

Food Security

Collectif économique d'innovation culturelle et identitaire: CÉ D'ICI (June 2012)

Funding supported this schools' transition from reliance on cafeteria service providers to a newly established in house catering enterprise focused on providing healthy meals sourced from local farmers; skills training for catering staff, and subsidized meals for students in need. The end result was the creation of a guidebook to aid other schools looking to create a social enterprise based on their cafeteria services; skills upgrading for cafeteria staff; and installation of a finger print registration system to provide anonymity for students receiving free meals.



Launch of a Regional Community Food Mentors Training Program: Greater Fredericton Social Innovation (March 2012)

To date, over fifty individuals from Fredericton, Oromocto, Chipman and Minto have completed 5 days of training in food skills to qualify as Community Food Mentor volunteers. Once trained, these mentors seek out opportunities to share their knowledge about food and healthy eating, to teach food related skills such as how to grow, cook and store food, and undertake projects to enhance food security in their community.

Local Community Food Mentors have assisted the start-up of new communal gardens and a bulk food buying program, helped start community kitchens, secured seeds and tools for community gardens, taught youth how to grow food, led cooking classes and hosted workshops on how to eat healthy on a budget.

New training classes will be offered again in the spring of 2016.



Expanding Fredericton Organic Community Garden: Fredericton Organic Community Garden Association (April 2013)

Members of the Fredericton Organic Community Garden added 35 new garden plots to enable more families, specifically recent Korean and Bhutanese immigrants and people on low incomes who live near the garden, to become members.

The Department of Social Development and the Multi-Cultural Association of Fredericton assisted in promoting these opportunities to their clients. As well, these new members received free membership with NB Community Harvest Gardens which enabled them to attend regular gardening workshops.



Children’s Community Gardens: Doone Street and Hawkins Neville Tenant Associations (April 2013)

Youth, aged 2 to 14 years of age, built new garden beds on Doone St and Hawkins St, learning important skills related to growing food and working in teams. Food grown in the gardens fed participants in summer youth programs operating out of the community centers and excess food was taken home to their families. As well, youth on Hawkins St harvested their produce and assisted leaders in cooking and serving a communal meal for their parents.



“From the beginning, the children understood that they were responsible for building and maintaining the garden and making all decisions related to what was to be grown. They were enthusiastic and hard-working; eager to learn and to get the job done.”

Fresh Food Bulk Purchasing Network: Greater Fredericton Social Innovation (April 2013)

Known as Community Food Smart, it is a network of partners collaborating to deliver fresh quality produce, at affordable discount prices, to individuals and families keen to stretch their limited food dollars. Partners are selected for their ability to connect with people most in need of the benefits of this bulk food buying opportunity and to date include Horizon Health clinics, food banks, student union associations, the Multi-Cultural Association of Fredericton and several tenant associations.



Included in each bag are educational inserts developed by Public Health dieticians on how to clean, prepare, cook and store a featured produce item along with recipes on how to take just a few ingredients and transform that produce into a delicious meal.

What began as a partnership of four distributors and forty members, has over the past two years grown into a membership base of over 800 supported by packing centers in Oromocto, Chipman, Minto, Nackawic, Kingsclear First Nation, Fredericton Junction and Geary.

Kingsclear Elementary School Community Garden Expansion: Kingsclear First Nation (April 2013)

Under the direction of a qualified permaculturalist, the existing community garden located at the Kingsclear Elementary School was expanded to grow additional food for the community.

At that time it was recognized that the amount of food grown was not sufficient to provide for all who expressed a need. Expanding the garden was an opportunity to engage more community members in this healthy activity. Acquiring these skills would enable more community members to start gardens in their own backyard, reduce



their food costs and provide easy access to nutritious, healthy food.

Work began with enhancement of the soil to support the planting of berry bushes conducive to the growing conditions and cultural heritage of the community. Workshops were then offered to children, youth and families on how to prepare and store the produce.

Growing Food and Learning Together: Oromocto Food Bank (July 2013)

The Oromocto Food Bank developed land behind their new building to grow vegetables for distribution to their clients. Under the guidance of experienced gardeners and Community Food Mentors, volunteers recruited from food bank clientele assisted in planting, maintenance and harvesting, learning many new skills in the process.

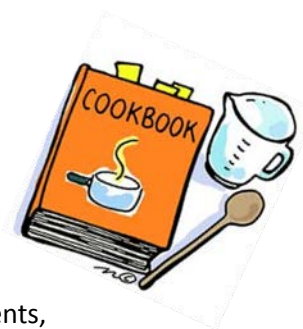
The majority of food items in the boxes are predominantly canned and dry goods, thus the addition of fresh, healthy produce is a welcomed addition. As well, produce grown in the garden is used in canning and preserving workshops conducted in their new community kitchen.



DISH Program, Cambridge Narrows School (Oct 2013)

DISH (Delicious Ingredients Served Here) is a three-year *Exploratory Cluster* focused on student empowerment, nutrition, cooking skills, health regulations, business plans, non-profit management, community engagement and socialization for Middle Level students Grades 6-8.

Now in year two of a three year program, the community school coordinator led students in preparing five highly nutritious meals over the course of the school year as well as production of a cookbook. This book contains recipes from meals prepared by the students, information on food security principles, and tips on meal preparation on a budget.



On a rotational basis, each student had the opportunity to participate in the planning of menus which include a side salad, main course and dessert, consultation with experts, meal preparation, service, clean up and budgeting. As a result, students were able to try new foods, increase their consumptions of nutritious ingredients, and learn how to prepare nutritious meals on a budget. As well, students who prepared meals were also able to bring home the leftovers to share with their families, thus promoting healthy eating habits at home.

Community Collaboration for Regional Food Security: Phase 1 Greater Fredericton Social Innovation (April 2014)

In Canada, there is no comprehensive national or provincial food security policy or strategy to protect people in their communities from the effects of continued and growing food insecurity.

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In this policy vacuum, community agencies and individuals are mobilizing to develop responses that address immediate needs to feed people and build food skills. It is important these efforts move beyond developing sources of emergency food; to focusing on capacity building; and to structural change to food systems.

Community leaders in Fredericton connected with the food system are engaged in developing a Regional Food Policy, Their first step has been to secure the support and expertise of staff from the Fredericton Municipal Planning Department. Next, the group hosted an educational webinar open to the public on food policy development.

In phase one of this project, the group, in partnership with the Municipal Planning Department, organized the formation of the Fredericton Regional Food Policy Committee, developed operational parameters, compiled data for a food asset map and identified immediate actions to take to enhance local food security.

Community Collaboration for Regional Food Security: Phase 2 Greater Fredericton Social Innovation (April 2014)

In continuation of earlier work to raise awareness of food security issues and develop collaborative community responses, research was conducted to identify best practices, develop a policy framework, align food systems, plan priority actions around quick wins, assess existing municipal policies and define next steps.

Community partners with connection to the food system and health issues have aligned under a network now known as Good Food Greater Fredericton (GFGF). In partnership with Greater Fredericton Social Innovation, GFGF hosted a community event in November 2015, gathering together people with ideas on how to build a more sustainable food system. Groups which formed at this event now operate with support from the Food Security Mobilizer.



Future projects underway include a participatory food security assessment, development of a Food Charter toolkit and launch of a Food Charter in April of 2016. Members of the leadership committee of GFGF work in close collaboration with the food policy network operating in southeastern NB.

Growing Stronger, Growing Food Together: Oromocto Area Community Garden Association (April 2014)

A newly formed citizen group organized to build an inclusive organic community garden on land donated by the Town of Oromocto. The site for the garden is within walking distance of 6 schools, the MFRC Youth Center, and nearby seniors and military family rental housing providing easy access for a diverse group of residents.

In Phase One of their three year strategic plan, the group focused on building 50 raised garden beds for members and 6 communal garden plots for schools and community groups, erecting deer fencing and signage, building a communal shed and purchasing garden tools. The group has been successful in securing skilled volunteer support, in particular from Base Gagetown Engineering Core. As well, with help from GFSI, additional funding was secured from the Environmental Trust Fund.



Impact Project 2015: Building Together for Community Food Security: Greater Fredericton Social Innovation on behalf of Good Food Greater Fredericton (Feb 2015)

Since 2011, Greater Fredericton Social Innovation has been successfully engaging citizens in capacity building work at participatory, inclusive “Great Gathering” events. Several initiatives have been launched as a result, related to enhancing our food systems, including building community gardens, a CFM network, food skill workshops, a bulk food buying club and most recently, a Food Policy committee.



The Good Food Greater Fredericton Food Policy Committee, and GFSI seeks to build on this growing momentum to enhance food security by activating and mobilizing citizen action in support of building a future sustainable local food system; where everyone in our region has access to affordable, healthy, safe and culturally appropriate food that is produced, processed and distributed in socially, economically and ecologically sustainable ways.

Key Activities will include:

- Informing and educating the public on food security issues;
- Engaging citizens in food security actions and overcoming hunger;
- Recruiting additional food system stakeholders as members and supporters;
- Promoting awareness of the Fredericton Area Food Charter; and engage citizens in developing a Food Charter toolkit;
- Enlisting endorsement of the Fredericton Area Food Charter by citizens, growers, distributors, agencies and organizations;
- Offering options for citizens to engage in food security related discussions and food action projects;
- Gathering data and stories on barriers to food from the perspective of individuals with lived experience;
- Creating a repository for local food security related data and links to relevant data sources for shared learning; and
- Documenting processes and results of this project for easy access.

Under the direction of a Leadership Committee and with support from a part-time Food Security Mobilizer, a Good Food Gathering event was held in November 2015. Over 125 participants spent the day discussing ways to build a more sustainable food system.

Work is underway to launch the Fredericton Food Charter in the spring of 2016. Citizens, organizations and businesses will be invited to endorse and adopt the charter principles for a sustainable local food system.

Marysville Garden Expansion: NB Community Harvest Gardens (March 2015)

NB Community Harvest Gardens (NBCHG) constructed an 8' x 12' three-season greenhouse to transform the Marysville Community Garden into an educational destination for adults, youth and children and to extend the growing season for our neighbourhood market garden enterprise. The goal is to provide training in growing food to children and youth attending nearby schools and family resource centers, as well as summer and day camps.



This urban farm operation is located in Marysville, a community with a high proportion of individuals and families living on low and fixed incomes. This area of town can be described as a food desert, lacking easy access to grocery stores and food retailers. The market garden provides a much needed option for obtaining fresh, nutritious produce at affordable prices as the public can “pick and pay” what they want for vegetables once a week. The greenhouse will enable NBCHG volunteers and members to grow more food for sale.

Feed the Lions Greenhouse Initiative: Leo Hayes High School (April 2015)

The vision for Leo Hayes High School was to **build a greenhouse** on school grounds to incorporate freshly grown vegetables into existing breakfast and lunch meal programs for students, as a food supply for the cafeteria, and as a teaching lab in support of curriculum delivery at the school.



Students will participate in every aspect of this process, learning skills in food production and processing through hands on experience. Teachers will utilize the space to deliver curriculum in several disciplines including Biology, Nutrition and Healthy Living, Environmental Science, Chemistry, Science, Culinary Technology, Applied Technology and woodworking, and Leadership.

The goal is to have the greenhouse in full operation by the spring of 2016. Such a program would directly involve—through production, preparation and consumption of foods—a minimum of 1,000 students.

This project will further enhance efforts undertaken by staff, PSCC, student council and students to tackle the issue of food insecurity confronting students. Their response, the Feed the Lions campaign, has resulted in securing strategic community partners and donors to provide daily meals to those who are hungry, increasing awareness of the issue of food insecurity and contributing to rise in student morale.

Chipman Healthy Learners: Chipman Forest Ave School (December 2015)

Studies prove that solving issues of hunger and poor nutrition for children in school translates into improved educational outcomes. Presently, this rural school has no options for ordering nutritious food for students and lacks a fully functioning, licensed kitchen to support in school catering options.



The Principal, staff, District and community members at Chipman Forest Avenue School, have committed to making sure that the 187 students in grades 6-12 receive the necessary nutritional support to be successful in school. Towards that end, volunteers and staff are organizing themselves to prepare nutritious breakfasts each day.

The team is developing the means to ensure that all students will be fed nutritious meals regardless of ability to pay, and do so in a way that protects the dignity of children in need. The Breakfast Program will be promoted as a social event as much as it is a nutritious event – a time of great tastes enjoyed with great friends. Especially at the Middle and High School Level, the social aspect of eating is very important.

Installation of a commercial dishwasher and toaster, as well as provision of Basic Food Safety certification training for volunteers is required to begin meal service. Once operational, staff and parent groups will be able to seek funding for nutrition programs from national and provincial school lunch programs, as well as, develop community partnerships to ensure sustainability of the program.

Healthy Meals for Hungry Minds: Gesner Street School (December 2015)

The PSC Association, working in collaboration with the Principal and staff at Gesner St School, will build a functional kitchen, thereby enabling volunteers to prepare nutritional breakfast, snack and lunch meals at affordable prices for their 270 students in grades K-2. Studies prove that solving issues of hunger and poor nutrition for children in school translates into improved educational outcomes.



By taking direct control on the provision of food services, the staff and PSC will be able to ensure that students get nutritional meals; all children regardless of ability to pay will receive food; parents can contribute towards creating an environment that supports successful learning; and capacity is created to conduct educational programming for students around nutrition and food skills. Engaging parents as volunteers will serve to alleviate the stress of isolation that confronts military families that make up a significant segment of the population in Oromocto.

This funding will be used to purchase necessary kitchen equipment and train volunteers in Basic Food Safety Certification. Funding to complete the build will be secured from community sources and with the support from local organizations and businesses. Once operational, the PSC will be enabled to seek funding for breakfast programs from national agencies.

Grown by Nature: Nashwaak Valley School (December 2015)

The Principal, staff, District and community members at Nashwaak Valley School, have committed to making sure that the 132 students in grades K-5 receive the necessary nutritional support to be successful in school. Towards that end, volunteers and staff are organizing themselves to prepare nutritious breakfasts and snacks each day and one hot lunch meal per month at affordable prices.

All children will have access to food regardless of their families' ability to pay.



Funding will enable the purchase of equipment necessary to upgrade the commercial kitchen to meet Dept. of Health Food Inspection Licensing (Class 4); purchase of dishes, cutlery and other necessary serving/preparation items, and training of volunteers in Basic Food Safety Certification.

Once operational, staff and parent groups will be able to seek funding for nutrition programs from national and provincial school lunch programs, as well as, develop community partnerships to ensure sustainability of the program.

Also of significance, local community groups will be able to organize community events after regular school hours that involve food, with access to this new licensed kitchen space. This affords broad reaching benefits for the whole community.