



June 25th, 2009
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North End Food Security Network

- New garden sites are well on their way
- Main St. Farmers' Market planned for July
- Local farmers sell direct to Winnipeg



Neighbourhoods Alive! Funding approved

Funding for a North End Food Security and Greening Facilitator has been approved through Neighbourhoods Alive! Margo Malabar was selected through a

hiring process as the North End Food Security and Greening Facilitator for the North End Community Renewal Corporation.

Future theme for NEFSN identified through community Forum

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In November, 2008 an interim Food Security Facilitator was hired to secure NA! Funding for a North End Food Security and Greening Facilitator job position, to consult with the community on what the community deemed as priority food security issues, and to determine ways to improve Food Security for North End Residents.

Thus, in January of this year, a Community Forum was held. Thirty eight representatives from North End service agencies, schools, and resident associations attended. Community Agency representatives shared what they were doing to improve food security. Information on what other communities and cities are doing was also presented.

The main focus of the forum was to determine the future theme for the North End Food Security and Greening Facilitator. Participants determined that they want to know 'how' to have

more food security through information sharing, education, and training.

The Forum participants also concluded that the NEFSN should be a 'clearing house' for workshops and mentoring. This included more learning kitchen opportunities, garden tours, resources on gardening, community kitchen leadership training, and an available database of facilitators.

The second future theme was to know what is happening in Food Security through promotion of resources and raising awareness of food security through newsletters and at community events.

Assistance with funding was another need cited; groups often do not have the resources to pursue the funding or know what is available.

Accessing healthy foods, however, was the most critical need identified and a workshop on this topic was requested to receive further community consultation.



Kerry Sinclair tending container garden and teaching healthy eating at Aboriginal visioning



Menu planning, budgeting, and community kitchen classes are needed to increase the community's ability to access healthy foods



Accessing Healthy Foods Workshop held March 31st, 2009

The Accessing Healthy Foods Community Discussion was held at Mamawi with 18 community service agency representatives in attendance to address the lack of healthy, affordable food in our community and to develop a community strategy.

Some conclusions from the discussion were:

There has been an erosion of the family unit as a venue for the next generation to learn how to plan, shop, and prepare nutritious meals. Currently, community places provide a significant amount of food to children and youth. This is because there is such a need to feed the hungry and basic needs must be met before people can improve their lives. Community places need to make food preparation by community members part of every community event.

Community food security will be improved through including an educational component to community events such as menu planning, budgeting, and offering food handlers' courses. Schools are also an important venue for improving the community's nutritional knowledge.

Current unhealthy food choices for some community members are largely due to a history of a lack of fresh fruits and vegetables in Northern Manitoba communities and the high cost of

nutritious foods there. The lack of local North End grocery stores that provide healthy, affordable food recreates this scenario.

Feasts and sharing circles help to build community and confidence and are a starting point for including the Aboriginal Community in food security events. People need to feel that they are valued and that their traditions are important. Traditional foods for different cultures need to be included in events in order to get the larger community engaged.

A significant barrier to using community kitchens is the expense of upgrading kitchens so that they are 'approved' by Environmental Health. There was a consensus by workshop attendees that Health Licensing policies and protocols need to be changed so that they are more user-friendly for feeding large numbers of people in the community while maintaining standards for maintaining community health.

The workshop attendees requested that NEFSN arrange a meeting with Environmental Health to discuss how our community can have easier access to approved community kitchens and food permits for community events.

Food Security is "a situation in which all community members obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes self-reliance and social justice".

(Hamm and Bellows, 2003)



Growing Green Together Food Security Project 2009

The NEFSN 'Growing Green Together' food security project garden sites will be at North End Stella Community Ministry, Hope Health Care Centre, Lord Selkirk Park Developments, Indian and Métis Friendship Centre, and Main Street Age and Opportunity.

This project intends to include the following:

- Vegetables, flowers and native Manitoba plants at all locations
- A healing garden at IMFC
- Traditional Herbs, butterfly gardens
- weekly garden mentoring
- composting workshops
- educational outings such as to Living Prairie Museum and Fort Whyte Farms
- a mystery vegetable for gardeners to identify and make into a healthy soup or stew in the Fall
- Fall 'Healthy Eating workshops'
- a Fall Feast to acknowledge volunteer contribution

This project provides opportunities for low-income families and individuals to improve their ability to provide sustainable, nutritious food for their families through gardening activities and food preparation workshops.

The Growing Green Together project combines the need for families and residents in this community to have access to affordable food with additional opportunities for area residents to learn how to grow their own vegetables in community gardens. Families and community members are also able to gain new experiences in preparing cost-effective, nutritious foods.

Participants will experience physical health benefits from gardening while also meeting neighbours and making new friends.

Participating agencies will increase their capacity to share information on their successes and needs regarding food security. We look forward to establishing new relationships and partnerships in our community.

If you know of anyone who would like to garden in any of the project sites or participate in workshops or outings please call Margo at 927-2343.



Bridging the gaps of knowledge from planting to harvest is needed to have food security in our homes.

Do **You** know what the 'mystery vegetable' is?



Do You Remember ?

...Coming into the North End as a youngster with your mom and shopping for fresh fruits and vegetables? Age & Opportunity's Main Street Centre would like to revive our local market!

If you are a local gardener and would like to have a stand to sell your extra fresh, in-season fruits and vegetables

please let us know. We are also looking for other vendors to sell local produce and specialty items.

You can leave your name and phone number at 942-7486 or come and see us at 1085 Main Street Monday to Monday to Friday from 9 a.m. to 3 p.m.

Farmer's Markets in Canada



"Canada's Farmers' Markets have a \$3.09 billion economic impact on the economy."

Farmers' markets are the oldest and most familiar form of a local food initiative in Canada. Founded in 1750, the Halifax Farmers' market is recorded as the oldest continuously running farmers' market in North America.

According to Farmers' Market Canada, Canada's markets have a \$3.09 billion impact on the economy. The National Farmers' Market impact 2009 Report

indicates that farmers' markets can account for 28 million shopping visits in 2008.

Manitoba ranks fifth in the number of farmers' markets (45). Ontario has 149, Alberta has 101, B.C. has 99, and Quebec has 77 (The Lay of the Land, Local Food Initiatives in Canada 2009).

Manitoba Farmers Local Food Initiative

Do you know your farmer?



"There is a world of difference between the food that we raise on our family farms and the food that comes from factory farms."

The Harvest Moon Local Food Initiative is a group of 10 farm families and 2 family-owned meat shops located near Clearwater, MB. They market local food such as grain fed beef, free range chickens and stone ground flour within Winnipeg

"There is a world of difference between the food that we raise on our family farms and the food that comes from factory farms. No hormones added, no antibiotics, just healthy, locally grown food from Manitoba family farmers."

Currently the HMLFI makes a monthly trip to Winnipeg to market directly to agencies, schools, and individuals. Would you or your agency be interested in joining a bulk purchasing initiative so that we and our local farmers can build a stronger, healthier local food infrastructure, and so that we can provide healthier food to our community?

For information please call Margo at 927-2342 or margo@NECRC.org.



[In all things of nature there is something of the marvelous. Aristotle \(384 BC - 322 BC\)](#)

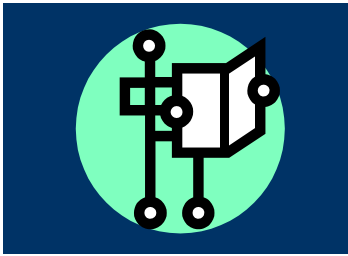
At Splash Child Care Inc. we teach children about Food Security. We believe that it is important that children learn the value of growing their own garden and using everything so nothing goes to waste. It starts even before the snow melts. We have 3 buckets that sit on the tables at lunch time. One is for compost, one is for recycling and one is for garbage. We have 2 compost bins at our garden site and a vermicompost (en.wikipedia.org/wiki/Vermicompost) in the child care facility. The preschool children start the garden and all summer all of our children tend the garden. It is a place to get back to nature and learn about growing food. The children have garden journals and keep notes and collect samples of things in their garden experience. (Usually bugs!) This is also part of our mission and values. We thread literacy and numeracy through every aspect of our program.

Throughout the summer they harvest their garden treasures and of course feast on them. One year we had a bountiful crop and we donated 50 pounds of produce to Winnipeg Harvest. We were very proud of that. Nothing goes to waste at Splash. We teach the children to freeze food, juice it, dehydrate it, and cook with it and in the end compost what is left. One year we were fortunate enough to be able to go out to a berry farm and we picked buckets of berries. The children dehydrated some of the strawberries for trail mix. They cleaned and froze some and had great snacks in the middle of winter. They puréed some and made strawberry smoothies. We had strawberry muffins and chocolate dipped strawberries. Our garden experience is an integral part of our lives at Splash.

Teaching children respect for nature and conservation is what we strive for and of course we have fun doing it.



"We believe it is important that children learn the value of growing their own garden...nothing goes to waste"



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If you have food security ideas for our community or suggestions for future newsletters, please contact Margo by phone or email. Your suggestions are welcome!

Taking Inventory

A North End Food Security Inventory was started in 2008 and continues to grow.

Over 60 groups have participated to date.

This inventory provides information on what organizations, neighbourhood groups, and schools are doing and what they would like to do in regard to food security.

If you would like a copy of the inventory or have Food Security updates or information please contact Margo at 927-2342 or margo@necrc.org.

Manitoba Food Charter Golden Carrot Awards

Do you know a local food champion making a difference in the North End? Perhaps someone inspiring others with a garden? What about an organization providing innovative approaches to healthy eating for young people?

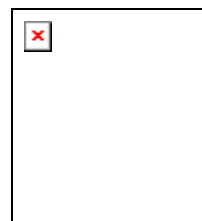
Education, Business and Media. Awards are given out at the Manitoba Legislature on World Food Day in October.

Nominations can be emailed: info@mbfoodcharter.ca or mailed:

The Golden Carrot Award is given to food champions in six categories-Urban Winnipeg, Rural, Northern Manitoba,

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