

# Food Access, Housing Security and Community Connections: A Case Study of Peterborough, Ontario

October 2015



Peterborough's JustFood Fresh Produce Box (photo: P. Ballamingie)

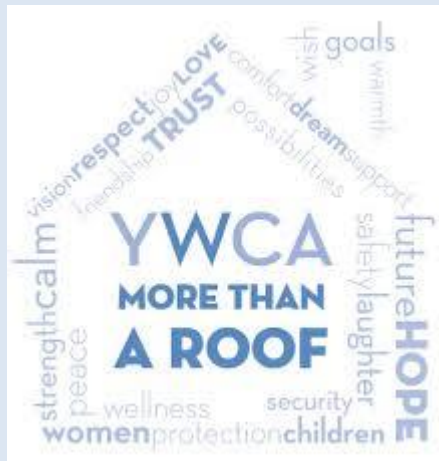
**Peter Andrée, Mary Anne Martin, Patricia Ballamingie and Julie Pilson**



	Canada	Ontario	Peterborough	Source
<b>Food Insecure Households</b>	12.6%	12.5% 11.6%	11.5% 11.5% 10% 15.9%	PCCHU, Limited Incomes, 2015. PCCHU, Limited Incomes, 2014. PCCHU, Limited Incomes, 2013.  Tarasuk, V, Mitchell, A, Dachner, N., 2014.
<b>Core Housing Need –paying at least 30% of income on housing)</b> -all households -households renting		42%	25.9% 48.1%	Statistics Canada, 2014. Statistics Canada, 2014.
<b>Unemployment</b> <b>March, 2014</b>	6.9%	7.3%	11.2%	Labour Market Information & Research, Research and Planning Branch MTCU, 2014.
<b>Dec. 2015</b>		6.7%	5.7%	Statistics Canada, 2016.
<b>Social Assistance (residents relying on Ontario Works or ODSP), 2011 rates</b>		6.8%	8.7%	City of Peterborough, CCRC, PPRN, 2015
<b>Average Annual Income</b>		\$42,264	\$37,786	Statistics Canada, 2014.

**In 2010, renters earning the average Peterborough wage (\$18/hour) had to work longer than in any other Canadian city (over 160 hours/month) to cover the average rent for a 2-bedroom apartment (CMHC, October 2011).**

# BROCK MISSION



# Peterborough Community Garden Network



## APRIL

**Wednesday April 9**  
*Make it homemade*  
Facilitated by Chef Jessica Karkhan  
Cut down on processed foods by learning to make common pantry staples from scratch.

**Wednesday April 16**  
*Plan(t) it!*  
Facilitated by local farmer Jill Kinney  
An interactive, self-guided workshop on planning a garden and growing your own food.

**Wednesday April 23**  
*Cooking out of the box*  
Facilitated by Chef Mark Belanger  
The same soup in all forms: soupless, food and learn to cook by getting connected to the YWCA's Soup Cook Like Program.

**Wednesday April 30**  
*Simple in Season*  
Facilitated by Chef Victor McCollery  
Shake off winter by incorporating seasonal, locally-grown foods for meals that burst with Spring flavors.

## MAY

**COME COOK WITH US!**

**11 a.m. - 1 p.m.**  
**EVERY WEDNESDAY IN MAY**

Facilitated by the Peterborough County-City Health Unit

\*Drop-in registration begins May 7. First come, first served.

free!

cooking & gardening  
**WORKSHOPS**









wednesday afternoons  
**11:00 A.M. - 2:00 P.M.**

St. Andrew's United Church  
**441 Rubidge Street**


Call Evan at 705-743-3526 ext. 119 or email [ebrockest@ywcapeterborough.org](mailto:ebrockest@ywcapeterborough.org) to register

**NOURISH**  
eat | love | grow

# Peterborough Annual Food Program Usage

<b>Food Not Bombs</b>	
<b>CMHA Community Lighthouse Centre</b>	
<b>St. Paul's Community Dinner</b>	
<b>Out of the Cold</b>	
<b>Salvation Army Breakfast</b>	
<b>Brock Mission Open Table Supper</b>	
<b>Murray St. Baptist Church Breakfast</b>	
<b>Kawartha Food Share Food Banks and Cupboards</b>	

# Peterborough Annual Food Program Usage

<b>Food for Kids Peterborough City and County (breakfast and snack programs)</b>	
<b>Come Cook With Us</b>	
<b>A Taste of Nourish</b>	
<b>Peterborough Gleaning Program</b>	
<b>Just Food Boxes</b>	
<b>Salvation Army Good Food Boxes</b>	
<b>Peterborough Community Garden Network</b>	



= 1000 meals



= \$1000 worth of market coupons



= 1000 people served



= 1000 participants



= 1000 food boxes

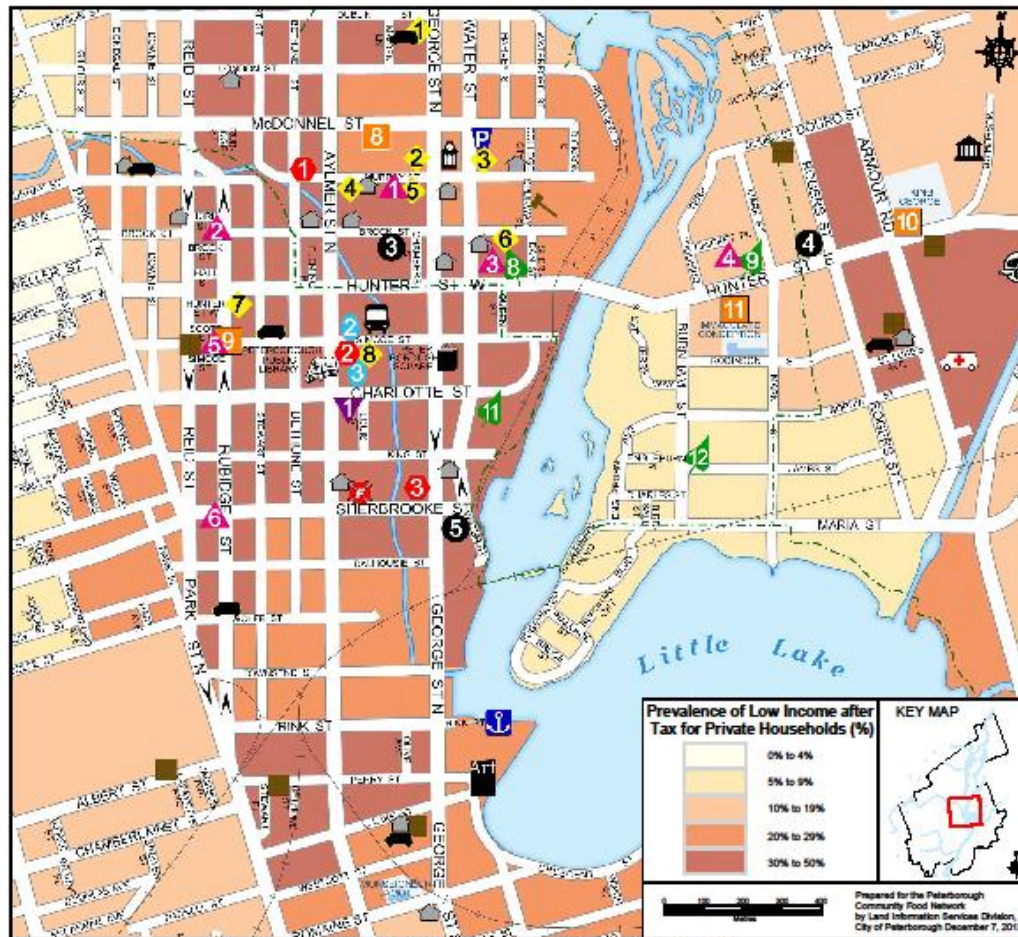


= \$1000 worth of produce gleaned



= 1 community garden

Map of Community Food in Downtown Peterborough (showing prevalence of low income)



**Community Food in Downtown Peterborough**

<p><b>School Nutrition Program</b></p> <ul style="list-style-type: none"> <li>8 Peterborough Collegiate Vocational School</li> <li>9 Centre for Independent Studies (CIS)/ School for Young Moms at Trinity United Church</li> <li>10 King George Public School</li> <li>11 Immaculate Conception Elementary</li> </ul> <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li>3 FreshCo Brock St</li> <li>4 Foodland Hunter St</li> <li>5 No Frills George St N</li> </ul> <p><b>Farmers' Market</b></p> <ul style="list-style-type: none"> <li>V The Wednesday Farmers' Market</li> </ul>	<p><b>Community Garden</b></p> <ul style="list-style-type: none"> <li>St. John's Anglican Church Garden</li> <li>Mark Street United Church Garden</li> <li>The Robinson Place Community Garden</li> <li>Tinker Garden</li> </ul> <p><b>Food Bank</b></p> <ul style="list-style-type: none"> <li>1 St. Vincent de Paul Society</li> <li>2 Salvation Army, Family Services</li> <li>3 Good Neighbours Care Centre</li> </ul>	<p><b>Free Meals</b></p> <ul style="list-style-type: none"> <li>1 Downtown Food Cart</li> <li>2 Food Not Bombs: Vegetarian Dinner Confederation Park</li> <li>3 St. Paul's Presbyterian Church: Dinner</li> <li>4 Brock Mission: Open Table Dinner</li> <li>6 Mummy St Baptist Church</li> <li>8 St. John's Anglican/The Lighthouse</li> <li>7 Out of the Cold: Stone School</li> <li>8 Salvation Army, Breakfast Program</li> </ul>	<p><b>Come Cook with Us/ Collective Kitchen Cooking Spaces</b></p> <ul style="list-style-type: none"> <li>Mummy St Baptist Church</li> <li>St. Andrew's United Church</li> <li>St. John's Anglican Church</li> <li>Mark Street United Church</li> <li>Trinity United Church</li> <li>All Saints Anglican Church</li> </ul> <p><b>Community Program</b></p> <ul style="list-style-type: none"> <li>2 YWCA</li> <li>3 Salvation Army</li> <li>JustFood Box Drop Sites</li> <li>Gleaning Bus Pick Up</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li>Subsidized Housing</li> </ul>
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# The Nourish Project, Peterborough





*The* **MOUNT** **COMMUNITY CENTRE**



# CRISIS of POVERTY



- Community-based organizations
- Municipal governments
- Provincial government
- Federal government



# Recommendations

**Despite all the work happening in Peterborough to address food access and housing security, the issues are not going away and may even be getting worse. It is time for some new approaches:**

a) *Community-based initiatives:*

- Keep both these basic needs on the radar and to work across sectors in order to find the win-wins

b) *Municipal government*

- Develop a long-term and integrated strategy for the food and agricultural sector working with all key stakeholders and paying careful attention to the win-wins that are possible when food and housing needs are addressed together
- Revisit cuts to 'discretionary benefits' and the Housing Stability Fund

c) *Federal and provincial governments:*

- Take the issue of income security much more seriously by addressing Living Wages, social assistance rates, and exploring the potential of a Basic Income Guarantee
- National Housing Strategy coordinated with a National Food Strategy

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<http://nourishingontario.ca/blog/2015/10/06/food-access-housing-security-and-community-connections-a-case-study-of-peterborough-ontario/>

# Recommendations

## **Federal government:**

- Develop a National Housing Strategy and a National Food Strategy, focusing on the ways these two issues interrelate
- Develop and implement a Guarantee Annual Income (GAI)/Basic Income Guarantee (BIG) strategy

## **Provincial government:**

- Raise social assistance rates (ODSP and Ontario Works), and further reform minimum wage to reflect the real costs of housing and a nutritious food basket
- Work with local actors to increase the number of affordable housing/rent-geared to income units
- Investigate policy such as GAI/BIG to address income security that will help to address both housing and food insecurity

# Recommendations

## **Municipal governments:**

- Work with local Community Based Initiatives (CBIs) to develop an integrated Food and Agricultural Strategy that becomes integrated into Official Plans
- Implement the 10 Year Housing and Homelessness Plan
- Ensure that plans and strategies for food and housing are fully coordinated and integrated into Official Plans
- Increase municipal budget contributions to the Housing Stability Fund (HSF)
- Ensure access to healthy food is considered in underserviced and new developments
- Ensure adequate public transportation and safe pedestrian routes to food resources such as community gardens, cooking programs and healthy food outlets.
- Encourage fresh and healthy food options in local corner stores
- Continue working with neighbourhoods who express interest in community gardens and considering gardens as one usage of City park land

## **Housing developers and existing landlords (including market and affordable housing):**

- Include community gardening space, water infrastructure, as well as equipment storage
- Affordable housing units be built to facilitate growing, cooking and eating of healthy food (i.e. adequate balconies for container gardening, kitchen space to allow for food preparation and eating, storage capacity, accessibility)

### **All Peterborough-based employers:**

- Pay at least a living wage. The Peterborough Social Planning Council calculated that a family with 2 full-time employed adults and 2 dependents would require, at a minimum, a living wage of \$16.47 per hour

### **Community based initiatives:**

- Continued advocacy and awareness raising on poverty (PPRN), income security (Income Security Working Group of the PPRN), housing security (Affordable Action Housing Committee) and food security (Peterborough Food Action Network) and look to joint initiatives as has been done with Put Food in the Budget and Nourish
- Food- and housing-based initiatives should pay more attention to the tensions between prioritizing one of these two issues over the other, and work on strategies that address both simultaneously
- Continue to bring a spatial lens to food initiatives to ensure access to community kitchens, community freezers, cooking and nutrition classes, good food boxes, community gardens, and bulk buying clubs
- Plan for farmers' markets, food literacy programs and other places for healthy food such as Nourish Project sites to be located within close proximity of low-income neighbourhoods and public transit and to be made accessible through transportation and childcare supports
- Ensure adequate access to emergency food services in all communities

# Housing insecurity





# Intersection of Food and Housing insecurity

