

Increase healthy eating

- educational awareness events
- Sharing/exchanges of food
- Community market with affordable prices
- Changing food banks requirements regarding access to food – not
- Changing food banks hours to be more accommodating for people who go to schools and go to work
- **Settings good examples for children to follow**
- More availability of jobs
- Community gatherings and follow-ups
- Focus on prevention programs on health illnesses or diseases
- Community outreach – to get people involved
- Improve access to resources
- Stressful lives leads to quick foods – purchasing of fast unhealthy foods
- Carpool to pick up groceries
- Deliver foods to homes
- More high paying jobs
- Transportation
- Recipe swap, coupon swap
- Lower taxes
- **Education on Food preparation**

Our Special
Thanks to
St Stephens
Presbyterian Church
&
Peter Dorfman
&
Storefront Volunteers
Doreen
Iman
Mary &
Zaki

Community Speak

“Let’s Talk
About
Food”



Summary
March 3, 2010

Community Speak
"Let's Talk about Food"
March 3, 2010

We held our first "Community Speak" for the Orton Park community at St. Stephen Presbyterian Church. More than 70 excited community members attended a night of exciting discussion on food.

A time when it's fun with food

- **Holidays –Christmas, etc**
- **Birthdays**
- **Anniversaries**
- Weekends
- **Social gatherings**
- With relatives
- Picnics and backyards
- Preparing food with family
- **Family Meals**
- Catered Dinner
- Traditional cooking
- Camp fires
- Movies and popcorn
- Fishing – eat the catch
- School snack time
- Stone soup
- Family recipes
- Baking with kids

Our local food banks are busier now, why do you think so?

- **People losing their jobs**
- **unemployment (recession)**
- **Not enough money from social assistance**
- Homeless
- **Rents are high**
- **Low paying jobs**
- **Availability of jobs is decreasing while community population is growing**
- **Income not enough to last a month**
- Migration turns people in other parts of the city i.e. region park
- Affordability of groceries
- **Increase in living expenses**
- **Increase food prices**
- More dependent on food bank
- Do not know how to cook food
- Referrals – word of month
- Less donations
- Lack of government food policy
- Expensive daycares
- Misuse of food banks
- Extremely large families
- Phobias, fears and eating disorders

*** Bolded points brought forward by multiple groups**

Increase healthy eating

- **Having community gardens**
- More small businesses that are mobile to sell vegetables, etc.
- **Workshops on cooking, cooking in a budget, healthy eating, exercise, community garden & food preparation**
- Food handling certificate
- **Community kitchens**
- Toronto community house need to change policy regarding selling food on properties or just means of extra income
- Classes on preserving food i.e. canning of food from community gardens
- **Cooking classes**
- **More education/awareness**
- **Better income**
- **Time**
- Cheaper prices for healthy foods
- Increase Jobs in neighborhood
- Decrease prices of healthy food
- **Marketing of healthy food should be equivalent to marketing of junk food**
- **Food bank should provide more healthier foods**
- More nutritious food in public restaurants, schools, hospitals, etc.
- Better shopping habits
- **Closer to grocery stores**

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