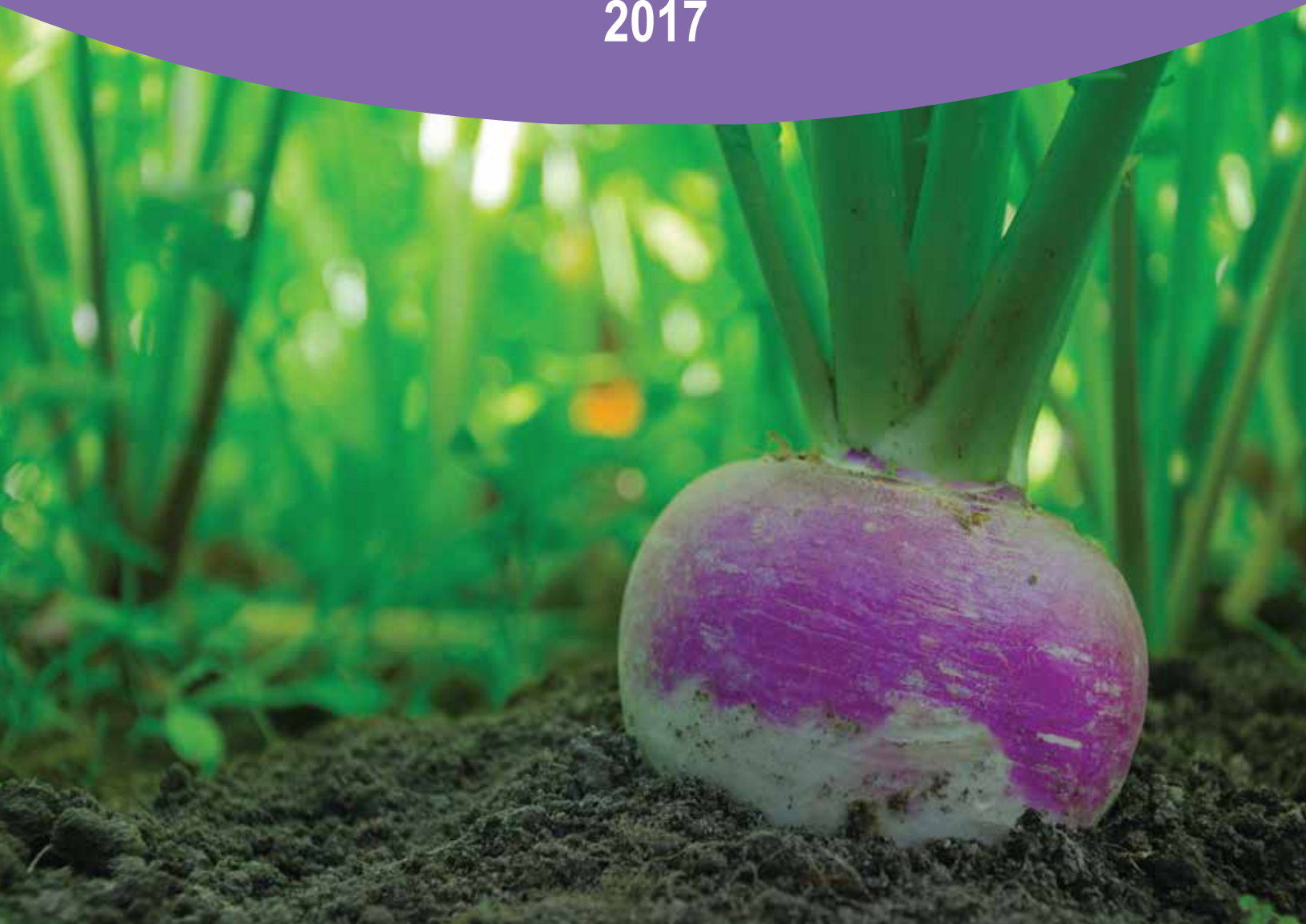


Hamilton Food Literacy Network Forum Report

2017



**Chronic Disease Prevention Team
Healthy Food Systems**



Hamilton

Public Health Services

***Hamilton Food Literacy Network
Forum Report***

***Waterfront Centre
555 Bay Street North, Hamilton ON
October 26, 2016***

Hosted by City of Hamilton Public Health Services



Acknowledgements

Forum Planning Committee

City of Hamilton, Public Health Services

Mary Ellen Prange

Ruby Samra

Sandy Skrzypczyk

Forum Facilitator

Nancy Dubois, Du-B-Fit Consulting

Contact for more information

Ruby Samra, Public Health Dietitian

City of Hamilton Public Health Services

Ruby.Samra@hamilton.ca

905-546-2424 ext. 3066

Contents

1.0 Setting the Table: Background & Purpose of the Forum..... 1

2.0 The Cookbook: Hamilton Food Strategy.....2

3.0 On the Menu: What are we doing related to Food Literacy Projects & Programs.....2

4. 0 Getting Grounded: Dimensions of Food Literacy.....3

5.0 Cooking up a Food Literacy Definition for Hamilton4

6.0 Stone Soup: Ingredients for a Food Literacy Network5

7.0 Evaluation / Feedback Survey Results6

8.0 Conclusion and Next Steps.....7

Appendices9

Appendix 1: Hamilton Food Literacy Forum Attendees..... 10

Appendix 2: Food Literacy Actions by Organization 13

Appendix 3: Cooking up a Food Literacy Definition for Hamilton24

Appendix 4: Food Literacy Forum Feedback Survey Report27

Appendix 5: List of Organizations Not Present34

Appendix 6: Forum Slides35

1.0 Setting the Table: Background & Purpose of the Forum

Public Health and community partners have been working toward the establishment of a local food literacy network for a number of years in recognition of the need to support and develop Hamiltonians' ability to eat healthy food. Food literacy was one of four key themes that emerged in all discussions and consultations that culminated in the development of a 10 year Food Strategy, endorsed by the Board of Health in August 2016. Public Health Services recommended that work start on five priority actions that can be accomplished within the next 2 years. One such action was to "facilitate the creation of food network(s) to assist in capacity building, information sharing, and ability to access community-based food initiatives." Building on connections made at previous events (eg., 2014 Food Summit, 2015 Food Literacy Network exploratory meeting, and the community consultation that informed the Food Strategy) the Registered Dietitians from the Healthy Living Division of the City of Hamilton Public Health Services hosted a half day Food Literacy Network Forum on October 26, 2016.

The aim of the Forum was to bring together community stakeholders, including community developers, food and agriculture educators, leaders of food programs, and other stakeholders who support learning about and working with food in order to share their work as well as their ideas about food literacy and the formation of a Hamilton Food Literacy Network. An external facilitator, Nancy Dubois, facilitated the Forum.

Food Literacy Network Forum Goals

- Reaffirm interest in community involvement as active members of a Hamilton food literacy network
- Revisit and confirm desired purpose of a food literacy network (e.g., roles, responsibilities, potential collaborative actions, outcomes, etc.)
- Provide an inclusive forum for sharing diverse perspectives on food literacy actions, including programming, research, and other relevant information
- Gain an understanding of community members' perspectives on food literacy opportunities, barriers, and actions to address them

- Facilitate collaboration across community members and public health

2.0 The Cookbook: Hamilton Food Strategy

Sandy Skrzypczyk, Food Strategy project lead, presented an overview of the [Hamilton Food Strategy](#). Four overarching goals set the direction for the Food Strategy. They are grounded on input from over 2,700 citizens, best practice and evidence, other Canadian municipal food strategies, and alignment with the several City of Hamilton (CoH) strategies and plans.

Hamilton Food Strategy Goals

Goal 1: Support food friendly neighbourhoods to improve access to healthy food for all residents.

Goal 2: Increase food literacy to promote healthy eating and empower all residents.

Goal 3: Support local food and grown the agri-food sector.

Goal 4: Advocate for a healthy, sustainable, and just food system with partners and at all levels of government.

The Hamilton Food Strategy has 14 Food System Recommendations and 46 Food System Actions. Ten of the 14 Food Strategy Recommendations support increasing food literacy of Hamiltonians. For further information about the Food Strategy, contact Sandy at sandy.skrzypczyk@hamilton.ca

3.0 On the Menu: What are we doing related to Food Literacy Projects & Programs

Following the Food Strategy Overview, participants shared their organization's practices/work with Food Literacy Projects and Programs under the following headings:

- Food Skills
- Nutrition Education
- Growing Food/Gardening

- Physical Space
- Advocacy

The information gathered will be incorporated into an inventory of food literacy related initiatives currently underway. The headings were pre-determined by Public Health Services based on current best practice and previous community engagements (e.g., Food Summit 2014, Food Strategy 2015). Participants were asked to recommend other organizations or programs not present by noting the details on index cards that were collected in baskets on each table. Many organizations are involved in more than one aspect of food literacy programming. Currently, most programming focuses on food and cooking skill building, nutrition education with a disease prevention focus (e.g., cardiovascular disease, diabetes), public health nutrition education programming for women who are pregnant or have young (pre-school) children and menu planning workshops for child care centres and residential care facilities, and community gardening/growing food. A few organizations are involved with advocacy mostly around local food promotion. Physical spaces like community or teaching kitchens with excess capacity are limited (i.e., programs that have space, use the space and it is generally not available to others). This activity set the stage for the development of a definition of food literacy that fits the local context.

See Appendix 1 for a list of participants and Appendix 2 for the list of food literacy actions generated by Forum participants.

4.0 Getting Grounded: Dimensions of Food Literacy

Food literacy is a complex, multi-faceted concept. In order to transition participants to think about how to define food literacy in Hamilton, Ruby Samra, Public Health Dietitian, CoH Public Health Services, provided an update of research funded by Public Health Ontario (PHO) that is underway in collaboration with 16 other Public Health Units. This research is looking at identifying and confirming the attributes of food literacy. Once the attributes are defined, researchers hope to work on developing an assessment tool so that the impact of food literacy programming can be measured and evaluated.

To date, this collaborative group has approached food literacy as a broad term that encompasses various attributes, including food skills. The concept of food skills includes:

- Knowledge: Our understanding of what is in food, where food comes from, how to read a food label, how different foods can be put together in healthy ways, and how food can be handled/stored safely.
- Planning: How we go about preparing meals, from thinking about what to make, when to make it, where to buy what we need, and putting it all together.
- Conceptualizing: How we improve recipes and improvise with leftover food.
- Mechanical Techniques: How we use different tools and techniques from chopping and mixing to cooking and storing.
- Food Perception: How we use our senses to know when food is safe and ready to eat.

The other attributes of food literacy include having access to opportunities to learn and share these skills, having the confidence to use these skills, and to be creative with food. An individual's food literacy level will depend on both individual and environmental factors. Individual factors include how a person feels about preparing food and their past experiences with food. Environmental factors include having adequate income, housing, food, equipment, learning opportunities, and social support.

For further information, contact Ruby at ruby.samra@hamilton.ca or click on the links below for presentations on this research.

[Update #1](#)

[Update #2](#)

[Update #3](#)

5.0 Cooking up a Food Literacy Definition for Hamilton

The facilitator then led the participants in an exercise to create a “working” definition of food literacy. Roundtable groups were asked to draft a definition of food literacy that fits

- 2) Trusted resources/sources – credible; multiple stakeholders represented (14 green dots)
- 3) Advocacy – curriculum; nutrition breaks in schools (10 green dots)
- 4) Authority – policy influencer (8 green dots)
- 5) Respond to community requests/demands (5 green dots)

Participants used red dots to indicate which activities that they felt were not within the scope of the Network. These are listed below:

- 6) Problem solving – knowledge exchange (1 red dot)
- 7) Education regarding food donations (0 dots)
- 8) Access funding opportunities (0 dots)
- 9) Regular/annual event/moment-celebrate/increase awareness (0 dots)

To finish off, participants identified their preferred level of involvement using the Stakeholder Engagement Wheel. Four participants self-identified to become a Core member for certain aspects. Others were available to be involved, supportive, or peripheral depending on the focus of the potential initiative. Generally, most people were unable to predict their level of involvement until the full scope of the Network has been determined.

7.0 Evaluation / Feedback Survey Results

Twenty of twenty seven attendees completed the Forum Feedback Survey. Overall, the feedback indicated that the participants were satisfied or very satisfied with the Forum. The collaboration exercises to define food literacy and shape the structure and function of a Food Literacy Network were the most valuable parts of event. Two-thirds of all

Core - Stakeholders or individuals who are interested in being actively involved in the functioning and development of a collective effort to enhance community wellbeing

Involved - Stakeholders or individuals who want to be frequently consulted and given opportunities to provide in-depth feedback. (e.g., attending topic specific/community specific/age specific discussions or workshops)

Supportive - Stakeholders or individuals who provide some form of support and input (i.e., attending future community forums, answering surveys and providing input online).

Peripheral / Interested - Stakeholders or individuals who are kept informed of the progress of the initiative, but are not directly involved in the work (e.g., list serve, newsletter, informed about opportunities to participate in events)

(Tamarack

http://tamarackcci.ca/files/the_stakeholder_engagement_wheel_0.pdf).

participants also reported that the Forum increased their knowledge about food literacy and their awareness of local food literacy initiatives.

The feedback survey also solicited additional ideas on how a Food Literacy Network might be structured in terms of meetings and/or networking or educational events, as well as identifying barriers to participation. Generally, participants felt that in-person meetings or teleconferences for a core group of members might be possible at least every other month while larger networking and/or educational events could be held once or twice per year. Barriers to participation in the network include – limited staff capacity, organizational mandates, funding, and time/availability, “*so many meetings and so little time*”. Eleven participants shared their thoughts on the benefits of being involved in a Food Literacy Network. A network would be valuable for:

- connecting and partnering on projects
- sharing ideas and avoiding duplication
- promoting innovation and collaboration
- raising awareness of local food literacy activities or events (e.g. community cooking classes)
- supporting advocacy initiatives

Refer to Appendix 4 for the full survey report.

8.0 Conclusion and Next Steps

Based on the positive energy from this Forum and the survey results, it is important to build on the momentum to encourage cross-sector collaboration to advance food literacy in Hamilton. From the information gathered, proposed next steps include:

- Increase communication and awareness about food literacy by exploring several options to achieve this, such as in-person meetings and events, a list serve, etc.
- Continue the dialogue to come to an agreed upon working definition of food literacy that fits within the Hamilton context to help guide action specific to food literacy

- Further develop relationships and partnerships to capitalize on opportunities and assets while mitigating the barriers and challenges to achieving food literacy for all Hamiltonians

Public Health Services, as the lead for the Hamilton Food Strategy, will invite those who self-identified as core or involved stakeholders to a follow-up meeting to further plan next steps with respect to the establishment of the Food Literacy Network. In addition, efforts will be made to follow-up with those organizations who were unable to attend the Forum to invite them to participate in future Food Literacy Network activities (refer to Appendix 5 for the list of suggested additional participants).

Appendices

1. Participants and contact information
2. Food Literacy Actions by Organization
3. Cooking Up a Definition of Food Literacy for Hamilton (flip chart contents)
4. Forum Evaluation Survey Results
5. List of suggested additional organizations
6. Forum PowerPoint Slides

Appendix 1: Hamilton Food Literacy Forum Attendees

Name	Organization	Phone Number	Role	email
Amy Angelo	N2N centre	905-574-1334 x213	Community Garden and Market Coordinator	aangelo@n2ncentre.ca
Cailey Campbell	N2N Centre	905-574-1334 x 213	Community Food Skills Coordinator	ccampbell@n2ncentre.com
Cathy Hughes	The Downstairs Kitchen	905-529-5452		dkitchen@bellnet.ca
Christine Vlahopoulos	De dwa da dehs nye>s Aboriginal Health Centre	905-544-4320 x 328	HKCC LPM	healthykids@dahac.ca
Clare Wagner	N2N Centre	905-574-1334 x205	Director Community Food	cwagner@n2ncentre.com
Diana Desimone	North Hamilton CHC	905-523-6611 ext 3008	Community Outreach worker	desimone@nhchc.ca
Elizabeth Szkodziak	Welcome Inn Community Centre	905-525-5824	Food Organizer	Elizabeth_Food@welcomeinn.ca
Helen Toews	HHS	905-527-4322 x44923	Dietetic Education Coordinator	toews@hhsc.ca
Holly-Anne Scott	Sobeys Pharmacy	289-339-9878	Registered Dietitian	hascott10@gmail.com
Jay Carter	Evergreen (Hamilton)	905-577-2995	Hamilton Project Manager	jcarter@evergreen.ca
Jean- Anne Bauman	Tastebuds	905-522-1148 ext 104	Community Development	jbauman@tastebudshamilton.ca

Name	Organization	Phone Number	Role	email
Jean- Anne Bauman	Kiwanis Club of Hamilton	905-746-0776 (cell)	Garden Coordinator	kiwanis.hamilton.inc@gmail.com
Jennifer Desrosiers	North Hamilton CHC	905-523-6611 ext 3019	Outreach Diabetes Dietitian	desrosiers@nhchc.ca
Kate Flynn	Mohawk College and Honest Field Farms	647-838-2779	Sustainable Food Systems Research and Program Coordinator/Farmer	1kateflynn@gmail.com katherine.flynn1@gmail.com
Krista Rao	Welcome Inn Community Centre	905-525-5824	Community Program Coordinator	krista@welcomeinn.ca
Laura Ryan	NAS/SPRC	905-522-1148	Community Developer	lryan@sprc.hamilton.on.ca
Laurie Nielsen	Hamilton Food Advisory Committee	905-529-6907	Member	nielsen@kwic.com
Lindsay Zalot	Public Health Services – Family Health Division	905-546-2424 x 7078	Public Health Nutritionist	lindsay.zalot@hamilton.ca
Lisa Wang	Public Health Services	905-546-2424 x 3314	Community Health Worker/CFA	lisawang410@gmail.com
Mariue Queirolo	Evergreen (Hamilton)	905-577-2995	Hamilton Project Manager	mqueirolo@evergreen.ca
Mun Cho	Hamilton FHT	905-599-8368	Registered Dietitian	mun.cho@hamiltonFHT.ca
Nancy Henley	Tree House Kitchen	888-607-0333	owner/chef	nancy@nancyhenley.com

Name	Organization	Phone Number	Role	email
Roman Caruk	Catholic School Board	905-975-2814		roman.caruk@gmail.com
Sean Crockett	Mustard Seed Coop	289-492-2667	General Manager	sean@mustardseed.coop
Mary Ellen Scanlon	Mustard Seed Coop		Board Member	
Tammy McIlroy	Public Health Services Family Health Division	905-546-2424 ext 1593	Program Manager	Tammy.McIlroy@hamilton.ca
Tracy Hutching	Hamilton Health Sciences	905-527-4322 ext 46620	Patient Education Specialist	hutchtra@hhsc.ca
Valerie Rolfe		905 577 0600		TTVRolfe@hotmail.com
Virginia Stonehouse	Green Venture	905-540-8787 ext 154	Education Manager	virginia.stonehouse@greenventure.ca

Appendix 2: Food Literacy Actions by Organization

(From Oct 2016 Food Literacy Network Forum)

Organization & contact information	Food Skills	Nutrition Education	Gardening	Advocacy	Facilities / Physical Space
<p>Aboriginal Health Centre</p> <p>Christine Vlahopoulos healthykids@dahac.ca</p> <p>Charlotte Chan, RD 905-544-4320 x 298; cchan@dahac.ca</p>	<ul style="list-style-type: none"> - RD tries to have programs to enhance food skills for participants ~ 1x a month ie cooking course, prep classes - bringing culture to food/food prep - Community meals around holiday with food skills/literacy in prep 	<ul style="list-style-type: none"> - FASD and child nutrition worker provides some nutritional ed as does the RD 	<ul style="list-style-type: none"> - Small community garden associated with health centre 		<ul style="list-style-type: none"> - yes we have space BUT it is limited; kitchen is small
<p>Downstairs Kitchen</p> <p>Cathy Hughes dskitchen@bellnet.ca</p>	<ul style="list-style-type: none"> - Employment readiness; goal to build employable skills in the food sector 			<ul style="list-style-type: none"> - Dinner theatre - Community dinner program - Food based play 	
<p>Evergreen</p> <p>Jay Carter jcarter@evergreen.ca</p>			Urban Agriculture Program Resources		
<p>Green Venture</p> <p>Virginia Stonehouse virginia.stonehouse@greenventure.ca</p>	<ul style="list-style-type: none"> - school tours in garden; - presentations in school about gardening; - smoothie bike blender which is taken to 		Green Venture	Green Venture	Gardens and indoor space

Organization & contact information	Food Skills	Nutrition Education	Gardening	Advocacy	Facilities / Physical Space
	<ul style="list-style-type: none"> - schools, healthy eating; - Riverdale Cooking classes after school 				
<p>Hamilton Family Health Team</p> <p>Mun Cho mun.cho@hamiltonFHT.ca</p>	<ul style="list-style-type: none"> - Cooking Demonstration – held monthly by RD; various topics (eg diabetes, bone health) - Cook a Little, Cheat a lot – cooking demo offered on demand; very simple meals prepared with minimal equipment/appliances - Cooking, preserving, food waste mgmt., community meal prep, using unfamiliar tools, exploring new foods with excitement rather than fear, learn about how difference culture flavour and use different parts of plants - Available for sessions at schools for groups on various topics 	<ul style="list-style-type: none"> - Individual nutrition counselling by RD; Family doctors affiliated with the HFHT; referred by doctor or self-referral accepted as well - Craving Change – 6 week group focuses on emotional eating; explores why we eat - Healthy You group – 11 week group education on healthy eating; a non-diet approach for those with weight management concerns - Available for sessions at schools for groups on various topics 	<ul style="list-style-type: none"> • Rooftop Hamilton FHT – for growing food/gardens 123 James North 		
<p>Hamilton Health Sciences</p> <p>Tracy Hutching</p>	<ul style="list-style-type: none"> - RD intervention, - Outpatient clinics, Adult, Pediatrics, - disease focused 	<ul style="list-style-type: none"> - Pediatric Nutrition Network - RDs who work in pediatric nutrition , meets 3x per year 			classrooms and auditorium

Organization & contact information	Food Skills	Nutrition Education	Gardening	Advocacy	Facilities / Physical Space
hutchtra@hhsc.ca		<ul style="list-style-type: none"> - RDs from PHS, Hamilton and McMaster FHT, NHCHC, home care, hospitals etc. - Dietetic internship – training future RDs 			
MacNab YWCA Valerie Rolfe TTVRolfe@hotmail.com		One-time educational talks			Kitchen space
McQuesten Urban Farm					Outdoor classroom
Mohawk College Kate Flynn 1kateflynn@gmail.com	<ul style="list-style-type: none"> - local food literacy training @ Mohawk (+ soon to be partner colleges in Ontario) 	<ul style="list-style-type: none"> - Thanksgiving at the Mohawk College Farm Stand celebrating local healthy foods - Integrating sustainable food systems into Health and Wellness curriculum 	<ul style="list-style-type: none"> - Community garden open to students, staff, community 		<ul style="list-style-type: none"> - Classrooms and nutrition labs
Mustard Seed Coop Sean Crockett sean@mustardseed.coop	<ul style="list-style-type: none"> - Classes/Courses - Topics: food prep, preservation, growing, wild gathering 	<ul style="list-style-type: none"> - school tours 	<ul style="list-style-type: none"> - Producers and suppliers - Sell seedlings in the spring for gardening and vegetable growing in the community 	<ul style="list-style-type: none"> - Special events e.g. movies, readings - Sustainable farming - Food system 	<ul style="list-style-type: none"> - Kitchen space - Classroom space
Neighbour to Neighbour Clare Wagner	<ul style="list-style-type: none"> - After school community kitchen programs 	<ul style="list-style-type: none"> - Recipe and nutrition info at seniors fresh food market 	<ul style="list-style-type: none"> - Community garden plots and workshops/knowledge 	<ul style="list-style-type: none"> - Participate in Ontario Edible Education 	<ul style="list-style-type: none"> - Immanuel Christian Reformed Church

Organization & contact information	Food Skills	Nutrition Education	Gardening	Advocacy	Facilities / Physical Space
cwagner@n2ncentre.com	<ul style="list-style-type: none"> - Adult community kitchen programs 		<ul style="list-style-type: none"> exchange - Hamilton Community Garden Network (many involved) - Volunteer with farmer - Learn about soil - Learn about natural homemade fertilizers and pest control - Planning schedules - Companion planting - Build relationship through volunteering - Retail (manage market) 	Network	<ul style="list-style-type: none"> kitchen space - Garden spaces - Community food centre
<p>North Hamilton Community Health Centre</p> <p>Jennifer Desrosiers desrosiers@nhchc.ca</p>	<ul style="list-style-type: none"> - Diabetes Kitchen - Cooking classes- various community locations as needed - Outreach diabetes kitchen - Seniors Community Kitchen 	<ul style="list-style-type: none"> - Community gardens - diabetes and diabetes prevention education - Nutrition education groups and presentations (outreach) - Children's Gardens (Grub Club) - Seniors Community Kitchen - Healthy Moms Healthy Babies (prenatal nutrition programs) 	<ul style="list-style-type: none"> - Community Greenhouse - Children's Gardens (Grub Club) 		<ul style="list-style-type: none"> - Community kitchen space - Community garden space/ plots @ 3 locations
Public Health Services	Family Health <ul style="list-style-type: none"> - Hamilton Prenatal 	Family Health <ul style="list-style-type: none"> - RDs work with childcare 			

Organization & contact information	Food Skills	Nutrition Education	Gardening	Advocacy	Facilities / Physical Space
<p>Family Health: Lindsay Zalot lindsay.zalot@hamilton.ca</p> <p>Healthy Living: Ruby Samra Ruby.Samra@hamilton.ca</p> <p>Mary Ellen Prange MaryEllen.Prange@hamilton.ca</p>	<p>Nutrition Project offers participants the opportunity to prepare food for the 9 weekly groups (for prenatal and postnatal women) and learn and share new recipes; Skills and recipes can be transferred to influence participants home lives; offers volunteer positions at each group who assist/facilitate the above process: Hamilton.ca/prenatal groups</p> <ul style="list-style-type: none"> - Family Health – RDs provide sessions on Feeding Baby (0-12months) at OEY Centers re introduction of solid foods; session involves a demo of how to prepare ~ 3 foods 	<p>centres provide support and workshops re menus, meal planning, how to create a supportive environment. Attendees include child care staff, supervisors and cooks.</p> <ul style="list-style-type: none"> - RD also has presented at child care cooks network and conference - RDs staff a divisional Facebook page and post about relevant nutrition topics facebook.com/HealthyFamiliesHamilton - PHS currently facilitating access/implementation of the NutriSTEP Toddler and Preschool Screening Tool including free access to the electronic version (via Dietitians of Canada) with phone f/u by EatRightOntario RDs in multiple languages - Hamilton Prenatal Nutrition Project – 9 weekly groups for pre and post natal women re nutrition 			

Organization & contact information	Food Skills	Nutrition Education	Gardening	Advocacy	Facilities / Physical Space
	<p>Healthy Living</p> <ul style="list-style-type: none"> - Tastebuds – RD on steering committee, provide menu planning - RD provides menu planning workshops to Residential Care Facilities (RCFs) - RD coordinates and supports the Community Food Advisor Program which supports development of food skills through Food Demonstrations, workshops and classes 	<p>education (during pregnancy, post natal and for children; NHCHC is key partner. Topics include ways to save money on food, key nutrients during pregnancy, breast feeding, intro of solids, how to make baby food; provide \$10 grocery gift card and gift card for prenatal vitamins</p> <ul style="list-style-type: none"> - FH RDs also facilitate Healthy Kids Hamilton workgroup which is a divisional workgroup focusing on nutrition / physical activity key messages <p>Healthy Living</p> <ul style="list-style-type: none"> - RDs develop healthy eating action plans that guide health promotion work in elementary and secondary schools - Teacher workshops to support the healthy eating curriculum - Healthy Kids Community Challenge – engaging the 			

Organization & contact information	Food Skills	Nutrition Education	Gardening	Advocacy	Facilities / Physical Space
		<p>community of ward 6,7,8 and taking action to enable children to drink water rather than sugary drinks, and help children eat more vegetable and fruit – supported by COH Family Health Division (workgroup and steering committee level)</p> <ul style="list-style-type: none"> - As members of the Ontario Society for Nutrition Professionals in Public Health (OSNPPH) advocate at the provincial level for the re-introduction of food literacy into mandatory school curriculum. 			
<p>Sobeys (community room – Ancaster)</p> <p>Holly-Anne Scott hascott10@gmail.com</p>	<ul style="list-style-type: none"> - Free group classes at Sobeys – food prep/cook demo, recipes, themes like cooking on a budget, cooking for one, how to prepare certain fruits/vet, grains, etc 	<ul style="list-style-type: none"> - Individual RD counselling at Sobeys – goal to link health information with that practical food piece; Helps people translate info/recommendations into action - Free group classes – cooking for better blood sugars, cooking for hearth health, Mediterranean diet, 			<ul style="list-style-type: none"> - Education space with demo kitchen - Classes offered by Sobeys Pharmacy RD - RD can collaborate with community groups/partners so they can benefit from the use of the

Organization & contact information	Food Skills	Nutrition Education	Gardening	Advocacy	Facilities / Physical Space
		healthy weight workshops			room (eg diabetes centre runs a program in the room and the Sobeyes RD does a food demonstration to link the program info to practical food applications)
Spouts Camp City School Sprouts Program @ Eva Bothell Centre			(Kids gardening and eco camp); Increased stewardship of space through engage w/garden on site		
Tastebuds Jean- Anne Bauman jbauman@tastebudshamilton.ca	<ul style="list-style-type: none"> - parent and student gain skills when volunteering (no direct classes) - volunteers get food skills and can get safe food handling certificate 				
The Hamilton Edible Education Network	<ul style="list-style-type: none"> - Tastebuds, Green Venture, PHS 				
Tree House Kitchen Nancy Henley nancy@nancyhenley.com	<ul style="list-style-type: none"> - Connects people to real usable food skills with written and quadruple tested recipe “systems” of creation. - 40yrs collective kitchen 	<ul style="list-style-type: none"> - Has adopted a local park to further gardening and healthy watershed awareness - Connecting children to life skills with food and where 		<ul style="list-style-type: none"> - member of the Hamilton Food Advisory Committee - Tree house Kitchen helps out 	<ul style="list-style-type: none"> - Available for filming, test kitchen, TV opportunities - There is a live 20 foot tree located

Organization & contact information	Food Skills	Nutrition Education	Gardening	Advocacy	Facilities / Physical Space
	<p>experience filtered through a delicious, conscious, omnivore, vegetarian, sustainable, family friendly lens,</p> <ul style="list-style-type: none"> - real activities, videos in creation, public speaking, skills training for lay people and industry specializing in food skills - decades of teaching experience 	<p>their food comes from</p> <ul style="list-style-type: none"> - Connecting children to local farmers in film production - Meet farmer, see farm, practice, buy food, cook food at treehouse kitchen - Is farm share member - Has a (not certified) organic edible, wild and sensory garden to promote watershed awareness, knowing where your food comes from and is interesting in garden sensory for people living with dementia 		<p>at schools</p>	<p>indoors in the middle of the space with a full chefs kitchen</p> <ul style="list-style-type: none"> - Located in Dundas on a 1 acre sustainable, pollinator friendly garden on the escarpment
Victory Gardens of Hamilton			<ul style="list-style-type: none"> - 14 sites to grow fresh vegetables 		
<p>Welcome Inn</p> <p>Krista Rao krista@welcomeinn.ca</p>	<ul style="list-style-type: none"> - adolescent group cooking education provided to community coming in to access the food bank 	<ul style="list-style-type: none"> - Adolescent group - exposing community members to food and recipes that they might not normally buy and use but is being provided by the food bank - CFAs- provide samples of easy seasonal recipes - Seniors congregate dining - Children's health afterschool snacks/meals 	<ul style="list-style-type: none"> - Community garden – skills (garden and food) 		<ul style="list-style-type: none"> - Large, well equipped kitchen

Miscellaneous from flip charts (unclear which organizations are doing these actions)

Food Skills

- Food Handling Workshops
- Pathways to Education – High School Age – cooking programs
- Community Kitchen Handbook – How to run a community kitchen

Nutrition Education

- Nutrition programs school health classes on basic food groups every elementary class involved

Gardening

- Seedy Saturday
- Design and put in school gardens
- Community gardens on site
- Ron Miller Garden @ 200 Jones Rd

Food Literacy Advocacy

- Zoning for urban ag in the urban boundary
- Sustain Ontario

Physical Space

- City Housing
- Kiwanis Club of Hamilton, Inc. @ 200 Jones Rd,
- Ron Miller Community Garden c/o 200 Jones Rd
- Farmers Market Community Kitchen at Jackson Square
- Churches have kitchen space
- St Helen Ctr.
- Evergreen store front as a FREE public space to convene

Other

- 100 in 1 Day Hamilton - food themed workshops and urban interventions

- Information Hamilton Food Access Guide – listing of food related services in the City (eg foodbanks, free meals, etc.)
- Good Shepherd meals – King Street location, daily meals for the homeless
- NHCHC – Children’s Breakfast Club
- Mustard Seed Coop – Farm Tours

Appendix 3: Cooking up a Food Literacy Definition for Hamilton

Roundtable discussions led to a working definition of food literacy for Hamilton:

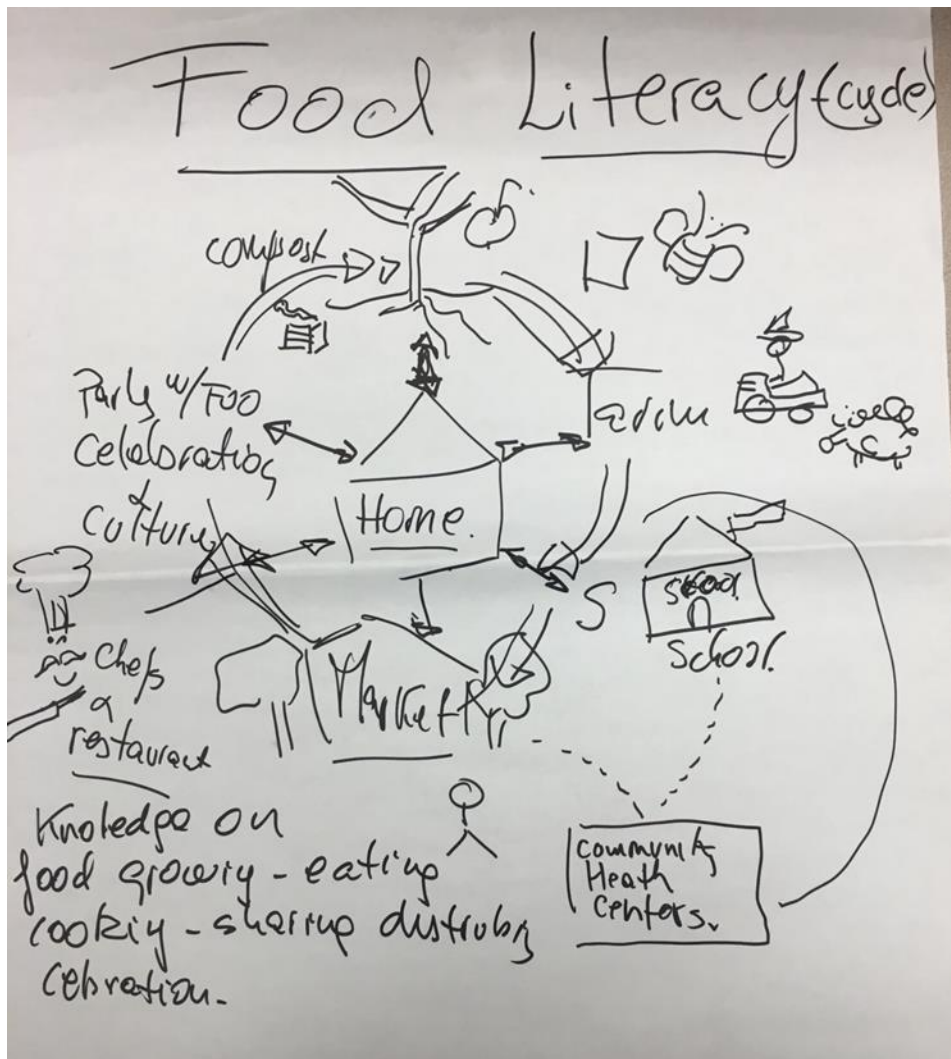
Food literacy encompasses a broad scope of knowledge, skills, and attitudes about food: knowledge about food, where it comes from, how to prepare and/or cook, food safety, cooking meals for family, shopping for healthy foods, bringing healthy choices for lunch, meal planning etc.

Transcript of how the participants described food literacy:

- shopping, preparing, budget, technique
- knowing where the food comes from and its uses (entire food production cycle)
 - understanding cultural and social connection of food
 - understanding ingredient and ingredients list
 - practical/hands on learning, various settings (family/friends/schools/work/community programs you don't stop learning lifelong)
- transferable skills, foundational life skills!!
- positive attitude towards food
- basic comprehension of nutrition
- equitable
- emotional aspect of food
- curious about food
- food celebration + food culture => recipe for knowledge where food comes from how it is grown=> curious about food
- => ask the questions ; expect a good answer that its tasty good for you and the environment
- advocate for good food
- healthy food?? too much information and cultural conflict => new immigrant
- access to food and facilities, confidence in food skills
- knowing how to use food
- cfg and nutritional value (knowing what a healthy meal consists of)
- being able to read and follow instructions
- understanding measurement
- knowing how to plan meals and minimize food waste (or preserve food for later use)
- knowing how to get value for your dollar (budgeting, shopping strategies)

- food safety
- knife and kitchen safety
- planning ahead, preparing food in advance (batch cooking)
- knowing how to use ingredients in multiple ways
- knowing how to store food
- navigating the food retail/purchasing environment
- being able to find credible sources of information
- visual representation
- food is fun + exploring = food confidence
- food skills- -- inspiration
- food behaviours => practices and actions
- food literacy is dependent of context (culture)
- tied to access/barriers
- food literacy features have to be assessed through the lens of food justice
- a measurement of literacy has to be measured by community
- access influences but does not define preferred ideals and goals of food literacy
- awareness + knowledge beyond “where food comes from”=. ‘what is the history +context behind /informing “where food choices come from”
- systemic issues are central to holistic food literacy
- move from individual choices to systemic => “the lunchable” example – connections => cash crops / pic
- knowledge about origin
- what’s in it
- where it comes from
- what’s available when
- how its prepared
- knowledge about nutrition
- knowing what you need to be healthy
- serving sizes
- knowing what to choose
- knowing how to choose (shopping, meal planning, combinations of foods to have a healthy meal/diet)
- the skills with which to prepare it

- how to procure
- how to cook
- how to store
- how to prepare safely
- the tools you need
- how to adapt as needed
- food awareness
- how to navigate the “ language of food” like labels, ads, trends
- how to weigh healthy decisions + balances diet options



Appendix 4: Food Literacy Forum Feedback Survey Report

(Completion rate: 100.0%)

1. What was your overall satisfaction level with the Food Literacy Network Forum?

Response	Chart	Percentage	Count
Very satisfied		35.0%	7
Satisfied		50.0%	10
Neutral		15.0%	3
Dissatisfied		0.0%	0
Very dissatisfied		0.0%	0
		Total Responses	20

2. What parts of the Forum did you find most useful? (select all that apply)

Response	Chart	Percentage	Count
Overview of the Hamilton Food Strategy		45.0%	9
Sharing of current initiatives and programming (post-it notes on flip charts)		70.0%	14
Update on Public Health Food Literacy Research		40.0%	8
Group collaboration to define Food Literacy		80.0%	16
Group collaboration to shape structure and functions of a Hamilton Food Literacy Network		70.0%	14
		Total Responses	20

3. How did participation in the forum affect your knowledge about food literacy?

Response	Chart	Percentage	Count
Greatly increased		5.6%	1
Somewhat increased		61.1%	11
Did not increase / about the same		33.3%	6

Total Responses 18

4. How did participation in the forum affect your awareness of local food literacy actions?

Response	Chart	Percentage	Count
Greatly increased		30.0%	6
Somewhat increased		55.0%	11
Did not increase / about the same		15.0%	3
		Total Responses	20

5. a) What is your preferred format and frequency for future meetings and/or events of the Food Literacy Network?

	monthly	every other month	3-4 times per year	every 6 months	annually	n/a	Total Responses
Attend in person meetings	0 (0.0%)	3 (16.7%)	9 (50.0%)	4 (22.2%)	2 (11.1%)	0 (0.0%)	18
Attend in person networking or educational events	0 (0.0%)	1 (5.6%)	8 (44.4%)	4 (22.2%)	5 (27.8%)	0 (0.0%)	18
Attend webinars or video conference calls	0 (0.0%)	1 (6.2%)	4 (25.0%)	8 (50.0%)	1 (6.2%)	2 (12.5%)	16
Attend teleconference meetings	0 (0.0%)	0 (0.0%)	4 (28.6%)	5 (35.7%)	0 (0.0%)	5 (35.7%)	14

5. b) Do you have other suggestions for the format and frequency of future Network meetings?"

#	Response
1.	The members that identified as "core" could meet/teleconference more often, and bring in the peripheral members 1-2x per year.

2.	Would like to see at least 1 networking meeting per year. If we had two meetings a year (one networking, one education/forum/AGM/similar) that would help to build bridges & learning without being burdensome. Could see doing an additional 1-2 things a year (i.e 1-2 webinars, a local org host a "one off" event).
3.	Start at 6 months, adjust frequency as needed.
4.	Make them action and project based with time for free form conversation and networking
5.	I think that there are goals for the network that need to be created, and that may require more frequent meetings until they are completed. I think that if the role of the food literacy network involved reviewing policy/program proposals in the city (and/or the City) a committee of the network needs to be struck to do that task. For example, the recent HKCC work would be a great example of a project that could benefit from a committee to review the goals and make recommendations for program/project outcomes. The suggestions of the committee aren't necessarily binding, but could be helpful to reduce redundancy of services and redundancy of engagements that reveal the same ideas (that just never get implemented) and to bring forward successful ideas that have not had the resources to be implemented or sustained, but with a new initiative, may meet the goal and limitations of their resources.
6.	Not at the moment
7.	Something every 6 months - 1 can be 'official' networking, the other informal networking like an education event/forum.

6. Please describe any barriers to involvement in the Food Literacy Network that you or your organization faces.

#	Response
1.	Capacity of staff dedicated to programming. As a part time staff programming staff member I have a lot to contribute to the discussion on food literacy but not a lot of time to do that on the books.
2.	- Limited by mandates of above (governing) bodies on the extent on participating in education activities (non-core function of our organization) - Seeing a 3rd party do this makes it easier to do this - we can support but don't have to take lead
3.	None so far.
4.	Funding

5. Time - many pulls
6. resources (time)
7. Time. So many meetings and so little time.
8. I was glad to see that an individual who is not attached to an organization could participate. For me, this meant being able to find people and organizations of like mind.
9. Limited time. Advance notice key

7. Please describe the opportunities to build on or be gained by being involved in the Food Literacy Network.

#	Response
1.	I think people being connected, having a list-serve to maybe call out to ask where certain programming could be accessed or to call people to a certain project.
2.	- Seeing a 3rd party do this makes it easier to do this - we can support but don't have to take lead
3.	- Learning how to increase community engagement, what efforts are being done
4.	All good - each opportunity creates more exciting gains
5.	Good to be kept up-to-date on Food Literacy in Hamilton.
6.	Valuable for connecting, avoiding duplication, promoting innovation and collaboration, raising awareness
7.	Increased awareness of local food literacy activities or events (ie community cooking classes) Keep abreast of local research in food literacy Support advocacy initiatives
8.	collaborations that will support the community's health and thereby support the mandate of the organization I work in.
9.	Sharing resources: partnering on projects, sharing ideas to nurture each other's programs, engaging diverse populations that can be introduced across sectors and institutions, bring in service and program users to have full membership in the network.
10.	It is of great benefit to put faces with names and working together to fill in any gaps in

service.

11. Shared resources

8. Do you know of any group or organization that wasn't part of the Oct 26 meeting to invite to participate in this Network?

#	Response
1.	<ul style="list-style-type: none">- Nourishing Health- Justice for Migrant Workers- Cultural and grassroots groups
2.	Wrote my suggestions on the white comment cards at the meeting.
3.	<ul style="list-style-type: none">- Robert Pasuta (Ward 14 Hamilton Councillor)- School Boards (HWDSB, HWCDSB, Conseil scolaire Viamonde, Conseil scolaire de district catholique Centre Sud,)- Independent Schools or association(s) (i.e. Hebrew Academy, John Knox School, Hillfield Strathallan, Arabic School, Calvin Christian, Timothy Christian, Hamilton District Christian SS)- Voices or volunteers from post-secondary and/or research (Mac, Humber, Redeemer, more)- Attend OR as resources:- Greenbelt- AgScape (Agri-Food Education)- OMAFRA (ep Guelph or closer)
4.	food share ym/ywca food banks other than n2n and welcome inn
5.	School board representatives University student literacy advocates
6.	Royal Botanical Gardens, City Housing Hamilton, Nourishing Health
7.	Are there any MAC students working with food distribution i.e. there is a beekeeping person at MAC and it would be wonderful to encourage buildings and business to use their roofs. Also (tongue in cheek -- Bin dumping for reclaiming food).

- 8. OMAFRA,
Green belt,
School board

9. Do you have any other comments or feedback about the Food Literacy Network Forum?

#	Response
1.	I really learned a lot from and appreciate the work that you put into creative facilitation. I love that the agenda was themed, the bike rack for off-track ideas. It was very well designed! My only concern during the facilitation was one moment at the end where I feel like facilitation could have utilized the bike rack when there was some grey area/more time needed to understand the question around advocacy.
2.	- Like the idea of calendar/211/inventory of resources - It would be nice to have "something" every 6 months or as frequently as quarterly if possible. More often than that I think it is overwhelming. i.e. 2 meetings / year (one networking, one "forum"/conference/lecture), 1-2 webinars. (This excludes any of member organizations specific functions.
3.	- Looking forward to narrowing down our task! It is exciting really and I am happy to be involved :) - Love the positivity that the group is emphasizing when defining "food literacy"
4.	Great start!
5.	Maybe find out what other cities are doing? This may be best done through teleconferencing.
6.	Thanks! It is an energizing afternoon.
7.	Thank you for organizing!
8.	I thought that the facilitation was very strong and productive. I felt like she steered us away from rabbit holes and towards realistic conclusions. I also felt that the section on learning what others were doing was such a good way to start the conversation - which also helped to frame what was next and where the gaps remain.
9.	Good work! I am not completely clear about the roles of the other food and ag related committee and networks in the city, so there might be benefit to rolling these together or coming together narrow the role of each.

10. I would like to see some other forms of gathering of food etc. I have been corresponding with a friend in Vancouver where there are food coops and other ventures. There are web sites such as the one below that we could use for education etc.

<http://www.filmsforaction.org/>

11. This is an important group in this city. Even at this stage where more people are aware of the importance of good food, many people just don't pay enough attention to proper eating. I would hope that your programs would be made available to all schools


Appendix 5: List of Organizations Not Present

(Identified by Forum participants)

- Youth voice
- Randy Kay PIRG
- Environment Hamilton (3 x)
 - Juby Lee,
Jlee@environmenthamilton.org
 - Beatrice Ekoko (??)
- Food Share
- Open Source
- Big Crunch
- Plan B – organic farm
- Ecological Food Growing programs to Farm (??)
- Hamilton Naturalists
- Hamilton Port Authority
- Hamilton Victory Gardens – Bill Wilcox
- McMaster University (2x)
- Hamilton Community Foundation
- Stoney Creek Gardening Club and Horticultural Society – meets monthly at Stoney Creek Legion
- Hamilton Good Food Box
- OEYC – some sites run kids cooking programs
- Child Care Centres – Cooks Network
- All the Farmers markets
- The burgeoning restaurant scene – chefs, bakers, etc.
- High School – foods teachers
- City of Hamilton Recreation – coordinators, programming, facilities
- Farm and Food Care, Tracey Hussey (CEO) – bridging the communication gap between producers and consumers
- Food Social Enterprises
- Mes Amis
- YWCA
- Mission Services – used to have kitchen equipment industrial program
- St Joe’s Healthcare – Stoney Creek, Mountain
- Fortino’s
- Evergreen – Mariup (??)
 - How to run a farm market
 - Role of public markets in cities
 - Market interventions
- School Boards
- City Housing
- Royal Botanical Gardens
- Nourishing Health (local business/health and cooking promotion/education)




Hamilton
FOOD LITERACY NETWORK
FORUM
OCTOBER 26, 2016
Public Health Services



Welcome

- Welcome by Claire Lechner, Manager Chronic Disease Prevention Team, HLD
- Facilitator for today is Nancy Dubois
- Go Around Introductions:
 - name and affiliation



Agenda


1:00 - 1:20	Welcome, Introductions, Review of Agenda
1:20 - 1:30	Setting the Table Background & Purpose of the Forum
1:30 - 1:45	The Cookbook: Hamilton Food Strategy
1:45 - 2:15	On the Menu: Food Literacy Projects & Programs Participants have an opportunity to share their food literacy practices, from food skills to advocacy
2:15 - 2:30	Break
2:30 - 2:40	Getting Grounded: Dimensions of Food Literacy
2:40 - 3:10	Cooking up a Food Literacy Definition for Hamilton Participants create a "working" definition of food literacy
3:10 - 3:50	Stone Soup: Ingredients for a Food Literacy Network Participants determine the ingredients to create and sustain a Food Literacy Network
3:50 - 4 PM	Closing Remarks



Setting the Table

Background


- Public Health mandate
- Hamilton Food Summit – Nov. 2014
- Food Literacy Network exploratory meeting – March 2015
- Hamilton Food Strategy – August 2016



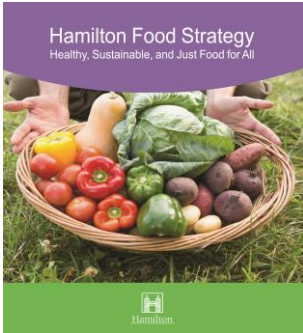
Setting the Table

Purpose of today's Forum:

- Reaffirm interest and involvement
- Revisit and confirm desired purpose
- Provide a forum for sharing information and ideas
- Facilitate collaboration among stakeholders



The Cookbook: Hamilton Food Strategy



Hamilton Food Strategy
Healthy, Sustainable, and Just Food for All



Why a Food Strategy?

Hamilton

- 2012 Motion by Council
- Ten-year plan to set direction for
 - decisions
 - resources
 - actions



Food Strategy Development

Hamilton

- Review of other food strategies
 - Canadian examples - similar social, political, environmental, and economic context
- Environmental scan of City resources
- Proposed vision, principles, and goals



Community Engagement

Hamilton

- Website, animated video, discussion primer
- Online & hard copy survey
- Workshops, events
- Focus Groups
- Interviews
- Open Houses



www.hamilton.ca/foodstrategy



Community Engagement

Hamilton

- Food Strategy informed by over 2700 citizens & stakeholders



Key Themes

Hamilton

- **System-Wide** approaches
- Support **local agriculture** and local foods
- Ensure **access** to healthy food for everyone (regardless of income or location)
- Enhance **Food Literacy** about healthy eating and food system



Community Engagement

Hamilton

- Themes repeated, affirmed, and enhanced throughout all of the consultations
- Community Check-in Open Houses validated results
- Input reflected in the Food Strategy



Food Strategy Vision

Hamilton

“A city with a sustainable food system where all people at all times have economic and physical access to enough safe, nutritious food to meet their dietary needs and food preferences.”

Food Strategy Structure

Hamilton

4 Overarching Goals

14 Food System Recommendations

46 Food System Actions

Food Strategy Goals

Hamilton

4 Food Strategy Goals

- Support food friendly neighbourhoods to improve access to healthy food for all
- Increase food literacy to promote healthy eating and empower all residents
- Support local food and help grow the agri-food sector
- Advocate for a healthy, sustainable, and just food system with partners and at all levels of government

Food System Recommendations

Hamilton

14 Recommendations

- 3 System-Wide
- 3 Food Production
- 2 Distribution & Processing
- 4 Access & Consumption
- 2 Food Waste

All Contribute to Achieving 1 or More Food Strategy Goals

46 Food System Actions

Hamilton

46 Actions

- 5 Priority Actions**
 - Funding Criteria Process
 - Food Skills & Employability Program
 - Community & Neighbourhood Infrastructure
 - Food Literacy Network
 - Local Food Promotion
- 4 Easy Low Hanging Fruit Actions**
 - Community Kitchen Scan
 - Food Waste Messaging
 - Food Business Programs
 - Edible Landscaping Toolkit
- 3 Community Actions Underway**
 - Mohawk College Local Food Procurement
 - Hamilton LTC Local Food Procurement
 - Community Food Centre Funding
- 34 Mid to Long Term Actions**
 - Implementation Plan will be developed to achieve remaining actions

Priority Action 4

Hamilton

- Facilitate the creation of food network(s) to assist in capacity building, information sharing, and ability to access community-based food initiatives.



Next Steps

Hamilton

- Initiate Priority Actions
- Develop Implementation Plan
 - Collaboration with appropriate staff
 - Food Advisory Committee
- Report back
 - Approval of any policy, financial, or staffing implications
 - Annual update, Report Card every 2 years



On the Menu

Hamilton

Food Literacy Projects & Programs

- Goal is to develop an inventory of food literacy initiatives currently underway.
 - Headings around the room for a variety of components
 - Write (in pen please) your initiative & who is providing it on a post-it & post it under the appropriate component
 - Cards on table to recommend other organizations or programs not here. Leave these in the baskets provided.



Break

Hamilton

- Light refreshments
- Return back in 15 Minutes



What are Food Skills?

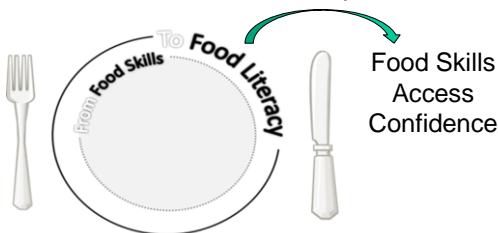
Hamilton



Getting Grounded

Hamilton

- Dimensions of Food Literacy



Cooking Up a Hamilton Food Literacy Definition

Hamilton

TASK:

- In your table groups, draft a definition of Food Literacy that fits the local context.
- Share each with the large group.
- Hand in your definition.



Stone Soup: Ingredients for a Food Literacy Network

Hamilton

STEP 1: FUNCTIONS

- Brainstorm, as a large group, the potential key functions of a group focused on Food Literacy.
- Attach your green dots to the functions you see as most important
- Attach red dots to any functions that you feel should NOT be addressed by a Food Literacy "network" – we will want to hear more about your rationale for this



Stone Soup: Ingredients for a Food Literacy

Hamilton

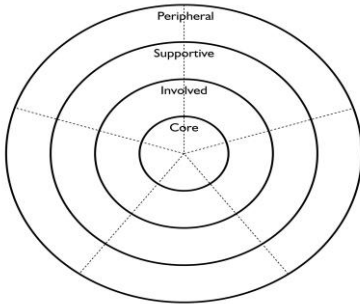
STEP 2: STRUCTURE

- What can people commit/what will be their roles and contributions?
- Stakeholder Wheel of choices of immediate roles – please complete
- What would it take to have your organization involved in this initiative – what are the barriers to involvement?



Stakeholder Wheel

Hamilton



PHS Commitment

Hamilton

- "Backbone"
- Core level of involvement



Wrap Up & Next Steps

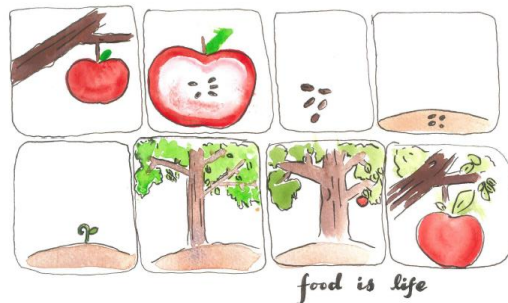
Hamilton

- Survey – coming to your inbox soon!
– Please complete it
- Last thoughts from you?
- Report will be distributed asap



Thank You!

Hamilton





Hamilton

Public Health Services

2017