

**ERST/CAST 3340H & Community-Based Education Program  
in Collaboration with the YWCA Peterborough.**

*Project Title: #4034 Community Food Security Partnership*

**Project Final Draft**

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**Due Date: December 18<sup>th</sup>, 2009 (4pm)**

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## **Introduction:**

This project fulfills the requirements of community based research for the YWCA, with the main purpose of establishing a connection with local food sources as well as addressing the food and nutritional needs of vulnerable populations within the Peterborough City and County. Food security is another important aspect that is inevitably addressed within this project. The World Food Summit (1996), defined food security as existing “when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life”. More commonly, the concept of food security is defined as including both physical and economic access to food that meets people's dietary needs as well as their food preferences. The problem of hunger is still amongst us in the 20<sup>th</sup> century, as it is increasingly a reality from many Canadian towns and cities. In March of 1997 the Canadian Association of Food Banks conducted their annual Hunger Count - 669,877 persons, representing 2.24% of the Canadian population, received emergency food aid from food banks in the one month alone (Hunger Count, 1997: 3).

According to a report from Statistics Canada, “2006 Community Profiles, Peterborough, Ontario, (County) and (City)...” almost 1 in 10 people in the City and County live in poverty. This level is somewhat higher in the City of Peterborough (12.6%) compared to the combined City and County (9.1%). This report also indicates that among female lone parent families 21.5% are considered low income after tax. As a result of such statistics, which highlight the existing poverty issues, one can also infer the negative impacts on human health and food security within the City and County of Peterborough. In order to cope with insufficient income, people are forced to cut into their food budget which may result in skipped meals or the need to fill up on cheap foods.

Therefore the three food programs that will be discussed within this project can significantly help to alleviate some of these problems that relate to food security, basic nutritional needs as well as poverty as these are all affecting the members of the population being discussed.

The YWCA (Young Women's Christian Association) of Peterborough exists to support the right of all women and their families to live free from violence, poverty and oppression. To reach their mandate, the YWCA organizes and participates in the three main programs that will be discussed in greater detail; JustFood, Come Cook with Us and Collective Kitchens. These programs provide access for vulnerable parts of the population that may encounter difficulties in accessing affordable, healthy and balanced meals. It also provides avenues for people to get involved in the community as food is also used as an important asset that builds social inclusion within the community. While the YWCA plays a big role in both the organization and participation of these programs, there are also some other important actors within the Peterborough community that contribute significantly towards these program. JustFood program is lead predominantly by the YWCA, while the other two programs are led by the Peterborough County-City Health Unit. The United Way is another organization that is actively involved through the provision of funding to the three programs. Collectively the YWCA, Peterborough County-City Health Unit and the United Way are all organizations that make up the Community Food Security Partnership. This partnership encompasses the promotion of local food and addresses the food and nutritional needs of vulnerable populations within Peterborough.

In this project we will therefore re-introduce each of the three food programs and provide further description, into their size, scale and operation, as well as some of the current barriers and limitations within each program. We have relied on information from local farmers in Peterborough, who were interviewed to assess the options of either increasing their supply of specific fresh produce or establishing a new source of produce from the farmers for the programs. Staff and volunteers at the YWCA and Peterborough County-City Health Unit were also interviewed to obtain as much relevant information that is necessary for the completion of this project. Photocopies of facilitator reports for the Come Cook with Us and Collective Kitchen program was also used to help us establish a better understanding of these programs as well as to identify some of the existing problems within them. Receipts were also used for those two programs as it provided a detail of the menu and the purchasing patterns of the program. After a complete breakdown of each program which will reflect the research and information that was available, we will then provide an inventory and classification that carefully lists the local farmers that can be sourced in Peterborough, as well as the quantity of each produce they can supply. This classification of farmers and produce will also indicate how it can be matched to one or any of the food programs, in providing a viable source of fresh produce that will satisfy the needs and scale of each program. Finally we would present a range of recommendations and improvements that can be incorporated into each program, which can be quite beneficial to long-term sustainability of the Community Food Security Partnership and their three food programs.

## **Description of Each Food Program:**

Communities across Canada continue to search for mechanisms that help increase the consumer purchasing power as well as encourage purchasing patterns that can alter the markets so that it better reflects the needs and wishes of all consumers, particularly families and individuals with lower incomes (Ontario Healthy Communities Coalition, 1997:18). For many, their incomes are divided and spent across a range of bills, to meet their basic needs that very often little is left behind for food. Therefore programs such as the 3 being discussed within this project are crucial as they provide a means to which increased access to food for these vulnerable populations are supported.

Each of the three programs discussed within this project, Justfood, Collective Kitchens and Come Cook with Us tries to encompass the promotion of local food and address the food and nutritional needs of vulnerable populations within the County of Peterborough. To better address potential recommendations and improvements within each of these programs, we will first provide a detailed description of each, which follows:

### **➤ Program 1: JustFood**

JustFood Program is the largest of all three programs and is the most important project that is run by YWCA with the support of its Community Food Security Partnership. The program mainly focuses on promoting healthy eating habits that are affordable and accessible to members of the population that require it. It also seeks to help those women and their families eat well and create new and meaningful connections within their communities. This program is run year-round, therefore providing food

boxes every month of the year. In 2006 there was the implementation of a government subsidy on the JustFood Program, which allowed for this subsidy to be used by participants of the program who needed it, as they could now purchase at half the cost. This led to a dramatic increase in the size of the program, whereby there are currently 1,250 to 1,500 active participants in the JustFood program, which on average provides approximately 500 to 600 food boxes each month.

JustFood operates like a food buying initiative where food selection and packing is centralized and the focus is on purchasing, distributing, and promoting nourishing food. So each month, a participant (someone who purchases a food box) of the JustFood program, is asked to make payments for the Staples box, which is due on or before the 8th of the month, and a payment for the Produce box, which is due on or before the 3rd Tuesday of the month. The Staples boxes are packed and distributed on the third Wednesday of each month and the Fresh Produce boxes are packed and distributed on the fourth Wednesday of each month. It is important to note that while this program intends to have a greater positive effect on Specific groups within the greater population, no one is excluded and participants and or new persons interested in ordering JustFood boxes can do so through the following options.

1. Join a JustFood group close to where you live by contacting the Food Action Worker (705-743-3526), or
2. Order separately by placing your order in person at our administrative office (located at 216 Simcoe Street, Peterborough, ON)

This program sources all of its items, for both types of food boxes from local stores, wholesalers and from local farmers during the growing season. Each month, community workers and volunteers pack the food boxes which are distributed throughout the City and County (YWCA, 2009). The JustFood boxes are composed of different kinds of food items each month. This is dependant upon the growing seasons and the scale at which farmers can provide for a specific item, as well as the availability and cost of items that are sourced from local stores and wholesalers. Each food box is carefully planned based around a certain budget as well as the availability of and item that can be included.

There are two different types of food boxes; the staples box and the fresh produce box. Along with the food items in each box, recipes, newsletters and other information related to community activities are also supplied, which helps to educate the participants, as well as providing useful and meaningful guidance as it relates to food and nutrition. The Staples Box is made up of food items such as bread, margarine, pastas and canned foods. Staples Boxes are packaged up in different sizes; small and large. The Fresh Produce boxes consist of fresh fruits and vegetables that were either produced by a local farmer or sourced from the local stores or wholesalers. The following chart illustrates the cost of each box according to the type and size:

**Staples Box**

**Fresh Produce Box**

Small:	\$11.00 regular price \$5.00* subsidy price	Small:	\$12.00 regular price \$6.00* subsidy price
Large:	\$15.00 regular price \$7.00* subsidy price	Large:	\$20.00 regular price \$10.00* subsidy price

As shown in the chart, the subsidized price for each food box reduces the cost an individual would have to pay for whichever box/boxes, is chosen. This subsidized price



gives people the opportunity, to purchase such foods at a cheaper cost, as they can also save money on grocery bills by purchasing food boxes from the JustFood Program. By providing such food boxes at lower cost it also encourages people to continue their participation in the program year-round, because the price the boxes are sold at, may be the cheapest option available to them. Since the boxes are filled each month with the intention of providing healthy foods, it also benefits the participants since they are provided with nutritional sources of food. The following shows the basic overview of a Staples Box for the JustFood program which was distributed in the November, 2008, Staples Box.

**Example of Staples Box Ingredients (November, 2008)**

<b>Small Box</b>	<b>Large Box</b>
1 lb Ida Red Apples	1 can Tomato soup
2 lbs bag local Yukon Potatoes	1 can Beans in Tomato Sauce
1 loaf Bread	1 bag of Brown Rice
1 bag Brown Rice	5 lbs bag local Yukon Potatoes
1 can Beans in Tomato Sauce	1.5 lbs Ida Red Apples

The JustFood aims at providing healthy food sources each month to its participants it also strives to promote the incorporation of local food as well as to help support the local economy. Finally the YWCA also provides the opportunity for its participants to share their experiences and knowledge to others in order to achieve long term benefits.

## ➤ **Program 2: Come Cook with Us**

The Come Cook with Us program is coordinated by Susan Hubay and is primarily run by the Peterborough County-City Health Unit and utilizes this program as a critical component of their own Food Security Health Promotion Project. While the Come Cook with Us is headed mainly by the Health Unit, it too is also part of the Community Food Security Partnership, whose active members include the YWCA, Peterborough County-City Health Unit and United Way. This program is structured as a class that has an experienced cook who facilitates; either Peter McCarthy or Laura Jack who are both community workers for the Peterborough County-City Health Unit. Each class can take up to twenty individuals. The program is open and free of charge to anyone from the community who would like to participate, regardless of income. The participants sign up through either phoning the Health Unit or attending the drop-in groups. Others are signed up through a community partner such as Community Care or Social services. Come Cook with Us offers a drop in group that runs for four weeks on and six weeks off. There are classes which require registration that run for up to six weeks. Each class meets once per week in church kitchens, community halls--basically wherever there is a suitable community kitchen that can be accessed. These opportunities are made known throughout the community through advertising mechanisms such as the "Food for All" flyers, posters, "Free Community Meals" calendars, word of mouth and the Health Unit website.

The program addresses barriers to healthy eating that are faced by individuals and families. Some of these barriers include time, money, skill and knowledge. During these classes, the instructor and participants share ideas and work together on menu planning. Items which are on sale that week are often encouraged in an attempt to stay below budget. The budget for each class is \$60-\$70 per class. The program purchases gift certificates from Price choppers. They receive a 1% percent (accumulative) discount for every \$ 1000.00 spent in a single purchase. The funding for this program comes from the provincial government, County and City organizations and donations. The program is designed to help participants feel comfortable enough to practice these new, healthy cooking methods and options at home. Ingredients and/or leftovers as well as vouchers (also purchased at Price Chopper through the funding) are given to participants in order

for them to be able to afford to try these meal ideas at home. Come Cook with Us teaches that cooking can be an enjoyable experience that brings families and individuals together. One of their primary goals is to restructure the attitude people have towards food and help them to appreciate the preparation and eating processes; therefore re-socializing and restoring the personal connection to food.

### ➤ **Program 3: Collective Kitchens**

Collective Kitchens are made up of small groups of people, usually 3-5, who get together on a monthly basis (twice a month); to plan and cook nutritious, low cost meals for themselves and their families. Currently there are 10 active groups running in Peterborough. Meals are made in large portions, so that participants always have the option of taking some home for their families or to freeze for later servings. Participants and or groups are encouraged to be self sufficient and engage in the entire process of planning their menus, grocery shopping and cooking the meals for themselves. They aim to create meals that are both nutritious as well as affordable.

The Peterborough Health Unit, YWCA and support from a variety of community service clubs and organizations collectively make up the Collective Kitchen Partnership. This partnership works together to organize and fund all collective kitchens so that it becomes free of cost to those that participate in them. While the food costs are subsidized participants do however have to work within a certain budget per menu of \$60-\$70. Collective Kitchens are open to anyone that is interested in the program as no one is excluded and while they operate at various locations in Peterborough, they are usually held in the kitchens of local churches.

Collective Kitchens provide a range of benefits to those that participate in them. It teaches individuals how to cook and plan healthy meals as well as budgeting and smart shopping skills. Participants also have the opportunity to learn valuable skills on safe food handling and healthy eating choices that will help them make better choices for themselves and their families. It is also a good opportunity for those with lower incomes, or those who want to trim costs from their budget. Most importantly Collective Kitchens facilitate the social interaction of participants with other community members, which is a major building block of a creating a vibrant, healthy community. Collective Kitchens are also increasingly emerging as a unique self-help approach that enables individuals to feed themselves and their families in a dignified manner. Finally Collective Kitchens are undeniably fun.

### **Barriers and Limitations of each Program:**

The main priority of these programs (JustFood, Come Cook with Us and Collective Kitchens) is achieving food security. This includes the promotion of local food and addresses the nutritional needs of the community, particularly those living on a low-income. While each of these programs strives to provide a variety of benefits there are also many limitations and barriers that make the continued success of each program very difficult. Based on the overall goals and missions of these programs, part of their success is dependant upon achieving sustainable processes and fully integrating local farmers into all of the programs. However, currently JustFood is the only program that incorporates local produce from Peterborough into its food boxes. The following descriptions offer

details and explanations of some of the current barriers and limitations found within each of the programs:

➤ ***JustFood***

According to a report from Statistics Canada, “2006 Community Profiles, Peterborough, Ontario, (County) and (City)...” almost 1 in 10 people in the City and County live in poverty. This level is somewhat higher in the City of Peterborough (12.6%) compared to the combined City and County (9.1%). This report also indicates that among female lone parent families 21.5% are considered low income after tax. As a result of such statistics, which highlight the existing poverty issues, one can also infer the negative impacts on human health and food security within the City and County of Peterborough. In order to cope with insufficient income, people are forced to cut into their food budget which may result in skipped meals or the need to purchase cheap foods.

As is indicated in the description of the JustFood program, after the implementation of the subsidy in 2006, the number of participants increased enormously. This led to a sudden increase in the size of the program and the number of participants that were now purchasing these food boxes on a monthly basis. Average figures for the year 2007-2008 indicate that the JustFood program supplied a total of 5,132 food boxes, which fed an approximate 8,057 adults and 5,140 children. This was the highest annual figure recorded. For example, in November 2008, the JustFood program distributed 247 large fresh produce boxes and 32 small fresh produce boxes. As a result of this increase in the size of the program, many of the local farmers that were involved could no longer supply since much larger quantities were now required. For example, if 247 large fresh

produce boxes are purchased, there needs to be at least 247 of each item as each box needs to be exactly the same. This was the case for Hilary Wear, owner of Everland Farm. Hilary sold garlic to the JustFood program from 2006-2008. However, this year the demand was too high. The first year (2006) she sold the YWCA 50-70 units of garlic and in the second year (2007) that demand more than doubled. The third year the JustFood program required 250 units of garlic and Hilary was not able to meet this demand without selling all of her seed. (See interviews for more information)

One of the most difficult problems is continuing sustainable practices and integrating local foods. While the subsidy is very beneficial as lowered costs have increased the amount of people that have access to nutritious food, it has also become increasingly difficult for the coordinators to effectively run this program with a tight budget and very limited funding. This creates problems that can hinder the continued integration of local foods, since the cost of produce that local farmers offer can not always be matched by the YWCA. The YWCA strives to ensure that farmers receive a fair price for their produce at all times. Because produce is required on such a large scale, sometimes the YWCA is unable to take advantage of the discounts farmers offer. For example, Ross Maynard from Diana Farms offered his produce (primarily lettuce, potatoes and zucchinis) to the JustFood program at NoFrills prices. This was because Ross believes that it is extremely important for everyone to have access to healthy, local food. However, Ross is not able to produce the quantities that the YWCA requires. (See interviews for more information) This presents a main limitation within this program.

To pack and provide 500-600 boxes a month to Peterborough city and county requires careful coordination of the entire process. There are many components that have

to be organized, for example ordering, collecting, packing, transporting, and delivering boxes. Due to limited funding, the YWCA relies on a number of volunteers. As the program expands, an increased amount of volunteers are required and reliable ones can be hard to come by. The organization and communication between the program and growers also becomes increasingly complex as the program expands. Mike Fitzgerald from Home Again Acres discussed how this was a barrier he experienced when getting involved with the YWCA. Due to communication problems (incorrect contact information on file) the YWCA contacted Mike during the last week of harvest thus he was only able to sell to them once this year. Home Again Acres supplied carrots and turnips although they would have liked to sell more.

This system is very complex, since there are seasonal changes which affect the types of produce that are available. A very important barrier is the change in demand which leads to the fluctuation of the number of boxes required each month. For example, one of the reasons why Kitigan Organics was not able to get involved with the JustFood program was because they needed to have a better idea of what types of produce and the quantities that the YWCA required at the beginning of the season so that they would be able to prepare and coordinate. (See interview section for more information)

The YWCA also relies on spaces within the community to pack their boxes, such as churches. Therefore, they do not possess a permanent location which would be extremely beneficial in establishing a storage space. A permanent storage space would offer the farmers the option to deliver their produce at alternate dates, allowing them more flexibility; thus assisting with transportation limitations as well. As it is currently structured, the farmers have to work around the JustFood packaging schedule. Although

many of the growers who were interviewed did not consider self-transportation of their product to the packaging sites a barrier, Hayla from Deer Bay Farms felt this arrangement was a bit inconvenient. Hayla provides apples for the YWCA and the time that she drops them off to the boxing locations conflicts with her commitment to the farmers market, thus she often feels like she has to be in two places at once. (See interview section for more information)

➤ *Come Cook with Us*

The Come Cook with Us program, offers a variety of benefits to its participants, however it has not successfully incorporated local foods into its classes. The food used in these classes is purchased from Price Chopper as it is the most convenient and economic way at this point in time. After examining many of the facilitator reports which summarized the menus, budget and number of participants, as well as copies of receipts for each class, it was clear that the majority of items used could be locally sourced from farmers. Peter McCarthy, a community worker for the Peterborough City Health Unit, explained that one of the reasons Come Cook with Us doesn't purchase local foods is because they need to shop everyday and places which feature local food, such as the Farmer's Markets, are only open Wednesdays and Saturdays. Furthermore, this class works on a \$60 - \$70 budget per class; therefore funding is a definite limitation. The barriers that can be highlighted here are a lack of storage facility and accessibility to local food.

Another limitation is not enough awareness within the community. By reviewing the receipts from Come Cook with Us obtained from the YWCA, it was clear that the



classes had room for more participants. On ten facilitator reports out of the twelve that we reviewed, there were only 10 or less participants in that particular class. For example, on June 22, 2009 there were only four people in attendance and 15 servings were prepared. Although this food doesn't go to waste as it is either sent home or used in another class, it would be great if more people could benefit from this opportunity.

➤ *Collective Kitchens*

The Collective Kitchens program reiterates the same problems associated with Come Cook with Us. Local foods have not been integrated into the program for the same reasons as mentioned above; convenience and financial. Receipts indicated that produce was also purchased from Price Chopper. Due to the limited budget, the majority of the items suggested that the cheapest option was purchased and not necessarily the healthiest options (ie. frozen foods and No Name brand items). Therefore, the program is not successfully achieving its stated objectives of teaching its participants healthy eating through the purchasing of foods that are nutritionally beneficial.

The lack of funding and sufficient financial resources severely hinders the progress of this program as it relates to healthy and nutritious eating. Local foods that are grown by farmers in Peterborough, can provide an excellent solution to the problem of nutritional and healthy food purchases, however herein lies the problem of funding again, since generally produce sold by a local farmer is more expensive than the options provided in the grocery store.

## **Summary of information gathered from interviews with the majority of farmers:**

### **Questions for Farmers:**

- How long have you been in cooperation with the YWCA?
- How did you first get involved?
- Why did you stop doing business with the YWCA (if applicable)?
- What are the kinds of produce you sell to the JustFood program?
- What are the quantities and prices of this produce?
- What are the methods of transportation?
- Are there any barriers or limitations that you have recognized within the JustFood program?
- Do you prefer to have a personal connection with customers/know where your produce is going?
- What other produce do you grow on your farms?
- What are the quantities and the prices of this produce?
- Is there a specific reason(s) that you don't sell this produce to the YWCA?
- Are you aware of the other programs the YWCA offers?
- Would you be interested in doing business with these programs as well?
- Obtain current contact information
- 

### **Summary of Local Farmers Currently Connected to the YWCA JustFood Program:**

**Farmer: Hayla**

**Farm: Deer Bay Farms**

**Contact information: 760-2663**

The interview with Hayla was conducted on November 3, 2009. Through this interview we learned that she sells large quantities of apples to the YWCA. She owns a smaller scale farm of 100 acres and it is not an organic farm. She also grows melons, blueberries, squash and zucchini however the melons and blueberries are not grown at a large enough quantity to sell. The reason why she doesn't provide squash and zucchini to the JustFood program is because the program demands too large of quantities. She sells the majority of her produce at the farmer markets or people coming to Deer bay Farms. She transports the apples to the JustFood boxing locations however this drop off time conflicts with her

commitment to the farmers market and she often feels like she has to be in two places at once. This can be recognized as a definite barrier of the program. When asked whether she prefers to have direct contact with her customers she explained that she likes to market it personally but is not necessarily concerned where her product is going.

**Farmer: Martin Oates**  
**Martin's fruit and vegetable farm**  
**Contact Information: 653-0389**

Martin has been involved with the JustFood program since 2008. He met with a member from the YWCA last winter and was interested in getting involved. He owns a small farm and although it is not "certified organic" it is a "pesticide free farm." Martin's Fruit and Vegetable Farm produces tomato, pepper, potato, meat, soy bean, raspberry, strawberry, cranberry, garlic, zucchini, cucumber, squash, pumpkin, reddish, turnips, beet. However, he only provides potatoes and turnips to the YWCA. He delivers the produce himself and says that this works very well for him. Because he believes in the YWCA's philosophy, he sells his food at a 30-40% discount from regular market value (what he would get at the Farmers Markets.)

**Farm: Cedar Grove Farm**  
**Farmer: Les Bowser**  
**Contact Information: 799-1728**

Les Bowser has been involved with the YWCA for three years (since 2006) but cannot recall how he first heard about them. He currently sells garlic, rhubarb and shallots to the JustFood program. Some of his produce has been in the experimental stage for

approximately six years. This produce includes potatoes, squash, onion, kale and corn. He explained how there is currently a price depression for potatoes and squash however garlic is in high demand so he tends to focus on that more. He explained that in order to expand his potato crops it would be extremely labour intensive and doesn't think it would be economically worth it. Like the rest of the farmers we interviewed, he is responsible for the transportation of his produce and says that he doesn't mind this. When asked if he would be interested in selling to the other programs the YWCA offers on a smaller scale, such as Collective Kitchens and Come Cook with Us, he answered yes as he agrees with the goals and objectives that the YWCA works towards.

**Farm: Home Again Acres**

**Farmer: Mike Fitzgerald**

**Contact Information: 748-3054**

Mike Fitzgerald found out the YWCA JustFood program through another farmer who was selling to them. However, due to communication problems, the YWCA contacted Mike during the last week of harvest thus he was only able to sell to them once this year. They supplied carrots and turnips however would have liked to sell more. "Home Again Acres" is an all natural farm and Mike strongly disagrees with the heavy use of pesticides and fertilizers that occurs on many farms; specifically mentioned throughout the United States. He discussed how these farms are mainly concerned with producing large quantities-not the quality of their produce or ensuring that it is healthy and safe. Mike explained that at the beginning of the seasons produce such as beans as peas will sell for \$60 per bushel and within two weeks this will decrease by half (to \$25-\$30 per bushel) due to outside markets undercutting. According to Mike, the Kawartha's have some of the best soil in all of Ontario but labour is an issue. We do not employ immigrant

workers therefore help is more expensive for farmers in this area thus increasing the price of the produce. Mike strongly believes in what the YWCA is trying to do but recognizes that there are many limitations to the program, such as organization and funding. Next year he would like to do a lot more business with the YWCA and is interested in getting involved with “Come Cook with Us” and “Collective Kitchens.”

**Summary of Local Farmers Connected Occasionally to the YWCA JustFood Program:**

**Travis Philp  
Yellow Moon Permaculture Garden**

Travis has been involved with the JustFood program since 2008 after hearing about the program from a friend and contacting Charlotte Kennedy. However, he has only sold to the YWCA three or four times over this period as price is an issue. This includes lettuce, radish and green onions. Travis explained that although he would love to further support the type of ethical selling the YWCA promotes, one still has to “pay the bills” and he’s able to sell to upscale restaurants in Toronto for a much higher price. For example, the YWCA would be able to pay \$1.50 or \$1.75 per pound of lettuce, and he can sell to Toronto restaurants for \$8-\$10 per pound. Travis also touched on other barriers within the program that made it difficult for him to sell more produce. For example, Charlotte couldn’t tell him the specific quantities required and could only estimate. Therefore, Travis found it difficult to estimate accurately how much to plant as he didn’t want to overplant or under plant. Also, Travis emphasized how the quantity of crops are so dependent on weather. Due to these uncertainties, Travis was reluctant to make a large

commitment that included a variety of his produce. The method of transportation for Yellow Moon Permaculture Garden is self-delivery.

**Farmers Connected to the YWCA JustFood Program in the Past:**

**Greg Roy**  
**Deep Roots Farm**  
**Contact Information: 740-9383**

The interview was conducted November 10 2009. In the interview Greg determined that he has been apart of the YWCA since 2006 until the present year. Greg initially started involvement with the YWCA through gardening in the community gardens. Considered small, the bulk of Gregs' farm provides the YWCA with several varieties of herbs, vegetables, dependent on what the YWCA requires and what they are able to produce at that time (circumstantial basis.) Greg's farm usually produces about 250 bundles per unit of what ever is in demand. Greg or Anna are responsible for dropping the produce off at the YWCA. Certain varieties of vegetables that are grown on his farm and not sold to the YWCA such as tomatoes, nightshades, broccoli, cabbage, kale and chard are sold at the local farmers market. Greg indicates that he would be interested in "broadening his horizons" in the YWCA, establishing active participation in producing food for the Come Cook with Us and Collective Kitchens programs.

**Ross Maynard**  
**Diana Farms**  
**Contact Information: 939-2643**

The interview with Ross Maynard was conducted on November 10 2009. In the interview Ross stipulated that he was involved in the JustFood program from 2004-2007. Ross

indicated that he was approached by Charlotte Kennedy at the Peterborough Farmers Market to become a primary producer of local food for the JustFood program. Unfortunately, because of time constraints and transportation variables they couldn't continue to produce for the YWCA. Original quantities in food boxes consisted of 10 oz of lettuce, 5-10 pounds of potatoes and 1 or 2 lbs of zucchinis. This list often depended on what and how much was available. The YWCA had also tripled its production thus Ross was unable to meet this demand. For example, if the YWCA has 100 boxes, they want 100 items, if they have 300 boxes they want 300 items, requiring that all boxes needed to be the same. Originally and still a beef farm, Ross's 100 acre farm is managed by himself and wife. Although 70-80 acres of the farm is rented to other farmers, Ross was able to supply the YWCA with lettuce, beans, zucchini, potatoes and peas. The produce supplied for the YWCA was conducted on a 1 acre plot. Because Ross believes in the YWCA food security programs, he sold his produce to the YWCA at NoFills prices which was approximately 50% less than what he could receive at the Peterborough Farmers Markets. Ross thinks that it is extremely important for everyone to have access to healthy, local food and would like to continue doing business with the YWCA if they are able to find a way to purchase the quantities that he is capable of producing.

**Farmer: Hilary Wear**

**Farm: Everland Farm**

**Contact information: 295-6695**

Hilary was involved with the JustFood program from 2006-2007. She sold garlic to the YWCA and does not grow any other produce on her farm. Unfortunately, she had to stop doing business with them in 2008 because the demand was too high. The first year (2006) she sold the YWCA 50-70 units of garlic, however the second year that demand

more than doubled. The third year the JustFood program required 250 units of garlic and Hilary was not able to meet this demand without selling all of her seed. She would have liked to continue doing business with the program and has spent the last year re-planting the seed so she would be able to meet the demand for 2010. When asked about transportation, Hilary said that she dropped the garlic off to the packing rooms herself which was usually about a half an hour drive. Due to the nature of the nature of the product (dry and small) this transportation was not a problem. Hilary does like to have a personal connection with her customers and prefers to know where her product is going.

**Not Involved with the JustFood Program:**

**Kitigan Organic CSA**

**Spoke to: Andrew Flaman**

**Contact Information: 939-8888**

Kitigan Organic is a very new farm as this past year was their first growing season. They did not sell to the YWCA not necessarily because the demand was too high, but they had other obligations. Kitigan Organic needed to have a better idea of what types of produce and the quantities that the YWCA required at the beginning of the season so that they would be able to prepare and coordinate. Some of the produce they grow on the farm includes potatoes, lettuce, carrots, peppers, onions, cantaloupes and watermelons. Kitigan Organic's is responsible for the transportation of their produce. Andrew said they try to coordinate their drop-offs on Thursdays as it is an additional cost. Thus, they need to know well in advance (spring) where they're going, type of produce when it is needed by. Due to the nature and fluidity of JustFood, this could pose challenges to



Kitigan Organic's involvement with the program. Their current customers are primarily in the Peterborough area and include Saturday Farmers markets, CSA's, Sticklings, Co-operative, etc.

Name and Contact Info. of Farmer	Produce Sold	Quantity	Price/Unit	Time of Year offered	Transportation
Hayla, Deer Bay Farms (760-2663)	Apples	300lb/mth	60cents/lb		Self delivery
	Zucchini				
	Squash				
Martin Oates, Martin's Fruit and Vegetable Farm (653-0389)	Potato	720lb			Self delivery
	Turnips	300lb			
	Tomato				
	Pepper				
	Soy bean				
	raspberry				
	strawberry				
	cranberry				
	garlic				
	zucchini				
	cucumber				
	squash				
	pumpkin				
Radish					
Les Bowser, Deep Roots Farm (799-1728)	Garlic		\$4/lb		Self delivery
	Rhubarb	200/item	\$3/lb		
	Shallots		\$5.50/lb		
	Potato				

Sold at 30%-40% discount  
\*unsure of exact prices

Name and Contact Info. of Farmer	Produce Sold	Quantity	Price/Unit	Time of Year Offered	Transportation
<b>Mike Fitzgerald, Home Again Acres (748-3054)</b>	<b>Carrots</b>	60-80lb	N/A		Self delivery
	<b>Turnip</b>	150lb	:\$2 per turnip		
	<b>Beans</b>	40-50bushels/yr	\$60 per bushel		
	<b>Peas</b>	10-20bushels/yr	\$60 per bushel		
	<b>Potato</b>	400lb/yr	\$0.50 per lb		
	<b>Spanish onions</b>	100/lb/yr	\$30per 50lb		
	<b>Sweet corn</b>	1000dozen	\$5/one dozen		
<b>Anna Petry and Greg Roy, Deep Roots Farm</b>	<b>Thyme</b>				Self delivery
	<b>Cilantro</b>				
	<b>Oregano</b>				
	<b>Parsley</b>				
	<b>Radish</b>				
	<b>Lettuce</b>				
	<b>Peppers</b>				
	<b>Tomatoes</b>				
	<b>Nightshades</b>				
	<b>Broccoli</b>				
	<b>Cabbage</b>				
	<b>Kale</b>				
<b>Chard</b>					

<b>Ross Maynard, Diana Farms (939-2643)</b>	<b>Lettuce</b>	10oz	Same as NoFrills Prices	August	Self-Delivery
	<b>Beans</b>	5-10lb			
	<b>Peas</b>				
	<b>Potatoes</b>			September	
	<b>zucchini</b>	1-2lb			
<b>Hilary Wear, Ever land Farm (295-6695)</b>	<b>Garlic</b>	1st yr: 50 – 70 units/yr 2 <sup>nd</sup> yr: 170 units/yr	45-55 cents per unit		Self-delivery
<b>Andrew Flaman, Kitigan Organics (939-8888)</b>	<b>Potatoes</b>		\$1.5/lb		Self-delivery
	<b>Garlic</b>				
	<b>Peppers</b>		Green:\$0.75each Colores:\$1 Hali peppers:\$0.20 each		
	<b>Carrots</b>		\$3/bunch \$1/lb		
	<b>Beets</b>				
	<b>Herbs</b>				
	<b>Sage</b>				
	<b>Rosemary</b>				
	<b>Cauliflower</b>				
	<b>Pumpkin</b>				
	<b>Cantaloupe</b>				
	<b>Watermelon</b>				
	<b>Radishes</b>				

	<b>Leeks</b>				
	<b>Onions</b>		\$1.25 green onions \$1.50 red/yellow onions (\$0.90/lb)		
	<b>Lettuce</b>		\$3/quarter lb \$2-2.5 a head for lettuce		
<b>Travis Philip, Yellow Moon Permaculture Garden (328-9208)</b>	<b>Lettuce</b>		\$1-2/ head		Self-delivery
	<b>Radish</b>		\$2.50/bunch		
	<b>Green onions</b>		\$3 /lb		
	<b>Carrots</b>		\$2.5/bunch		
	<b>Parsnips</b>				
	<b>Salsify</b>				
	<b>Leeks</b>				
	<b>Potatoes</b>				
	<b>Collard greens</b>		\$6-8/lb		
	<b>Spinach</b>				
	<b>Arugula</b>				
	<b>Corn</b>		\$0.50/ cob		
	<b>Tomatoes</b>		\$1/tomato		
	<b>Eggplant</b>				
	<b>Beets</b>		\$2-3/lb		
	<b>Garlic</b>		\$4-8/lb		
<b>Mustard green</b>		\$6/lb			
<b>Herbs(basil,</b>		\$1/oz			

	chives, rosemary)				
	Strawberry's				

**LEGEND**

<b>Currently Involved with YWCA</b>
<b>Past Farmers no longer Involved</b>
<b>Farmers Occasionally Involved</b>
<b>Farmer made contact with YWCA but not used</b>
----- <b>Currently Being Sold to YWCA</b>
_____ <b>Produce that has never been sold to the YWCA</b>
_____ <b>Produce that was previously sold to the YWCA</b>
_____ <b>Grown on that farm but not used by YWCA</b>

## **Explanation of Table**

The table above displays the information that we recorded through interviewing the farmers. In total, there are nine farmers that we interviewed over the phone.

The first section is highlighted in **grey** which means that these farmers currently provide produce to the JustFood program. The food written in **red** represents food that is currently being sold to the YWCA JustFood program. The produce written in **green** represents the food that the farmer grows but is not sold to the program for various reasons, such as not produced in large enough quantities. These farmers include:

**Hayla: Deer Bay Farms**

**Martin Oates: Martin's Fruit and Vegetable Farm**

**Les Bowser: Deep Roots Farm**

**Mike Fitzgerald: Home Again Acres**

The farmers that have been connected to the JustFood program in the past but are not longer involved in the program are highlighted in **blue**. The produce that they *previously* sold to the YWCA is written in **purple**. Types of produce that these past farmers grow on their farms that have not been sold to the YWCA are written in **green**.

These farmers include:

**Ross Maynard: Diana Farms**

**Anna Petry and Greg Roy: Deep Roots Farm**

**Hilary Wear: Everland Farm**

There was one farm (**Kitigan Organics**) who has contacted the YWCA but has not sold any produce to the JustFood produce to date. **Kitigan Organics** is in **dark blue** and the produce which is grown on their farm is written in **black**.

There is one farmer (**Travis Philp from Yellow Moon Permaculture Garden**) who is occasionally connected to the JustFood program. **Yellow Moon Permaculture Garden** is highlighted in **green**. The produce that **Travis Philp** occasionally sells to the YWCA is written in **red** and the produce which he grows on his farm but does not sell to the YWCA is written in **green**.

### **Matching of programs to specific produce supplied from farmers:**

#### **JustFood:**

Hayla: Apple

Martin Oates: potato and turnips

Les Bowes: garlic, rhubarb and shallots

Mike Fitzgerald: potato, carrot-60-80lb and turnips

(Past involved) Anna Petry and Greg Roy: thyme, cilantro, oregano, parsley, radish, lettuce, peppers and garlic

(Past involved) Travis Philp: Lettuce, radish, green onion

**-Based on they produce large amounts of foods, therefore they could supply for JustFood program**

#### **Collective kitchen:**

(Past involved) Hilary Wear: Garlic



(Past involved) Anna Petry and Greg Roy: thyme, cilantro, oregano, parsley, radish, lettuce, peppers and garlic.

(Past involved) Travis Philp: Lettuce, radish, green onion

**Come cook with us:**

(Past involved) Hilary Wear: Garlic

(Past involved) Anna Petry and Greg Roy: thyme, cilantro, oregano, parsley, radish, lettuce, peppers and garlic.

(Past involved) Travis Philp: Lettuce, radish, green onion.

(Past involved) Ross Maynard:

**-Based on the Come Cook with Us and Collective Kitchen require small amounts of foods, therefore, these farmers can fit in these programs.**

**Explanation of why farmers are suited to programs allocated:**

In the list above, we can see that most of the farmers can supply their produces to one of these three programs. However, there is the common problem of quantity those farmers provides to the YWCA. After we get the information from both YWCA and farmers, we know that many of these farmers produce many other products that can supply to Collective Kitchen and Come Cook with us. For example, Ross Maynard, he produces 10 oz of lettuce. It seems that the quantity is in a small amount. Therefore, it is acceptable that he can supply for Come Cook with Us or Collective Kitchen. These programs require smaller amounts of food than the JustFood Program.

## **Provide alternatives/back-ups to the initial matching:**

Work in Progress

### **Recommendations:**

Based on the main purpose of food security project in YWCA is to establish complete healthy food system to access local food promotion and address the nutrition needs in the community. Therefore, we identify some barriers from all the programs (Just Food, Collective Kitchens and Come Cook with Us) which bring difficulties to develop the project. One relevant piece of literature used in developing research for this project, it established problematic food security linking local food goals, and needs for low-income families. This article further explores conceptual and political pitfalls distinguishing economic approaches dependant on Community Based Food Initiatives (Patricia, A, 1999). After gathering all the research data, information from farmers, critical discussions with the directors and the host from YWCA, we determine some possible recommendations for the programs. To make the improvements to access more local food sources and meets the requirements of food quality in the future. Canada's food system has become heavily dependent on imported goods, and it is not making enough of an effort to make locally grown food accessible to the communities. As a result that the food system becomes progressively more industrialized and corporatized, and it is causing significant threats to the national food security.

Overall, our project research mainly concerned with identifying local food sources for fresh food producers. Local food indicates that the food which is locally produces from local farmers. However, accessing local food to be readily available to achieve sustainability, it is a big challenge in the local community. Currently, the food security program should establish a good connection with local food producers and local farmers who offered by the YWCA. It is necessary to increase food sources from local farmers, thus a better cooperative relationship between each other is very important. Due to the YWCA is still looking for more new local farmers for the program; it must have connections in the farmers circle. Thus those local farmers can participate in the food security program via recommended each other for the job. On the other hand, some of the farms are also providing meat productions; as a result, YWCA can get fresh meat from the local farmers, because most of the fresh foods which in the food box are able to produced locally. In addition, the food security program may consider changing the food menu in Collective Kitchens and Come Cook with Us, in order to adapt the local food sources and access local food easily. However, the program directors need to plan it ahead before the implementation, based on the YWCA should always recognize what kind of the foods that the farmers produce in enough quantity. Our research suggests the YWCA may do the cooperative program with some local supermarkets, which intend to integrate as much local products from local producers into their business. It helps to enhance the local economy by new and persistent business cooperative relationships with local farmers, producers and growers. Furthermore, providing some important information about the benefits of eating local will build a healthy relationship and community. Moreover, Time constraints often contribute to food preparation (i.e. produce

ready on time, or cooking time). A resolution towards solving this problem identifies program accountability. This establishes the program viability toward time constraints allowing variable change (i.e. Floods, broken stove, etc).

Besides the recommendation for the local food, food storage would be the other issue faced by the food security program. The YWCA hopes that it can be possible to have their own centrally space to store those products; because it is more convenient to operate all the process for the program, such as farmers' delivery, food packing and food box purchase. However, no matter hiring or purchasing a place for food storage, funding is always a big barrier in the circumstance; because the YWCA has very limited financial support, and has to distribute funding for different programs equally. Funding for systems relies heavily on government expenditures. Additional funding could be provided by community based incentives. Since this program is engineered around the Peterborough community, it might be possible to get better program financing by providing a specialized service or good to the public. For instance, to support the research of cancer, yellow ribbons made in a bow are promoted in April to support cancer research. Initial research of the YWCA has allowed us to obtain information about food security systems available to the community. The YWCA may try to ask for help from the local governments and business enterprise; in order to be beneficial to those that really need assistance in the community.

The following provides specific recommendations within each of the three programs being discussed in this project:

➤ **Recommendations for JustFood Program**

The Just Food Program focuses on providing and promoting healthy eating habits in Peterborough city and county. The program identifies a food buying initiative where food selection and packing is centralized focusing on purchasing, distributing and promoting nourishing food. This program provides a variety of social issues influencing community networking. However, applications to improve this program are available. One of the initial concerns of this program is transportation. Addressing this problem signifies a use of delivery programs. This initiative will ultimately deliver food boxes to people at their homes who have limited access to transportation. Another issues associated with Transportation is the produce from farmers being brought to packing locations. The inconvenience of traveling at specific times and driving long distances is detrimental to farmers. To resolve this problem, drivers from the YWCA can pick up the produce dependant on regional location. In assessing two recommendations it becomes viable for the program to pick up and deliver food. The food not used from last week will ultimately be frozen and given to the driver the week after to put in boxes that do not have that item.

### ➤ **Recommendations for Come Cook with Us**

The majority of participants taking part of this program are single mothers who are interested in learning how to cook healthy foods for themselves and their children. This introduces two major barriers of this program as being childcare and transportation. The solution to this problem could involve the Come Cook with Us program establishing a group of nannies (babysitters) or “daycare” to look after the kids while parents cook; possibly on a volunteer basis. For example, high school students who require forty hours

of community service or Trent students trying to gain experience for teachers college. Also, perhaps these volunteers could bring home leftovers or eat with the group as a “perk” of the job. Children have attended the classes in the past. For example, the June 22<sup>nd</sup> Facilitator report states under “group characteristics” that single moms and their children attended. However, maybe formatting the class to make it more kid friendly and including older youth on a more regular basis would help as well. In regards to transportation, organizing car pools and/or ensuring that the kitchen is on a bus route is not only environmentally friendly but very helpful to participants.

Another recommendation is the issue of ensuring sustainable purchasing practices within this program which was mentioned in the barriers and limitations section. Constructing or gaining access to a storage facility would help in overcoming this barrier. Freezing, canning and pickling would ensure that the food remained edible and allow facilitators to purchase what the program required for a few days rather than having to shop every day. Although this is more initial work, this would free up the time that was spent grocery shopping thus leaving more room for other tasks in the long run. However, the cost of local food is still a problem. In addition to the discount, Price Chopper is able to sell their produce at lower prices than local farmers can offer. If it’s possible, it would be great if Come Cook with Us was able to give out tax receipts to farmers that sold their produce for program use at a discounted rate, thus allow farmers to get a tax deduction. This is similar to what organizations such as Amity Goodwill offer. People who donate clothing get a tax receipt stating the amount which they donated and are able to deduct a certain amount from their taxes.

As was also mentioned in the barriers and limitations, the option of community gardens could be further explored. A lot of work has been going towards developing the Trent University gardens. However, because it is on University property, they are not able to sell their produce to outside sources for a profit. Establishing a working relationship with them would be extremely beneficial for the Come Cook with Us program. Although the Trent gardens would not be able to provide on a scale for JustFood, it may be an excellent source of ingredients for Come Cook with Us.

As was explained in the barriers and limitations section, it is obvious that this program was not being utilized by the community to its full potential. Peter McCarthy said that advertising mechanisms such as radio, websites, flyers and posters were used; it would be great if more could be done to let the community know about this program. For example, although radio advertisements about the YWCA are common, perhaps have announcements more specifically aimed towards discussing one program, such as Come Cook with Us, so as not to overwhelm people with information. Many students at Sir Sanford Fleming College and Trent University would love to take part; not only because it's a great cause but for financial reasons as well. Although posters are put up at these locations, it would be great if a representative(s) from the YWCA or the health unit could talk to classes, give out information about the program and answer questions. Furthermore, even though large events are difficult and often expensive to organize, a big "information day" for Peterborough city and county would really get the word out into the community and give people the know-how to access these programs. Drop-in programs already exist, but designating one specific day, such as a Saturday, where classes are running all day long could be very effective. Therefore, community members

would be able to drop in, participate in a class, try the food, pick up information and socialize. The key is allowing people to see the extensive benefits of the Come Cook with Us program, such as a chance to develop cooking skills, expand knowledge on healthy eating and getting more involved with one's community.

### ➤ **Recommendation for Collective Kitchens**

The Collective Kitchen Program is similar to the Come Cook with Us program, however in the collective kitchen groups of people get together to share recipes and cooking ideas on a low budget. In this class, students often make servings to take home and share with their families and keep in storage. One of the main recommendations that can be used to resolve Collective Kitchen problems is better integration of localized foods. For instance, because the Collective kitchen cooks in bulk servings, it is economical to buy whole sale compared to individual items. Buying localized foods whole sale is less costly than buying individual portions at the grocery store. Another recommendation that could be made for Collective Kitchen is the aspect of education. Most of the people participating in Collective Kitchen programs know how to cook, it would be beneficial if they could take time and teach children how to cook simple foods and foods at home.

These three programs are established throughout this paper that continue to be important to community connectedness determining the need for further program development to establish the most sufficient way to provide local farmers with substantial influence in community food security. They establish the idea of providing food security within a localized setting dependent upon localized foods and community connectivity.



The articulation of community food security continues to need a more localized food base. The best way to alleviate farmer pressures would be to designate specialized production and shared it allowing farmers to maintain food quotas year round. The farms can share responsibilities of food production for programs; smaller farms will be able to participate in meeting food demand, enabling larger farms to produce smaller quantities to sustain winter quotas.

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