCRC), at the Merivale Mall. Upon pick up residents need to bring shopping bags to transport their food. For more information on the Good Food Box Program, please contact Phil Elwell at 613-596-5626 or at pelwell@nrocrc.org.

Residents can also look at setting up their own food box program. They should connect with Natasha Beaudin at Centretown Community Health Centre on 613-223-4445 ext. 2203 or nbeaudin@centretownchc.org

³ Data collected by Phil Elwell (November 2011).

2.10 Other Food Box Programs⁴

There are also a number of businesses that operate food box programs and wholesale buying of food. Each of these programs offers different types of food at various prices. Some examples include:

Name	Contact	Cost & Delivery
Byward Fruit Organics Club	613-241-6542 info@bywardfruit.com http://www.bywardfruit.com	\$20, \$30, or \$40 fruit and/or vegetable basket (min. purchase of 4 baskets) \$8/Delivery (Thursdays, 1-4, 6-9 pm, Friday mornings)
Organic Natural Foods Coop	905-507-2021 x228 or 1-800-387-0354 x228 buyclub@onfc.ca http://www.onfc.ca/buyingclub/home	Buying club – wholesale prices Does not sell to individuals. Min. 5 adults.
Ottawa Organics and Natural Food	613-234-1515 matt@ottawaorganics.com http://www.ottawaorganics.com	\$25, \$35, \$45 baskets Min. purchase \$35 for free delivery
Life Organic	613-745-6868 info@lifeorganic.ca http://www.lifeorganic.ca	\$40, \$50, \$60 boxes
Ecoproduce	613-700-3617 info@ecoproduce.ca http://www.ecoproduce.ca/index.php/default/	Online organic farmers' market \$6/Delivery

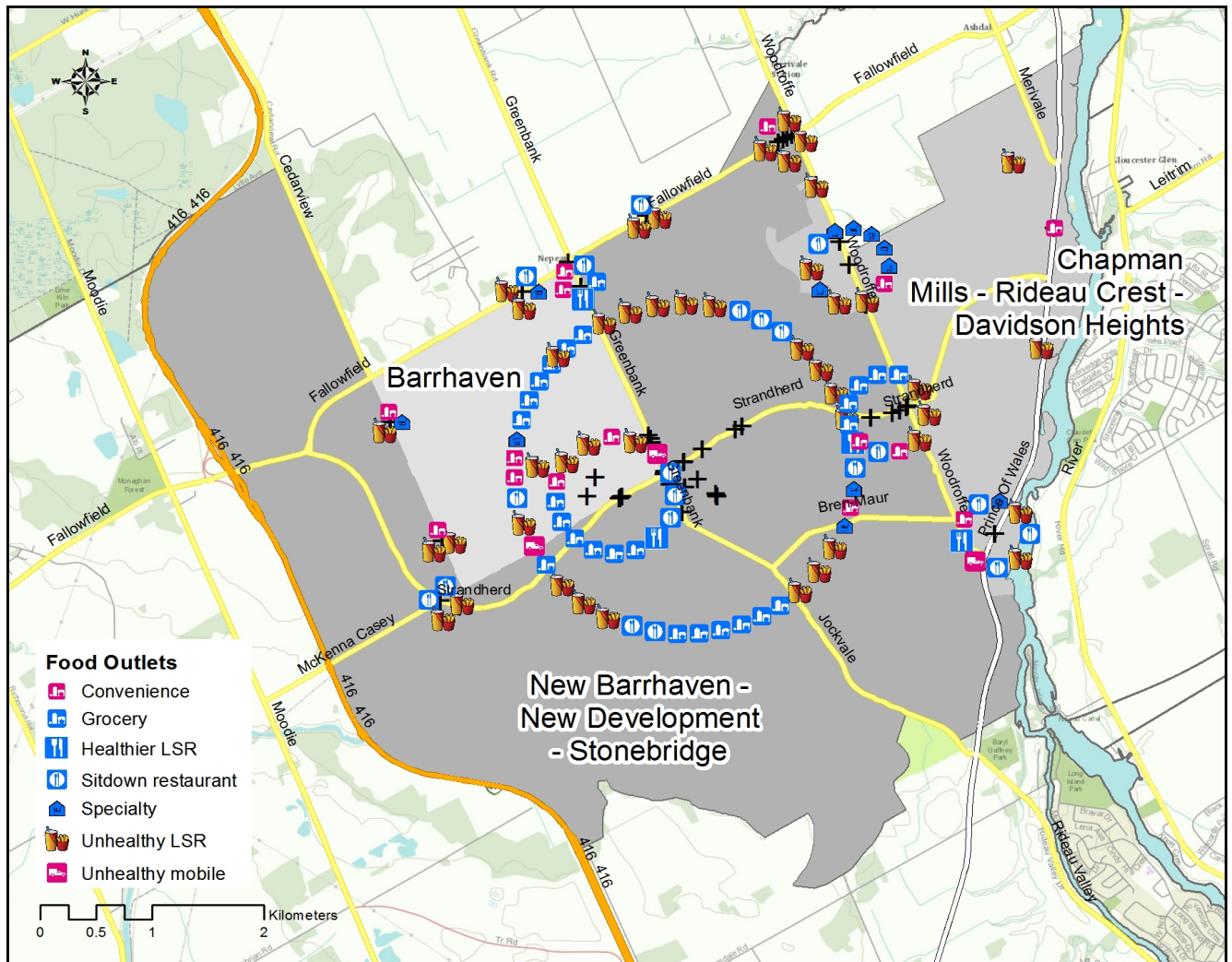


Photo: Tracy Lamb, Mopani Communications

⁴ Data collected by Phil Elwell (November 2011).

2.11 Food Stores & Restaurants in the Neighbourhood

The following map, produced using data from the Ottawa Neighbourhood Study, indicates where various food outlets are located in Barrhaven. Because some areas have a large number of food outlets, these areas are indicated by placing the icons in a circle surrounding the + symbol. The + symbol indicates the location of the food outlets.



We have had such a high growth in Barrhaven in the last 7 years. There are so many new stores, services and schools - it can be quite overwhelming, but in a positive way. Positive in that residents now have much more choice here, without having to travel far. With more choice, of course, there are more decisions to make, which in turn, sometimes adds to the stress of living... Where we could once take a leisurely walk to a limited amount of stores, now traffic has increased tremendously and actually it may be safer to use the car at times.

- Barrhaven Resident

The following tables show the different types of food outlets in Barrhaven and the bus routes that can be taken to get there.

Fast Food

Name	Address	Bus Route
Booster Juice	50 Marketplace Ave, Unit 4A	95, 170, 171, 173, 175, 176, 177, 186
Dairy Queen	50 Marketplace Ave	95, 170, 171, 173, 175, 176, 177, 186
Domino's Pizza	3500 Fallowfield Rd	70, 76, 170, 173
Five Guys Burgers and Fries	1181 Greenbank Rd	73, 173
Five Guys Burgers and Fries	1481 Greenbank Rd	173
Gabriel's Pizza	3350 Fallowfield Rd	70, 76, 94, 170, 171, 173
Guava's Shawarma	3161 Strandherd Dr	94, 176 (walking necessary)
Little Caesar's Pizza	3777 Strandherd Dr	73, 173
Lorenzo's Pizza	205 Portrush Ave	176 (walking necessary)
Lostu: Chinese Takeout	3780 fallowfield Rd, Unit 5	70, 170, 173
McDonald's	800 Stonehaven Dr	66
McDonald's	126 Robertson Rd	97, 118, 681
McDonald's	3651 Strandherd Dr	173 (walking necessary)
McDonald's	3773 Strandherd Dr	173

Milano's Pizzeria	3050 Wooddroffe Ave	71, 94, 171
Mr. Mozzarella Pizza	1 Tartan Dr.	73, 170, 173
NuFortune	2900 Woodroffe Ave	94, 171
Pizza Hut	1581 Greenbank Rd	37, 170 (walking necessary)
Pizza Pizza	50 Market Place Ave	95, 170, 171, 173, 175, 176, 177, 186
Quizno's	1581 Greenbank Rd	37, 170 (walking necessary)
San Marino's Pizza	1 Jockvale Rd	70, 170
Shawarma Heaven	129 Riocan Ave	95, 170, 171, 173, 175, 176, 177, 186 (walking necessary)
Tim Horton's	1 Rideaucrest Dr	71, 94, 171
Tim Horton's	3691 Strandherd Dr	173
Wendy's	3681 Strandherd Dr	173 (walking necessary)

Restaurants

The Barley Mow	1481 Greenbank Rd	173
1000 Islands Sushi	129 Riocan Ave	95, 170, 171, 173, 175, 176, 177, 186 (walking necessary)
Barrhaven Vietnamese	16-3777 Strandherd Dr	73, 173
Boston Pizza	1681 Greenbank Rd	173 (walking necessary)
Broadways	3777 Strandherd Dr	73, 173
Broadways	665 Earl Armstrong Rd	99, 189, 245
Cedarhill Golf & Country Club	56 Cedarhill Dr	No Buses
China Star	3161 Strandherd Dr	94 (walking necessary)
Extreme Pita	50 Marketplace Ave	95, 170, 171, 173, 175, 176, 177, 186
Fiamma	3570 Strandherd Dr	176
Go4Greek	3570 Strandherd Dr	176
Greenfield's Pub	900 Greenbank Rd	70, 170, 173
Jonny Canuck's	3040 Woodroffe Ave	71, 94, 171
Karara: Indian Takeout	4100 Strandherd Dr	73, 170, 173
La Porto A Casa	3500 Fallowfield Rd	70, 76, 170, 173
Liu's Cuisine	3570 Strandherd Dr	176
Pho Hao Nam	3171 Strandherd Dr	94 (walking necessary)
Pho Thi Fusion	129 Riocan Ave	95, 170, 171, 173, 175, 176, 177, 186 (walking necessary)
Pinelopi's Greek Kitchen	4100 Strandherd Dr	73, 170, 173

Swiss Chalet	3775B Strandherd Dr	173
The Royal Oak	4110 Strandherd Dr	73, 170, 173
The Works	3500 Fallowfield Rd	70, 76, 170, 173
Winner House	1 Tartan Dr	73, 170, 173

Coffee Shops

Starbucks	3302 Woodroffe Ave	94
Starbucks	125 Riocan Ave	95, 170, 171, 173, 175, 176, 177, 186 (walking necessary)
Tim Horton's	1 Rideaucrest Dr	71, 94, 171
Tim Horton's	3691 Strandherd Dr	173
Two Monkeys	4100 Strandherd Dr	73, 170, 173

Grocery Stores

Farm Boy	3033 Woodroffe Ave	71, 94, 171
Food Basics	900 Greenbank Rd	70, 170, 173
Loblaws	3201 Greenbank Rd	171, 175, 177, 186
Metro Supermarket	3201 Strandherd Dr	77, 94 (walking necessary)
Ross' Independent Grocer	3777 Strandherd Dr	173
Sobey's	1581 Greenbank Rd	73 (walking necessary)
Teba Grocery Inc	2910 Woodroffe Ave	94, 171
Walmart	3651 Strandherd Dr	173

Specialty Food Stores

Africana Supermarket	3780 Fallowfield Rd	70, 170, 173
Allspice Superstore	194 Roberston Rd	No Buses
Barrhaven Market	2900 Woodroffe Ave	94, 171
Bulk Barn	3161 Greenbank Rd	173
M&M Meat Shop	1581 Greenbank Rd	73, 170
Nasa Food Centre	3050 Woodroffe Ave	71, 94, 171
Pete and Gus Meat Market	1 Jockvale Rd	70, 170

Convenience Stores

Esso	3580 Strandherd Rd	176
Mac's	1 Tartan Dr	73, 170, 173
Quickie	3023 Cedarview Rd	76, 170
Quickie	1 Rideaucrest Dr	71, 94, 171
Quickie	1 Jockvale Rd	70, 170
Shopper's Drug Mart	3051 Strandherd Dr	94
Shopper's Drug Mart	3781 Strandherd Drive	73, 173

Other Speciality Stores

Kitchen Inspired (catering services)	20 Fieldberry Pvt	171, 175
Nile Bakery	3570 Strandherd Dr	176

Food Availability in Stores⁵

The following tables indicate the types of food that are available in selected Barrhaven stores.

Bulk Barn:

Root Vegetables	N/A
Leafy Vegetables	N/A
Other Vegetables	N/A
Fruits/Berries	Dried: Apple rings, figs, currents, dates loose pack, dried apple slices natural unsulphured, blueberries, cherries, cranberries, mango slices, mixed fruit with prunes, strawberries, goji berries, golden raisins, honey dates pits removed, jumbo flame raisins, large prunes pits removed, organic apricots, raspberry flavoured cranberries, sultana raisins, sun-dried peaches, sun-dried pears, Thompson raisins, Turkish apricots, unsweetened dried mango slices. Glazed: Green glaze cherries whole and broken, red glaze cherries whole and broken, regular fruit mix
Real Juices	N/A
Meats/Fish	N/A
Nuts/Seeds	Nuts: Peanuts, almonds, cashews, mixed nuts, pistachios, in shell, walnuts, pecans Seeds: Chia seeds non GMO gluten free, ground flax seed, hulled raw sunflower seeds, hulled sesame seeds raw, psyllium husk, whole poppy seeds
Lentils/Beans	Mung beans, soya beans
Eggs	N/A
Milk/Soy/Rice Milk	Almond breeze chocolate, almond breeze original, almond breeze unsweetened original, almond breeze unsweetened vanilla, almond breeze vanilla, natur-a rice original, natur-a rice vanilla, natur-a soy chocolate, natur-a soy original, natur-a soy vanilla, rice dream enriched original, rice dream vanilla enriched
Cheese /Yogurt	N/A
Bread	N/A
Pasta	All vegetable fusilli, brown rice spaghetti, chow mein noodles, couscous, egg noodles medium, Israeli couscous, organic brown rice pasta penne, organic spelt penne rigate

⁵Data collected by Blair Laidlaw and Kayla Shepherd (December 2011-February 2012)

Rice	Arborio rice, Aztec blend, brown basmati rice, colusari red rice, grade a wild rice, jade blend, tapioca quick cook, white rice short grain, whole grain 5 blend, wild and brown rice mix
Other Grains	12 grain flour, brown rice flour (gluten free), cake and pastry flour, durum semolina, gluten flour, hard unbleached bread flour, hard whole wheat flour stone ground, oat flour, organic coconut flour, organic kamut flour, organic spelt flour stone ground, soft unbleached pastry flour, soft whole wheat flour stone ground, soy flour low fat, stone ground 7 grain flour, stone ground barley flour, stone ground dark rye flour, tapioca flour, teff flour (gluten free), white rice flour, whole wheat bread machine flour, yellow corn flour
Oils/Fats	Flax oil
Spices/Preserves	Alum powder, Cajun seasoning, cardamom ground, cayenne pepper, celery salt, cinnamon sticks 6", citric acid, curry powder, coriander seed ground, dill pickle popcorn seasoning, dill weed, garam masala, ground ginger, kosher salt substitute, mace ground, marjoram rubbed, Montreal steak spice, mustard seed whole, pickling spice, saffron, ultimate seasoning, fine sea salt, kosher salt, lemon pepper, whole black pepper, whole white pepper
Baking Ingredients	Almond paste reduced, baking powder double action, blackstrap molasses unsulphured, brewer's yeast debittered, carob powder, cocoa powder, cream of tartar, fancy table molasses, flake sweetened coconut, flake nutritional yeast, Fleischmann's dry active yeast, ginger chunks in syrup, Hershey skor toffee bits, high ratio shortening, macaroon unsweetened coconut, medium sweetened coconut, medium unsweetened coconut, peppermint extract pure, pure Madagascar vanilla extract, shredded sweetened coconut, shredded unsweetened coconut, vanilla beans
Other Bulk Ingredients/Food	Candies, sprinkles, snack foods, etc
Other	Vitamins and Herbal Supplements
Organic Foods	NA
Local Food	NA

Food Basics, Greenbank:

Root Vegetables	Potatoes (several types), onions, Chinese garlic, beets
Leafy Vegetables	Several types of lettuce, greens of poor quality
Other Vegetables	Asparagus (some in poor/fair quality), bok choy, sour cabbage, broccoli.
Fruits and Berries	Fresh& frozen – raspberries, blueberries, strawberries
Real Juices	Fresh & frozen – OJ (mostly mixes), Egyptian mango juice (ie, from Cairo)
Meats/Fish	Fresh - all kinds, canned fish: salmon, tuna, etc, little or no organic, frozen fish (little or no fresh fish), box meet (many types)
Nuts	Packages, mixes, mostly salted
Lentils/Beans	Dried, cans (two or three organic: Garbanzo)
Eggs	Regular, omega-3
Milk	Wide range including lactose free
Soy or Rice Milk	Soy milk (organic – regular, chocolate)

Cheese /Yogurt	Yogurt: many types and sizes, cheese (more limited selection than Loblaws)
Bread	Dempsters' whole wheat, Pita whole wheat (lots of white bread in many forms)
Pasta	Mostly durum white flour
Rice	Long grain, some white, basmati, white patnu, parboitec, packaged 500g to 8-10kg
Other Grains	
Other Grain Products	Bulgur
Oils/Fats	Canola, olive, corn, peanut, sunflower
Spices/Preserves	Most types in small jars and packages
Baking Ingredients	Baking powder, baking soda, chocolate chips, sugar, salt, flours, yeast, etc
Other bulk ingredients/foods	Wide range - dried fruits: apricots, figs, dates (all in small packages)
Other	Chinese: Bok choy, "Mr. Go udus Chinese Rice" 8kg, sour cabbage, some sauces
Other	Indian: Durum Atta flour, basmati rice, patna rice, sauces, spices
Organic Foods	Brownie mix, coffee (fair trade & organic), olive oil, green tea, white tea, soups (Amy's), canned beans (Eden), Granola, maple syrup, fortified soya beverages (several types)
Local Food	Cheddar cheese from Quebec (St. Albans)

Farm Boy, Woodroffe:

Root Vegetables	Potatoes, sweet potatoes, onions (many types), Chinese garlic, beets, (all types)
Leafy Vegetables	All types, organic and non-organic, mixes of greens
Other Vegetables	Many types of good quality
Fruits and Berries	Many varieties of good to excellent quality, all fresh except blueberries from Nova Scotia
Real Juices	Many types, Oasis mixes, all fresh non-frozen
Meats/Fish	All types: fresh, frozen, sliced, fish many fresh varieties, some smoked and frozen
Nuts	Mixed in plastic containers and sealed boxes
Lentils/Beans	Green and red lentils, canned cooked beans
Eggs	Many types, some organic
Milk	Lots of milk (some organic), some lactose free
Soy or Rice Milk	Organic soy milk of several kinds, some rice milk (two types)
Cheese /Yogurt	Many types of cheeses and yogurts, some organic
Bread	Lots of breads, some organic, whole grain, gluten-free, white breads and buns
Pasta	Good selection of durum wheat types, some gluten-free, organic, whole grains
Rice	Packages from 250g- 5kg all many varieties, short, long, brown, basmati, wild, etc
Other Grains	Cemawrth (organic), quinoa (organic), almond meal flour, cornmeal, tapioca flour, couscous

Other Grain Products	
Oils/Fats	Olive
Spices/Preserves	Many types for meats and baking
Baking Ingredients	Minimal selection
Other Bulk Ingredients/foods	In pre-papered packages of nuts, candies, etc
Other	Chinese & Indian: Minimal selection
Other	Prepared foods (fresh); Selection of expensive prepared meals: pizza, meat loaves, stews, spreads, salads etc)
Other	Gluten-free: Variety of breads, cookies, cakes, pancake mixes, muffin mixes, pretzels, breakfast bars, frozen ice cream substitutes (rice desserts)
Organic Foods	Rice short grain, basmati rice, rice long grain, olive oil, meats (chicken, pork, beef, sausage), nuts & seeds, butters (pumpkin, sesame, almond), yogurt, pastas, soy beverages, canned beans, jams, juices (apple, grape, mango, etc), soups & broths
Local Food	Some Canadian cheese from Quebec, Canadian apples, Canadian potatoes

Shopper's Drug Mart:

Root Vegetables	N/A
Leafy Vegetables	N/A
Other Vegetables	Frozen peas, asparagus, beans, vegetable mix (small selection)
Fruits and Berries	Small selection of frozen
Real Juices	Tropicana, Oasis, fresh juice (small selection), no frozen juices
Meats/Fish	Canned fish only
Nuts	Nut mixes in packages
Lentils/Beans	Canned beans: kidney, pinto, etc
Eggs	Omega, regular
Milk	All types, lactose free
Soy or Rice Milk	Soy milk (organic), almond milk
Cheese /Yogurt	Small selection of hard and soft cheeses
Bread	"Dempster's" bread, small selection
Pasta	Small packages of durum pasta
Rice	Small packages: short grain, long grain, organic brown rice
Other Grains	N/A
Other Grain Products	N/A
Oils/Fats	Small packages of a few types.
Spices/Preserves	N/A
Baking Ingredients	Small selection of basics: baking powder, baking soda, salt, sugar
Other Bulk Ingredients/Foods	N/A
Organic Food	Cereal, coffee, tea, pasta, soy milk, chocolate drink mixes, peanut butter
Local Food	N/A

Loblaws:

Root Vegetables	All types: good to excellent quality
Leafy Vegetables	Many varieties: spinach, lettuce mixes, some organic
Other Vegetables	All types: asparagus, broccoli
Fruits and Berries	Many varieties: some organic, fresh, frozen
Real Juices	Frozen, fresh, OJ, apple (some organic), juice mixes
Meats/Fish	Many types: some with “free from” label, many types of frozen boxed meats, canned fish, many types of fresh fish, many types of frozen fish
Nuts	Many types in cans, plastic containers, mixed, mostly salted
Lentils/Beans	Dried lentils, dried beans, canned kidney beans, canned chick peas, etc (some organic)
Eggs	Regular, white, brown, omega-3, free run, organic
Milk	All varieties, lactose free, organic, organic meadow
Soy or Rice Milk	Organic soy drinks, tofu (organic and non-organic), almond milk
Cheese /Yogurt	Large selection: hard cheese, soft cheese
Bread	Wide choice including: whole wheat, rye, sourdough, white, some organic choices
Pasta	Many types: mostly white durum, whole wheat, rice pasta, corn pasta (organic)
Rice	Wide variety: brown, pan boiled, long grain, short grain, patna, basmati, Thai rice, instant
Other Grains	Amaranth, tapioca flour, flour, cornmeal, buckwheat flour
Other Grain Products	
Oils/Fats	Olive, canola, sunflower, peanut
Spices/Preserves	Many types in small jars
Baking Ingredients	All necessary ingredients, many mixes for cakes, cookies, etc
Other Bulk Ingredients/Foods	Some in plastic packages in “bulk” area
Other	Chinese & East Asia: dried noodles, Chinese rice, sauces, two long shelves of Chinese foods in cans and packages
Other	Indian: patnat rice, basmati rice, Indian curry sauces, half of one shelf is Indian food
Other	Prepared fresh food: expensive selection of prepared supper meals, salads, meats, pizzas, etc
Organic Food	Canadian frozen blueberries, milk, eggs, yogurt, frozen fruit mix, soy drinks, frozen pizza, baby food, peanut butter, granola, breakfast cereals (many types), boxed juices, cookies
Local Food	N/A

NASA Food Centre:

Root Vegetables	N/A
Leafy Vegetables	N/A
Other Vegetables	Some frozen

Fruits and Berries	N/A
Real Juices	Indian drinks
Meats/Fish	N/A
Nuts	Peanuts (shell, no shell), almonds (sliced, whole), pistachios (shell, no shell), cashews
Lentils/Beans	Lentils, red kidney beans, urad whole, chick peas, toordal, split matpe beans, mix dal, etc
Eggs	N/A
Milk	N/A
Soy or Rice Milk	N/A
Cheese /Yogurt	Yogurt: 2%, regular. Cheese: Paneer, khoa
Bread	N/A
Pasta	Wide variety
Rice	Brown, white, short grain, long grain, basmati, etc
Other Grains	Flour: rice, besan, sooji, kalachana, suji fine, joloar, all purpose, udad, bajri, bhakri, ragi, etc
Other Grain Products	Jeera wafers, Punjabi wafers, variety of flavours, etc
Oils/Fats	Sesame, gingelly, mustard, almond, flax, etc
Spices/Preserves	Red chili powder, red chili crushed, chili powder hot, paprika, pickle masala, cinnamon bark, whole goram masala, coriander whole, madras curry powder, garam masala, kala jeera, cumin powder, ginger (whole, powder), turmeric powder, salt (black, sindahi, sendhav, regular, etc), many mixed spices, many helpers, etc
Baking Ingredients	Sugars, salt, etc
Other	Sauces and pastes: curry paste, tikka paste, hot piquant, garlic paste, etc
Other	Many dried snacks: fried chick peas, Punjabi mixes, etc
Other	Prepared foods: Samosas, desserts
Other	Take out menu: good variety
Organic/Local Food	N/A

Metro:

Root Vegetables	Carrots, beets, potatoes, variety of onions, gourds, squash
Leafy Vegetables	All types, lettuce (heads, boxed)
Other Vegetables	Wide variety of excellent vegetables
Fruits and Berries	Excellent variety of fresh and frozen: citrus, bananas, apples, pineapples, etc
Real Juices	Wide variety: citrus, grapefruit, grape, mixed, etc
Meats/Fish	Wide variety: All types cold cuts (fresh, packaged), frozen and fresh sea food (scallops, shrimp, fish, etc), chicken, beef, steak, pork, canned fish (tuna, salmon, etc)
Nuts	Many types: plastic bags, scoop your own: walnuts, peanuts, almonds, mixed, cashews, etc
Lentils/Beans	Variety of canned beans: black, garbanzo, navy, etc. Red lentils
Eggs	Organic, regular, omega-3, family pack

Milk	All percents (a few types), organic, chocolate, lactose free, creams, etc
Soy or Rice Milk	Soy: variety of brands, organic, rice milk (variety), almond milk (variety)
Cheese /Yogurt	Cheese: wide variety, sliced, blocks, goat, flavoured, etc. Yogurt: many types, organic
Bread	Loaves, buns, rolls, pastries, wraps, pizza bread etc. All types: white, whole wheat, whole grain, rye, sourdough, etc
Pasta	All types: egg noodles, fettuccine, pennine rigate, cavoutappi, rotini, chow mein, large shells, white, whole wheat, rainbow pasta, lasagna, etc
Rice	Wide variety: long & short grain, calrose, basmati, jasmine, brown, etc
Other Grains	Couscous, risotto, quinoa, falafel, taboule, etc
Oils/Fats	Many types and a wide variety of each: Olive, vegetable, canola, sunflower, peanut, corn, olive oil with added flavours, etc
Spices/Preserves	Wide variety of spices and seasonings
Baking Ingredients	Flours, baking powder, baking soda, baking chocolate, pitted prunes/dried fruit, crust mixes, sugars, sugar supplements, etc
Other	Mexican: taco shells (soft, hard), chips, salsa, etc
Other	Chinese: Sauces, chow mein, stir-fry boxes, thin rice noodles, helper packets, canned/pickled eggs, canned fruits, canned guava, canned papaya, canned jack fruit, variety of Asian drinks
Other	Mediterranean: Rices, tofu, sauces, beans, lentils, etc
Other	Gluten-Free: pretzels, crackers, desserts, bars, flours, cake mixes, pancake mixes, bread mixes, cookie mixes
Organic Food	Yes, many throughout the store
Local Food	N/A

2.12 Poverty, Household Food Insecurity & Emergency Food Responses

I. Food Banks ⁶

The Barrhaven Food Cupboard (BFC) is Barrhaven's local food bank.

The only requirement to access to BFC is to prove that you live in the Barrhaven area. There are various acceptable proofs of residence such as a driver's license or a utility bill. In addition, generally once a year, client families are asked to show a piece of identification (e.g., health card, birth certificate, school report card) for each member of their family for whom the food orders are intended. Client families are normally allowed one food order every 30 days.

Residents can leave a message with BFC and a volunteer will return the call, usually within 24 to 48 hours. Food distribution days are normally on Tuesdays and Fridays. Clients pickup their orders at the food distribution facility on Jockvale Road between 9:00-10:30 a.m. Those needing delivery will also, normally, receive their food on those days. BFC will accommodate working families who cannot pick up their food during the time normally established for order pick-ups.

Volunteers and Donors:



Photo: Jon Dasbach

BFC is 100% managed and operated by approximately 80 volunteers. Volunteers are welcome, regardless of whether or not they live in Barrhaven. Other than those working at the storage and distribution facility on Jockvale Road, all volunteers work out of their homes and pay for all costs associated with their volunteer work. BFC does not maintain an office or have paid staff, so there are no set hours of operation.

All food assistance from BFC is from donations and donations are accepted from all donors. Arrangements can be made to have a volunteer either pick up their donations or meet them at BFC's storage facility. The Barrhaven United Church, in whose building the BFC storage facility is located, will accept small "off the street" donations (including cash) on BFC's behalf, on an exception basis.

⁶ Data collected by Ken K. L. Lee, Coordinator, Community Food Drives & Dispatcher, from donor and client information maintained by BFC (November 2011).

Demand for Services

Although food donations have not quite matched the increase in demand, cash donations have. Consequently, BFC has not had to turn anybody away or significantly reduce the size of food orders. However, food order sizes can fluctuate during the year depending on the amount of donations on hand or cash available to purchase food to supplement food donations. Also, BFC does not have the facility to handle perishable food. So, to supplement the non-perishables that BFC provides, families are also given gift certificates to purchase milk, bread and other perishables. To recognize the increase in food prices, BFC, in March 2011, increased the value of gift certificates per food order by an average of 52%.

Since 2009, average monthly visits/number of food orders has increased by almost 62% and recent months have seen a significant rise in requests for food assistance. Because of the rapid growth of Barrhaven, demand is expected to increase at least in proportion to the growth in population if not higher, because of older condominium developments becoming investment (and, therefore, rental) properties, the increase in the number of multi-unit dwellings and a greater awareness of BFC's existence by families-in-need.



Photo: Ontario Association of Food Banks

In 2010, BFC served almost 150 families, consisting of about 525 people – slightly over 51% of whom are classified as “children” under 18 years of age.

In 2011, the average number of visits/food orders per month is over 64. Usage spiked to about 80 orders per month over the last half of the year and is expected to go higher in the winter as seasonal work diminishes and increased heating and other fixed household costs kick in. For the approximately 200 families served in 2011, children accounted for a little more than 53% of the 670 persons served.

In 2011, BFC gave out, on average, about 5,700 pounds of non-perishable food and \$2,000 in gift certificates every month.

Current Challenges and Future developments of the BFC:

The storage and distribution facility is located at 3013 Jockvale Road. It is within a 15-20 minutes drive from most places in Barrhaven. As for most suburban areas, getting around by public transportation is difficult, with few direct routes from one area in the neighbourhood to another.

Food donations can be dropped off at most supermarkets (or one of the businesses, schools or community organizations that hold food drives for BFC periodically) in Barrhaven or by car at the Jockvale Road location. Because contact with BFC is normally by telephone, clients who do not have their own vehicles do not need ready access to the Jockvale Road location and can request that food orders be delivered by a BFC volunteer.

BFC's current operations reflect the small food depot it was originally designed to be when the Barrhaven United Church made space for it in 1993, one that served a small number of families in a rather homogeneous community.

Barrhaven, however, has grown tremendously, resulting in significant increases in requests for assistance and in the diversity of the population being served.

Furthermore, the Association of Ontario Food Banks reported that over 3% of Ontarians accessed food banks in 2010. Even with significant growths in demand, BFC has been called on by less than 1% of Barrhaven's population. Consequently, it is highly probable that BFC will see an even more significant growth in demand when residents are more aware of it as a source of assistance.

Even today, BFC's operational model and infrastructure are increasingly challenged to meet the needs of the Barrhaven community. As a result, BFC invited community participation in a strategic review in 2011. Community leaders and members of key community organizations are currently looking at approaches to first, recruit the talent to supplement BFC's operational focus with a more comprehensive strategic overlay and to then bring about the changes that are required. In April 2012, a proposed constitution will be presented, which would enable the election of BFC's first Board of Directors opening new possibilities.

For more information, please contact the Barrhaven Food Cupboard at 613-825-4505. The depot is located at 3013 Jockvale Road Nepean, ON K2J 4E4. See website for additional information : http://www.barrhavenunited.org/food_cupboard.htm

II. Meals on Wheels⁷

This service is available to seniors and persons with physical disabilities. There are currently 5 clients in Barrhaven and this number has not fluctuated significantly in recent years.

Meals are delivered twice a week – Tuesdays and Thursdays – lunches only, consisting of soup, entrée, fruit, bread and beverage. One meal costs \$5.50, including delivery. Clients are invoiced at the end of each month. This service is available year-round. From September to May: Monday to Friday, 8:30 am-4:30 pm; June to August: Monday to Friday, 8:30 am-4 pm. Deliveries are made by volunteers.

In addition, clients could participate in a “diners club”, where they can congregate with others once a month at the Meals on Wheels facility. Frozen meals are also available for pick-up.

For more information:

Meals on Wheels Nepean
Western Ottawa Community Resource Centre
3865 Richmond Rd
Ottawa, ON K2H 5C1

Office phone: 613-829-1133
TDD/TTY : Phone 613-591-0484
E-mail : info@communityresourcecentre.ca
Website : <http://www.communityresourcecentre.ca>

⁷ Data collected by Ken K. L. Lee. Data provided by Marie Hoghan, Coordinator, Meals on Wheels, Western Ottawa Community Response Centre (November 2011).

2.13 Transportation to Food Stores⁸

Grocery Stores with Delivery Services

There are currently two grocery stores that provide delivery services to Barrhaven homes.

Grocery Store	Telephone	Delivery Cost
Loblaws	613-823-8285	\$8 or \$4 for seniors
Metro Supermarket	613-823-8825	\$7 or \$4 for seniors

Car Sharing

There is no car-sharing available in Barrhaven. The nearest car-shares available are listed below. For more information, please visit <http://www.vrtucar.com>

Location	Location Description
1408 Woodroffe Ave	Algonquin College ACCE Building
1385 Woodroffe Ave	Algonquin College, Lot C

Bike Paths

For bicycle paths, use Google Maps to plan a bicycle route or visit http://apps104.ottawa.ca/emap/?lang=en&emapver=lite&MAPNAME=ottawa_cycling.mwf

The Ottawa Cyclist map is outdated (2006/2007), but a new map (2011) is to be published shortly. Visit the City website for the updated map when available: http://ottawa.ca/residents/onthemove/travelwise/cycling/index_en.html

⁸ Data collected by Deidre Khes-Kovacs (January 2012). See http://ottawa.ca/residents/onthemove/travelwise/cycling/index_en.html; <http://www.vrtucar.com/index.php>; <http://maps.google.com>.

The following streets with major grocery stores have designated bike paths.

Grocery Store Connected to Bike Route	Street	Bike Route	Type of Bike Route
Farm Boy, Teba	Woodroffe Ave	North of Strandherd Dr	Bike Lane
Sobey's	Greenbank Rd	Between Wessex Rd and Strandherd Dr	Off Road Pathway
Metro Supermarket, Ross' Independent Grocer	Strandherd Dr	Between Greenbank Rd and Prescott Hwy	Bike Lane

Challenges of accessing food stores in Barrhaven - A senior commuter's story:

There is one bus, the '176' that travels from Strandherd Centre (near Loblaws) to downtown - Tunneys Pasture or even Hurdman, depending on the day. This bus travels up Prince of Wales and Merivale road.

We can do all our shopping and other trips on this bus route. The Nepean, Rideau and Osgoode Community Resource Centre (NROCRC) is very accessible and we can go to Merivale Food Basics, Farm Boy, Canadian Tire as well as other stores.

The '176' bus also allows for efficient transfers downtown to other CHRCs and we are able to access a number of programs throughout the downtown areas.

Traveling to other parts of Barrhaven is a virtual impossibility. We would have to transfer at least once, and probably wait at stops that have no shelters (like the one outside this CHC). Recent service changes have not been helpful, with familiar routes cut in evenings and weekends.

We do not take buses that come down Woodroffe or Fallowfield station, because this means that we would need to take a second bus to get home, and the transfers do not flow smoothly.

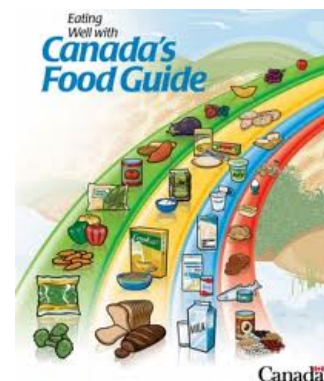
- Barrhaven residents Mr. and Mrs. Saggu

2.14 Skills and Information⁹

Community Food Advisor Program

The Community Food Advisor program is a volunteer, peer education based program run through Ottawa Public Health. Volunteers receive 70 hours of training in healthy eating, food safety, and leadership skills by health professionals such as registered dietitians and public health inspectors. Upon successful completion of their training, the volunteers become certified Community Food Advisors and are able to present a variety of food related topics to organizations in our communities. Community Food Advisors can give presentations to community groups on topics including:

- Eating Well with Canada's Food Guide
- Food Safety
- Menu Planning
- Cooking for One
- Healthy Eating on a Budget
- Quick and Easy Meals
- Low Fat Cooking



The presentations are usually an hour long, and the service is free.

To request a presentation by a Community Food Advisor, fill out and submit a [Placement Request Form](#), available online. Because Community Food Advisors are volunteers, the form should be submitted at least 4 weeks in advance.

Contact Information:

Allison Brown, Community Liaison Officer

Ottawa Public Health

Phone: 613-580-6744 ext. 23574

Email: CFA.program@ottawa.ca

Website:

http://www.ottawa.ca/en/health_safety/living/nutrition/food_service/cfa/index.html

Community Food Advisor Placement Form:

<http://www.ottawa.ca/cs/groups/content/@webottawa/documents/pdf/mdaw/mdy2/~edisp/con028774.pdf>

⁹Information collected by Sophie Musonda (November 2011).

Junior Farmers' Association of Ontario Club

The closest clubs are located in Renfrew county and Lanark county. They can be reached at renfrewjf@jfao.on.ca or lanarkjf@jfao.on.ca.

For more general information:

Ontario AgriCentre
100 Stone Rd W, Suite 206
Guelph, ON N1G 5L3
Phone: 519-780-JFAO (5326)
Email : info@jfao.on.ca
Website : <http://www.jfao.on.ca>



4-H Clubs

Photo: Tracy Lamb, Mopani Communications

4-H clubs provide leadership, communication, and agricultural skills development to youth, primarily in rural areas. There are no 4-H clubs in Barrhaven but there are clubs in the Richmond and Fallowfield area.

Other Workshops

Just Food's Community Gardening Network offers a series of gardening workshops including the following:

- Beginner Level Organic Gardening
- Natural Pest Control
- Seed Saving
- How to Start a Community Garden
- Applying for the Community Garden Development Fund

These workshops are held at various locations throughout the city but everybody is welcome to attend.

For more information contact:

Terri O'Neill, Community Gardening Network coordinator (Just Food)
Phone: 613-699-6850 x 12
Email: terri@justfood.ca
Website: <http://www.justfood.ca/community-gardening-network>

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