

Information Paper: The Status of Emergency Meal Programs and Food Security Efforts more broadly in Peterborough, Ontario 2016

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1. Introduction

Inadequate food security is a serious problem in Canada and it negatively impacts physical, mental, and social health issues. A person or family lacks food security when they have inadequate or uncertain access to food due to financial constraints and is by definition an income issue. In the absence of sufficient income for individuals, many organizations have developed programs and services in Peterborough over the years to fill this gap. Some of these include food banks, meal programs, food boxes and community gardens.

Needs assessments and food security research shows that over 11% of households in Peterborough City and County report moderate or severe rates of poor food security (from Limited Incomes report Canadian Community Health Survey) and within the Peterborough Census Metropolitan Area, poor food security was recently reported as being the highest of 27 major urban centres in Canada at 17.6%ⁱ (PROOF, 2016).

A community enjoys food security when:

- all people, at all times, have physical & economic access to nutritious, safe, personally and culturally appropriate foods,
- food is produced in ways that are environmentally sound, socially just, and promote community self-reliance, and
- food is provided in a manner that promotes human dignity.

This report will provide an overview of food security work in the Peterborough community.

Whatever approaches are taken related to food programming the broader concern of income reform needs to be considered. Recently the Province of Ontario announced two working groups that ultimately will make recommendations to the Province related to income reform.

2. Update on Provincial Activity Related to Income Reform

Basic income, or guaranteed annual income, is a payment to eligible families or individuals to ensure a minimum level of income, as described in Report C55516-001. Ontario committed in the 2016 budget to design and implement a pilot program to test the growing view that a basic income could help deliver income support more efficiently, while improving health, employment and housing outcomes for Ontarians. The province

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has appointed the Honourable Hugh Segal to provide advice on the design and implementation of a Basic Income Pilot in Ontario.

Mr. Segal will draw on his expertise in Canadian and international models of basic income and consult with thought leaders to help Ontario design a pilot. Mr. Segal will deliver a discussion paper to the province by the fall to help inform the design and implementation of the pilot. The discussion paper will include advice about potential criteria for selecting target populations and/or locations, delivery models and advice about how the province could evaluate the results of the Basic Income Pilot.

Ontario has also established an Income Security Reform Working Group to help guide the province's efforts to reduce poverty, support people in their efforts to participate in the economy, and provide services in a way that makes sense to the people who need them. The intention is to move away from a complex system of social assistance, to a more holistic, client-centred approach to a broader income security system. The working group will provide advice to government on social assistance reform, income security, and supports for housing, health and employment. The Basic Income Pilot announced in the 2016 Budget will help inform this work.

George Thomson, Senior Director of the National Judicial Institute and former Ontario Provincial Court Judge, who also chaired the Ontario Citizen's Assembly on Electoral Reform, will act as the Income Security Working Group's facilitator. Together the group will:

- Help Ontario develop a roadmap for an income security system that is based on fairness, adequacy and simplicity.
- Recommend priorities for reform, including on the structure of a future social assistance system.
- Determine the sequence of actions and the costs of a multi-year implementation plan for income security reform.
- Provide advice to the minister on how government can improve the client experience for those receiving income supports.

The Income Security Reform Working Group will meet over the next 12 months, beginning on June 30, 2016, and will report back to the government with recommendations by summer of 2017.

Locally there is an active Basic Income Guarantee Network and Income security Working group connected to Peterborough Poverty Reduction Network that continue to meet and provide local interest and advocacy on these issues. City staff as the Consolidated Municipal Service Managers has opportunity to provide input into provincial working groups and will continue to provide updates about opportunities for broader input.

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While there may be some future promise of changes to address income inequality substantial change is likely not going to take place for quite a few years leaving food security problems to continue. In addition to the income deficit, practical problems of lack of cooking facilities, skills, equipment and the need for social inclusion need to be considered when designing programming in food security.

3. Role of the Municipality in Food Security

The City has been involved with food security with a primary focus on supporting emergency food programs. The Community Services Department and Community Social Plan provide staff support and funding to emergency food programs including dinner programs, Lighthouse Drop In Program, which has a meal, and financial support to Kawartha Food Share. New policies were also created to facilitate Community Gardens. The Social Services division has taken responsibility for the updating and circulation of the monthly Food Calendar (sample in Appendix B) along with an online map that shows where food programs and services can be found.

City Funding to Emergency Food Programs

	2013	2014	2015	2016
Lighthouse	\$158,580	\$179,963	\$191,322	\$220,171
One Roof Community Diner (9 months)	n/a	n/a	n/a	\$30,700
Kawartha Food Share	\$56,850	\$78,212	\$78,836	\$79,154
Brock Mission (Open Table)	\$18,000	\$18,000	\$18,000	\$0
St. Vincent DePaul (Food Bank)*	\$4,900	\$5,050	\$5,200	\$5,200**
Helping Hands Food Vouchers	\$24,587	\$25,500	\$26,400	\$27,000**
TOTAL	\$262,730	\$306,725	\$319,725	\$362,225

* Property Tax Rebate only.

** Estimate

Through the homelessness budget there have been a number of programs funded that provide both a meal and the opportunity for social inclusion. Report CSSS08-010 recommended the transition to a day time Drop In Program with the provision of the meal following analysis of previous night time and day time Warming Room Program data indicating that the need was primarily a combination of food and social inclusion as opposed to actual provision of shelter for the homeless. The drop in model continued to evolve over the years with the most recent operation of the Lighthouse at St. John Anglican Church as approved in June of 2012 through Report CSSS12-008. The Lighthouse Program has successfully been operated by Canadian Mental Health Association over the past four years and has provided both an opportunity for social inclusion and serving of over 100 meals a day. It has also provided a space for connection to other services and a Food Skills focused Employment Training Program.

The Social Services Division also administers a municipal Helping Hand Fund that provides emergency financial assistance to individuals and families in emergency situations with needs including food, bus passes, birth certificates, baby equipment,

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head lice supplies and other costs. In 2015 \$35,156 was spent with approximately 75%, or \$26,400 going toward the purchase of food. Any low income person or family can access this fund however the majority are on social assistance.

Food security is also important to other City initiatives including the food objectives of Sustainable Peterborough in the Integrated Community Sustainability Plan. The goal for Agriculture and Local Food is to feed ourselves sustainably with local, healthy food. The Plan recommends that a community food system assessment be conducted to identify gaps and opportunities to connect local food growers and producers, processors, distributors, retailers and consumers throughout the region.

The proposed Greater Peterborough Area Climate Change Action Plan contains a number of food related strategies. Firstly, supporting the localization of the food system by updating Official Plan policies to support urban agriculture through activities such as urban bee keeping, establishing a community food centres and hubs, expanded community gardens, and providing community skill sharing programs. The second strategy looks to encourage purchasing of locally produced food through the support of local marketing programs and outlets, an expanded Farmers Market Network, and supporting farm gate sales. The third strategy aims to reduce the amount of food wasted with one of the strategies being a food rescue program in partnership with food retailers, manufacturers, restaurants and caterers to collect and redistribute excess food.

4. Role of Peterborough Public Health in Food Security

The Peterborough Public Health (PPH) Board is mandated to fulfill Ontario Public Health Standards (OPHS)ⁱⁱ which are based on 4 key principles of need, impact, capacity and partnership/collaboration. Food Security is addressed under both Chronic Disease Prevention standards and through Foundational Standards related to health equity and social determinants of health. PPH has had a long term commitment to addressing food security, particularly as it related to the social determinants of health which became a key PPH priority in the early 2000's.

This has led to a number of staff reports discussing poverty and food security, poverty reduction, advocacy for Special Diet Allowances, an Action Plan on Hunger in 2006 and yearly Limited Incomes reports. PPH was instrumental in leading the Food Security Community Partnership which ran with provincial funding from 2006 to 2011. PPH must "provide opportunities for skill development in the areas of food skills and healthy eating practices for priority populations." (pg.20, OPHS, 2008) as well as provide advice and information to link people to community programs and services related to healthy eating and healthy weights.

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Food literacy programs which focus on hands-on participation to increase food skills, nutrition knowledge and safe food handling are core to PPH's approach. PPH food programs include:

- **Come Cook with Us:** a free 4 to 5 week long food skills series focusing on experiential learning and moving participants along a continuum towards healthier food practices by addressing common barriers to healthy eating. Over the last seven years 165 classes with 467 participants each year have taken place. PPH through base funding provides staffing, food costs, transportation, childcare, rental of kitchen facilities and a gift card to a grocery store that allows participants to practice skills at home.
- **Collective Kitchens:** allow community members to meet once a month to plan and cook 2 to 3 meals to take home for their families to enjoy. The cost is minimal to participants due to support of service clubs, faith groups and community organizations. There are currently 12 collective kitchens supported by PPH staff that meet monthly from September to June.
- **Food For Kids Peterborough and County:** a non-profit community partnership that has supported universal student nutrition programs in local elementary and secondary schools for over 20 years. The vision of Food for Kids is that every student in Peterborough City and County attends school well-nourished and ready to learn. PPH is a partner in this coalition. In the 2015-16 school year, over 2.5 million healthy breakfasts and snacks were served to 17,364 students in 49 local schools.
- **Babies First:** is a federally funded Canada Prenatal Nutrition Program managed by the Peterborough Family Resource Centre and staffed by local agencies including a PPH Registered Dietitian. This weekly program offers a highly supportive environment and provides food skills programming, parenting supports, access to a food cupboard, food and prenatal vouchers and breast-feeding support to high risk mothers facing challenging life circumstances.

Barriers to participation are addressed to the greatest extent possible in all of the activities. Both Come Cook With Us and Collective Kitchens are offered throughout the City and County, led by PPH staff in discrimination free settings which reduce social isolation. The Food Security Community Partnership Program research and evaluation found that specific barriers which need to be addressed for program participation include the provision of child care, transportation and gift cards that allow participants to purchase some of the ingredients highlighted. The recent opening of Myrtle's Kitchen in the downtown location of PPH will also support food literacy through programming. PPH also focuses on connecting participants with other programs and food access supports in the community including the Nourish Project, YWCA JustFood Box program, Salvation Army food boxes, Gleaning, Community Gardens, Babies First and community meals.

PPH is also mandated to work with key groups on policy development related to healthy eating and healthy weights in a variety of environments and to “contribute to the development and/or modification of healthy public policy... by facilitating community involvement and engaging in activities that inform the policy development process” (Organizational Standard 5.3, OPHS, 2008). These directions guide the involvement with the Peterborough Food Action Network, Peterborough Poverty Reduction Network, Basic Income Peterborough Network and the Healthy Kids Community Challenge.

Community food security and food systems approaches are also part of the work of the Peterborough Food Action Network and groups that PPH partner with bringing a health lens to such initiatives as the Sustainable Peterborough Future of Food and Farming Workgroup. Boards of Health are also mandated to monitor food affordability annually by the OPHS. PPH staff price out local food costs required to provide a basic nutritious diet. These costs are compared to a variety of income scenarios to determine affordability. According to the 2016 PPH Nutritious Food Basket results, the monthly cost of feeding a family of four is \$907 in Peterborough City and County (report to be released in fall 2016). The 2015 report which is attached to Report CSSS16-003 as Appendix C noted that local food prices have increased 16.6% over the past five years (note: the 2016 report will show an increase of 22.2% over six years and a 5% from May 2015 to May 2016ⁱⁱⁱ); however, the issue is not primarily the cost of food, but that incomes are too low.^{iv}

5. Role of Peterborough Food Action Network

The Peterborough Food Action Network (PFAN) was formed in 2007 as a working group of the Peterborough Poverty Reduction Network. PFAN brings together community members from different sectors including agriculture and growing food, education, health and community organizations with an interest in safe, affordable and healthy food in Peterborough City and County. PFAN focuses its work based on a food security continuum that includes a focus on:

- **Need Food:** short term relief and emergency food responses that are based on a charity model of helping those in need to relieve suffering and fill a gap. (Note: this approach does not result in structural and system change or changes in equity.)
- **Get Involved:** capacity building activities, most often through training and education that encourage people to help themselves in producing and preparing food. These programs rely on consultation with participants in producing relevant programs and agencies or community organizations are often involved with leading the process. (Note: this approach does not result in structural and system change or changes in equity.)

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- **Create Change:** system change activities that lead to systemic changes that build new economic, political, legal and education systems to ensure equity and shared power in society.

Through monthly meetings and an active listserv, PFAN coordinates and plans food security programs and policies in consultation with the broader community. Specifically, its mandate is to:

- a. Address the root causes of hunger in our communities, including income and housing security.
- b. Secure resources and commitments to guarantee food security for all residents of Peterborough City and County.
- c. Identify strategies to increase access to healthy food, including community food security strategies.
- d. Build links with other stakeholders to support community initiatives that address food issues.
- e. Educate and engage the community to address food and poverty issues.
- f. Support promotion and increased production of local food.^v (PFAN Terms of Reference are attached as Appendix D)

The Peterborough Public Health Board of Health, Peterborough Food Action Network, Basic Income Peterborough Network and Nourish Project, are among the 160 other organizations and individuals across Ontario that have endorsed a Position Statement on Responses to Food Security Issues that was created by the Ontario Society of Nutrition Professionals in Public Health. It notes that “food banks operate under many constraints relying on volunteers and inconsistent food and monetary donations from the public and corporate sponsors. Demand for food always exceeds the supply. Balance between supply and demand is achieved only when the amount of food provided per visit and/or the frequency of visits is restricted. Because of supply limitations, food banks are typically not able to meet the preferences, religious restriction, nutritional or healthy-related dietary needs of clients. Access can be challenging with limited operation hours, long line-ups and lack of transportation to get to a food bank. Despite the best intentions of volunteers and staff, the experience of accessing food banks undermines people’s dignity. All of these limitations and challenges may explain at least in part why only a minority of people who experience poor food security access food banks.”^{vi}

6. Role of Kawartha Food Share and Food Banks

Kawartha Food Share operates as a warehouse and distribution centre for emergency food to the City and County of Peterborough. They currently have 37 member agencies (see Appendix E) that receive fresh and non-perishable food to support programs that include: food banks, meal programs, food cupboards and school meal programs.

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Kawartha Food Share does not supply food directly to the public. Over the past few years both food donations and financial donations have been declining. As food processing companies continually increase their efficiencies there is less food available to be donated. High food costs also make it harder for Kawartha Food Share to purchase the food they need.

These are common challenges across the province but locally they have caused a strain on food programs and forced some to source and purchase increasing amounts of food independently to deliver their services. However, most member agencies would not be able to deliver their food programs without food supplied by Kawartha Food Share.

Kawartha Food Share Food Distribution

	2013	2014	2015
Weight Donated & Purchased (lbs)	3,918,052	3,494,193	2,708,161
Weight Distributed (lbs)	2,834,509	3,091,734	2,328,840
Value of Distributed Food	\$7,086,272	\$7,729,335	\$5,822,100

Note: Donated & Purchased Food weights are less than Distributed weights because not all donations are fit for consumption.

There are three main food banks in Peterborough: the Good Neighbours Care Centre, St. Vincent DePaul and Salvation Army. Each receives varying amounts of food from Kawartha Food Share and each runs their program differently to meet the needs of their clients and the capacity of their organizations.

Food Banks Annual Number of Client Visits

	2013	2014	2015
Good Neighbours Care Centre	24,234	21,726	21,206
St. Vincent DePaul	19,331	21,552	22,370
Salvation Army	11,321	10,573	11,346

These figures represent number of visits to each food bank and not the number of clients. Clients can visit multiple times each month to receive food. However, only on their first visit of the month do clients receive a full order of food.

7. Role of the YWCA Peterborough-Haliburton

The YWCA Peterborough Haliburton has been a long-time supporter and advocate for food programs that enhance food security. They remain a key partner and leader in the community through their role in the Nourish Project, JustFood Program, Community Gardens and the Peterborough Food Action Network.

a. The Nourish Project

The Nourish Project is based on a model led by the Community Food Centres of Canada. Nourish offers an innovative prevention-based solution that gets at the root of seemingly intractable problems like hunger, poverty, poor health and isolation. Programming makes connections between access to healthy food, skills building activities and opportunities to take action on issues that affect participants' capacity to meet their basic food needs. This integrated programming gives participants the tools, life-long skills and new opportunities that help them make a difference in their lives. As their involvement deepens, participants acquire skills to take on new roles from volunteers co-facilitating workshops and co-hosting events, to leaders engaging their peers and the communities at large in working together to address the challenges faced by marginalized members in putting food on the table. Key partners in Nourish include the YWCA Peterborough Haliburton, Peterborough Public Health, Peterborough GreenUP and the Community Opportunity and Innovation Network. Nourish supports the development of places for food in the City, in each township and within both First Nations communities.

Key achievements of Nourish include the creation of a site for City-based programming in Myrtle's Kitchen, co-located with Peterborough Public Health and the formation of Nourish Havelock, Nourish Lakefield and Nourish Curve Lake. Through Nourish, the YWCA Peterborough Haliburton has also been named a national Good Food Organization by Community Food Centres Canada. Financial support from the Ontario Trillium Foundation, a Good Food Organization Grant from Community Food Centres Canada and small grants from the Community Foundation of Great Peterborough have been integral in moving the vision of a network of places for food or food hubs throughout the City and County a reality.

Nourish sees its role as supporting communities with increased access to healthy food and does not see the provision of emergency meals as a part of their mission.

b. JustFood Box Program

The JustFood Box Program offers two different boxes of food. The Staples Box contains foods such as bread, rice, pasta, canned soups and fresh fruits and vegetables while the Fresh Produce Box is a selection of fresh fruits and vegetables. This program grew slowly until 2006, when the YWCA joined the Food Security Community Partnership led by Peterborough Public Health. At that point JustFood was distributing around 100 food boxes a month. The partnership provided funding which enabled the YWCA to directly subsidize JustFood boxes by approximately 50% of the cost. With this new subsidy in place the program grew to 500 boxes a month. In addition to the subsidies, the YWCA received funding for transportation and extra staffing. This source of funding ended in September 2011 leaving the YWCA responsible for securing all the costs affiliated

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with JustFood. In 2012 the Social Services Division supported this program with one-time assistance of \$35,000. Currently 450 boxes are delivered each month to both city and county residents.^{vii} Most of these boxes are subsidized and would not be affordable without the subsidy. Some people who purchase JustFood Boxes are able to avoid using food banks.

PPH is currently offering a “Cook Out of the Box” demonstration program to share storage and preparation tips along with sampling recipes using ingredients from JustFood boxes. As well, Nourish offers hands on food literacy programming focusing on using ingredients for JustFood to prepare healthy meals.

c. Community Gardens

Since the beginning of 2016, the Peterborough Community Garden Network (PCGN) has merged under the Nourish umbrella. Nourish now coordinates both the development of new community gardens, as well as the Network of established community gardens and gardeners throughout the region. Community gardens increase local food security, environment integrity and build community. Locally, community gardens link over 700 gardeners, helpers, garden coordinators and organizations in 41 community gardens with over 500 plots. Currently, Peterborough has the highest number of community gardens per capita in Canada.

By increasing the number of local community gardeners and available garden space, families and individuals are able to grow fresh, healthy produce for very little money, green previously underused areas, donate to local food security programs, promote social interaction between neighbours, and work together to enhance the communities they live in. There is a high concentration of community gardens in downtown Peterborough and many are connected to community housing. In the 2015 growing year, it was estimated that Community Gardens harvested 143,830 lbs or \$358,240 worth of healthy food.

8. Role of the Salvation Army

Salvation Army has delivered food programs since the 1960's. They currently operate a Food Bank that serves approximately 1,250 people per month, deliver free breakfast from Monday to Friday to 40-80 people each day, and a Food Box Program that serves 110 families each month. Each December the Salvation Army also distributes approximately 1,500 Christmas Hampers. No City funding is provided for these programs.

Food Box Annual Distribution

	2013	2014	2015
Salvation Army	1,320	1,320	1,321
YWCA	4,931	4,836	4,645
TOTAL	6,251	6,156	5,966

9. Food Security in Other Ontario Jurisdictions

In determining appropriate next steps related to food security, both PPH and Social Services Division surveyed their counterparts around the province. All Health Units are involved in similar work since they are guided by Public Health Standards as described above. The Peterborough community benefits from the leadership provided through Peterborough Public Health to the Peterborough Food Action Network, Chaired by Dr. Salvaterra.

Municipal involvement in food security and food programming is more varied across the province as it is not a legislated provincial requirement. However many municipalities provide some amount of funding to food programs. The focus and amount of funding is community specific with some being more engaged in emergency food programming such as food banks and others being involved in a range of meal provision, food literacy programming, food boxes and Community Gardens. From this review of other communities it is fair to say that Peterborough has a wider array of meal and food programming than similar size communities and has good local partnerships in the food sector.

10. Role of Faith Community and Volunteers

The faith community plays a key role in delivering all emergency food programs in Peterborough. Their leadership and devotion to fighting hunger has been critical to the ongoing work of meal programs and food banks. Many other community volunteers are also actively involved with community meals, food banks, Collective Kitchens, Gleaning, JustFood Box Program, PFAN, Nourish, Community Gardens, the Lighthouse Community Centre and others networks including the Peterborough Poverty Reduction Network. This support is an important component of these programs both in terms of cost containment but also towards promoting social inclusion and community building as part of the inclusion aspect. Volunteers who have at times been beneficiaries of programs are able to develop skills and give back through involvement in the network. Faith groups also give generously of time, food, and people resources. While we want to build towards a community where everyone is food secure we appreciate and want to continue to have opportunities for people to help each other.

11. Current Status of Community Meals

Three free Community Meals are provided on week days while 1 to 2 meals are provided on Saturday's and Sunday's. The Salvation Army delivers breakfast Monday to Friday, the Lighthouse delivers lunch Monday to Saturday and the One Roof Community Diner delivers a supper Monday to Friday. Murray Street Baptist Church delivers a breakfast every Sunday and a supper is delivered every Sunday at St. Paul's Presbyterian Church.

The Sunday evening meal at St. Paul's Presbyterian Church has taken place for the past 16 years. These meals are delivered on a rotating basis by over 10 church groups including: St. Andrews United Church, George Street United Church, Trinity United Church, Murray Street Baptist Church, Grace United Church, St. Stephen's Presbyterian Church, Christ Lutheran Church, St. James United Church, Northminster United Church, St. Giles Presbyterian Church, All Saints Anglican Church, St. Pauls Presbyterian Church, and the Delta Phi Sorority. In 2015 over 3,000 meals were served. A modest City grant is provided to this meal through the Community Investment Grant Programs.

The Out of the Cold Program started in 2010 to deliver a supper meal on Saturdays from November to March. Meals are prepared and delivered by various churches, groups, organizations and schools. This program had been run from the Old Stone School at the corner of Hunter Street West and Rubidge Street until it was damaged by a fire. This program is currently searching for a location to operate. There is no supper meal on Saturday's from April to October. No City funding is provided for these meals.

Other organizations and churches deliver meals periodically on holidays, special events and community gatherings.

Community Meals: Clients Served Daily

	Meal	Frequency	Clients
Salvation Army	Breakfast	5 days/wk	40-80
Lighthouse	Lunch	6 days/wk	130-150
One Roof Community Diner	Supper	5 days/wk	90-125

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Prior to 2016, the supper meal, called “Open Table” was operated by the Brock Mission. It is now being provided at All Saints Anglican Church under the name “One Roof Community Diner”. This move was needed due to the redevelopment of the Brock Mission. In preparation for this move, consultation meetings were held in 2015 with members of the Peterborough Food Action Network and other organizations involved with the delivery of community meals and emergency food to determine ways of improving the dinner meal program as it transitioned to a new provider. Some of the requested improvements included:

- A collaborative model that involved multiple organizations.
- Increase hours and seating to reduce rushed meals and improve socialization.
- Community-based and welcoming to everyone.
- Located downtown and open 365 days per year.
- Improved nutrition quality of meals and consideration/options for dietary restrictions.
- Other services and programs available.
- Paid coordinator with support from volunteers.
- Adequate budget for food to decrease reliance on donations.
- Volunteer opportunities that could involve formal training.

Client surveys conducted in 2015 and 2016 at local meal programs supported many of the above recommendations. The surveys reflected the need for a free meal was primarily for financial reasons and as a venue for social interaction and meeting with friends. Other factors that bring people to community meals are not knowing how to cook and not having cooking facilities where they live.

12. Summary

Food programs in Peterborough are serving a vital need in the community. These programs are evolving with the objective of improving the food security of low income residents. Report CSSS16-003 is a move in this direction for emergency meal programs that receive municipal funding and support. However, more attention needs to be given to improving food security while moving away from a reliance on emergency measures such as food banks and meal programs.

Adequate incomes, such as a Guaranteed Basic Income, remain the ideal solution to poor food security and other challenges facing people with low incomes. Until such a solution is achieved, ongoing work and enhancements to the entire food continuum (Need Food, Get Involved, and Create Change) need to be a priority.

ⁱ PROOF University of Toronto, Household Food Insecurity in Canada: 2014 Report <http://proof.utoronto.ca/wp-content/uploads/2016/04/Household-Food-Insecurity-in-Canada-2014.pdf> PROOF 2016

ⁱⁱ Ontario Public Health Standards (2008) http://www.health.gov.on.ca/en/pro/programs/publichealth/oph_standards/docs/ophs_2008.pdf

ⁱⁱⁱ Peterborough Public Health, 2016 Nutritious Food Basket Costing. Final report to be released in Fall 2016.

^{iv} Peterborough Public Health, 2015 Limited Incomes: A Recipe for Hunger http://www.peterboroughpublichealth.ca/wp-content/uploads/2011/09/2015-Limited-Incomes_final.pdf

^v Peterborough Food Action Network Terms of Reference (updated March 2015) <http://www.foodinpeterborough.ca/wp-content/uploads/2014/07/150319-PCFN-Terms-of-Reference.pdf>

^{vi} Position Statement on Responses to Food Insecurity, November 2015. <https://www.osnpnh.on.ca/upload/membership/document/2016-02/position-statement-2015-final.pdf#upload/membership/document/position-statement-2015-final.pdf>

^{vii} Personal communication with Joëlle Favreau, Community Development Supervisor, YWCA Peterborough Haliburton