

Kawartha Lakes Food Source

Food Insecurity in City of Kawartha Lakes

For: Committee of the Whole

By: Heather Kirby, May 9, 2023



Agenda

- What is food security and food insecurity?
- Food Insecurity in City of Kawartha Lakes
- About Kawartha Lakes Food Source
- What you can do

This year, tackle poverty locally.
This year, take action, take responsibility, and

TAKE A **BITE**
OUT OF HUNGER.





JANET

Janet is 63 years old, a divorced mother of two adults, and a grandmother of two children under 5 years old.

Janet lives alone in a 1-bedroom apartment with her cat. She helps with childcare for her grandchildren in the mornings and works part-time at a fast-food restaurant in the evenings for \$15/hour.

JANET'S MONTHLY INCOME IS

\$1163.00

JANET'S CONSTANT COSTS

HOUSING

1-bedroom apartment

\$916.00

UTILITIES

1-bedroom apartment

\$105.00

FOOD

1 female (51-70 years old)

\$258.60

COMMUNICATION

1 cell phone and 1 TV

\$105.00

TRANSPORTATION

Transit pass

\$65.00

PERSONAL CARE

Single person

\$62.00

PET CARE

1 cat

\$83.00

DON'T FORGET!

Choose TWO Chance Cards from the deck of pink cards and ONE from the deck of green cards.

CHANCE

Your pipes sprung a leak, which means your water usage doubled and your landlord is charging you for the additional cost. Add \$75 to your utilities bill.

CHANCE

You ordered takeout last Wednesday, add \$25 to your monthly costs.

CHANCE

Your local drug store was having a sale on all personal items! Subtract \$30 from your monthly costs.



HOUSING

\$916.00

UTILITIES

+ \$105.00

FOOD

+ \$258.60

COMMUNICATION

+ \$105.00

TRANSPORTATION

+ \$65.00

PERSONAL CARE

+ \$62.00

PET CARE

+ \$83.00

PINK CHANCE CARD

+ \$ 75

PINK CHANCE CARD

+ \$ 25

GREEN CHANCE CARD

- \$ 30

TOTAL MONTHLY COSTS

= \$ 1,664.60

TOTAL COSTS – JANET'S INCOME

\$ 1,163

- \$ 1,639.60

= \$ -473.60

Does Janet's
monthly income
cover her costs of
living?

How will she save
money?

Will she visit a
food bank this
month to reduce
the cost of
groceries?

Janet's costs of living are calculated based on her personal needs and lifestyle according to Canada Mortgage and Housing Corporation, WOWA.ca (Canadian Personal Financial Encyclopedia), Canada's 2022 Food Price Report, CAA Driving Costs, City of Kawartha Lakes Transit, E.E.S. Financial, and the Department of Justice Canada.



KLFS Members Food Banks

Members Food Banks

- Fenelon Falls Salvation Army
- Omemee Food Bank
- Coboconk and Area Food Bank
- Kinmount and Area Food Bank
- Woodville/Eldon Food Bank
- Women's Resources (supports those they serve, not public)
- Lindsay Community Food Market (Owned & Operated by KLFS)

Non-member Food Banks

- Salvation Army Lindsay
- Centre of Hope
- Little Britain/Eldon Food Bank
- Janetville Food Bank
- Pontypool/Bethany Daily Bread Food Bank
- Bobcaygeon Helps Food Bank



Food security “is achieved when all people, at all times, have physical and economic access to safe, sufficient, and nutritious foods that meets their dietary and personal preference for an active and healthy lifestyle”

Food and Agriculture Organization of the United Nations, Food Security. (2006)

http://www.fao.org/fileadmin/templates/faoitaly/documents/pdf/pdf_Food_Security_Concept_Note.pdf





Availability

Accessibility

Adequacy

Availability has to do with food being physically present and available in sufficient amounts.

Accessibility describes food being attainable by all population groups without discrimination and affordable to everyone without having to sacrifice other basic needs such as housing.

Adequacy speaks to the need of food to meet individual dietary demands, to be safe for human consumption and to reflect cultural preferences

Food Secure Canada, The Right to Food in Canada (<https://foodsecurecanada.org/right-food-canada>) (Accessed Sept 21, 2020)

In professional literature the term food insecurity has a very specific definition and refers to the condition of “a household when one or more members do not have access to the variety or quantity of food that they need ***due to lack of money.***”

Oshanafshar S, Hawkins E. Food insecurity in Canada. Ottawa, ON: Statistics Canada; (2018).





Thus, food insecurity is recognized as an ***income problem*** and not stemming from the broader aspects of availability, physical access and adequacy of food.

PROOF (Food Insecurity Policy Research). Household food insecurity in Canada. Toronto, ON: Food Insecurity Policy Research (PROOF).





“At a local level, a population-based survey from the Haliburton, Kawartha, Pine Ridge District Health Unit estimated that household food insecurity in the City of Kawartha Lakes and Haliburton in 2019 was 14.4% (CI 12.0-17.2)”

Haliburton, Kawartha, Pine Ridge District Health Unit and the Institute for Social Research, York University. Rapid Risk Factor Surveillance System January-December 2019. (2020).

Community Based Food Programs are important...

But do not impact food insecurity.

What do they do?

- Encourage self-empowerment by building food literacy skills needed to produce, obtain and prepare food that supports and maintain a healthy lifestyle.

Examples include community/ collective kitchens, food skills training programs (cooking classes), educational components such as food label reading, open gardens, and recipe sharing.



Kawartha Lakes Food Source



Supporting those who feed our hungry

Food banks
and food
charity
programs are
short-term
emergency
relief
programs.



About KLFS

- Commemorated our 20th Anniversary on March 2, 2022
- A not-for-profit central distribution centre which supplies food and personal care items to member organizations that provide support to individuals in need.
- We operate from a centralized distribution centre, where we collect food from reclamation sources, buy food in bulk, sort and store food, promote awareness of hunger and its impact, and coordinate fundraising.



Our Mission

Kawartha Lakes Food Source is a community effort to reduce hunger in the City of Kawartha Lakes by:

1. Maintaining a central distribution centre to supply food to organizations that provide food to individuals in need,
2. raising public awareness, and
3. working in concert with other local not-for-profit organizations.



Other Members

Schools

- Elementary
- Secondary
- Alternative Education
- 23 of 31 schools within CKL



Social Service Agencies

- 6 local agencies provide emergency bags
- We do not advertise them as members as to not position them as a food bank



Who our member food banks served in 2022

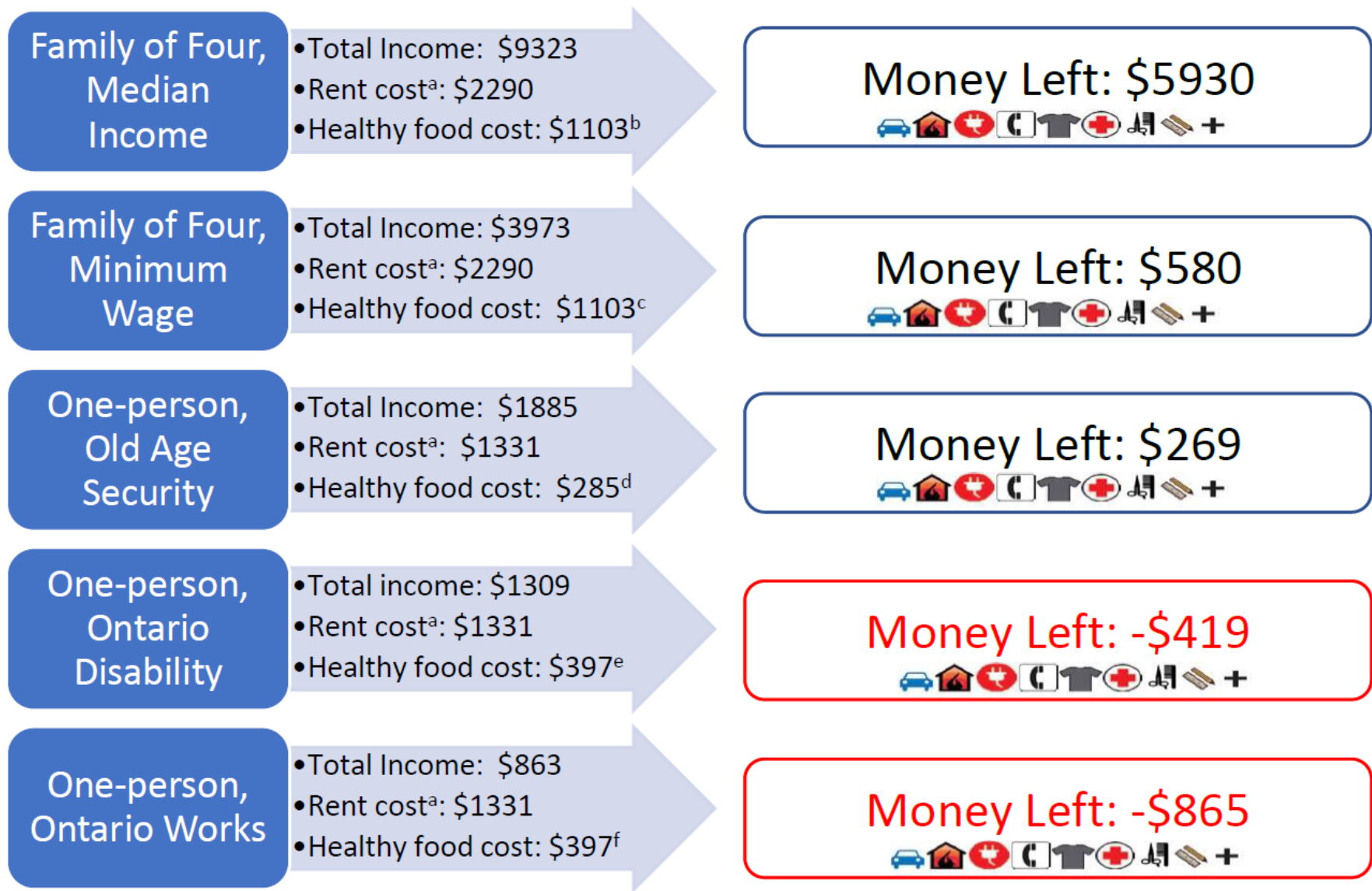
- 2,312 different individuals (adults & children) visited a total of 12,040 times
 - Remember that 10,656 are food insecure in CKL
- 67% are adults, 33% are under 18
- 47% are single individuals
- 50% live in private rental housing units
- The top three sources of income include disability, social assistance and other/not disclosed
- 94% do not have post secondary education



WHO WE SERVED IN APRIL

Food Bank	Children	Adults	Primary Source of Income	Housing status
Coboconk	36	48	Disability	Private Rental
Dunsford	15	24	Disability	Private Rental
Omemee	17	55	Old Age Pension	Private Rental
The Salvation Army Fenelon Falls	60	116	Disability	Private Rental
Kinmount	27	46	Disability	Private Rental
Lindsay Community Food Market	127	279	Disability	Private Rental
Women's Resources				
Woodville	31	47	Other	Private Rental





Who do we belong to



Feed Ontario is the province's largest collective of hunger-relief organizations. Together with food banks, industry partners, and local communities, we work to end hunger and poverty by delivering fresh and healthy food, developing innovative programming, and driving change through research and advocacy.



Together with the support of a food bank network that spans coast to coast to coast, Food Banks Canada is providing national thought leadership in finding long-term policy solutions to food insecurity in this country



Kawartha Lakes Food Coalition
(2017 – Current)

Ending Poverty Roundtable
(2021 – Current)

Community Pandemic Recovery
Task Force (2020 – 2021)

Food For Kids (2017 – current)

**Local
Engagement**



Governance

Annual General Meeting held in March with audited financial statements

Risk Management Report – Identification and Mitigation Planning

Strategic Plan – current 2021- 2023

Handbook for Governance – internal document that guides Board of Directors and Executive Director

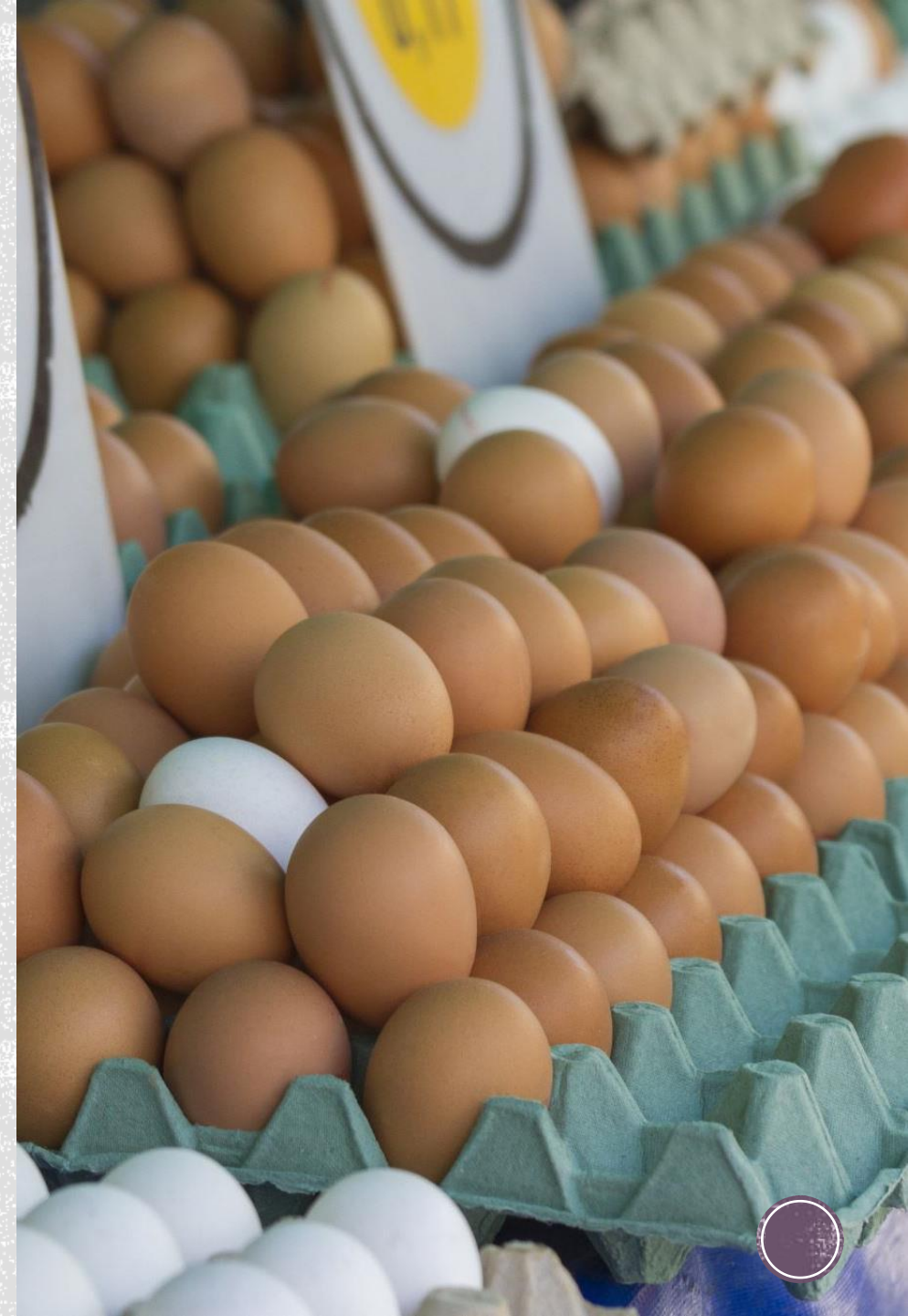
Workplace Policy Manual – provided by our legal council

Staff Onboard Welcome Manual



Programs

- Non-perishable
- Milk and Eggs
- Grab N' Grow
- Open Garden
- Community Volunteer Income Tax Program
- Summer Lunch (partnership)
- Lindsay Community Food Market
- Family Cooking Project
- Cooking Classes



Reports of Interest

- Feed Ontario Hunger Report
- Food Banks Canada Hunger Report
- 20,000 Homes Kawartha/Haliburton
- HKPR Health Unit Nutritious Food Basket Report
- Cost of Food Report



Systems Change = Meaningful Change

Systems change and redesign acknowledges fundamental problems such as inadequate income that result in food insecurity.

They involve community partners and stakeholders to push for and generate change in programs, policies, strategies and social structures that can be effective at reducing the root problem: lack of income.



**What can
you do?**

The gifts of
Understanding
Time
Financial
Food
Awareness
Attendance





Supporting those who feed our hungry

Thank you

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