

Peterborough Food Action Network (PFAN)

MEETING MINUTES

Thursday, November 19, 2015

1:00 to 2:30 p.m.

All Saints Anglican Church, 235 Rubidge Street

NEW ROOM: Upper Hall

Attendees: Rebecca Weiss, Chris Kawalec, Lori Sainte, Sandra Whatman, Joëlle Favreau, Evan Brockest, Dawn Berry Merriam, Dorothy Boddy, Barb Diceman, Lyn Miller, Fred Coyne, Catherine Middleton, Becky Lyons, Mary Anne Martin, Carolyn Doris (recorder)

1.0 Welcome and Introductions

2.0 Approval of Agenda

3.0 Approval of Minutes – September 17, 2015 (attachment)

4.0 Business Arising from the Minutes

4.1 Review Action Items from the Previous Meeting

- **Community Meals (Carolyn Doris)**

Chris Kawalec shared that the last of the 2016 Stat Holiday meals have been covered. Chris updated the group on recent activity regarding replacement of the Open Table at Brock Mission. It's likely that the replacement program will not be needed until the first quarter of 2016 instead of Dec. 2015 as first discussed. Discussions continue with groups about providing meals and space to offer the program at one site for consistency and continuity. St. Andrew's and Trinity United Churches will work together to provide a meal once per week.

Lyn shared that there are other Community Meals models in our area. Norwood church groups host a dinner each Sunday. A donation jar is made available and proceeds are funding the dinners. Dorothy commented on the need for coordination of meals.

- **Nourish Peer Advocates Survey Pilot (Joëlle Favreau)**

Joëlle gave an update on the Community Meals survey conducted by the Nourish Peer Advocates and Carolyn shared results and themes. Overall, there were 106 responses from 4 meal programs between Labour Day and Thanksgiving. Permission was granted to the Peer Advocates by the organizers of the meals. People were very willing to share their thoughts and opinions. The majority of participants attend meals for the social aspect (meet/make friends, lonely) or because they need food. Over 75% of those who responded felt that the overall quality of meals was good or excellent. Ideas for menu items include more high quality meats and alternatives and vegetables and fruit. A summary of results can be found here.

Sharing of the results and the positive experience of giving people with lived experience a voice was discussed. It was suggested that information should be shared both with PPRN Planning Committee and the Affordable Housing Supply Committee.

The results will be reviewed by the Nourish Peer Advocates. Next steps will be discussed. Results will also be shared with the meal providers. Carolyn suggested that a working group should be formed to use the results to update the current Community Meals Guidelines that are available for meal providers. Lyn noted that St. Andrew's posts the Guideline in their kitchen and provides them to volunteers.

- 2016-17 Work Plan Development (Carolyn Doris)

The PFAN 2016-17 Work Plan that guides actions was discussed. Carolyn noted that much research and information about food insecurity in Peterborough (i.e., Limited Incomes 2015 report, the Housing and Food Insecurity paper released in October, Dr. Tarasuk's October presentation) along with current work by the Nourish Project, Basic Income Peterborough Network and Community Meals provides direction.

Joëlle suggested that we start our work plan discussion by endorsing a couple of core goals and indicators to measure results and grow our collective impact and then divide the group into small groups according to the Food Security Continuum (Need Food, Get involved, Create Change). This process will be an opportunity to refine and simplify the workplan and work towards actions. These goals could be taken from the feedback we got to the community meal surveys: 1) seeing a decrease in the rate of food insecurity and 2) establishing more connections between people through food. These two goals are already integral to PFAN's work.

It was agreed that the December meeting will focus on work plan development. In order to have a full discussion, PFAN members were encouraged to invite others to the December meeting. The meeting will start earlier and include a potluck lunch.

Dawn Berry-Merriam noted connections to local farmers and that food insecurity and housing insecurity is linked. The Affordable Housing Action Committee will be using their Housing is Fundamental report as the basis for consultations over the next few months.

5.0 New Business

5.1 Debrief: Val Tarasuk Event (Carolyn Doris)

The Nourish Project hosted the first Nourish Series on October 6, 2015 entitled *Chew on This: The Real Cost of Food Insecurity*. Dr. Valerie Tarasuk from the University of Toronto presented her research on food insecurity rates in Peterborough, Ontario and Canada, health care costs of food insecurity, success of poverty reduction strategy in Newfoundland and Labrador and the need for basic income as a policy to impact food insecurity. Carolyn reviewed key slides at the request of PFAN members.

The report [Food Access, Housing Security and Community Connections: A Case Study of Peterborough, Ontario](#) (co-authored by Mary Anne Martin) was also released and noted at the event with similar recommendations as presented by Dr. Tarasuk.

5.2 Debrief: World Food Day Event (Joëlle Favreau)

The Nourish Project and PFAN hosted the second annual World Food Day dinner on Sunday, November 8, 2015. Over 80 people from PFAN, Nourish, and farmers from the Downtown Farmers Market attended. The delicious meal was focused on root vegetables and featured Dr. Salvaterra as entertainment. Children's activities were organized before dinner. Nourish and PFAN hope to host the event in 2016 focusing on locally grown beans at the new Nourish-PCCHU kitchen at Jackson Square.

5.3 Food Charter (Carolyn Doris)

Deferred.

6.0 Round Table Themes

6.1 Income Equity/Advocacy

(PPRN; Income Security Work Group; Nutritious Food Basket)

Carolyn shared the results of the 2015 Nutritious Food Basket costing and [Limited Incomes: A Recipe for Hunger](#) report. The report notes that food insecurity is not being able to access healthy foods and is caused by poverty and limited income. 11.5% of Peterborough households report being food insecure; 1 in 4 children in Peterborough, under the age of 18, live in a food insecure household. The monthly cost of a Nutritious Food Basket is \$865 to feed a family of four each (including adult parents, 14 year old boy, 8 year old girl). This cost has risen 16.6% over the last 5 years. Real life scenarios show though that the average family can afford to eat a healthy diet. After paying for shelter and food, minimum wage earners and households on fixed incomes have little, if any money left over to cover other basic monthly expenses. Recommendations for action include encouraging people to:

- talk to local politicians about poverty and food insecurity;
 - learn more about [Basic Income Guarantee](#) that would provide an income sufficient for life's basic needs guaranteed by the government for all;
 - support local food programs;
 - buy local; and,
 - support the [Nourish Project](#).
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- PFAN Basic Income Guarantee Endorsement (Carolyn Doris) - defer

6.2 Emergency Food/Community Meals/Community Food Hub/Food Programs

(Kawartha Food Share; Faith Community members; Nourish Project; JustFood; Collective Kitchens; Gleaning; City of Peterborough)

Nourish: Joëlle shared that Nourish Project is looking forward to using the new kitchen space at Jackson Square. A chef has been hired to support food literacy workshops.

Becky Lyons shared that Food Banks Canada just released their [Hunger Count 2015](#) report. Its first recommendation is “create a basic income to replace provincial social assistance programs”.

Gleaning had a successful year with 18 bus visits to farms. Additional funding for buses was generously provided by PPRN and local churches including Trinity United. There were lots of apples picked. Three workshop bees were held where people came together to prepare apples, tomatoes, pumpkins and squash.

Barb Diceman shared an article, “Food for Thought”, that she wrote for the Trinity United Church Council meeting about the variety of food programs that people and churches can support. She has had a positive response with additional volunteers coming forward.

Lyn shared that St. Andrew’s United Church has submitted a grant application to fund the purchase of a dishwasher. She noted the letter of support from Chris Kawalec, City of Peterborough.

Urban Agriculture/Farming/Local Food

(PCGN; Farms at Work; Sustainable Peterborough; Farmers Markets; Peterborough Eats; By the Bushel; Seasoned Spoon; Kawartha Choice)

An Urban Agriculture report is being written by a working group of the Sustainable Peterborough Food and Farming Workgroup. It will explore opportunities and recommendations for urban ag in the Greater Peterborough Area. Discussion questions will be part of the report to focus on how to change public policies to be more supportive. This will be shared at a future PFAN meeting.

6.3 Food Policy

(PSPC; Municipal Update; Community Social Plan; Healthy Communities/Partners in Wellness)

Dawn Berry Merriam noted that the Living Wage document for Peterborough is being updated.

The [Basic Income page](#) is now live on the Nourish Project website featuring information, a blog and pictures/statements from people who attended the Purple Onion Festival and World Food Day Dinner. People have been stating what “A Basic income would mean....” to them.

7.0 Other

- 7.1 **ReFrame:** Lyn Miller suggested that PFAN should consider sponsoring a film at the 2016 ReFrame Festival (January 29-31, 2016). Joëlle confirmed that PFAN, Nourish Project and Basic Income Peterborough Network will be sponsors of ***This Changes Everything***. More information will be shared with PFAN once confirmed.

(Naomi Klein (Shock Doctrine) has risen to prominence around the world as one of Canada’s most forceful and relevant public intellectuals. Her cogent call to direct action has inspired

youth and helped chart roadmaps for social progressives and environmentalists. Yet, it's also worried those who believe that her critique of capitalism plays into the hands of right-wingers who think climate change is a socialist plot).

PFAN and Nourish are also sponsoring ***Plant this Movie*** and ***Leon and Jan – Young Farmers***

8.0 Agendatems for December 17, 2015

- Potluck lunch
- 2016-17 Work plan

9.0 Meeting Highlights for Email Notice

- Everyone is invited to a potluck lunch and workplan development meeting for PFAN at the December 17 meeting.
- Work on evening Community Meals to replace the Open Table when Brock Mission is renovated continues. Updates will be shared when available.
- The report [Food Access, Housing Security and Community Connections: A Case Study of Peterborough, Ontario](#) (co-authored by Mary Anne Martin) was released in October at a successful event hosted by the Nourish Project featuring Dr. Valerie Tarasuk entitled “Chew on This: The Real Cost of Food Insecurity”. Advocacy for basic income guarantee to alleviate food insecurity is one of her recommended key policy actions,
- The [Basic Income page](#) is now live on the Nourish Project website featuring information, a blog and pictures/statements from people who attended the Purple Onion Festival and World Food Day Dinner. People have been stating what “A Basic income would mean....” to them.
- The Peterborough County-City Health Unit has released the [Limited Incomes: A Recipe for Hunger 2015](#) that focuses on the costing of the Nutritious Food Basket for Peterborough and actions people can take to improve food security in our community.
- Food Banks Canada just released their [Hunger Count 2015](#) report. Its first recommendation is “create a basic income to replace provincial social assistance programs”.
- PFAN, along with Nourish and Basic Income Peterborough Network will be sponsoring the film “This Changes Everything” at ReFrame Festival in late January. More details will be shared when available.
- Visit www.foodinpeterborough.ca for updates, minutes and agendas of the Peterborough Food Action Network.
- **Next meeting:**
Thursday, December 17, 2015, Dr. JK Edwards Boardroom 3rd floor
Peterborough County-City Health Unit
Jackson Square, 185 King Street, Peterborough
(Note: Street parking is free in downtown Peterborough for 2 hours in December)

10.0 Adjournment

Parked Items

- Community Food Security Discussion (Kim Dolan, PARN)

Future Items

- Social Assistance Reform/Provincial Advocacy on Food Security
- Urban Agriculture in Peterborough – discussion paper

Meetings for Remainder of 2015

*December 17 – **NEW LOCATION: PCCHU, Dr. J. K. Edwards Board Room (3rd Floor), 185 King Street**
PCFN meetings take place the third Thursday of every month at the Peterborough County-City Health Unit, Dr. J. K. Edwards Board Room (3rd Floor), 185 King Street from 1 – 2:30 p.m. Please submit your agenda items to Alida Tanna (atanna@pcchu.ca) no later than 1 week prior to the meeting for inclusion in the circulated package. Meeting agendas and minutes for the PCFN are posted in the ‘Create Change’ section of the [Food in Peterborough](#) web site.*

Any community member or organization is welcome to submit relevant updates which may be shared as part of the ‘Round Table’ section. The organizations listed below each heading are examples of each theme or grouping, and are not meant to be exclusive. If you cannot attend a meeting to provide your update, please submit them via e-mail to Alida Tanna.