

# Food Security Working Group Update

*March 19<sup>th</sup>, 2019*



**Presented by:**

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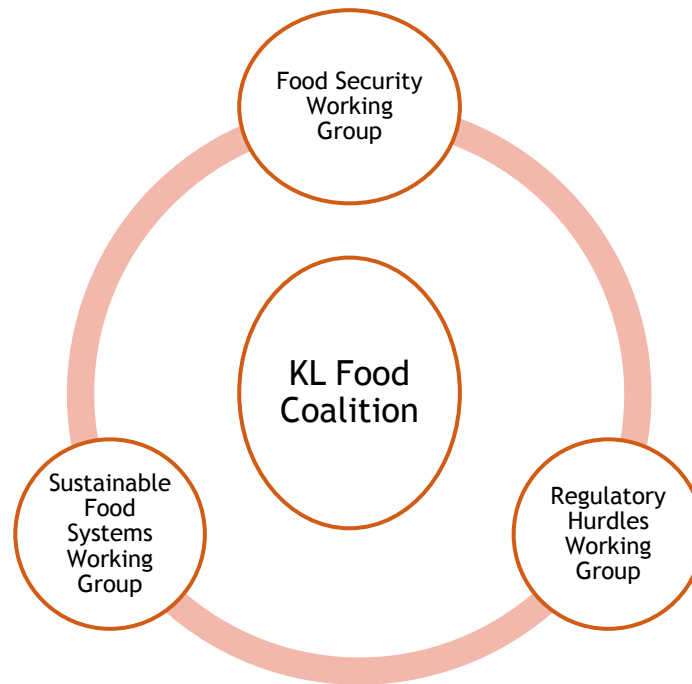
**Heather Kirby**  
**Chairperson KL Food Coalition**  
**General Manager**  
**Kawartha Lakes Food Source**

# Overview

- ▶ Who we are and what we do
- ▶ Food insecurity in City of Kawartha Lakes
- ▶ Strategies to address food insecurity
- ▶ Next steps

# Kawartha Lakes Food Coalition

Implements the Kawartha Lakes Food Charter and  
the Kawartha Lakes Food Action Plan



# Food Security Working Group

***Food security** exists “when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life”*

**Our goal:** Support all levels of government and community partners to achieve food security for all residents in CKL.

**We are implementing the**

- Food Security Strategic Priorities
- Poverty Reduction Roundtable’s Food Security Strategy

# Food Security Working Group

## Working group members:

HKPR District Health Unit, Kawartha Lakes Food Source, Salvation Army Lindsay, United Way, Lindsay Community Garden, Toward Balance Support Network, Plant a Row Grow a Row Program, Poverty Reduction Round Table, and Community Volunteers

*We work with various partners including local school boards, churches, community organizations and volunteers*

# Poverty and Food Insecurity

In CKL:

- ▶ 1 in 10 individuals are food insecure (Health Unit)
- ▶ Approximately 17% of children live in low income households and 35% of food bank clients are children (Stats Canada 2016 and KLFS)
- ▶ Median after tax income in CKL is lower than that reported for Ontario (Stats Canada 2016)























# Working Can Still Mean Poverty

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**58%**

**of Ontario families who struggle  
to put food on the table are in  
low paying, unstable jobs**

## 2017 Income Scenarios Using NFB Data

	 <b>Households with Children</b>		 <b>Single Parent</b>	  <b>Single Person Households</b>		
	One Full-Time Minimum Wage Earner	Ontario Works	Two Children, Ontario Works	Person on Ontario Works	Person on Ontario Disability Support Program	Senior on Old Age Security/ Guaranteed Income Supplement
<b>INCOME</b>	<b>\$1,976</b>	<b>\$1,205</b>	<b>\$1,019</b>	<b>\$ 706</b>	<b>\$ 1,128</b>	<b>\$1,443</b>
Ontario Guaranteed Annual Income System						\$ 83
Canada Child Benefit	\$ 1,115	\$ 1,126	\$ 1,126			
GST/HST credit	\$ 70	\$ 70	\$ 70	\$ 23	\$ 31	\$ 35
Ontario Trillium Benefit	\$ 148	\$ 148	\$ 119	\$ 65	\$ 67	\$ 102
Working Income Tax Benefit	\$ 74					
Employment Ins. paid	\$ (32)					
Canada Pension Plan paid	\$ (83)					
<b>TOTAL INCOME</b>	<b>\$ 3,268</b>	<b>\$ 2,549</b>	<b>\$2,334</b>	<b>\$ 794</b>	<b>\$ 1,226</b>	<b>\$ 1,663</b>
<b>Less Average Market Rent (no heat/hydro) <sup>1</sup></b>	<b>\$ 1,262</b>  3 Bedroom	<b>\$1, 262</b>  3 Bedroom	<b>\$1,051</b>  2 Bedroom	<b>\$ 860</b>  1 Bedroom	<b>\$ 860</b>  1 Bedroom	<b>\$ 860</b>  1 Bedroom
<b>Less Food <sup>2</sup></b>	<b>\$ 882</b>	<b>\$ 882</b>	<b>\$ 693</b>	<b>\$ 283</b>	<b>\$ 283</b>	<b>\$ 207</b>
<b>TOTAL SELECTED EXPENSES</b>	<b>\$ 2,144</b>	<b>\$ 2,144</b>	<b>\$ 1744</b>	<b>\$ 1,143</b>	<b>\$ 1,143</b>	<b>\$ 1,067</b>
<b>MONEY LEFT for OTHER Basics</b>          	<b>\$ 1,124</b>	<b>\$ 405</b>	<b>\$ 590</b>	<b>-\$ (349)</b>	<b>\$ 83</b>	<b>\$ 596</b>
<b>% of income spent on rent</b>	<b>39%</b>	<b>50%</b>	<b>45%</b>	<b>108%</b>	<b>70%</b>	<b>52%</b>
<b>% of income spent on healthy food</b>	<b>27%</b>	<b>35%</b>	<b>30%</b>	<b>36%</b>	<b>23%</b>	<b>16%</b>

<sup>1</sup> Rental Market Survey (RMS), Canada Mortgage and Housing Corporation.

<sup>2</sup> HKPR District Health Unit. (May 2017). Nutrition Food Basket Costing.



# Causes of Food Insecurity

- ▶ Income insecurity - low income
- ▶ Unaffordable housing
- ▶ Unaffordable childcare
- ▶ Unaffordable and/or lack of transportation



The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern, layered effect on the right side of the slide.

**How is food insecurity  
addressed?**

# FOOD SECURITY CONTINUUM

Short Term  
Relief

Capacity  
Building

Systems  
Change



# Emergency & Short-Term Relief

Food banks /soup kitchens

- ▶ They were designed to be temporary solutions
- ▶ The need still exists and continues to rise

**Our focus:** Support initiatives that increase access to healthy foods



# Emergency & Short-Term Relief

## Food Security Working Group Projects:

To help provide fresh vegetables and fruits to families in need

Partner on

- ▶ Plant a Row Grow a Row Program (PARGAR)
- ▶ Seeds of Kindness Edible Fruit Tree Project

*Note: The vegetables in the picture are from Health Unit's Garden for PAR GAR*



# Emergency & Short-Term Relief

## Summer Outreach Lunch Program Pilot in Lindsay

- ▶ 16 days in July & August
- ▶ 1384 lunches prepared
- ▶ 31 volunteers contributed 515.75 hours



# Capacity Building Strategies

- ▶ Partners come together to develop social networks and food literacy programs
  - ▶ Community kitchens
  - ▶ Community gardens
  - ▶ Buy local campaigns
  - ▶ Educational workshops





# Capacity Building Strategies

## Food Security Working Group Projects:

Partner to support and implement

- ▶ Educational workshops on gardening and food preservation
- ▶ Community Kitchen Program for food bank clients in Woodville, Omemee, Fenelon Falls





# Systems Change Strategy

- ▶ Short term relief and capacity building strategies can not end poverty
- ▶ Urgent need to implement the systems change strategy
- ▶ Develop policies and programs that sustainably attain food security for all



# Systems Change Strategy

What is the sustainable solution to attain food security for all?

# Systems Change Strategy

The **ONLY** solutions to address food insecurity are income based

- ▶ Income guarantees i.e. basic income and GIS
- ▶ Higher social assistance rates
- ▶ Minimum wage that reflects a living wage
- ▶ Improvements to employment standards
- ▶ More affordable housing, transportation, and childcare

Living wage for Kawartha Lakes is \$18.42/hour  
(Living Wage Ontario Nov, 2018)

# Systems Change Strategy

## Food Security Working Group Projects:

- ▶ Basic Income pilot advocacy/implementation support
- ▶ Basic Income pilot cancellation follow up
- ▶ Provincial election campaign
- ▶ Municipal elections campaign
- ▶ Provincial and Federal prebudget consultation

# Food Security Working Group

## Next Steps:

- ▶ Continue to support innovative food security projects
- ▶ Continue advocacy for income based solutions
- ▶ Build new partnerships

# What You Can Do

- ▶ Support local food security initiatives
- ▶ Consider food security when developing or revising plans and policies
  - ▶ Official plans
  - ▶ Sustainability plans
  - ▶ Agricultural and food security plans
  - ▶ Climate change plans

*Food Security Starts in Our Own Backyard*

# What You Can Do

Advocate to Provincial and Federal Government to:

- ▶ increase the minimum wage to reflect a living wage
- ▶ revisit basic income
- ▶ raise social assistance rates
- ▶ improve employment standards
- ▶ develop more affordable housing, childcare, and transportation

# *Thank you*

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