



Food Security and the Nutritious Food Basket

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Definition of Community Food Security



Community food security is defined as a situation in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice.

Community Food Security Continuum



Individual

- Food banks
- Grocery store purchasing cards
- Food skills workshops
- Food Access guide

Individual – Food Banks

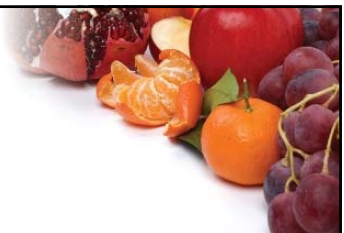
- More than 9 food banks in the Region
- Operated independently by volunteers
- 3 days of food supplied, once per month
- Limited ability to provide fresh foods





Individual – *All Babies Count ABC* Prenatal Nutrition Program

- Weekly prenatal program for pregnant women at risk of poor outcomes
- Five sites
- Offers peer support
- Health and nutrition education
- Monthly *Cooking in the Kitchen* sessions
- A meal at the site and milk, eggs and bread are provided to take home



Community Food Security Continuum

Community

- Gleaning
- Community kitchens
- Community gardens
- Student nourishment programs

Community – Gleaning Program



- Access to fresh vegetables and fruit at no cost to participants
- Partnership with seven area farms



Community – York Region Food for Learning



Municipality	Schools	Students
Aurora	8	1,084
Georgina	20	3,036
King	1	431
Markham	26	9,533
Newmarket	16	1,286
Richmond Hill	11	2,080
Vaughan	34	8,813
Whitchurch-Stouffville	3	658

Community Food Security Continuum



Societal Level

- York Region Food Network
- Food strategies and policies
- Advocacy regarding policies at municipal, provincial and national government levels

York Region Food Network



Societal Level – Provincial Associations



The Ontario Public Health Association has advocated for the following:

- Increase in OW and ODSP rates to the cost of living, based on housing costs and the Nutritious Food Basket
- A \$100 Healthy Food Supplement for those on social assistance
- Index social assistance and minimum wage rates to inflation

Nutritious Food Basket



- Annual costing
- Measures the cost of **basic** healthy eating
- Based on nutrition recommendations and average food purchasing patterns
- Uses a list of 67 foods
- **Lowest price** of a specified food item is recorded

Basic Monthly Costs



	Two Parents with Two Children, Minimum Wage Earner	Single Parent with Two Children, Ontario Works	One Person, Ontario Works	One Person, Ontario Disability Support Program
Nutritious Food Basket	\$765	\$578	\$257	\$257

Basic Monthly Costs



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Estimated total monthly income	\$2,619	\$1,836	\$635	\$1,103
Estimated rent	\$1,233	\$1,108	\$770	\$971
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Remaining funds	\$621	\$150	(\$392)	(\$125)

Nutritious Food Basket



“Low and moderate income families and individuals struggling with the gap between income level and rising costs of living in York Region may need to make a decision between putting food on the table or paying for shelter, child care and/or elder care costs.”

Making Ends Meet in York Region, Baseline Measures, 2012

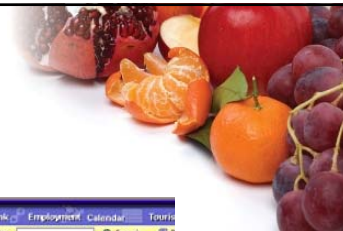
Nutrition Services Public Health Branch



www.york.ca/nutrition

- Programs and Services Offered
- Food Security

Questions?



The screenshot shows the York Region website's 'Food and Nutrition' page. The header includes navigation links like 'Home', 'Disclaimer', 'Maps', 'Contact Us', and 'Site Map'. A sidebar on the left lists 'About Us', 'Services', 'Regional Government', 'Newsroom', 'Business', 'Public Notices', 'Publications', 'Departments', and 'Municipal Links'. The main content area features a large image of fruit and the title 'Food and Nutrition'. Below this, there's a section titled 'Programs and Services Offered - Food Security' with a sub-section 'What is Food Security?'. This section includes a definition of food security, a quote from Hamm and Bellows (2002), and a list of programs and services offered: Parent Resource Centres, Child Care, Elementary Schools, Secondary Schools, Workplace, and Food Security. A small image of a field of green plants is also visible.