

YWCA
253

Community Garden Newsletter

&

The Food Box

By: Lisa Wilson
WMST 4951
Canadian Feminist Organizing

For: TCCBE

Date: April 9, 2001

The YWCA of Peterborough, Victoria and Haliburton exists to support the right of all women and their families to live free from violence, poverty and oppression.



YWCA
of Peterborough
Victoria & Haliburton

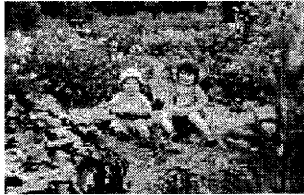
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WHAT WE DO

HOW YOU CAN HELP

OUR BELIEFS

WHAT'S NEW



[What we do](#)

COMMUNITY GARDENS

Community gardens are not just about gardening, they are also about community building.

What is it?

A Community Garden is a cooperative venture in which families, groups or individuals get together to grow their own vegetables, fruits, herbs, and flowers on public or private land.

Who can become involved

Anyone! Seniors, students, single people, families and couples, experts or beginners!

How does it work?

- Community Gardens can be organized in many different ways.
- A group can collectively work and harvest one large plot, or the land can be divided up into individual garden plots.

What are the costs involved?

The cost of becoming involved in a Community Garden varies. Most plots can be rented starting at \$5.00 and up for a plot. To cut down on costs, a plot can be shared.

Roles & Responsibilities

- All members are expected to share garden responsibilities, such as: removal of rock, spreading of compost, and manure and attend set garden meetings.
- Members must keep plots free of weeds and remove large plants such as corn as soon as it is no longer producing food.

Benefits of being involved in a Community Garden

- Participants save a lot of money by growing their own fresh and nutritious produce,
 - Improves individual's health and nutrition
 - Beautifies the environment
 - Fosters individual cultural pride
 - Connects people to the earth
 - Provides feelings of accomplishment and happiness
 - Helps people get involved with their community

Gardens serve as a source of:

- Leisure
- Exercise
- Relaxation
- A place to meet new friends
- A place gardeners can reconnect with nature

• How you can help

- We need:
 - Seeds
- Garden tools (shovels, wheel barrows, garden hoes, rakes etc.)
- Garden sheds
- Seedlings and someone to start plants
 - Composters
 - Straw
- Volunteers to partner with gardeners
 - Fencing
 - Mulch
- Garden books and other resources
- 1/2 ton truck
- Canadian Tire money

If you are interested in being involved in a community garden, or starting your own, Please call: Shirley Bell, at the YWCA
743-3526

FOOD BOX VIDEO

I became familiar with YWCA's food action programs through my College placement. There I worked within the community development department, specifically the Food Action program and the Neighborhood Action program.

Some of my duties as a food action worker included: securing donations from seed companies for Grow-A-Row, working with the Health Unit in the Hearts Alive campaign and creating and developing pamphlets for the food box.

I participated in the potlucks where participants talked about ideas and what they expected from this program. It is from this previous experience at the YWCA that I have a passion for this program and wanted a way of assisting in getting the program to as many people as we can. I am a firm believer in "a picture is worth a thousand words" and feel that the video shows the human aspect of the battle against hunger and poverty. I feel this video project captures the essence of the Food Box Program by showing the actual step by step process, and the involvement of participants and volunteers.

The program was started when three women attended a workshop in June 1995. They took the basic idea from a program in Toronto and changed it to meet their community's needs. The first Food Box was ready in August 1995. The original group members, in partnership with the YWCA, now play an active role in getting other groups organized in the city.

The main idea behind this program is away to save money on groceries, getting more for less. Secondary goals involve, building skills such as marketing, planning, and time management, meeting new people, and helping in your own community.

An individual or family joins a group closest to where they live. Each member pays their \$11 and receives a receipt. This money goes into "the pot" at the beginning of the month. We've recently formed a partnership with No Frills where they provide a staff person, packing boxes and a room at the back of the store one day per month for us to go in and put the food boxes together. Members of the group take turns helping to pack the food box at No Frills. The box is available one week before the end of the month when it seems both food and money are running short. The box is based on feeding a family of 4 for one week.

The Process

I volunteered to assist with the packing of the October food box, and it was during this semester at school that I was taking a course in film editing with Stephen Regoczei in his Computer Studies 496h class, that I decided to film.

Even though I didn't have an idea of the finished product, I would suggest that prior to filming you should have an idea of the purpose of the video. It is also a good idea to decide on the approximate length of the finished video. This will help save time further on when doing the editing and useless footage to wade through.

Other decisions on the hardware need to be done prior to filming. If you need movement then you need to ensure that your batteries are fully charged. The acoustics at the location is very important, and a boom microphone may be needed. I found this out the hard way after I finished and was in the editing room, I noticed an important audio piece was muffled and that forced me to do a voice over. This meant I had to arrange with one of the Food Box staff to repeat and add their voice to the video. It cost both of us precious time.

After arriving at the location (mine was at the Administrative Building on Simcoe Street) I told the volunteers of my plans to videotape and asked them for their permission. (It would be a good idea to carry written releases for them to sign.) For those that did not want to be in the video, I used extra caution when taping to ensure that they were not in any scenes. If they were then the footage would not be used. Respect the wishes of the participants.

I believe it is important to get shots through different angles. This simple aspect allows for a fuller understanding of the event and a way to express your self and project different emotions and feelings. It also will assist in keeping the audience interested in the video. I found it hard at first to just video tape whatever, because I wanted it to run smoothly. To tell the story of how the food box program works. I had to push this "organized method" out of the way and focus on what was happening at the present, not the future because I had control over the editing.

After the raw footage is finished I would recommend that a short time period evolve before the first viewing. A period of two to three days should be sufficient. This allows for you to gain perspective on the of the actual day's events. A viewing of the footage should be followed by another period of time so that ideas of a finished product may develop. Two or three days is enough time before reviewing the footage, taking note of the ideas forming working towards a finished product when viewing the footage. Some people use storyboards or even write out what they want to use. This is an important aspect as this is the first stage of editing. This is what I call mental editing.

While waiting in between the different viewing of the footage, it is a good idea to make an appointment with the Audio Visual department at Trent for an editing room. They usually will allow you to book for four hours at a time, so you want to be prepared as much as you can to familiarize yourself with the raw footage before entering the editing room. If you are unfamiliar with the equipment, the IMAC and Imovie than it will be your responsibility to have an AV technician to assist you. If you are inexperienced with this type of equipment, it can be very intimidating being left alone to use the rather expensive equipment.

Editing

The editing aspect of the project is rewarding and frustrating. If you are not careful and prepared with ideas than your time can be sucked away very quickly. In my Computer Studies class, Professor Recgozei revealed that one-minute of edited tape is equal to one hour in the editing room. It is my experience to concur with Professor Recgozei. The only thing I would add is that the time spent in the editing room seems to fly by. For me, it felt like one hour was one minute because I got totally immersed in the process. I believe it is here where a potential film editor discovers whether they have a love for the work, because being in a little dark room with no windows watching the same piece of film over and over, having the IMAC freeze repeatedly, may leave one a little stressed.

Even through all the frustration and moments of near disaster (the IMAC freezing before I saved 3 hours of work) I fed off of the creativity this produced from me. This creative outlet gave me the opportunity of creating a tool, a piece of work, a memory, and maybe even a statement. I am excited at the prospects that an agency like the YWCA may this video to show others the many programs they offer. Those others may include outside agencies, businesses, volunteers and possible participants.

After familiarizing yourself with the equipment in the editing room, it is now time to do the actual transferring of raw footage into the computer for later editing. This is where all the hard work of viewing and reviewing the raw footage pays off in saving some time, because by now you should have an idea of where this is taking you and are only transferring the relative footage. This part too can be rather general, as the detail work will be coming soon.

After the decision has been confirmed on what the video will be used for and how long it will be the transferring of footage should be easier. It was here that I noticed that part of my audio was overrun with outside noises. This forced me to realize that I should have planned for unexpected occurrences. What I had to do here was shoot some additional footage that I would later use after I extracted the original audio from the video. I felt that an explanation and description of how the Food Box Program worked would be beneficial. I arranged with one of the Food Action workers to shoot this additional footage and discussed why I wanted it.

I felt that music decides the ambiance and choosing the right type of music should be as important as choosing the best footage. The music helps to convey the message, so choose wisely. You also have to choose where you will put it in the video. You will then need to extract the original audio and time and link the audio to the visual making it all run smoothly. The music and the video should work together not fight each other for attention of the viewer.

The second last stage is adding the opening titles and any other written parts. This includes the closing credits including any musical artists you may have used, those that participated and any organizations that assisted you with the making of the video.

I would suggest approaching a musically inclined friend to write music for the video. This will save a lot of legal hassles in the future.

The final stage is transferring the digital file to a VHS tape for viewing. The reason for a VHF tape is that most people have one as it is the most commonly used form of viewing videos.

The decision to what footage to use comes down to a person's creativity and what they wanted to convey. In this video I wanted to convey to those outside of the YWCA that this is an important program. That the issues involving food security effects everyone, and this is one way an agency is trying to assist in helping people get food. This feminist agency has organized a food action program to assist those in the margins, particularly women and children who are the highest rate when it comes to poverty. In a country where food should be plentiful, there are many that go without nutritious meals. In fact they go without any food, for the reality for them is that they usually do not know when their next meal will be.

I wanted the video to show that everyone, from the executive director of the YWCA to the volunteers who help to the participants who work to pack and be involved with the program are affected by the issue of food security. I wanted to convey the human component of this horrifying issue while dispelling the stigmas attached to those living in poverty. I wanted the video to show that by volunteering in the Food Box program isn't work but a way to build friendships and have fun. I hope this video motivates others into volunteering their time and if not that then in helping people realize that food security isn't just *their* problem but it is everyone.

Community Garden Newsletter

I have over the past few years have volunteered some of my time in the community garden program. I have dug out rocks, glass, and other debris from garden sites. I have weeded and have tilled. I am enthusiastic about the potential of this program that I wanted to offer a way for the gardeners to build on their unity, not just within their own garden network but with the other gardeners in the program. That is why I jumped at the chance to be a part of creating a communication tool to do this – the community garden newsletter.

It is my understanding that the YWCA has been involved with community gardens for 8 years. There are fourteen gardens in Peterborough, eight of which the YWCA has assisted with support. This is a program in which the public seems to have embraced, due to the requests for starting new gardens. There have been five requests since the spring of 1998 for community gardens in new neighborhoods.

Community gardens can be organized in different ways. A group can collectively work together and harvest one large plot, or the land can be divided into equally sized individual plots. The latter seems to be the popular choice.

When a request for starting a new garden is brought forth, the community garden staff will try to find a location that is close by to where the people asking for the garden live. They will contact the landowners of a potential site to ask to use the land for a garden. Having a water source close to the site is another important aspect in deciding where to start a garden. If the first two parts are done then the YWCA staff will talk to the surrounding community to make sure that there is community support for a community garden in their neighborhood. Then if everything is fine up to this point, there is still the need of enough people interested in participating to warrant a garden. Usually a garden should accommodate ten individuals or ten families.

Moving on to the next step an excavator is brought in to lift the sod. Topsoil, compost and manure are brought in, rocks are removed and the garden gets tilled. The plots are then divided and roped off and regular meetings are held to assist with any obstacles and barriers the gardeners may face, or a chance to share the positives with one another.

I believe in the value a community garden offers to the participants. Participants can learn how to produce, cook and preserve their own food. The foods they harvest are free from pesticides and harmful chemicals, and allow for nutritious food year round. Community Gardens helps to reduce isolation, is a great form of relaxation and is a marvelous means to exercise. It's a great way to be involved with your community and meet new people.

The Process

In December of 2000 I went to the TCCBE and got information of this project. I called the organization and arranged to see the coordinator Joelle Favreau to talk about the project.

On January 18, 2001 I met with Joelle to go over the required paperwork from TCCBE and talk more specifically about my duties. We both agreed to communicate through email if there was a problem whereas an appointment to meet would be set up.

I went to the YWCA to discuss the newsletter with the community garden staff. We discussed the nature of the newsletter and the main purpose of what we all wanted it to be. This is when I found out some of the limitations, such as no color. This led to alterations in my thinking as I was picturing beautiful colored pictures of lush green gardens erupting with vegetables. Other information discussed was the size being only four pages and that the Community Garden staff was arranging to have an area and equipment in the Administrative office on Simcoe street available to the community garden participants working on the newsletter. It was here that the task of training the participants with the software came to me. This was a time aspect I didn't consider. After our meeting I picked up some information on the Food Box program and the Community Garden program. This included pamphlets, prior attempts at creating a community garden newsletter and different types of information sheets. Then I read through all the material I had accumulated and started compiling that of importance for my task.

I created a couple of sample newsletter shells to present to the participants at a workshop that would be facilitated by another Trent student, Isabelle and Connie Thompson a Community Development staff. There was to be a series of workshops working on barriers and obstacles and ways to communicate, which is what the newsletter is all about. I presented the newsletter project and received seven interested participants who will become the newsletter committee.

Due to unforeseen problems with time, I was unable to meet with the committee to discuss the contents of the actual first newsletter. Time was a factor for me as I thought I had it well under control but in fact I did not. The other student I was waiting for became involved with other issues involving the university and the workshops were postponed. This meant that presenting to the participants was also postponed. I used this time to gather potential material for the newsletter. This included graphics, researching other gardens on the Web and scanning pictures and photos.

I tried to arrange to meet with the committee two weeks prior to the presentation date but was unsuccessful due to the participants having made other arrangements. Silly me forgot it was March Break. Since my time was running out quickly I decided to create a prototype of the newsletter to present to the class for the given time line. This prototype was designed with my ideas only, and as a community garden newsletter, the community representatives need to have the final say on the content. Nevertheless, I will continue with my commitment to this project until my duties have been completed. Through my discussion Connie, there were a few required items. That included the YWCA logo, the United Way logo, space for the other food action program updates and a coming events

space. Following those guidelines I designed the newsletter prototype to be presented on March 26, 2001. I have learned that time has no master and I need to be better prepared for unexpected occurrences.

The items I still need to complete involve meeting with the newsletter committee and facilitating discussion of content in the newsletter. I will then assist in training them with the software while they construct the newsletter.

Appendix

What is a YWCA?

Each local YWCA is an autonomous community-based nongovernmental organization. As a non-profit membership association, each YWCA is run by and for women of the community and their families.

Local YWCAs are affiliated to the national YWCA of their country. The World YWCA unites and coordinates 95 affiliated national associations.

What do YWCAs do?

YWCA programmes and services vary according to the needs of the women in the community. YWCA work can include leadership training, hostels for young women in need of housing, income-generating projects, health programmes, shelters for victims of violence, vocational skills training, development projects, and organizing to promote women's rights. YWCA programmes for families include pre-schools, day and afterschool care, and activities for older people.

Where are the YWCAs and how can I become a member?

YWCA work is going on in over 100 countries. To become a member, write to the national YWCA in your country and ask for the address of the nearest local branch. If there is no YWCA in your area and you would like to start one, contact your national YWCA. If there is no YWCA in your country.

Reference (<http://www.ywcanada.ca/>)

YWCA

These beliefs guide every decision we make about the best ways to help women in our communities

Accessibility

The YWCA is committed to being inclusive, accessible and welcoming to all people who may wish to participate in our work, our programs and our services.

Accountability

We believe our YWCA is accountable to all our stakeholders for the quality, relevance and accessibility of our programs and services, for responsible management of human and financial resources, and for acting on our vision statement and values to achieve our desired outcomes.

Anti-oppression

The YWCA believes that everyone has the right to live and work in an environment free of demeaning comments and actions based on ableism, ageism, homophobia, racism or sexism. We believe that the abuse of power is at the root of all oppression and that oppression is an attack on our individual and collective humanity. The YWCA is committed to an active anti-oppression process of identifying and eliminating oppression by changing systems, organizational structures, policies, practices, attitudes and individual behaviour and by encouraging the equitable use of power. Anti-racism is an essential focus of anti-oppression work.

Choice

The YWCA respects the right and responsibility of women to make choices regarding the conduct of their lives. In order to make informed decisions, women may need access to information, support and advocacy. We want women to have real choices and we want to eliminate unjust or inequitable consequences for choices they may make.

Community-mindedness

The YWCA is part of the community; locally and globally. We believe in the growth of healthy communities and we believe in working in partnerships to achieve community goals.

Feminism

The YWCA believes in the social, political and economic equality of women, men, and children. We are a woman-positive organization that believes in the advancement of this equality through the gathering and the actions of women. We believe there is a continuum of feminist thought and action and that each of us has a place on the continuum. When working for the equality of women, we work for the equality of all.

Leadership

The YWCA works with women, for women and from women's experience, perspectives and viewpoints. Our vision of leadership is inclusive, consultative, participatory, consensus-driven and responsive yet proactive and accountable. We believe in women's leadership in shaping an equitable society.

Non-violence

We believe that a community and a world free of violence are attainable goals. We believe that the eradication of violence is a personal, political, local and global responsibility. Violence is not a women's issue - it affects everyone. We recognize that violence may be physical, sexual, mental, emotional, environmental, political, economic and systemic.

Respect

The YWCA believes that we have a fundamental responsibility to create, maintain and promote an environment that will foster the dignity and self esteem of all.

Volunteerism

Volunteers and volunteer leadership are fundamental to the existence of the YWCA. Volunteers bring new perspectives, creativity, skills and energy. Volunteerism offers choices, involvement, and opportunities for growth. Our vision can be attained through the combined efforts of volunteers, staff, clients, participants and communities.

CROSSROADS

Crossroads can help. Have you been..?

hit

hurt

pushed

threatened

called names

Do you feel...?

afraid for yourself

afraid for your children

alone

put down

powerless

depressed

Crossroads is a safe and secure shelter for women with or without children.

It's not your fault

Abuse of women isn't about an argument that got out of hand. It is about the abuser's desire for power and control. Abusers are responsible for their own behaviour.

You are not alone

1 in 4 women are experiencing violence by a current or past intimate partner.

1 in 5 men living with a woman admits to using violence against her.

Assault of women occurs throughout our society. It happens in all economic, social, racial, ethnic and age groups.

Abuse of women is not new, it has been around for centuries.

You have a right to live free from fear and free from violence.

Crossroads offers...

A safe place to stay for you and your children.

Confidential 24 hour crisis and support counselling by phone in the shelter.

Transportation to the shelter.

Food and clothing for you and your children.

Help finding community resources and supports.

Supportive counsellors who care and will listen to you.

A children's program.

Legal and court support and information about your rights.

Do you want someone to talk to or a safe place to stay because you are being abused or threatened? Call Crossroads 743-4135 (TTY) or 743-8922 (TTY) 1-800-461-7656 (TTY) (this is a free call) These numbers will not appear on your phone bill and we do not have call display.

We want our services to meet your needs. Do you have a suggestion, special request or difficulty with our service? We want to know! Please call a shelter supervisor at 743-4015 (TTY) or 743-3526.

Frequently Asked Questions about YWCA Crossroads

Do I have to move to Crossroads to get help?

NO! You can get help from Crossroads counsellors in many ways. You can call the crisis line - even if you are not in crisis - to get support and information. You can come to Crossroads to see what it is like before you make a decision to move in. You can make appointments to talk with a counsellor either at Crossroads or at another location. You can take part in an eight week support group for women which we run twice a year.

What is the cost of Crossroads?

The cost for most women is free. If you are over a certain income level, you may be asked to pay a small fee.

How long can I stay?

The average length of stay at Crossroads is 3 weeks. Some women stay longer, some stay for only a few nights. It is up to you, in consultation with the Crossroads counsellors.

Can I bring my children?

Yes! Children are welcome.

Is there a curfew?

Not for adult women. If you are between 16 and 18 years old (not staying with a parent, but staying on your own) there is an 11 pm curfew, and no overnights away from the shelter are allowed. Women over the age of 18 have no curfew. We recommend no more than 2 overnights away from the shelter per week.

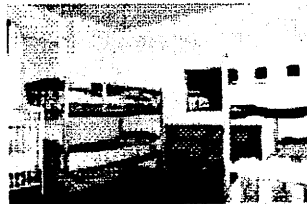
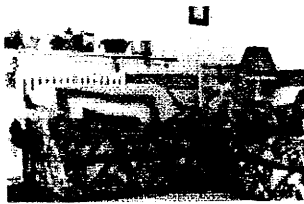
What about communal living?

Crossroads is a communal living space. That means that you share the house with other women and their children. You almost always have your own room, which you share with your children. We make our meals together and eat together. The living room is shared space, and light housekeeping duties are also shared responsibility.

What if I'm not in a crisis but I feel my relationship is not positive at all?

Call us - we're here to listen!

Inside Crossroads I



Volume 1, Issue 1

Marrch 26, 2001

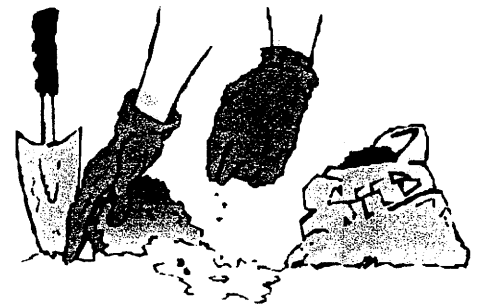


Community Gardens

Community Garden's Newsletter

Welcome to the first Community Garden Newsletter.

This newsletter is a way for all the participants in the community garden program to communicate with each other by sharing ideas and tips about gardening. It will offer a place to discuss and possibly brainstorm about overcoming various obstacles faced by gardeners in a community garden setting. It will most importantly, assist in uniting the community gardening participants with each other.



This newsletter will be running during the prime gardening season (April until September) and we are hoping to be able to supply a newsletter every month. If we are unable to do this then our goal is every other month.

In the past we have worked the land to grow fresh vegetables, now in the present we will work the words to grow a newsletter to communicate with each other and share the joy and love of gardening.

The Newly Developed Newsletter Committee

The gardeners listed below have volunteered their time and skills to work together on the newsletter.

Faye Chaddock	Lake Street Garden
Elaine Smith	Crawford Drive Garden
Doris Faux	Crawford Drive Garden

Sandra Busby	Gardenless Gardener
Miriam	Armour Road Garden
Julia Melhuish	Armour Road Garden
Mary Witalis	Centennial Garden

Special points of interest:

- What Is the Newsletter About?
- Ask the Expert Gardener
- Garden Spotlight
- Happy Thoughts & Jokes
- Other Food Programs
- Coming Events

Inside this issue:

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A Funny Thing Happened On The Way To The Compost	2
Other Food Action Programs:	3
Gleaning Food Box	

Garden Spotlight

The Armour Road garden is located in its beautiful natural setting by the Otonabee river

The Armour Road garden is located on the Peterborough Utility Commission land. This beautiful natural setting is located between the bike path and the Otonabee river.

Keeping with the natural feeling, the gardeners at the Armour Road garden use the river as their water source for their gardens.

They manually pump water from the river and fill rain barrels which then is used to water each of the eight 6' x 12' plots.



Armour Road Garden

Gardening requires lots of water - most of it in the form of perspiration.
- Lou Erickson

A Funny Thing Happened On My Way To The Manure Pile...

A weed is a plant that has mastered every survival skill except for learning how to grow in rows.

- Doug Larson

As is the gardener so is the garden.

I think, therefore I Yam.

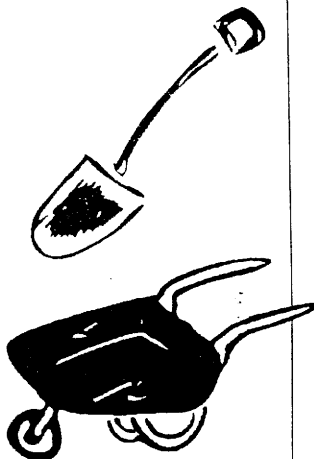
- Ratbert

What did the carrot say to the wheat?
Lettuce rest, I'm feeling beet.

- Shel Silverstein

Why did the tomato turn red?
Because it saw the salad dressing.

What runs but never gets tired?
Water.



Other YWCA Food Action Programs

Food Box

A box of food consisting of a variety of items. For example a box may include: eggs, pasta, bread, margarine, 10lb. potatoes, carrots, onions, fruit, juice, meat, milk, cheese etc.

Sounds good! How does it work?

An individual or family joins a group closest to where they live. Each member pays their \$20 and receives a receipt. This money goes into "the pot" at the beginning of the month. We've recently formed a partnership

with No Frills where they provide a staff person, packing boxes and a room at the back of the store one day per month for us to go in and put the food boxes together. Members of the group take turns helping to pack the food box at No Frills. The box is available one week before the end of the month when it seems both food and money are running short. The box is based on feeding a family of 4 for one week. *Some groups will deliver the food box for a very low fee.

Gleaning

How Does the Gleaning Project Work?

When the farmer has extra produce, he/she phones the YWCA. The YWCA rents a bus and transports the people who need fresh produce to the farm. Gleaning happens at a date/time that is convenient to the farmer. YWCA and Peterborough County-City Health Unit staff accompany gleaners on each trip. No extra work is added to the farmer's

busy day. Participants provide their own containers. A drink, hat and sunscreen are recommended. The Gleaning project is open to all persons struggling financially, and is for personal use. Children under 18 must be accompanied by a parent or adult.

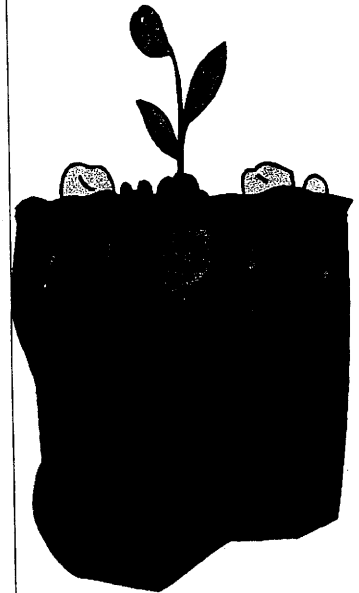
Does the program really make a difference?

"Last year, local farmers donated \$18,000 worth of produce to the gleaning project."

Grow-A-Row

Veggies for all!
Plant an extra row of carrots, potatoes, beans, tomatoes or turnips for food programs in Peterborough.
Drop produce off at:
Brock Mission
271 Brock Street
Monday-Saturday (8:00 am - 11:00 am)
Phone: 748-4766

Peterborough Native Friendship Centre
Monday, Wednesday, Friday (9:00 am - 12:00 noon)
Phone: 876-8195



Laughter is brightest, in the place where the food is.

- Irish proverb



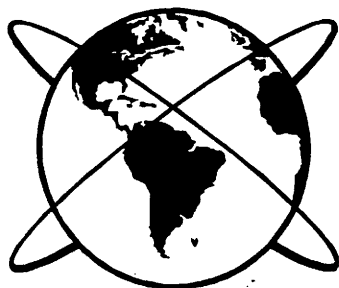
YWCA

216 Simcoe Street
Peterborough, Ontario
K9H 2H7

Phone: 705-743-3526
Fax: 705-745-4654
TTY: 705-743-4015
Email: xyz@microsoft.com



We're On the Web
Www.
ywcapeterborough.org



Ask The Expert

Trellising Tomato Plants

Trellising can be creative and attractive, but it can also be a lot of work.

Advantages of Trellising:

- * Trellises require little space, and tomatoes can be planted closer together.
- * The fruit ripens earlier.

Disadvantages of Trellising:

- * It's necessary to build a support system, using slats of wood, wire-mesh fencing, pipes or poles and wire.
- * You'll spend more time pruning and training the plants - at least some time each week.
- * You'll harvest fewer tomatoes per plant because some pruning will be necessary.
- * Trellised tomatoes are more susceptible to sun-scald because they get less shade from leafy growth.

How to Trellis

A good trellising system uses four-foot stakes placed at five-foot intervals down the row with three wires running horizontally a foot apart between them.

As the tomatoes start to grow, train them so their branches interweave around and through the wires. Train two to three main stems per plant, and keep all the other side shoots picked off. (These shoots, which sprout from the crotch where the branches grow from the main stem, are called "suckers.") Tie some of the stems to the wires for extra support.

When the tallest branch grows beyond the top wire, cut it off. This stops the branch from growing any higher. If it grows too far over the upper wire, it will break off anyway.

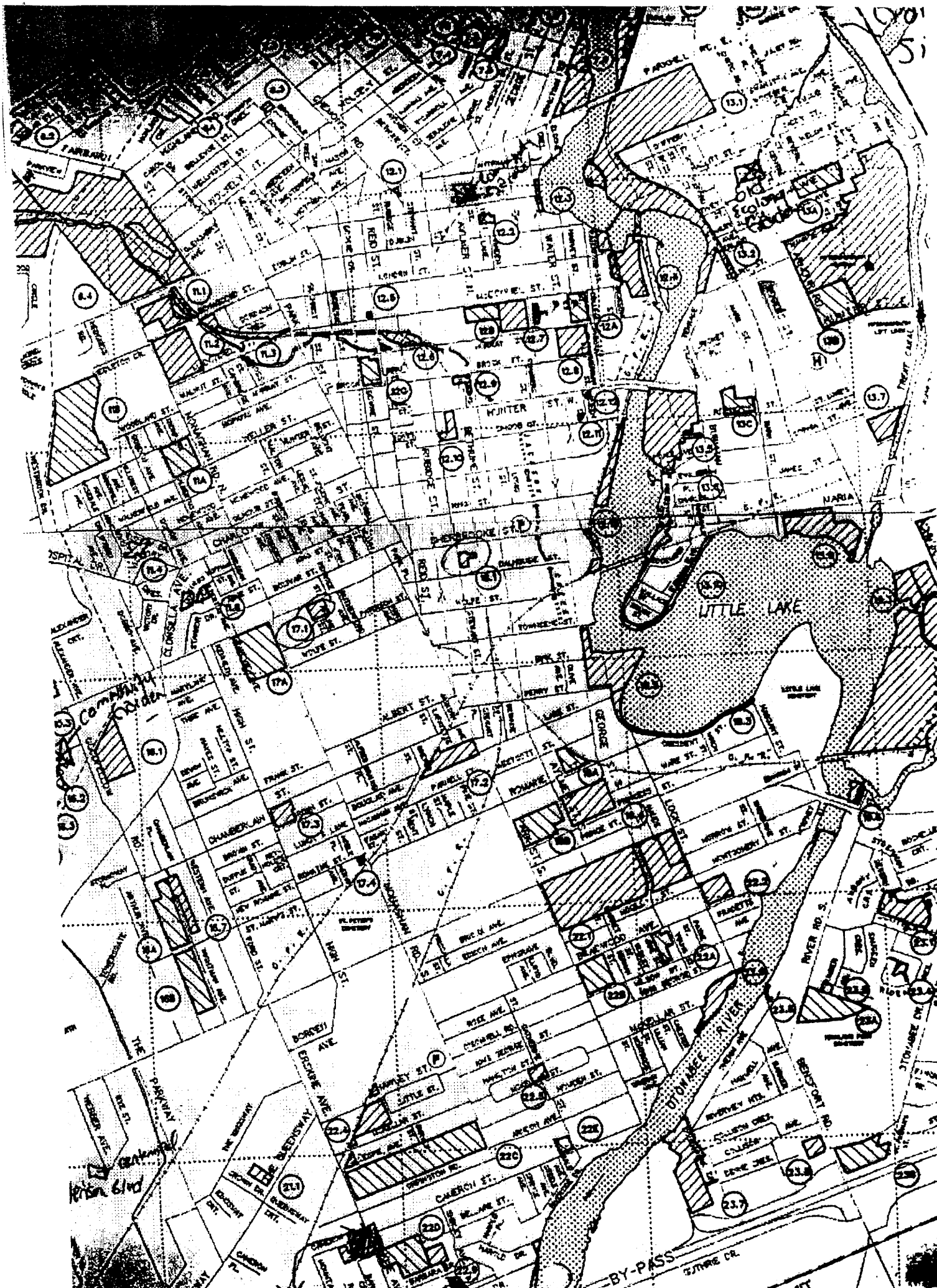
Coming Events

Gardeners stay tuned for a variety of upcoming gardening workshops, such as:

Organic Pesticide Making

Crop Rotation and Companion
Planting

Herb Gardening



Nourishing Seeds of Change: A Profile of Food Security Work in Peterborough Prepared by Kim Swartz, Intern for OPHA Building Bridges and Ryerson Centre for Studies in Food Security, Summer 1999.

A History of Flourishing Partnerships:

Food issues have been bringing people together in Peterborough for nearly a decade. In 1990, the Anti-Poverty Steering Committee (APSC) conducted a community needs assessment and engaged in a community consultation process to identify the most pressing issues facing the Peterborough community. Hunger and poverty were quickly singled-out as areas of high priority, and the Peterborough Social Planning Council's first "Report on Hunger" (1990) confirmed the need for widespread coordinated efforts to address the fundamental causes of food insecurity.

In 1996-97, two studies on hunger and food security issues were conducted in Peterborough. In December 1996, the Social Planning Council released a report on hunger among people living on low incomes who were using the services of two agencies in Peterborough. This report explored the reasons for hunger, as well as the way people were coping with this problem. In November 1997, the Peterborough County-City Health Unit released the results of a study that determined the prevalence of hunger among low-income residents of the City of Peterborough and Peterborough County. These reports provide strong evidence that Peterborough residents living in poverty are experiencing serious difficulties in affording food. The initial study brought the issue of hunger to the eyes of politicians who requested that the Board of Health conduct a comprehensive Hunger prevalence Study in Peterborough County. The report mobilized new interest in food security, as well as new sectors to the discussion table including the corporate sector, faith community members and politicians. A few critical developments were influenced by this research. The Board of Health, District Health Council and the Social Planning Council adopted food policy resolutions. The City of Peterborough created a Mayor's Committee on Social Policy Initiatives to address pressing social policy issues, including employment, housing and welfare program implementation.

While food action programs were previously supported by health promotion seed grants only, the evidence provided by local community-based research and previous coalition building convinced the Board of Health of the importance of supporting food-related initiatives. The Peterborough County-City Health Unit and the YWCA reorganized staff and dedicated permanent part-time community health

food workers to provide support for grassroots food action networks. This support is seen as essential to maintaining grassroots activities. However, community members who had been involved in grassroots efforts from the beginning stressed that such support must also include respect for their independence.

Challenges and Opportunities:

Although a high level of community participation has characterized food security efforts in Peterborough, this has not come without growing pains. Working to ensure low-income people's involvement in the extensive coalition building and collaborations that has distinguished food security work in Peterborough has demanded that power and resource differentials be acknowledged and challenged. As one member stated, Respect, listening, building trust, supporting participation?these all require the acknowledgement that certain stakeholders get paid for what they do, while people living on low-incomes are often asked to participate without any consideration given to that?Therefore, it is essential that we work to create an environment that encourages and enables participation.

Recognize equality in all partnerships by sharing resources and valuing the contribution everyone brings to the table, whether they are agency representatives or individuals.

Nurture strong networks of community members, supported by agency staff. Involve people living on low-incomes.

Develop positive relations with the media.

Work from a position that is informed by local research.

Be prepared to be flexible as we are working in a rapidly changing environment.

Recognize the interrelationships of issues and use this information to mobilize a wide variety of sectors.

Related Sources:

Peterborough Social Planning Council. Report on Hunger in Peterborough. December 1996.

Smaller World Communications. Report on the Prevalence of Food Insecurity and Hunger in Peterborough: Final Report. Prepared for: Peterborough County-City Health Unit. October 1997.

Gleaning/Grow-A-Row Program: Final Report. November 1998. Contact: YWCA (705) 743-3526 or Peterborough County-City Health Unit (705) 743-1000.

<http://www.ryerson.ca/~foodsec/foodsec/News/DecBulletin.htm>

KAWARTHA FOOD SHARE ... because no one should go hungry



Four agencies reported that they had to turn people away without food because they ran out; four agencies reported that they had to buy food when they normally would not; four agencies reported that they gave out less food per person because they didn't have enough food available, and one agency noted that a staff collection was taken in order to buy food for the clients.

Why is there Hunger in Peterborough?

What can I do to help?

Poverty is the reason some people are going hungry in Peterborough. Some people go to a food bank for help. Those who face the indignity of having to ask for help from a food bank deserve our respect. Food bank use has doubled in Canada since 1989. Almost half of those dependent on food banks are children. Most hungry people only turn to food banks after budgeting carefully and making sacrifices to feed themselves and their families.

Poverty is caused by:

- * limited job opportunities -- employment in the service sector, which traditionally offers the lowest wages, has increased in the 1990s. Average incomes are lower in Peterborough city and county than the rest of Ontario. About 13% of families and 41% of unattached individuals live at or below the low income cutoffs (as defined by Statistics Canada)
- * high housing costs - 84% of people living on low incomes in the city and county of Peterborough are one cheque away from losing their housing. 35% of people living on low incomes have already experienced homelessness. 44% of people living on low incomes paid more than 50% of their income on shelter.
- * inadequate social assistance benefits -- social assistance benefits in Ontario were cut by 22% in 1995. It is very difficult for people living on low incomes to afford to eat well. Money from the food budget must often be used to help pay the rent, utility bills or other essential items such as soap and clothing.

Local studies found that over half of low income residents (57.4%) can't afford to eat nutritiously. This represents about 12,642 people in Peterborough City and County. Kawartha Food Share distributes donated food through its member agencies -- food banks and food programs. This food reaches over 4,000 individuals monthly in the city and county. Kawartha Food Share also distributes donated food to local breakfast clubs. This helps over 1,200 students daily get a nourishing start to their day.

Points to Chew On!

- * Canada, as a member of the United Nations, has signed an international covenant on human rights that includes the right to an adequate standard of living for all people in Canada.
- * "The responsibility for this problem lies at all levels - the individual, the organization, the municipality, the province and the nation" - Homeless Voices, Toronto Healthy City Office, 1997
- * Food banks were set up to address emergency food needs, not the needs of the chronically deprived. Charitable organizations cannot be expected to meet the long term basic needs for food.
- * "The food bank does not represent a long-term solution to the problem of hunger in our community, rather we see ourselves meeting a crisis situation when government aid to the needy is diminishing." Vancouver Food Bank, 1985

<http://foodshare.kawartha.com/index.html>

wage rate. Property owners often base their rental rates on the number of rooms in a house, on the principle that each individual will pay rent for their room (students), thus substantially increasing revenue from one rental house. Unfortunately, this trend has had a serious impact on average families in need of housing. According to the PSPC report, Ontario works has stipulated that housing for a family of four in Peterborough should cost no more than \$602 per month, yet the average rental rate for a three bedroom house is about \$900. It has been found that on average, low-income families and individuals in Peterborough spend over half (youths, as much as 70%) of their monthly income on rent - far more than they can afford.

Consequently, along with the issues of housing and income insecurity, the results of the PSPC study have also brought to light the subsequent and very serious issue of food insecurity in Peterborough. Another earlier report done by the PSPC, "*Hunger in Peterborough*"; found that food insecurity has increasingly become a serious problem in low-income communities throughout our city. It is a phenomenon that is not highly visible, as people are more likely to use their money to pay their rent or hydro bill than they are to buy groceries. Unfortunately, food often tends to be considered a negotiable luxury towards the end of the month, when funds are generally very limited. Frequently, people will simply go without. In fact, nearly 50% of the respondents from the PSPC report stated that, after paying housing costs and other expenses, they haven't had enough money left over to buy food.

Responding to the unmistakable need in the Peterborough Community, many food securities programs have been initiated by various organizations (see Appendix A). However, despite the emergence of food banks and other food access programs, it is apparent that 'the gap' between food security and insecurity has not yet been bridged. Many people still go hungry in Peterborough (See Appendix B).

II. BACKGROUND AND DESCRIPTION OF THE YWCA FOOD BOX PROGRAM

The Peterborough YWCA Food Box Program was originally initiated by a small, local group of women living in poverty. Following a June 1995 meeting with Lifespin, a community action group from London, Ontario, this small group of Peterborough women (headed by Cindy Lane) began to lay the foundations for the Peterborough YWCA Food Box Program. Two months later (in August of 1995) the first food boxes were packed and distributed.

In March of 1996 the YWCA became involved in the evolution of the Food Box Program. Initially the YWCA's role included supplying staff for support. The YWCA did not originally 'own' the Food Box Program. With no set mandate, the Food Box program slowly matured. Eventually as more funding was needed the YWCA took over the reigns and so the Peterborough YWCA Food Box Program was born. The YWCA's main objective for the program was to provide each participant family with a nutritious box of food towards the end of each month. The YWCA was able to negotiate a deal with a local

grocer (Sobey's) that enabled them to save a certain amount of money on their food purchases. Thus, participant families involved in the program were expected to pay \$20 at the beginning of every month and in turn, receive, at the end of the month when money was tight, a food box full of healthy food with a monetary value of approximately \$25 to \$30 dollars.

By August of 1999 the YWCA was able to subsidize the milk provided in every food box. At this junction, there were approximately seven Food Box communities involved with the average number of food boxes packaged and delivered reaching 43 by September 1999. It was after this point that the number of participants in the YWCA Food Box Program began to increase exponentially.

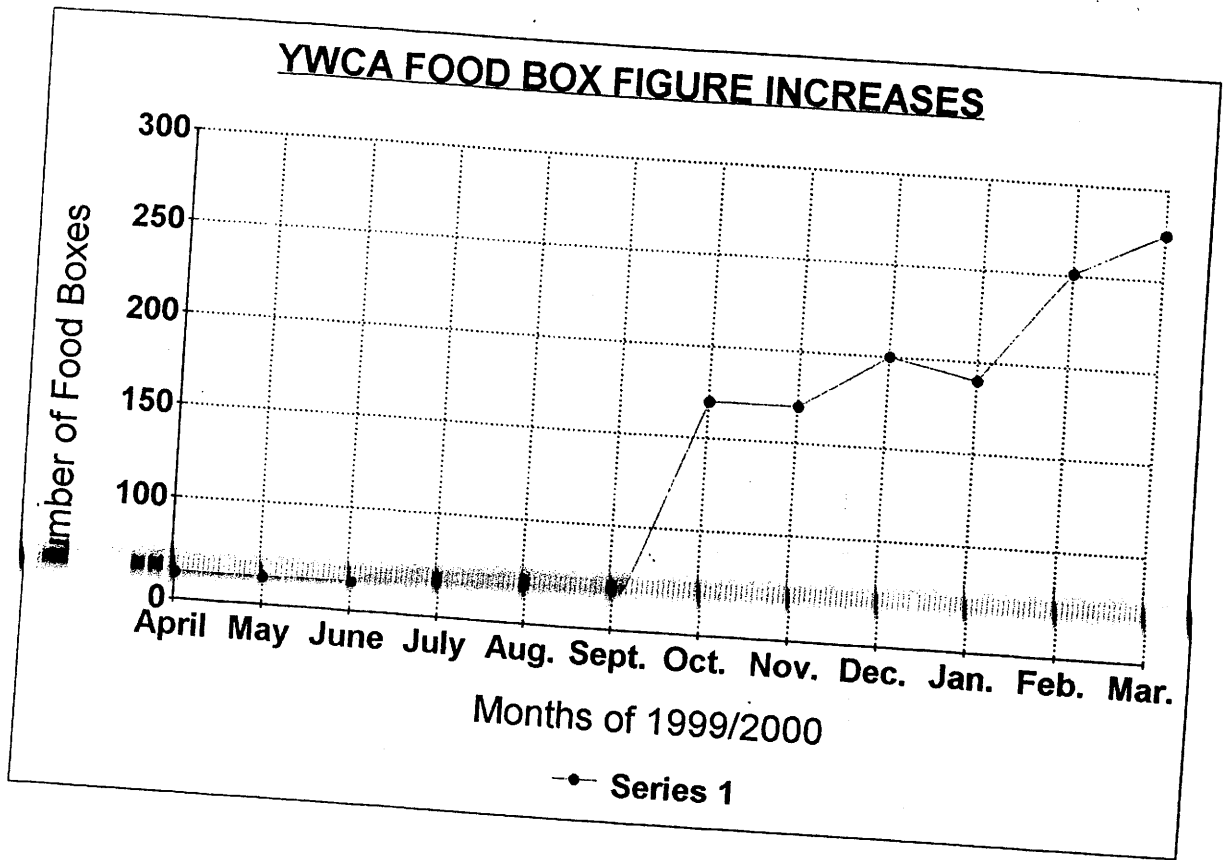
During October 1999 the YWCA received a large grant (\$20,000.00) from the Municipal government. This money which had been redirected from the Federal Government, due to the cut in the child tax credit, was handed over to YWCA. After receiving this lump sum, the YWCA was able to subsidize \$10 of the \$20 Food Box cost. The numbers of food boxes packaged at this point jumped from 43 in September to 170 in October 1999. This increase of nearly 400% has since continued (See Appendix C).

Due to the quick expansion, changes have resulted in various areas of the program. The location for packing was recently relocated to the Morrow Building on Landsdowne Street. This change was desperately needed, as the original packing space in the YWCA building was inadequate. In order to

continue supplying food products of reduced prices, the Food Box Program switched from their original Grocery supplier, Sobey's, to Reid's Dairy, National Grocer, and No Frills. Unlike Sobey's, most of these suppliers deliver to the packing building, which makes preparing the Food Boxes much easier. Another change, which has recently occurred, is the establishment of a new recipient downtown community (Grassroots centre). With the inclusion of this new group as well as the other new participants, the number of volunteers and vehicles needed each month continues to escalate.

Although the YWCA Food Box Program relies heavily on the volunteer work of local individuals, there are many specific responsibilities undertaken by members of the program. The community representatives in collaboration with the YWCA staff members are responsible for selecting the monthly food items, packing the food boxes, supervising the quality control of food products, and delivering the food boxes to each community. Staff member responsibilities include: the purchase of food products from local suppliers, preparing monthly notices, supplying food box recipes, monitoring health safety issues, and controlling the finance.

As a result of the above-mentioned transformations, the composition of the YWCA Food Box Program has changed drastically since its origins beginning in the summer of 1995. The original objective of the program to provide each participant family with a nutritious box of food towards the end of the month remains intact. However, many issues related to the rapid expansion of the YWCA Food Box Program have surfaced.



This chart indicates the drastic increase in the Food Box distribution during the April 1999 to March 2000 period. After the YWCA introduced the \$10 Food Box subsidization in October of 2000, the average number of monthly participants exploded. Between September and March of 2000, approximately two hundred and twenty eight new participant families entered the program. This increase of nearly 500% has initiated many changes within the YWCA Food Box Program.



YWCA

of Peterborough
Victoria & Haliburton

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FOOD BOX PROGRAM FOR MARCH 2001.

We packed 435 food boxes this month.

Once again, this program is designed to help feed people who are struggling financially. If you know of anyone who would benefit from this program please have him or her call Connie or Joan at 743-3526. **Do not give out your contacts name and number to them. Have them call us so that we can give them the program in their area and also give them Information about the program.**

Next months' potluck will be held at the YWCA, 216 Simcoe St. on Wednesday, April 11, 2001 between 6-8p.m. for contacts of each group. If your contact is unable to make it to the meeting, please have another group participant attend if possible.

All participants need to have their \$11 in to their contact by Friday, April 6th, 2001 in order to receive a box in April. The boxes will be packed on Wednesday, April 18th for participant pick-up.

It is the expectation that all participants who have received their food in a plastic bin will return the bin to their contact by the morning of April 17th. At that time a volunteer will drive around to each contact's neighbourhood and pick up all bins to bring back to the Morrow building for packing on April 18th. The contacts will be checking off each participant's name when their bin is returned.

PLEASE RETURN THE BINS, AS THIS IS ONE TIME FUNDING AND THEY WILL NOT BE REPLACED! Thanks for your co-operation in this.

Just as a reminder to everyone, if you wish to purchase a second box it will cost you \$16, so that would be a total of \$27.00 for the two boxes. By purchasing from a wholesaler and a local grocery store, the value of the box is between \$25 -\$30.



Remember to call your contact within one day after receiving your box if you have extra items or are missing something. Also, if there is an item you're not able to use in your box, please exchange it with someone else in your group or give it to someone who could use it. If we've had to substitute an item after this flyer and ingredient list is made up, we'll inform your contact so that they can pass this on to you. Please look for the feed back sheet in this newsletter and return it to your contact before next months box pick up.

Just as a reminder to participants, your contact cannot accept personal cheques, cash only please. Also, it's up to you to get your money in to your contact by the stated date. Some individuals are having difficulty getting the money in to their contact by the due date. The date required for money into contact is as stated in the newsletter, as we need to order the ingredients for the box by the Wednesday after the potluck. Money will not be accepted by the contacts after this date. It is not the responsibility of the contact to deliver your food box to your door, just to their neighbourhood. It is up to you to make arrangements to pick up your box.

Guest speakers, from PCAP (Peterborough Coalition Against Poverty) attended this months food box potluck. This group has voiced some concerns with regard to the use of National Child Tax Benefit money, by the YWCA, being used to subsidize the cost of the food box. They were invited to, and attended a discussion with the food box contact group. As well, the contact group voiced a response to PCAPs concerns. Your viewpoint is important. If you have questions or concerns regarding this meeting or issues pertaining to the meeting, contact your community contact or Joan or Connie at 743-3526. There will be a food box training workshop on May 2nd at the MNR Building and we will use this opportunity to further discuss this issue.

If you find yourself bored on the 3rd Wednesday of the month, do we have the job for you! We can always use extra hands on food box packing day, especially between 8 and 11 a.m. To those of you who already volunteer your time and energy, a heartfelt **"thank you"** for all your help.

ENJOY YOUR FOOD BOX!
Connie and Joan

for the most part.

Though most people are very happy with the foods they receive in their boxes, there is the odd problem with people that have certain food preferences or allergies. In response to individual likes and dislikes in terms of food, some communities have agreed to trade food from their boxes amongst themselves in order to compensate for individual food preferences.

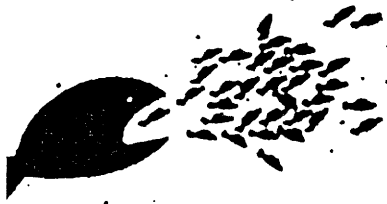
(vi) Funding:

Funding was the main point of concern that we found as we collected our data. The funding for the program is provided through grants from the municipality. The money that is being given out by the municipality used to be the National Child Tax Credit amount that the Federal government added to welfare recipients cheques (approx. \$65/cheque/month on average - depending on the number of children in a family). The Provincial government in Ontario (and Alberta) took this money back and distributed it to municipalities to use for community grants. Thus, not only do people feel uneasy about where the money for this program is coming from (it should have gone directly to the people in need), but because it is an annual grant, the funding isn't exactly sustainable.

The first year, the YWCA was granted \$20,000 by the municipality (they had actually only asked for \$6000). This year, they approximated the amount that they would need each month for the next year in order to continue to subsidize the \$10 for every food box, not including staffing

costs. They asked the municipality for \$40,000 this year. Despite the fact that the response from the municipality was fairly positive, and the staff feels that they will likely get the grant, they now realize that they asked for too little. Though they worked into their projected budget the fact that the number of participants was growing exponentially each month, they still underestimated the number of people that would start subscribing to the program. This month (March), there are 275 participants in the program, this is above the estimated total. Moreover, if this number grows past 300 next month (as it likely will, considering the growth rate over the past few months), they will be beyond their monthly budget.

Essentially, the sustainability of this program, with the food box cost at \$10, is very questionable. The program is entirely reliant on funding grants that could be cut off at any time. Additionally, though the increasing number of participants will obviously plateau at some point, how much longer will this incredible growth rate continue? And will the final number of participants be something that the program can accommodate - especially in terms of funding? The need for food in this city seems to be so great, and this is an excellent program for providing people with access to healthy foods at an affordable price, but funding definitely needs to be secure in order for this program to continue.



P.C.A.P.
VOICE OF THE PEOPLE

No. 3

Mar. 01

Newsletter of
Peterborough Coalition Against Poverty

Note: The Social Service Department will be referred to as the S.S. and welfare workers will be referred to as S.S. workers.

ANNOUNCEMENTS:

1) Beginning in January 2001 all applicants for S.S. were compelled by local delivery agents to sign an agreement allowing a lien to be placed against their homes. The choice to feed our families or sign away our children's' birthright is no choice. Way to guard against more homelessness Mikey!!

2) Beginning in April of 2001 if you apply for S.S. and own your own home, you will have to sign an agreement allowing a lien to be placed on your home. Peterborough will then register the lien. When or if you wish to sell your home at any time in the future the lien will kick in and the municipality will get back whatever they gave you for welfare. Good luck ever getting back on your feet.

3) April 2001, allowable asset levels for those on S.S. are the equivalent of one month's benefit payment plus \$500 per child. Anybody exceeding these asset levels by September 1st, 2001 will no longer be eligible for S.S. payments.

4) Those people who are no longer able to work due to a disability, illness or other reason and receive S.S. payments while waiting for O.D.S.P. will have to pay the S.S. dollars back out of their O.D.S.P. payments.

Under the Ontario Human Rights Code drug addiction is considered a disability. On the other hand during the Mulroney years the Provinces were given the right to use the override clause to void Human Rights.

Troubling News: If you are on S.S. and become

ill, say with pneumonia, and your doctor gives you a letter saying you can't work for 2 months, your S.S. worker can choose to ignore medical evidence and can quite legally send you out on workfare or job searches.

Cindy

Asking for Help a Crime?

Present by-laws against panhandling and squeegeeing have been given "teeth" by the Tories "Safe Streets Act". These laws hark back to the repressive measures of the 1930s when homelessness and poverty were seen as "moral failures", and people with no job or no home were jailed or fined under vagrancy laws. To pass such laws as these makes as much sense as prohibiting charities from soliciting door to door. We note that a decision on legislation restricting panhandling and squeegeeing is due April 30th, 2001. These activities may become illegal. Resist this return to antiquated, unjust laws. We believe the sidewalks are not just a means to shop, but public places owned by the taxpayers and citizens. Yes panhandlers pay taxes. For most people who live downtown the sidewalks are our front yard. We will not give them up to private interest.

Ken

Homelessness

Homelessness is not a choice. Some people believe that people live in shelters or on the street because they choose to. It is wrong to make that kind of judgement. People end up homeless for different reasons. More and more people are becoming homeless because of changes in our social system. Job loss, health problems, family breakdowns are all factors

Democracy and the National Child Tax Benefit

One of the reasons the Second World War was fought by Canada was to preserve our democratic system of government. The 'Universal' child tax benefit was one of the visible instances of the underlying principle of inclusion inherent in a democracy. The same amount of money was distributed to all children, giving all children an equal opportunity to benefit from the money.

Today, the Provincial government confiscates the Federal contribution to the child tax benefit, but only from those on welfare. Welfare recipients are the only Ontarians who have to declare the child tax benefit as income. Instead of fighting for the democratic right of poor women and their children to receive the same benefits allotted by the Federal government to all Canadians, the Y.W.C.A. has gone along with Harris in this theft. The Y.W.C.A. does not speak out publicly against Harris' oppression of poor women and their children. This is wrong, and directly in opposition to one of their own mandated purposes for being. By asking for, and accepting our money the "Y" has allied itself with Mikey. Maybe the 'Y' feels that if they don't take the money it will be lost to the poor for good? Having taken the money and used it to run the Good Food Box, they have chosen to help a few at the expense of thousands of children across Ontario. They have silenced themselves as advocates in the ongoing struggle for equality fought by poor women in Canada.

Did you lose only \$15 of your N.C.T.B?

If the 'Y' believes that poverty is a serious problem for women in Canada and wants to help, they would take a strong and public stand against the theft of the N.C.T.B. Stealing is wrong. The 'Y' has accepted stolen money from the Harris government. Any excuse offered by them is undefendable. They have told Harris that it is okay to steal from the poor. They will participate by using the stolen money to pad their programs. By inviting us as poor women to partake in this program they set us up against each other at a time when all poor people need desperately to unite in our own defence.

Those who are not a part of their program silently go without their \$15 (in food) portion of the National Child Tax credit. The Peterborough Coalition Against Poverty will continue to fight for the inclusion of all poor people in the democratic process. We believe it is wrong to fight this battle by securing advantages for some at the expense of many.

Response from a Food Box Contact

On Tuesday, March 13, 2001 representatives from the Peterborough Coalition Against Poverty attended our Food box potluck meeting to share their concerns about our funding sources, to ask us to take a political stand against Mike Harris' Government by refusing to accept funding from the City of Peterborough. Further, PCAP asked us as a group to put pressure on the YWCA to speak out publicly against the Harris Government.

From the inception of the Food Box program we, as a group, have been a non-political body committed to delivering inexpensive, nutritious food to hungry families in Peterborough and the surrounding area.

A PCAP representative shared her belief that the City of Peterborough is using dollars confiscated by the provincial government from the National Child Tax Benefit to assist funding programs such as the Food Box. This, in her opinion, is money "stolen" from the poor, and we as Food Box participants, should refuse this funding and pressure the YWCA to take a political stand! PCAP further stated that the Food Box group takes directives from the YWCA, but in actual fact the reverse is true. The YWCA takes their cue from the participants of the Food Box program.

We clearly understand the position of PCAP and while our group agrees that it was unfair and unjust for the provincial government to confiscate the NCTB portion from families on social assistance we, as a group, do not share all of their views.

From the beginning, the YWCA has supported the Food Box program in our endeavour to deliver affordable food to needy families, and the YWCA has remained firm in their commitment to continue to assist our group. Every dollar received from the City of Peterborough goes directly to the purchase of food.

Whether or not, as individuals or groups, we support or don't support the provincial government; they are a duly elected government as part of the democratic process. Therefore, the Food Box program has applied for and received funding from the City of Peterborough. This money was obtained legally, and so we disagree with the statement that "we are using stolen money."

The Food Box program and its participants would applaud the return of NCBT funds to families on Social Assistance, but in the meantime, we will take advantage of these funds to feed our families.

FOOD ACTION PROGRAMS

YWCA Programs:

743-3526

Gleaning

Grow-A-Row

Food Lending Cupboard

The Food Box

Peterborough County City

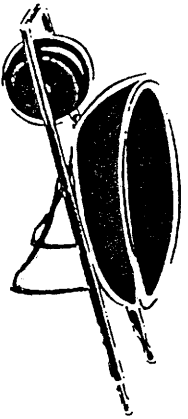
Health Unit Programs:

743-1000

Collective Kitchen

School Breakfast

Lunch and Learn



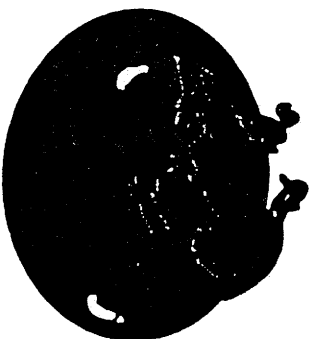
COMMUNITY GARDEN LOCATIONS

- ⇒ Armour Rd. (across from variety store north of TASSS)
- ⇒ Centennial Cres. (1770 Stenson Blvd.)
- ⇒ 665 Crawford Dr.
- ⇒ St. Stephen's Presbyterian Church (1140 St. Paul Street)
- ⇒ Bonnacord St. (near Jackson Park)
- ⇒ 169 Lake St. (Seniors' building)
- ⇒ King Edward Public School (Aylmer St.S)
- ⇒ Northminster United Church (Sunset Blvd.)
- ⇒ Roger St.
- ⇒ Mount St. Joseph



YWCA
of Peterborough
Victoria & Haliburton

COMMUNITY GARDENS



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