



**Proceedings from the third  
Future of Food and Farming Summit  
March 24, 2015**

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### Welcome & Introductions:

**Ken Doherty**, chair of the Co-ordinating Committee of Sustainable Peterborough, opened the third “Future of Food & Farming Summit for Peterborough County and City” He stated that the first Summit was held in September 2012, after which the Working Group on the Future of Food and Farming was created. All participants were invited at that time to participate in working toward the goals of the Integrated Sustainability Plan developed by our community related to food and agriculture.



The Sustainable Peterborough Plan was developed over the period of September 2010 – April 2012. It is the guide on our path to a Sustainable Peterborough. Each component of the plan has been defined by our community with the following vision being the focus:

*Vision*—This is the overall vision for community sustainability in 25 years from now. All actions taken in the future should move the Greater Peterborough Area closer to its *Vision* which states:

***“Caring communities balancing prosperity, well-being and nature”.***

The goal set by the community for food and agriculture for 2036 was:

**We will feed ourselves sustainably with local, healthy foods.**

He stated that two years ago in March 2013 the second Summit was held here. The Working Group reported on some preliminary findings at that time. Since then, the Working Group (as well as its members individually) have undertaken extensive work to support the development of policy and programs that support the food and agriculture goals set out in the community-based Sustainable Peterborough Plan.

The **intent of this summit** was to report back to the community, on these joint initiatives and also on the initiatives of the various members and networks represented on the Working Group and to address the following questions:

**Question 1: What kinds of education are needed in order to help build a stronger local food system that meets the needs of all participants?**

**Question 2: Other than education, what for you, based on your connection to the food system, is the highest priority initiative needed (over the next 3 years) to create a more vibrant local food system that meets the needs of all participants?**

He introduced the current members of the Future of Food & Farming Working Group:

Co-chairs:

Pat Learmonth, Farms at Work

Dawn Berry-Merriam, Peterborough Social Planning Council

Linda Slavin, Sustainable Peterborough Coordinating Committee

Jamey Coughlin, GPA Economic Development Corporation

Dr. Rosana Pellizzari, Peterborough County-City Health Unit

Brad Appleby, City of Peterborough

Bryan Weir, County of Peterborough

William Astell, resident and farmer, retired

Joëlle Favreau, YWCA

Fred Irwin, Transition Town

Jill Bishop, Peterborough Community Garden Network

Observer:

Judy Coward, Ontario Ministry of Agricultural and Food

He went on to say that several of the members represent larger networks. For example: Dr Pellizzari represents the Community Food Network, a part of the Peterborough Poverty Reduction Network. Pat Learmonth represents the GPA Agricultural Advisory Committee.

He stated that the Working Group is actively looking to add members directly representing the business community of farmers, processors, and wholesale and retail consumers etc.

The Chairs of the Working Group and its two current Task Forces were asked to present more specifics on the work that has been done over the past two years:

**Dawn Berry Merriam: “Peterborough in context: Phase One - Documenting How Local Activities Align With the AMO Best Practices in Local Food Guide for Municipalities”**

In July, 2013, the Association of Municipalities of Ontario (AMO) and the Ontario Municipal Knowledge Network (OMKN) released a Guide on best practices for municipal local food initiatives entitled **Best Practices in Local Food: A Guide for Municipalities**.

The Working Group prepared a Report in response to the Guidelines that provided context from the perspective of Peterborough County on how those municipal best management practices are already being acted on by many local organizations and projects. It was prepared by Farms at Work in partnership with the Peterborough Social Planning Council (PSPC), for the Sustainable Peterborough Future of Food & Farming Working Group and is entitled **“Peterborough in context: Phase One - Documenting How Local Activities Align With the AMO Best Practices in Local Food Guide for Municipalities”**. The Report was circulated to attendees at the Summit, and can also be found on the SP website at <http://sustainablepeterborough.ca/about-us/working-groups/future-of-food-and-farming-working-group/>

The intent of this local analysis was to provide a document that would:

- provide local municipalities with an overview of local food initiatives already underway across the County that address the best management practices in the AMO Guide.
- support the City and County in implementing the best practices and responding to the recently passed Local Food Act,
- provide further context and guidance for the work of Sustainable Peterborough's Future of Food & Farming Working Group and its members,
- help the many organizations, groups and projects forming part of our local food system to see how their work fits together within the framework of best practices,
- assist our community to plan for food security for everyone, and recognize the economic importance of a localized food system.

It was clear from the Report that much work is being done in our community that supports best management practices. This work is being accomplished through a multitude of programs, and funding streams. Many non-profit projects and volunteers are involved, along with the Peterborough County-City Health Unit.

The report was intended as Phase One in a process of integrating a multi-faceted food system lens into decision-making in our community. The report has documented many of the current projects and accomplishments of a wide range of organizations and volunteers.

However, it also concluded that, if the goal established in the Sustainable Peterborough Plan of “feeding ourselves sustainably with local, healthy foods” is to be achieved over the next 20-25 years, there is much work to be done.

**Collaboration and the involvement of all levels of government, as well as non-profit, business and consumer stakeholders will be required over an extended period.**

### **The Role of Grocery Stores in Supporting Buying Local**

In 2013/2014, a collaborative research initiative was undertaken by Transition Town, Farms at Work and Peterborough Social Planning Council supported by the Trent Centre for Community Based Education. The research looked at the

barriers that grocery stores face in sourcing local products, and their perceptions on the meaning of *local*.

The purpose of this project was to learn more about the following:

- How to increase access to local food
- Practical barriers to implementing “buy local” strategies at grocery stores
- Grocery store perceptions on the definition of *local*
- Baseline figures for employment in the local food retail sector

The project involved interviewing grocery stores about their ability to buy/sell local food, their policies on buying/selling local food, their perception of the definition of *local*, and their employment figures associated with local food procurement. A literature review was also included.

***Context: “Local Food & What We Think About Buying Local: the Future of Food & Farming”***

The project built upon a community education and consultation process that commenced in 2012. The *Peterborough Social Planning Council* undertook a survey to gauge the public's purchasing habits and attitudes toward local foods in order to advance policy development efforts in this area. This survey had 538 responses, gathered in only 16 days (Peterborough Social Planning Council, 2013). Peterborough Social Planning Council released the results of its **“Local Food & What We Think About Buying Local: the Future of Food & Farming”** (for the complete report go to our website at [www.pspc.on.ca](http://www.pspc.on.ca))

The survey respondents identified lack of access at local grocery stores as the major perceived barrier to increased access to local food (Peterborough Social Planning Council, 2013).

*Major findings were as follows:*

- Research findings described the barriers for sourcing local foods for grocery stores include:
  - Seasonal and geographic challenges
  - Food and safety standards
  - The need to purchase in large volumes
  - The cost-competitiveness of local foods

- Pre-existing supply contracts
- Lack of a local food distribution centre
- Most grocery stores perceive the definition of local to apply to Ontario, whereas consumers perceive local as regional or within 100 km.
- There is no consensus among the grocery stores about the demand for local foods. Most rate the demand very high, but some rate the demand low.
- More barriers were identified for sourcing local meat and eggs than for any other food products.
- No grocery store had a formal policy on sourcing local foods, although most grocery stores carried out informal buy local campaigns.

Most grocery store owners and managers deal directly with farmers in local food partnerships

### **William Astell on behalf of the Urban Agriculture Task Force of the Future of Food & Farming Working Group**

The Urban Agriculture Task Force is sub group of the Future of Food and Farming Working Group which was formed under the umbrella of Sustainable Peterborough.

The Urban Agriculture Task Force was formed this past fall to focus on the very specific challenges and opportunities that exist within urban areas, with regards to growing, distributing and processing food.

Why urban agriculture is significant? By the year 2050, 35 years from now, the population of our planet will exceed 9 billion people. Those 9 billion people will expect more and better food per capita than our 7 billion subsist on today.

Along with these factors ethanol fuel crops, increasingly, will be in demand to replace fossil fuels as they are depleted or the use is discontinued.

The aggregate result is, we will need 70% more crops than we produce today. Where will these crops come from? Well we can't cut any more forest down for farm land. That has been a big contributing factor in the cause of global warming. Outside forested areas most of the arable land is already in agricultural production. Consequently most of the extra crops we will need to grow will have



to be grown on existing agricultural land. One additional opportunity for food production does exist, that is to produce more food in our urban areas.

There are several examples of the potential for urban food productions. In 1989 over 57% of Cuba's caloric intake was imported from the Soviet Union. When the USSR collapsed, virtually overnight, Cuba became solely responsible for feeding its population including 2.2 million people in Havana. In the face of a massive food shortage, the citizens of Havana did the only thing they could. They took responsibility for their own food production. On balconies, terraces, backyards, and empty lots, neighbours began planting beans, tomatoes, bananas – anything they could, anywhere they could. In the span of two years, there were gardens and farms in every neighbourhood in Havana.

The government took notice, and instead of discouraging these efforts, facilitated them.

In 1994, the newly formed Urban Agriculture Department undertook a few key actions:

- (1) it adapted city policies and bylaws to not just make agriculture in the city legal, but to encourage the use of unused land for food production plots;
- (2) it trained a network of extension agents, community members who monitor, educate, and encourage gardeners in their neighbourhoods;
- (3) it created “Seed Houses” (agricultural stores) to provide resources and information; and
- (4) it established an infrastructure of direct-sale Farmer Markets to make these gardens financially viable.

By 1998 there were over 8,000 officially recognized gardens in Havana – from individually run plots to large State-run estates – all organic producing 50% of the country's vegetables. That's within the urban Havana area alone.

Another example is that during the first and second world wars conventional farming's ability to feed the populations and the war effort became seriously

stressed. Victory Gardens, also called "war gardens" or "food gardens for defence", were planted both at private residences and on public land to reduce the pressure on the public food supply.

In addition to indirectly aiding the war effort these gardens were also considered a civil "morale booster" — in that gardeners could feel empowered by their contribution of labour and rewarded by the produce grown. These gardens produced up to 41 percent of all the vegetable produce that was consumed during the war years.

Urban agriculture contributes to much more than just food production. In war time it was considered a morale booster.

We now know that the benefits extend to many other levels. Growing food and non-food crops in and near cities contributes to healthy communities by engaging residents in work and recreation that improves individual and public well-being.

It has a tremendous social and transformative value. For example:

Here in Peterborough on Stewart Street there was a small, little used piece of park land that had been, for many years, more often used by unsavoury characters than for wholesome activities.

A few years ago a group of neighbours who lived in the area were given the go ahead to plant a community garden in that park. Now the community garden park has become a pivotal point that brings neighbours together to know each other and work towards neighbourhood improvements. Before the garden many of these folks would have kept their heads down as they walked by each other on the streets. Now they greet each other by name and watch out for their families' mutual well-being.

Urban agriculture positively affects mental health and our social and physical urban environments.

It contributes to: good nutrition, food security, exercise, supplements incomes and provides independence from corporate food systems.

In addition, as older traditional farmers leave the land the majority of new farmers come from the city; so urban agriculture is a kind of spawning ground for our new generation of farmers and food producers.

In short urban agriculture contributes significantly to our sustainability and resilience on many levels.

Urban agriculture builds safe, healthy, and green environments in neighbourhoods, schools, and abandoned areas. It brings people closer to the natural environment and facilitates community involvement.

(<http://community-wealth.org/content/health-benefits-urban-agriculture>)

### **What is the goal of our Urban Agriculture Task Force?**

By virtue of the fact it has been formed under the auspices of Sustainable Peterborough a major goal is to contribute to the sustainability and resilience of our community through enhanced urban agriculture.

Currently our Task Force members include: Brad Appleby from the planning department of the City of Peterborough, Carolyn Doris (Peterborough County Health Unit), Dawn Berry-Merriam (Peterborough Social Planning Council), Jill Bishop (Peterborough Community Garden Network), Joelle Favreau (Nourish Peterborough/YWCA), Marcy Adizich (Peterborough Green Up), Pat Learmonth (Farms at Work), Philip Kienholz (Transition Town), Taylor MacKey, (Student, Trent University), Bill Astell (Chair)

Here are some of the tasks we have taken on:

- Development of a comprehensive list of Peterborough policies and bylaws that relate to urban agriculture.
- Preparation of an extensive resource list of Urban Agriculture Best Practices.
- research into the issue of contaminated soil testing

- Production of a document that will be the basis of recommendations for inclusion in the City official plan this summer.

### **Pat Learmonth on behalf of the Task Force on Land Use: “Patterns in the Use and Protection of Farmland in Peterborough County” Report**

The intent of the research was:

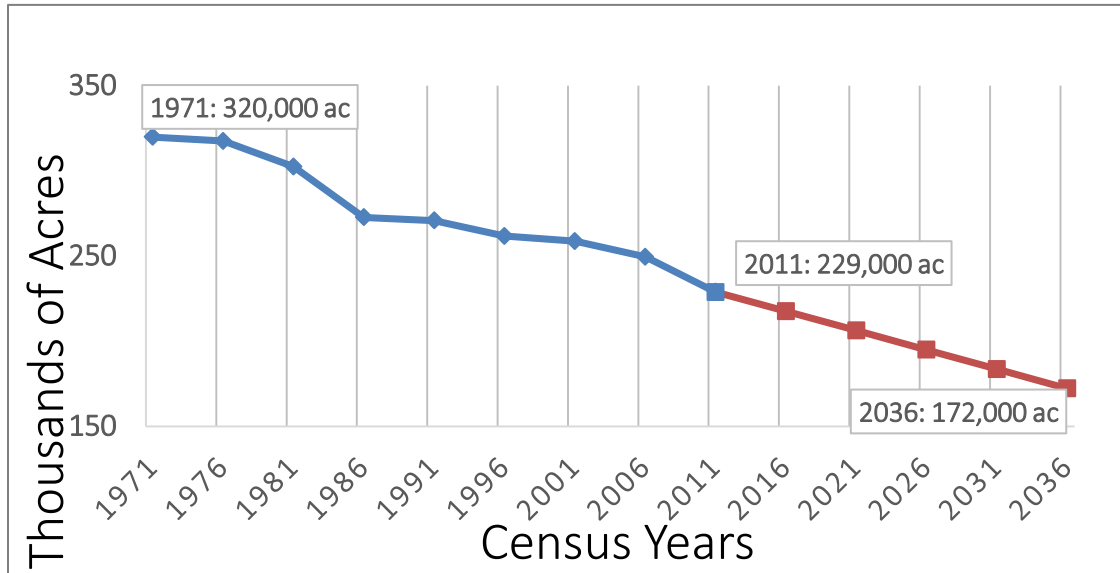
- To address Sustainable Peterborough’s Food and Farming Strategy: “maintain adequate farmland availability to support our sustainable agriculture needs”
- To assemble data and generate discussion at many planning tables
- To prepare and inform the County and City in the Official Plan reviews

The process and status:

- The report was written by the Land Use Task Force and approved by the Future of Food and Farming Working Group
- It was accepted by the Coordinating Committee of Sustainable Peterborough
- It has now been circulated to the Peterborough Economic Development Agriculture Advisory Committee, who have created a small group to develop recommendations for the Board of Peterborough Economic Development
- The original SP Task Force will look at next steps based on input to comment on initiative such as the Official Plan reviews and suggest additional research
- The report is available online

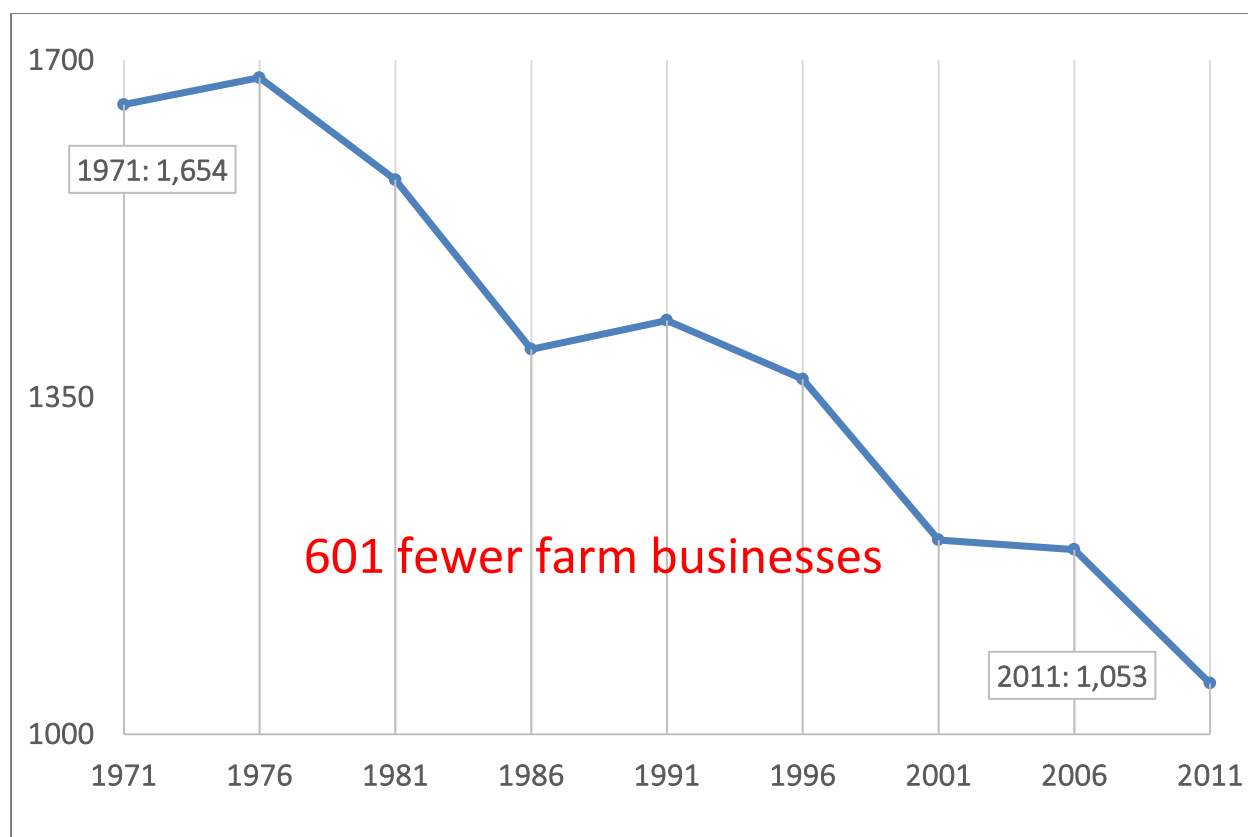
### Some of the findings:

Acres in production in Peterborough County, 1971-2011, and possible trajectory through 2036



90,000 (28%) of acres out of production from 1971 to 2011

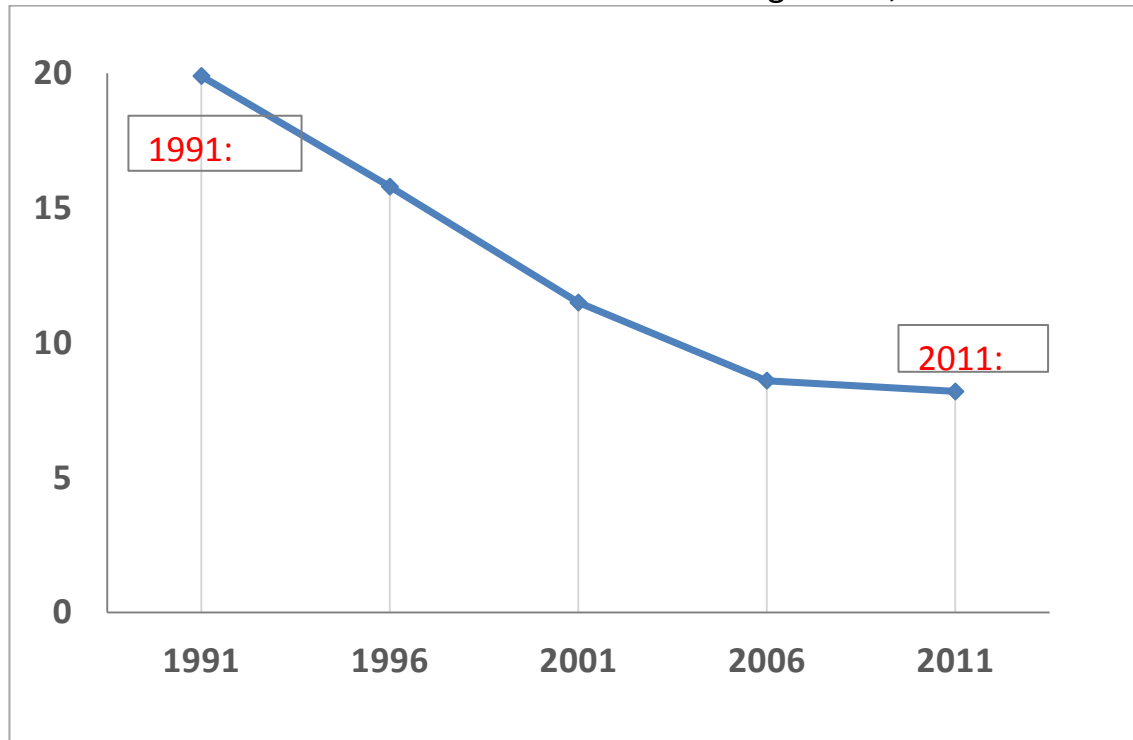
Number of Farm Businesses in Peterborough County, 1971-2011



Number of Farmers by Age in Peterborough County, 2001 to 2011, and age progression through to 2036

Age	2001	2006	2011	2021?	2031?	2036?
Under 35	130	110	85	85	85	85
35-54	830	710	540	255	213	183
Over 55	740	875	845	693	474	409
	1700	1695	1470	1033	772	677

Percent of Ontario farmers under the age of 35, 1991-2011



Percentage of farmed land protected in Official Plans

Township	# of Farms Reporting in Census, 2011	# of Acres Farmed, 2011 Census	# Acres Designated as Agriculture in the OP, 2014	% Protected
Cavan-Monaghan	186	36,311	36,311	100%
Otonabee-South Monaghan	223	51,007	43,000	84%
Asphodel-Norwood	136	28,903	17,500	61%
Smith-Ennismore-Lakefield (now Selwyn)	188	36,845	12,500	34%
Havelock-Belmont-Methuen	58	13,435	1,500	11%
Douro-Dummer	206	45,074	0	0%
Galway-Cavendish and Harvey (now Trent Lakes)	56	17,361	0	0%
COUNTY TOTAL:	867	228,936	110,811	48%

### Farmland Shortage/Excess for Fruits & Vegetables and Cereals

	Planted in 2011	For 2011 population	For 2036 population
Fruit & Vegetables	500 ac	2700 ac short	3600 ac short
Cereals	15,000 ac	3500 ac excess	1500 ac excess

### Peterborough County – Shortfall in Dairy and Meat Production

Food Group in Canada's Food Guide	2011 Shortfall in Servings	Equivalent in Tonnes	2036 Shortfall in Servings	Equivalent in Tonnes
Dairy products	48,002,001	12,006	95,123,655	23,781*
Meat, eggs and dry beans	40,808	4	33,688,880	3470**

\* The equivalent of approximately 2500 cows

\*\* Table-ready



**Moderator Ken Doherty then introduced a series of presentations by members of the Future of Food & Farming Working Group, who reviewed initiatives of their own organizations that are furthering the community goals set out in the Sustainable Peterborough plan.**

### **Joëlle Favreau, Nourish Peterborough**

*The Nourish Project* ([nourishproject.ca](http://nourishproject.ca)) is a food-based collaborative that grew out of work initiated by the Peterborough Community Food Network, a working group of the Peterborough Poverty Reduction Network. Built on an innovative collaboration, *Nourish* brings together growers, health promoters, entrepreneurs, eaters and chefs – basically anyone and everyone who share in the desire to make our region a vibrant place for food. While specific goals vary from partner to partner, common to all is the commitment to establish a vibrant regional network of places where people can access healthy food, learn food skills and advocate for fairer, more just food system.

### **Pat Learmonth, Director of Farms at Work: Farms at Work**

**Farms at Work is a non-profit, charitable project of Tides Canada Initiatives, working primarily in east central Ontario. Farms at Work's mission is to keep farmland in production and healthy. Consequently, its activities align very well with the local food and agriculture goals of the Sustainable Peterborough Plan. Pat Learmonth is co-chair of the Working Group.**

**Pat outlined a number of initiatives of Farms at Work within the framework of the three strategies in the SP Plan for local food and agriculture.**

1. Maintain adequate **farmland** availability to support our sustainable agricultural needs:  
FAW initiatives:
  - Worked with City and County planners, PSPC and Ontario Farmland Trust, to complete research for “Patterns in Use and Protection of Farmland in Peterborough County” over 18 months

- Presented that research to the GPA Agricultural Advisory Committee (as a member and Vice-Chair), which has formed a short-term Task Force to review and make recommendations
- Ontario Farmland Trust Policy and Education Committee member – worked to hold 11<sup>th</sup> annual OFT Farmland Forum in Oshawa this year, so that more representation would be possible from east of Toronto for the first time

## 2. Facilitate the **production, storage, processing, distribution, and marketing of local, healthy food**

FAW initiatives:

- Training and mentorship for young farmers to create more businesses and production
- Farm to School initiative with Health Unit 2014
- Created Find Local Food online free service for wholesale procurement - see [farmsatwork.ca/local-food](http://farmsatwork.ca/local-food)
- Verification – working with Dairy Farmers of Ontario to create certification of origin of milk to local processors
- Distribution – work with Chartwells and local distributor to begin process of intentional local procurement, verification and distribution
- Shared infrastructure research – for improved convenience of farmers within the City
- Restaurant and grocery store research – reports on demand and challenges in 2014
- Co-wrote “Peterborough in Context” – reviewing best practices in Peterborough County for local food
- Working with partners in eastern Ontario as member of the Eastern Ontario Local Food and Farming Collaborative

## 3. Encourage farmers to practice good environmental **stewardship**.

### **Farms at Work initiatives**

- Founded and coordinate Kawartha Farm Stewardship Collaborative – 11 partners in east central Ontario who support farmers to access funding and technical expertise, hold annual Farm Stewardship Day

- Native Agricultural Pollinator Program – pollinator workshops and plantings on farms

**Jill Bishop, Manager of the Community Garden Network: Peterborough Community Garden Network ,Seed Savers Collective - The importance of seed security to overall food security and how this group is working to enhance local seed security.**





The PCGN is a collaborative three partner organizations. The Network is comprised of growers, eaters, organizations & community members, who work together to *foster an increased presence of community gardens through education, advocacy, and networking and in order to increase access to, production and consumption of local sustainable food.*



## Community gardens help us reach the goals of feeding ourselves sustainably with fresh healthy foods

Provide access to growing space for people without access to land.



## Community Gardens Facilitate Collaboration and Partnerships that Help Build Community:



Since the inception of the Peterborough Community Garden Network, we have helped start 21 new community gardens & the expansion of 6 existing gardens.





## Community Gardens Empower People to Engage with our Local Food System



## Community Gardens Increase Access to Fresh, Nutritious and Sustainable Foods & Help Save on Food Costs



## Community Gardens Create Opportunities for Knowledge Sharing, Skills Development and Training in Relation to Local Food production and Preparation



Community Gardens Help Increase Awareness of the Links Between Local Food, Health, Community Economic Development, and Food Security



Seed Savers Network:





**Cheryl Lyon: Transition Town -the key role of local food in the local economy (highlighting the work of the 25% Shift Committee) and climate change impacts on the food security of households with inadequate income**

**Transition Town Peterborough is -**

- part of a growing movement for people and communities for resilient adaptation to the effects on our climate and economy of the combustion & exhaustion of fossil fuels.
- It's called "*transition*" town because of the many transitions we are going thru as a result of what I just described. "*Town*" is an historical hold-over from incorporation days – it doesn't mean only the City because, necessarily, urban & rural are deeply connected.

**Food has a vital role in our local economy ... along with the other life essentials: Water, Energy, Housing, bodily Health and community wellbeing (also called Culture)**

- Government is paying more attention to local food. TTP wants to bring that attention to focus on the role of food in LOCAL economic development.

**How can we make FOOD the essential part of Peterborough's economic development, a development that understands that without food (and water) security, all other development will fail?**

- TT is looking specifically at the *economic impact* of local food production to demonstrate to political and economic decision-makers why and how local food has to be given priority.
- Part One of TTP's research on increasing local food production and expenditure by a proposed 25% showed a benefit of approx. \$400M annually over 10 years.
- Part Two is underway, quantifying the job creation potential of the 25% shift to local food. (this research is being done completely by volunteers in collaboration with Trent & Fleming students, under the eye of a wonderful



cross-sector community volunteer steering committee, with no external funding.)

### **The impacts of climate on the food security especially for households with inadequate income.**

More severe weather and the northward advance of a longer, warmer growing season with its new pests and plant types are already changing agriculture in the Peterborough region. Economic crises threaten the global supply chain & markets for local products.

### **What urban and rural adaptations to these realities do we need to make available to *everyone* in our community?**

Social cohesion and stability are at risk when CC and the prevailing global economy collide:

- already vulnerable people often have less *resilience* i.e. ability to prepare for, respond to and recover from disasters. Severe climate events damage physical, mental and public health related to water quality and availability & food security, and worsen conditions in already sub-standard housing.
- the persistent problem of low income households' access to and control over their food is worsened by supply shortages and the interruptions of weather events.
- The supreme value set on "lowest price," made possible by globalism, comes at the cost of shutting disadvantaged households out of efforts at economic localization, like farmers markets & buy local campaigns.
- The globalized economy divides communities into haves and have-nots, increasing waiting lists for housing that is affordable to the lowest incomes, making homeless shelters and food banks permanent and employment insecure. Food prices are rising faster than incomes, severely affecting those on fixed income or minimum wage. Inclusion in localized, communal efforts to cope with climate change is hampered because people are preoccupied with the precariousness of daily existence.

- *It is also true that those living in poverty have many adaptation skills that can be shared.*
- Don't get me wrong: we can't be 100% local. We will still need important things from the global economy.
- But we CAN aim for greater food security through support for locally-owned farms & businesses who use local resources, employ local people and serve primarily the needs of local consumers. This lowers our carbon footprint, our dependence on imports, and emphasizes development and diversification of production of goods and services within the local economy.

### **How can greater food security by greater localization be accomplished?**

1. link food *security* with economic development in all community food efforts, recognizing that local food is the best opportunity for economic development that can include everyone
2. demand public funding and policy support for *local* economic development (for existing small and medium sized businesses and farms) focusing on life essentials(food, water, energy, health, culture); and
3. create more local financing and credit mechanisms inclusive of lower incomes and small enterprise, like a public trust for micro-loans and investment in local farms & other enterprises.

*Only innovative, community-wide, co-ordinated efforts and government resources (including municipal) will bring about the food security and social equity we need.*

**Dr. Rosana Pellizzari, Carolyn Doris, Luisa Magalhaes: Peterborough County-City Health Unit - Peterborough Community Food Network work and the Limited Incomes report and local Food in Student Nutrition Programs**

**Food Insecurity – A Social Determinant of Health**

Social determinants of health are the economic and social conditions that influence the health of individuals, communities and jurisdictions. They are the primary factors for shaping health. Social and economic challenges put our most vulnerable at risk of poor health. Food insecurity is recognized as one of the social determinants of health and is most often considered the tip of the iceberg in terms of what people can see. The causes of food insecurity are complex and solutions include many types of policy decisions and programming opportunities.

**Peterborough Community Food Network**

The Peterborough Community Food Network is a working group of the Peterborough Poverty Reduction Network with the goal of ensuring that everyone in Peterborough has enough health food to eat as part of a long-term food security strategy. The PCFN has developed a community based food security definition.

*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.*

(from [www.foodinpeterborough.ca](http://www.foodinpeterborough.ca))

PCFN work is focused on a three pronged approach to food security issues that is reflected in the continuum that includes:

- **Need Food:** Short- term relief for people requiring food. Examples include free community meals and food banks.

- **Get Involved:** Building capacity includes developing individual skills related to healthy cooking, growing food and broader community engagement.
- **Create Change:** System change includes activities that start the process of building systemic change to so the system works more fairly and creation of policies that support food security and ensure equity.

### **Limited Incomes: A Recipe for Hunger**

In 11.5% of Peterborough households, people either worry about not having enough to eat, compromise the quality or variety of food eaten or do not have enough to eat because of a lack of money. The root cause of food insecurity is lack of sufficient income.

Yearly, the Peterborough County-City Health Unit conducts the costing of a [Nutritious Food Basket](#) as mandated by the Ontario Ministry of Health and Long-term Care. Health Unit 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 2014 PCCHU Nutritious Food Basket results, the monthly cost of feeding a family of four is \$850 in Peterborough City and County. Costing also shows that although local food prices have increased 7.6% over the past two years, the issue is not primarily the cost of food, but that incomes are too low. Poverty is the reason some people are going hungry in Peterborough.

Low incomes do not measure up to the costs of choosing a healthy life. People living on low incomes find that after paying for rent and utilities there is not enough money to buy nourishing food. For example, a single person living on Ontario Works would find himself \$245 in the negative at the end of the month, if he purchased nourishing food as recommended in Canada's Food Guide. A number of factors impact the ability to choose nourishing food, however income and the cost of housing are by far the most significant. Under current conditions, the result is food insecurity.

### **What Can We Do About Poverty and Hunger?**

Working together to eliminate poverty in Peterborough is the most important thing we can do to increase food security in our community.

1. Learn more about poverty and hunger in our community. Consider becoming a part of the Peterborough Community Food Network.
2. Speak up and ask for change. Write your local MP, MPP or Council member. Advocate for improved social policies including social assistance reform, increased rates, increased minimum wage, and more investment in housing. Support advocacy for the Housing Stability Fund and Discretionary Benefits Fund. Income is the overall issue for food and housing security.
3. Support local food programs while working to end poverty. Food programs include community gardens, collective kitchens, gleaning, community meal programs, student nutrition programs, food box initiatives and the Nourish Project.
4. Buy local foods whenever possible to support local farmers and our local economy.

## **Local Food Initiatives in Peterborough Schools**

The School environment offers a great opportunity to support, role model, and teach students the value of healthy eating, and growing and eating local food.

### **School Food Boxes for Breakfast Programs**

Student Nutrition Programs (SNP) are universal and offer all students healthy food in a safe and welcoming environment. Programs run in 48 local schools, and in the 2013-2014 school year served almost 2.2 million meals to 17, 434 students.

Programs are run by volunteers: over 1000 volunteers dedicated over 900 hours a week to local programs. Programs operate on limited budgets, funded only about 15% from the Ministry of Children and Youth Services, with the remainder of costs covered by in-kind and monetary donations from the community, and grants such as Breakfast for Learning.

This past school year, Food for Kids Peterborough and County, a non-profit community partnership that has supported SNP for over 20 years, piloted a School Food Box with breakfast programs. With funds from a Greenbelt grant, and in partnership with the Peterborough County-City Health Unit, and the YWCA and their JustFood Box, the project's purpose was to increase SNP access to local,

healthy food, and to help increase students' vegetable and fruit consumption (over 60% of Canadian children do not eat enough Vegetables and Fruit).

Every month, a box of fresh, local produce was delivered to schools, free of charge. Large and small boxes were available in order to meet the needs of varying school sizes. A large box contained 40lbs of apples, 20lbs of carrots, and 10 cucumbers. A small box was half of that. The box was free and delivered to schools, which overcame barriers of limited budget, and volunteer time to procure local food, pick it up and pay invoices. Project evaluations indicate a positive reaction to the project and a unanimous will for it to continue. This will depend on allocating funding to continue to offer the program.

### **Farm to School Program**

Through a partnership with Farms at Work, the Peterborough County-City Health Unit and the Greenbelt Fund, local farmers facilitated 14 one hour curriculum-linked presentations to 14 classrooms. Farmers shared their experiences of living and working on the farm and their farming knowledge. They lead students in a hands-on seed growing activity, and provided fresh food from the farm for students to taste.

Evaluations showed that participating students were more willing to try a new fruit or vegetable after the presentation. Schools with school gardens were chosen to participate in the program, and teachers were given resources to extend the learning from the visit into the school's garden.

The further development of the program to include visits to a farm and additional farmer support to help with school gardens is being explored, and will depend on the procurement of additional funding.

### **Schools Gardens**

School gardens offer tremendous benefits to students and the school community:

- Role model healthy eating by exposing students and helping them understand how their food is grown
- Promote mental health with the availability of a safe and therapeutic environment

- Provide a great opportunity for student leadership and engagement through the planning and caring for the garden
- Offer a hands-on option to experientially teach the curriculum
- Encourage service based learning when students grow food for a school event or for the local food cupboard
- Teach students gardening skills that they can teach their families

Eighteen schools in Peterborough and County either have, or are developing, school gardens. Two high schools offer Horticulture programs for students. The main challenge for school gardens is that they are often abandoned in the summer, and food is wasted. By funding youth employment to tend to the gardens in July and August would keep the garden producing, and could be an opportunity to enhance neighbourhood connectedness and community development. Developing School Board policy to support school gardens would allow gardens to become an integral part of the school experience.

**Bryan Weir: On behalf of Greater Peterborough Area Advisory Committee and Task Force**

Summary of GPAEDC Agriculture Advisory Committee (AAC) Task Force

The purpose of the Task Force is to review the “Patterns in the Use and Protection of Farmland in Peterborough County” report of Sustainable Peterborough and to make recommendations to the Agricultural Advisory Committee (AAC). Depending upon the nature of the Recommendations, the AAC would provide the GPAEDC Board with a set of recommendations and/or act on some of them independently.

All agreed that the report is an important piece of work. Peterborough Economic Development realizes the vital role that agriculture plays. The report is future-oriented and critically looks at our ability to feed ourselves in the future.

It is also recognized that the root of many problems regarding agriculture is tied to national and global economics. Prime land that is not being farmed is due substantially to it being uneconomical to do so.

During the course of its first 2 meetings, the AAC Task Force covered a great many topics that spanned the issues from local level operations to global realities. Examples included: Federal and Provincial tax structures, free trade, subsidies, mentorship for farmers, rural natural gas network, food storage, Risk Management, distribution.

While the AAC Task Force has not yet concluded its work, some of the recommendations that are being discussed include:

- Undertaking more detailed research to focus on where land has gone out of production;
- After the Northern Ontario livestock program becomes operational, undertake an analysis to see if it can be applied to Southern and Eastern Ontario;
- Support OFA in its endeavour to affect the Risk Management Insurance program (urge Province to raise the cap and pressure Federal government to further cooperate);
- Advocate for the support of expanding a local distribution system for area food where collection, storage and refrigeration can be provided.

Issues that are on the list to discuss related to the Report include: property tax changes for worked acreage; tree planting; surplus dwellings to farm operations.

The Task Force's work should be concluded by the end of April.

**Role of the Sustainable Peterborough Working Group on the Future of Food and Farming, and its Task Forces, in developing recommendations for the Official plans: Bryan Weir and Brad Appleby**

**Bryan Weir: Update on County Official Plan Review** County Official Plan review exercise set to begin late 2015 but the public probably won't see much until early 2016.



This review will involve the analysis of current Agriculture policies in the Official Plan and we know changes are required. In this regard, our review of Agriculture policies will need to address such topics as:

1. Land stewardship
2. Land development
3. Food production
4. Economic opportunities
5. Supportive activities with Food Production: Farm-related uses, On-farm diversified uses

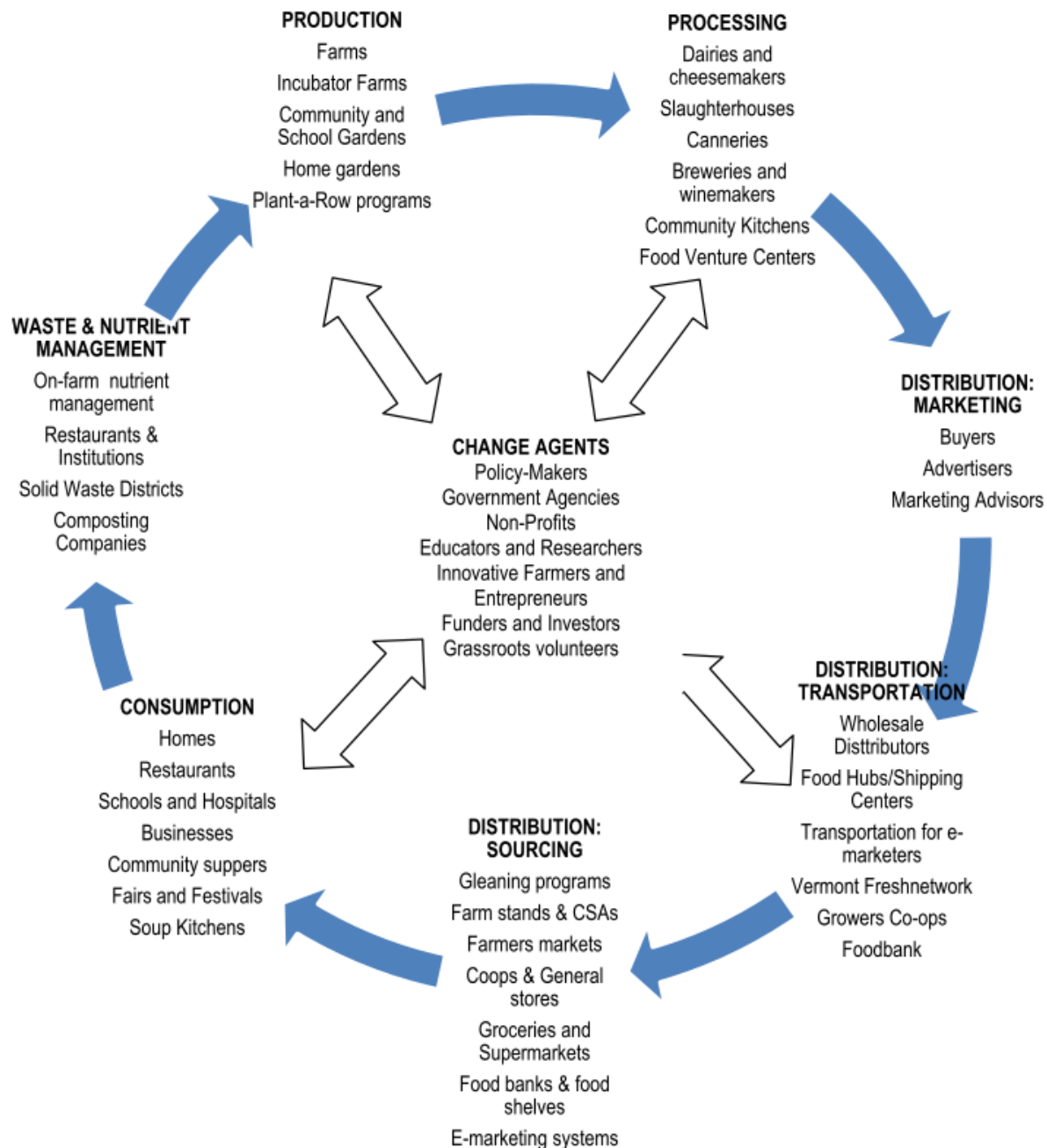
Bryan will be continuing to work as part of the Task Force on Land use which in turn will develop recommendations for the County Official Plan review.

#### **Brad Appleby: Update on the City's Official Plan Review**

- Official Plan review process started in 2011
- City recognizes that there is a need to support the production and distribution of local food in order to create a more socially –just community
- We must look at our business practices and how we can make land available for growing food
- Reviewing the types of land-use policies we can put in place to foster local food
- For example, looking at allowing planting of fruit-bearing trees in boulevards and parks
- How do we support innovation and entrepreneur opportunities i.e. allowing for processing facilities
- Can we allow more freedom to people to develop food processing and distribution centres?
- Working with the Future of Food & Farming Working Group of Sustainable Peterborough to explore best practices that are happening in other municipalities and how we might build those into our Official Plan processes
- Draft of Official Plan proposed for June/July, 2015

## Putting things in context:

The following graph provides a pictorial overview of the many connections and partnerships needed to provide a comprehensive food system:



### Small group discussions and their context:

The purpose of the discussion was to develop a local list of priorities around the broad system of food. It was also recognized that there are a variety of documents that all have the same message: support and promote our food and farming industry:

- The **mandate letter** from Premier Wynne that sets a goal of “Ensuring Sustainability of Agriculture” by creating and implementing the new Farms Forever Program. The program will help preserve the productive capacity of agricultural land close to major urban centres, support the local sourcing of food, strengthen Ontario’s agri-food sector and support young farmers. A stronger support by the provincial government. (see appendix 1)
- The **AMO guidelines** that set out an expectation on local government to support the food system.
- **The Greater Peterborough Economic Development Corporation’s 2006 Agricultural Economic Impact and Development Study.**
- **DOLLARS & SENSE: Opportunities to Strengthen Southern Ontario’s Food System** produced by the Friends of Greenbelt which was produced to better understand the economic and environmental impacts of regional food systems and to assess how increasing regional food production and distribution would affect the larger food system, including businesses that supply farmers, food processors and distributors as well as food retailers and food service operations.
- **OUR REGION OUR COMMUNITY OUR HOME:** The Ministry of Municipal Affairs & Housing is undertaking an extensive review of the four major land use planning documents. It is well recognized that Ontario’s Greater Golden Horseshoe is one of Canada’s economic engines and contains some of Canada’s best farmland in Canada. The review will be of the following:
  - The Growth Plan for the Greater Golden Horseshoe
  - The Niagara Escarpment Plan

- The Oak Ridges Moraine Plan
- The Greenbelt Plan

All of these initiatives parallel Sustainable Peterborough's plan and the initiatives of the summit's presentations.

The intent for the small group work was to have specific questions addressed by the participants who are the experts in their fields and produce a proceedings document that will be then shared with the municipal and provincial sectors as we plan for a changing rural community.

The results of the small group work will be used to address policy issues that should be included in a response to reports/processes such as **OUR REGION OUR COMMUNITY OUR HOME** that asks for input specifically around the following questions that the province is asking:

- How can the plans balance the need for resource-based employment, including the agri-food and mineral aggregates resource sectors, with protecting the natural environment?
- How can the plans' policies better support and foster vibrant rural economies while taking into account the character of rural areas and communities?

**The following is a synopsis of the outcomes in the results of the Brainstorming Session**

## **Question 1:**

**What kinds of education are needed in order to help build a stronger local food system that meets the needs of all participants?**

### **A. EDUCATION REQUIREMENTS:**

Education of Consumers about:

- where food comes from,
- the importance of food production to the local economy,
- the value of nutritious food

Education of Farmers and producers:

- increase supports and training opportunities for new farmers,
- develop mentorship opportunities for older and experienced farmers to share knowledge

Education of Youth about:

- about from where food comes,
- increase learning in the school curriculum and the role schools play in that education

Education of Food Service Providers (Grocery stores, large institutions such as Trent, Fleming, hospital, elementary school nutrition programs) about:

- opportunities to buy local
- importance of food to the local economy

Education of Policy-Makers (or Related to Policy) about:

- Top/down with direction from provincial government to set a standard starting point
- Full food system direction and policy
- Implications of food regulations all government levels
- Clear direction from Province to develop a local food standard
- Advocacy – senior levels of government need to consider and monitor impact of policy
- Urgency for action on food security (community/global)
- The role of food in localized economic development

#### History of Food/Ag/Other Countries:

- Study the historical experience of Cuba since the 1960's (x3)
- Continue to share our stories of success

#### B. SUPPORTING PARTIES INVOLVED & NEED For Partnerships:

- Non-profit Organizations: Transition Town Peterborough, Peterborough GreenUP, Nourish Peterborough, Peterborough Community Garden Network, Farms at Work
- Municipal governments
- Provincial government: Ministry of Education, Ministry of the Environment and Climate Change
- School Boards
- Federal government
- First Nations
- Faith Groups
- Entrepreneurs
- Volunteers
- Communities
- Consumers

#### Question 2:

**Other than education**, what for you, based on your connection to the food system, is the highest priority initiative needed (over the next 3 years) to create a more vibrant local food system that meets the needs of all participants?

#### A. HIGHEST PRIORITY INITIATIVES:

##### Food Access/Security:

- Subsidizing low income earners to be able to buy/afford more local products
- Increase (minimum) wages to meet basic needs: food, water, essential items
- Prioritize and support Nourish Peterborough
- Minimize waste diversion

#### Processing/Storage/Distribution/Marketing:

- Fill in the steps between growing and eating... processing, freezing, grading, labeling, trucking and distribution, abattoirs including mobile
- Shared production infrastructure
- Shared distribution avenues (e.g. co-ops, RJ's produce, Chartwells)
- Master plans – need a complete food system inventory/plan
- Promotion of 'Kawartha Choice' e.g. open houses
- Promote local farmers markets (to farmers and consumers)

#### Production:

- Financial support for new start-ups and retention of local food producers
- Access to farmland for new producers
- Policy adjustments to make entry into farming easier (eg. easing quota access)
- Support for traditional access to natural lands for First Nations to obtain local food (e.g. wild rice, deer, moose, wild mushrooms, native plants, medicine)
- Preservation and protection of land which is suitable for use in agriculture – both cropping and livestock
- Enhanced policies to support small, family-scale farming/rural development in official plan

#### B. SUPPORTING PARTIES IDENTIFIED:

- Private sector
- Non-profit Organizations: Farms at Work, Agricultural Adaptation Council
- Municipal governments (including Ontario Municipal Partnership Fund)
- Greater Peterborough Area Economic Development Corporation (GPAEDC)
- Provincial government: Ministry of Education, Ministry of the Environment and Climate Change, Ontario Trillium Foundation
- School Boards
- Federal government
- First Nations
- Foundations
- Entrepreneurs
- Volunteers
- Communities
- Consumers

(Many people suggested partnerships between various parties)

## **Appendix 1**

Content of the Mandate Letter from Premier Kathleen Wynne to Minister of Agriculture and Rural Affairs:

As Minister of Agriculture, Food and Rural Affairs, you will continue to support the growth of the agri-food sector, ensure the sustainability of agriculture and help develop rural economies.

Your ministry's specific priorities include:

### **Supporting the Growth of the Agri-Food Sector**

- Identifying and acting upon opportunities to support the food processing industry and help farmers enhance their operations, including through the Food Industry Program under the Jobs and Prosperity Fund. I ask that you support the Premier's Agri-Food Challenge, which calls on the province's agri-food industry to double its growth rate and create 120,000 jobs by the year 2020.
- Promoting, encouraging and investing in innovative local food projects that celebrate the rich diversity of foods produced and made in Ontario, and which feed local economies and help communities grow.
- Working with industry and partners to address how the ministry can more effectively support clients as they deal with regulatory burdens.

### **Ensuring Sustainability of Agriculture**

- Creating and implementing the new Farms Forever Program. The program will help preserve the productive capacity of agricultural land close to major urban centres, support the local sourcing of food, strengthen Ontario's agri-food sector and support young farmers.
- Continuing to work with partner ministers and the agricultural sector to decrease nutrient run-off, reduce greenhouse-gas emissions and make our agricultural sector as resilient as possible to climate change.
- Strengthening pollinator health. You will work with other ministers and stakeholders to develop a Pollinator Health Strategy for Ontario that includes sustainable, long-term initiatives aimed at improving the health of bees and other pollinators.
- Working with the Minister of the Environment and Climate Change, other ministers, industry partners and stakeholders, develop an action plan to meaningfully reduce neonicotinoid use for the 2015 growing season, including measurable targets. I also ask that you develop a system that requires a reduction in the use of seeds treated



with neonicotinoid insecticides for the 2016 growing season through regulatory mechanisms, permitting or further measures as needed.

### **Providing Business Supports to Farmers**

- Continuing to work with the federal government to implement the Growing Forward 2 initiative and develop Growing Forward 3, the latter calling for predictable, bankable and stable future national business risk management programs.
- Continuing to support supply management in the province, which helps maintain a stable, quality supply of products for Ontario's processors and consumers.
- Amending the *Crop Insurance Act* to enable the province to offer insurance for a broader range of agricultural products, such as bees and livestock. You will also work with the agricultural sector to identify and develop new insurance plans.

### **Expanding Agriculture in the North**

- Working with other ministers and partners to explore opportunities to develop the agricultural sector in the North. This approach should prioritize opportunities on private land.

### **Fostering Vibrant Rural Economies**

- Working with ministers and partners to continue to engage with rural stakeholders, deliver effective programs — such as the Rural Economic Development Program — and services to rural areas, and move forward with the Rural Roadmap.
- Continuing to work with other ministers to support the growth of manufacturing and the digital economy in rural Ontario.
- Supporting the work of the Minister of Economic Development, Employment and Infrastructure and the Minister of Energy to establish and implement natural gas initiatives. The programs will be funded under our \$130-billion infrastructure plan and will give consumers in underserved communities more energy choices, make commercial transportation more affordable, attract new industry to Ontario, and benefit our agricultural producers. Your goal is to help ensure that Ontario residents and industries are able to share in affordable supplies of natural gas.
- Continuing to work with other ministers and partners to support a sustainable, customer-responsive horse-racing industry that supports jobs and local economies; and to integrate horse racing within the broader Ontario gaming strategy.