

Sudbury and Manitoulin Districts' Community Food Security Directory 2011-2012



*Trish Hamill and Jack Cyr in a Community Garden,
Chapleau, ON.*

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Purpose of the Community Food Security Directory

To increase community food security in the Sudbury and Manitoulin districts by:

- linking you with food programs and other food resources in your community
- increasing awareness of the healthy community food systems approach and the City of Greater Sudbury (CGS) Food Charter

Definition: “Community food security exists when all community residents obtain a safe, personally acceptable, nutritious diet through a sustainable food system that maximizes healthy choices, community self-reliance and equal access for everyone.” (Dietitians of Canada, 2007)

Resources in the Community Food Security Directory have been organized by the four goals of the CGS Food Charter.

These goals are:

- population health and wellness
- community development
- investment in the regional food system
- development of a sustainable food system

The goals of the CGS Food Charter overlap. Although the resources included in this directory are listed only once under one specific goal, they could be listed under multiple goals. This reflects the interconnectedness of our food system.

If you are aware of other programs and services that should be included in this directory, call 705.522.9200, ext. 257 with the information.

City of Greater Sudbury Food Charter

The Sudbury & District Board of Health endorsed the City of Greater Sudbury Food Charter in June 2004. The City of Greater Sudbury and the municipalities of Killarney, St. Charles, and the Township of Tehkummah on Manitoulin Island endorsed the Charter on September 15, 2004.

The charter says:

Given that access to safe, affordable, nutritious food is a basic human right of individuals and communities, and connects us to our families, our cultures, and our traditions;

And that community food security is a comprehensive approach that includes all components of the food system, from producers to consumers, and promotes regional food self-reliance;

And that having a food secure community is the foundation of population health, social justice, community-based economic development, and a sustainable environment;

Therefore, Sudbury Food Connections Network (formerly the Food Security Network) of the Sudbury and Manitoulin Districts, including the City of Greater Sudbury, the Social Planning Council of Sudbury, and the Sudbury & District Health Unit, will work towards the development and implementation of a community food security mandate that supports research, policies, and programs that will endorse:

- Population Health and Wellness
- Community Development
- Investment in the Regional Food System
- The Development of a Sustainable Food System

The Community Food Systems Approach to a Healthy Communities Model

Community food insecurity is a serious public health issue (Ontario Public Health Association Food Security Workgroup, 2002). To achieve community food security, a community food systems approach is needed. The community food system approach looks

beyond individual eating behaviours and thinks about the bigger food system (Xuereb et al., 2005). For example, the system looks to support local food producers through farmers' markets and Good Food Box programs. It aims to support increased access to fresh vegetables and fruit through community gardens and salad bar programs in schools.

Population Health and Wellness

A healthy food system makes sure that everyone can afford to buy the food they need to eat well (Xuereb et al., 2005). Adequate income, employment, housing, and transportation policies that ensure food accessibility and availability to all citizens is an objective of the City of Greater Sudbury Food Charter.

Unfortunately, food insecurity exists in our community; thus, there is a need for emergency food programs.

Free Meal Programs

Bread and Roses Food Bank

72 Young Street
Capreol, ON P0M 1H0

Phone: 705.858.3630

Contact: Marie Jones

Hours: Open every third Thursday of each month
from 11 a.m. to 12:30 p.m.

Services: Provides services to Capreol residents only.

Elgin Street Mission

344 Elgin Street
Sudbury, ON P3E 3N9

Phone: 705.673.2163

Email: administrator@themission.ca

Contact: Rose Gale

Hours: Daily: 6 to 7:30 p.m. (Supper)
Mondays to Fridays: 7 to 9 a.m. (Breakfast)
Saturdays: 10 a.m. to noon (Breakfast)

Sundays: 11 a.m. to 1 p.m. (Lunch)

Out of the Cold (Hot Meal Program)

St. Andrew's United Church

111 Larch Street

3rd Floor

Sudbury, ON P3E 4T5

Phone: 705.674.0721

Fax: 705.674.2762

Email: standy@cyberbeach.net

Contact: Jim Dickson/Alan Ritchie

Hours: Friday evenings from November to the end of April
from 6 to 7 p.m.

The Blue Door Soup Kitchen

Samaritan Centre

344 Elgin Street, Box 2

Sudbury, ON P3E 3N9

Phone: 705.675.5300

Fax: 705.674.6205

Email: marieturcotte41@hotmail.com

Contact: Marie Turcotte

Hours: Open five days a week from 11 a.m. to 2:30 p.m.

Services: The Blue Door Soup Kitchen offers a nutritious hot meal from Monday to Friday for 300 to 400 people. A team of volunteers helps out every day. Funding comes from individual or group donations and income tax receipts are provided.

The Salvation Army Rehab Centre

146 Larch Street

Sudbury, ON P3E 1C2

Phone: 705.673.1175

Fax: 705.673.3187

Contact: Major Carey

Hours: Open 24 hours, seven days a week

Monday to Friday: Breakfast at 7 a.m., lunch at noon,
dinner at 4:30 p.m.

Saturday: Breakfast at 8:30 a.m., lunch at noon

Sunday: Breakfast at 8:30 a.m.

There is a charge of \$3 per meal.

Sunday: Lunch at noon is FREE

Food Banks

A food bank is an emergency food depot that accepts donations of food from individuals and organizations and distributes it to those in need. Call first for information.

Espanola Food Bank

Phone: 705.869.3216

Hours: The Food Bank is open Wednesdays from 1 to 3 p.m.

Contact: Gisele Mokohonuk

Garson Community Food Bank

500 O'Neil Drive West, Brady Park Clubhouse

Garson, ON P3L 1K1

Phone: Contact for the Garson Community Food Bank is made through the Sudbury Food Bank at 705.671.9663.

Contact: Janice Peer

Phone: 705.586.1160

Email: jpsandyblue@yahoo.ca

Hours: The food bank is open Tuesdays from noon to 3 p.m. at the Garson Community Food Bank site.

Services: Provides non-perishable foods for Garson, Falconbridge, and Skead.

Good Neighbours Valley East Food Bank

4680 Lafontaine Street (Upstairs in the Old Fire Hall)

Hamner, ON P3P 1K4

Phone: 705.566.1283

Contact: Anne Unwin

Hours: Open on last two Wednesdays of the month from

10 a.m. to 2 p.m.

Services: If there is an emergency, call immediately and they will help any way they can.

Guiding Light Food Bank

1230 Parisien Avenue
Sudbury, ON P3A 3B4

Phone: 705.524.0237

Contact: Elmer Kutcher

Email: glfb@vianet.ca

Hours: Open Monday to Thursday from 10 a.m. to 2 p.m.

Inner City Home

251 Elm Street West
Sudbury, ON P3C 1V5

Phone: 705.675.7550

Fax: 705.675.1652

Email: ichos@vianet.ca

Contact: Mary Ali

Hours: Drop-in and hospitality hours are from 10 a.m. to noon
and from 1 p.m. to 4 p.m.

Services: Emergency food bank depot

Laurentian University Food Bank

Students' General Association (SGA) • L'association
générale des étudiant(e)s (AGE)

935 Ramsey Lake Road

Laurentian University Student Centre, Room SC212
Sudbury, ON P3E 2C6

Phone: 705.673.6547

Fax: 705.673.6555

Contact: Charles Wilson

Email: sga@laurentian.ca

Hours: Mondays to Thursdays from 9 a.m. to 4 p.m.
Fridays from 9 a.m. to noon.

Students in residence need to contact the residence office and all other

students need to contact this service. Students can use this service up to three times a year.

Manitoulin Community Help Centre & Food Bank

P.O. Box 181
Mindemoya, ON P0P 1S0

Phone: 705.377.5160

Fax: 705.377.4863

Contact: Brenda Clark, Supervisor

Hours: Every week - Mondays from 10 a.m. to 2 p.m.,
Tuesdays from 10 a.m. to 2 p.m., Wednesdays
from 7 to 9 p.m., Fridays 10 a.m. to 2 p.m., and
Saturdays from 10 a.m. to 2 p.m.

Please call ahead for directions to the Food Bank.

Massey • Walford Food Bank

205 Sauble Street
Massey, ON P0P 1P0

Contact: Donelda Cannard

Phone: 705.865.2450

Hours: Open the second Friday of each month from 1 to 2 p.m.
Provides non-perishable foods.

New Sudbury Food Bank

1169 Dollard Avenue
Sudbury, ON P3A 4G7

Phone: No phone at this location.

Contact: Mary Ali, Executive Director

Hours: Tuesdays and Thursdays from 10 a.m. to noon.
Closed the month of August. You are welcome to go
to Inner City Home at that time. The New Sudbury
Food Bank is managed by Inner City Home, which
can be reached at 705.675.7550; please call here for
further details.

Rainbow Food Bank

36 McIntyre Street (in same building as doctors' office)
Nairn Centre, ON P0M 2L0

Phone: 705.869.1112

Fax: 705.869.1132

Hours: Tuesdays from 9:30 to 11 a.m.

Provides non-perishable foods.

St. Alphonse Food Bank

Holy Redeemer Church

1887 Bancroft Drive

Sudbury, ON P3B 1S7

Phone: 705.566.9409 (Please leave message)

Hours: Open Thursdays from 3 to 5 p.m.

Services: Serves Minnow Lake area residents only. Leave a message on the answering machine as no one is available to answer the phone. The food bank provides enough food for approximately three days and allows one visit per month. Deliveries consist mostly of non-perishable foods; some perishable foods when they are available.

St. Mark Parish

15 Church Steet

Markstay, ON P0M 2G0

Phone: 705.853.4553

Contact: Veronica Raymond, Coordinator

Phone: 705.853.4836

Hours: Open Thursdays only

Society of St. Vincent de Paul, St. Kevin's Conference Thrift Store, Food Bank, and Electronic Recycling Depot*

2506 Highway 69 North

Val Caron, ON P3N 1K6

Phone: 705.897.1212

Fax: 705.897.3338

Email: ssvp.valcaron@bellnet.ca

Website: www.mysudbury.ca/ssvp_valcaron

Contact: Maria Harte (Food Bank) or Sandra Prokulevich (Thrift Store)

Hours: Mondays to Fridays from 9:30 a.m. to 4 p.m.

Saturdays from 10:30 a.m. to 4:30 p.m.

Services: Serves Val Caron and Valley East.

* Bring all your unwanted electronics and they will safely, and responsibly recycle them.

Society of St. Vincent de Paul, Sister Frederica

Harvest House

2496 Highway 69 North

Val Caron, ON P

Email: ssvp.valcaron@bellnet.ca

Services: Operates as a community centre; email for availability.

Student's Administrative Council Food Bank

Cambrian College

1400 Barrydowne Road, Room 1164

Sudbury, ON P3A 3V8

Phone: 705.566.8101, ext. 7305 or 705.524.7305

Fax: 705.524.6395

Email: sacpres@cambriancollege.ca

Hours: Mondays to Fridays from 8:30 a.m. to 4:30 p.m.

Services: The food is located in room 1164 and is an emergency food bank.

Students wishing to access this service must provide their Cambrian College ID and fill out an information card. In addition to the food bank, they also provide food vouchers for Food Basics grocery stores. Students can access the emergency food bank up to three times per semester and may receive food vouchers twice per semester. If a student uses the food bank more than three times, they are referred to the Sudbury Food Bank.

Sudbury Food Bank

1105 Webbwood Drive

Sudbury, ON P3C 3B6

Phone: 705.671.9663
Fax: 705.671.9503
Email: sudburyfoodbank@vianet.ca
Website: www.sudburyfoodbank.ca
Contact: Daniel Xilon, Administrator
Phone: 705.673.9591
Hours: Mondays to Fridays: 8 a.m. to 5 p.m.
Services: Provider/networker for local food banks.

The Salvation Army Community & Family Services

634 Notre Dame Avenue
Sudbury, ON P3B 5L2

Phone: 705.566.8151
Fax: 705.566.5211
Contact: Caroline Lewis, Community Ministries Coordinator
Phone: (705) 566-8915
Email: Caroline_Lewis@can.salvationarmy.org
Hours: Please call in advance to make an appointment.
Mondays: 10 a.m. to 11:45 a.m. (Walk-ins between 10 a.m. and 11 a.m. for people with referrals for clothing vouchers), 1 to 2 p.m. for Loaves and Fishes, 2 to 3 p.m. Food Bank
Tuesdays: 9:15 to 11:30 a.m. and 1 to 3:30 p.m. Food Bank
Wednesdays: 9:15 to 10 a.m. Loaves and Fishes, 10 to 11:30 a.m. Food Bank
Thursdays: 9:15 to 11:15 a.m. Food Bank (Walk-ins only, door will close at 11:15 a.m.)
Fridays: 9:15 a.m. to 1:50 p.m. Food Bank
Saturdays and Sundays: closed

NOTE: If you DO NOT have a phone and cannot make arrangements to come in to make an appointment ahead of time, you may wish to wait but you will be served only after scheduled appointments are completed AND ONLY if time permits.

Provides emergency family assistance with food, clothing, essential

furnishings, and food vouchers (only at Christmas). Administers the *Gift of Sight* program (eyeglasses). Limited counselling services are available.

Wikwemikong Food Bank

Wikwemikong Family Centre • Kina Gbezhgomi Child & Family Services

19A Complex Drive

Wikwemikong, ON P0P 2J0

Phone: 705.859.3122

Fax: 705.859.2027

Contact: Maureen Trudeau, Community Support Worker

Hours: Tuesdays and Thursdays from 10 a.m. to 3 p.m.

Provides services to Wikwemikong Ontario Works clients. Appointment is preferred and clients will be asked to complete an application form upon arrival.

Food Pantries

Pantries also provide food to those in need. Pantries are a great deal smaller than food banks and are usually operated by the local church for their parishioners.

Paroisse Ste-Marguerite d'Youville

4290 Highway 69 North

Val Therese, ON P3P 1S7

Phone: 705.969.9339

Fax: 705.969.0660

Contact: Jean Legault

Services: Provides a small pantry for parishioners and helps families at Christmas.

Meals on Wheels Programs

These programs deliver hot, nutritious, full-course meals at a reasonable cost to people unable to attend to their own nutrition needs. Meals are available to seniors, convalescents, and those who are terminally ill, or physically or mentally challenged.

Aide aux Seniors

44 St. Christopher
Noëlville, ON P0M 2N0

Phone: 705.898.2174

Fax: 705.898.3449

Contact: Sylvianne Cardinal-Pitre

Services: Homemaking, Meals on Wheels, emergency response system (Lifeline), respite service, transportation, friendly visiting, and supportive housing.

Diners' Club—lunch once a week at your local seniors' club. Meet also to do activities, for example, playing cards, and shuffle board.

Chapleau Health Services • Turning Point

8 Lorne Street South
Chapleau, ON P0M 1K0

Phone: 705.864.1919

Contact: David Tenorio (Director)

Services: This program provides lunch meals only at a cost of \$6.50 per meal from Monday to Friday. Breakfast, supper, and weekend service is not available. Aside from the Meals on Wheels program, it also provides group dining every second Thursday (not in summer) for seniors. These are luncheons held at Cedar Grove for a cost of \$6.50 per meal.

Please call ahead for directions to the Food Bank.

Meals on Wheels (Sudbury)

1127 Bancroft Drive
Sudbury, ON P3B 1R6

Phone: 705.525.4554

Fax: 705.525.4741

Contact: Russel H. Decou, Executive Director

Email: meals25@sudburymeals.org

Hours: Mondays to Fridays from 9 a.m. to 4:30 p.m.

The following meal programs are offered: daily hot meals, home meal replacements (frozen meals), specialty meals, meals for new moms, as

well as seasonal congregate dining opportunities.

Services are available to eligible clients who are over the age of 65 years, convalescent, terminally ill, physically ill, and to persons with disabilities. Fee for service ranges from \$6.75 to \$7 per meal, and is subject to change.

VON Canada Meals on Wheels

PO Box 291
6062 Highway 542
Mindemoya, ON P0P 1S0

Contact: 705.377.4225

Provides both hot and frozen meals. Hotmeals are available in Gore Bay, Spring Bay, Providence Bay, and Mindemoya.

Nutritional Allowances: Special Diet, Pregnancy and Breastfeeding

The **Special Diet Allowance (SDA)** and **Pregnancy and Breastfeeding Nutritional Allowance (PBFNA)** are available for people getting Ontario Works (OW) or the Ontario Disability Support Program (ODSP).

The SDA can help people with the extra costs of a special diet when they have a qualified medical condition.

The PBFNA can help mothers with the extra costs of a healthy meal plan during pregnancy and breastfeeding.

To get the SDA form #3111 (Eng) and form #3122 (Fr), or the PBFNA form #3109 (Eng) and form #3116 (Fr), you must get an **original form** at your local OW or ODSP office. Health professionals who can fill out and sign your form include:

- Physicians
- Registered Nurses in the Extended Class
- Registered Dietitians
- Registered Midwives and Traditional Aboriginal Midwives

If you do not have a healthcare provider you can put your name on a list to find a local family doctor or nurse practitioner in your area that are taking patients. To register, call or visit:

Health Care Connect

Contact: 1.800.445.1822

Website: www.health.gov.on.ca/en/ms/healthcareconnect/public/default.aspx

If you need access to a list of local medical resources and options for healthcare providers, call or visit:

Health Care Options

Contact: 1.866.330.6206

Website: www.ontario.ca/healthcareoptions

For more information, call the Sudbury & District Health Unit at 705.522.9200 or toll free at 1.866.522.9200.

Other Organizations

Access AIDS Network

111 Elm Street

Unit 203

Sudbury, ON P3C 1T3

Phone: 705.688.0500 or toll free 1.800.465.2437

Fax: 705.688.0423

Email: aaninfo@accessaidsnetwork.com

Website: www.accessaidsnetwork.com

Contact: Richard Rainville, Executive Director

Services: Provides services and food vouchers for people living with HIV.

Supportive and outreach services are provided to those living with, affected by, or at risk of HIV/AIDS and hepatitis C. Food vouchers and access to a food pantry are also provided to those living with HIV/AIDS and who are registered as a client of Access AIDS Network.

Corner Clinic

344 Elgin Street, Second Floor

Sudbury, ON P3E 3N9

Phone: 705.673.3721

Fax: 705.673.8508

Hours: Mondays to Fridays from 8 a.m. to 2:30 p.m.

Closed from noon to 1 p.m.

The Corner Clinic provides many health care services in partnership with

other community agencies. Please note that it is not a walk-in clinic.

EatRight Ontario

Website: www.Ontario.ca/EatRight

Phone: Toll-free 1.877.510.5102

Hours: Phone service is available Monday to Friday from 9 a.m. to 5 p.m. Eastern Time (ET) with evening hours on Tuesdays and Thursdays until 9 p.m. (ET).

This service allows Ontarians to ask nutrition-related questions and to get answers by phone or email from a Registered Dietitian. Whether you have a nutrition-related question or are looking for a resource, EatRight Ontario is a trusted source for advice on healthy eating.

Elizabeth Fry Society

204 Elm Street

Sudbury, ON P3C 1V3

Phone: 705.673.1364

Fax: 705.673.2159

Email: efry@on.aibn.com

Contact: Maureen Schizkoskc

Services: Helps women and youth who are in need as a result of conflict or at risk of conflict with the judicial system or who have just come out of prison.

Foyer Notre Dame House - Outreach

307 Cedar Street

Sudbury, ON P3B 1M8

Phone: 705.675.6422

Fax: 705.675.1719

Contact: Lise Senecal

Services: Homeless shelter for teenage girls and boys ages 16 to 19 years.

Genevra House

370 St. Raphael Street

Sudbury, ON P3B 4K7

Phone: 705.674.2210 or toll free 1.800.461.0133
Fax: 705.688.8816
Contact: Deborah Dumontelle
Email: d.dumontelle@ywca.sudbury.com
Phone: 705.674.2210, ext. 303
Hours: Open 24 hours a day
Services: 32-bed shelter for abused women and children impacted by violence in their intimate relationships. Provides temporary shelter and basic needs for abused women and children.

Sudbury Women's Centre

324-F Elm Street West
Sudbury, ON P3C 1V8

Phone: 705.673.1916
Email: sudburywomenscentre@gmail.com
Contact: Kelly Sinclair, Program Administrator
Services: Provides information, referral and support service to women who have been impacted by difficult life circumstances. The centre offers public education, outreach programs, legal clinics, a resource library, internet access, a clothing depot, and workshops about violence prevention and economic independence.

YMCA Newcomer Services

10 Elm Street, #112
Sudbury, ON P3C 5N3

Phone: 705.674.2324
Fax: 705.674.3236
Email: newcomer.service@sudbury.ymca.ca

YMCA Newcomer Services is a program funded by Citizenship and Immigration Canada to help provide and support newcomers's settlement needs. Their services include: English Language assessments, a comprehensive library of multilingual printed resources; information on housing, education, health care, and employment; referrals to community services; one-on-one computer

training, and much more.

Newcomers can visit the YMCA in a relaxed environment and learn how to use the internet and email to connect with their country of origin.

Community Development

A healthy food system makes sure healthy food choices are accessible to everyone (Xuereb et al., 2005). This happens through support of community-based food initiatives such as community gardens, community kitchens, student nourishment programs, and Good Food Box programs.

Community Gardens

A community garden is organized, planted, maintained, and harvested by all interested members in a neighbourhood, school, or workplace.

Ste. Anne Community Garden

30 Ste. Anne Road
Sudbury, ON P3C 5E1

Contact: Diana Mounce, Food Charter Animator
Phone: 705.222.0406
Email: dmounce@spsudbury.ca

Spirit Garden

Contact: Jan Buley
Email: jan.buley@gmail.com

The Spirit Garden is primarily used as a teaching tool for the children in our summer recreational programs. The community is involved; however, the garden is maintained generally by staff and children. The food that is harvested is used in our programs or the children may bring some home.

The Foodshed Project

c/o The Social Planning Council of Sudbury
30 Ste. Anne Road, Unit 119
Sudbury, ON P3C 5E1

Phone: 705.523.2567
Fax: 705.523.0177
Email: ProjectManager@foodshedproject.ca
Contact: Doreen Ojala

The Foodshed Project is a member of the Sudbury Food Connections Network and supports several area community gardens thanks to all the community partners and supporters in the Greater Sudbury area.

The Foodshed Project is promoting home gardening through a new program called "Grow A Row". The Grow a Row program is to encourage gardeners to plant extra produce and donate it to local food banks. If you would like to participate, email growarowgreatersudbury@gmail.com, and check out www.foodshedproject.ca for information on the program.

Walden Community Garden

Contact: Sheila Prusila
Phone: 705.692.9949
Email: prusila@personainternet.com

The Walden Community Garden consists of 12 FREE 10ft x 10ft plots at the Anderson Farm Museum in Lively. Gardeners must use organic growing methods, meaning that pesticides and chemical fertilizers cannot be used. Gardeners range in age from young children to 74 years old and grow vegetables, fruit, and flowers of their choice on their plots. This community garden was reinstated in 2006 by the Walden Community Action Network.

Plant A Row Grow A Row

As part of your garden this year, plant and grow an extra row of your favourite veggies and donate your harvest to your local food bank.

Contact: Doreen Ojala
Website: www.foodshedproject.ca

The Foodshed Project is coordinating the Grow A Row program for 2012. Local food banks were surveyed and peas, beans, onions, carrots, and salad greens were the top five choices for donations. For more information, visit our website, or to register, email growarowgreatersudbury@gmail.com. Visit us on Facebook® and make "Getta Gardener" your friend.

Horticultural Societies

Espanola Horticultural Society

Queensway Pentecostal Church
(corner of Hwy. 6 and Queensway St.)
Espanola, ON

Contact: Gwen Wilson

Phone: 705.869.4899

Email: gwilson@persona.ca

Hours: Meets every second month on Monday night at 7 p.m.
with a guest speaker at each meeting.

The Espanola Horticultural Society has an interest in both flower and vegetable gardens. They have several high-profile fundraising events each year that promote the garden while raising money. The Society runs Youth programs and also maintains the hospital and high school's gardens. Recent endeavours include creating a new park in town and consulting on the Community Garden Project.

Massey-Walford Horticultural Society

Phone: 705.865.1725

Website: www.masseylibrary.com

Hours: Meets first Tuesday of every month at the Massey & Township Public Library at 7:30 p.m. with occasional guest speakers. (705.865.2641)

Sudbury Horticultural Society

Website: www.sudburyhorticulturalsociety.ca

Email: lhugli@hotmail.com

Community Kitchens

A community kitchen is a place where people meet to plan, purchase, and prepare meals to be shared amongst members of the group.

Centre de santé communautaire de Sudbury

19, chemin Froid
Sudbury, ON P3C 4Y9

Phone: 705.670.2274, poste 217

Fax: 705.670.2277

Email: lleblanc@santesudbury.ca
Contact: Julie Levesque, Secrétaire de Direction
Email: jlevesque@santesudbury.ca
Services: Offre des services en français.

Cuisine communautaire de groupe - Les participants apprendront comment lire les étiquettes et à préparer une alimentation économique et saine, suivant les normes du Guide alimentaire canadien.

Our Children, Our Future • Nos enfants, notre avenir

201 Jogues Street
Sudbury, ON P3C 5L7

Phone: 705.677.0440
Fax: 705.673.3354
Email: mail@ourchildren-ourfuture.net
Website: www.ourchildren-ourfuture.net
Services: Program runs out of Minnow Lake Place located at 1127 Bancroft Drive in Sudbury, 4477 Notre Dame Street, Unit 3 in Hanmer, 137 Sheppard Street in Espanola, and 355 Government Road West in Massey.

Collective Kitchen

This program offers parents the chance to get together to enhance their skills in planning nutritious meals for their families. They learn how to shop on a budget while improving the nutritional quality of meals by swapping ingredients and taking advantage of seasonal and sale products. One session is dedicated to planning meals and preparing shopping lists. A second session is dedicated to meal preparation. Participants enjoy a meal together and are able to take their nutritious meals home to share with their families. Nos services sont aussi disponibles en français.

The Salvation Army Community & Family Services

634 Notre Dame Avenue
Sudbury, ON P3B 5L2

Phone: 705.566.8151
Fax: 705.566.5211
Contact: Caroline Lewis, Community Ministries Coordinator
Phone: 705.566.8915

Email: Caroline_Lewis@can.salvationarmy.org
Hours: Please call in advance to make an appointment.
Mondays: 1 to 2 p.m. Perishables, 2 to 3:30 p.m. and
5 to 7:30 p.m. Food Bank
Tuesdays: 9:15 to 11:30 a.m. and 1 to 3:30 p.m. Food
Bank
Wednesdays: 9:15 to 10 a.m. Perishables, 10 to 11:30 a.m.
Food Bank
Thursdays: 9:15 to 11:15 a.m. Food Bank (Walk-ins
only, door will close at 11:15 a.m.)
Fridays: 9:15 a.m. to 2 p.m. Food Bank
Saturdays and Sundays: closed

NOTE: If you DO NOT have a phone and cannot make arrangements to come in to make an appointment ahead of time, you may wish to wait but you will be served only after scheduled appointments are completed AND ONLY if time permits.

Provides emergency family assistance with food, clothing, essential furnishings, and food vouchers (only at Christmas). Administers the *Gift of Sight* program (eyeglasses). Limited counselling services are available.

Community Food Advisor Program

Community Food Advisors (CFAs) are trained volunteers who share their knowledge about healthy eating through food demonstrations and other services to groups in the community. CFAs can provide information on *Eating Well with Canada's Food Guide*, shopping tips, and tasty and nutritious cooking. To book a food demonstration, healthy eating display, or other CFA service:

Phone: 705.522.9200, ext. 257
Email: cfa@sdhu.com
Website: www.sdhu.com

For general information about the program:

Phone: 705.522.9200, ext. 421
Email: cheguist@sdhu.com
Contact: Tammy Chegus, Public Health Dietitian

School Nutrition Programs

Better Beginnings Better Futures (BBBF) Student Nutrition Program

450 Morin Avenue
Sudbury, ON P3C 5H6

Phone: 705.671.1941, ext. 225
Fax: 705.671.1782
Email: student.nutrition@hotmail.com
Contact: Angèle Young

BBBF is the lead agency for administering the Ministry of Children and Youth Services Student Nutrition Program (SNP). This program supports schools to offer a nutrition breakfast, snack, morning meal, or lunch program to their students in the Sudbury and Manitoulin districts.

Breakfast for Learning, Canadian Living Foundation

164 Eglinton Avenue East, Suite 400
Toronto, ON M4P 1G4

Phone: 416.487.1046
Fax: 416.487.1837
Email: info@breakfastforlearning.ca
Website: www.breakfastforlearning.ca

The mission of Breakfast for Learning, Canadian Living Foundation, is “to ensure that every child in Canada attends school well nourished and ready to learn.”

The foundation supports nutrition programs in three major areas, which include grant funding, nutrition education, and the Community Partners Program.

Childhood • Enfance

Phone: 705.969.5136
Contact: Clément Lafrenière, President
Email: CBL@cyberbeach.net
Contact: Bernard Raymond, Coordinator
Phone: 705.673.4266

Childhood/Enfance is a local, registered, non-profit organization that provides money for breakfast or snack programs in the schools. Money

is not provided for equipment or staffing. Childhood/Enfance pays local grocery stores directly for nutritious food purchased by schools for their nutrition programs. Since Childhood/Enfance is a charitable organization, its donation receipts can be utilized for tax credits.

Show Kids You Care

PO Box 31089 Westney Road
Ajax, ON L1T 3V2

Contact: Kristy Taylor, Executive Director
Email: Kristy@showkidsyoucare.org
Phone: 416.287.0385 or Toll Free: 1.800.447.2458
Fax: 416.287.2372
Email: info@showkidsyoucare.org
Website: www.showkidsyoucare.org

Show Kids You Care is a project of Trinity Global Support Foundation. Show Kids You Care, through breakfast clubs and through lunch and snack programs, helps children in serious need across Canada, regardless of race, religion, language, or culture. Donations may be made at donate@showkidsyoucare.org.

The Human League Association

471 Ontario Street
Sudbury, ON P3E 4K4

Phone: 705.670.8633
Fax: 705.670.8674
Email: nutrition.humanleague@bellnet.ca
Contact: Dana Marshall, Executive Director and Nutrition Coordinator
Website: www.humanleague.on.ca

The Human League Association exists to promote the health, safety, and welfare of youth by removing social and economic barriers faced by families. The Human League Association reaches out to the most vulnerable members of our society, guiding them towards happier, healthier, and more productive lives.

The Human League Association also administers the *Breakfast Club for Kids*, which provides over 3 000 nutritious meals and snacks daily to 19

schools in the Sudbury area, and operates the *Positive Leisure Activities for Youth* (P.L.A.Y.) program and *Kidsport Ontario, Sudbury Chapter*.

The Human League is the official “Canadian Tire Jump Start Program” representative for the entire City of Greater Sudbury.

Canada Prenatal Nutrition Programs

Our Children, Our Future • Nos enfants, notre avenir

Valley East, Sudbury, Espanola, Sudbury East, and satellite sites

201 Jogues Street

Sudbury, ON P3C 5L7

Phone: 705.677.0440

Fax: 705.673.3354

Email: mail@ourchildren-ourfuture.net

Website: www.ourchildren-ourfuture.net or
www.nosenfants-notreavenir.net

Creating Healthy Babies • Maman et bébé en santé is a community-based nutrition and support program for expectant women, their partners, and parents of infants up to the age of six months. It is delivered through Our Children, Our Future / Nos enfants, notre avenir in Sudbury, Valley East, Espanola, and Sudbury East. Participants receive a bag of fresh produce and milk vouchers.

N'Swakamok Native Friendship Centre

110 Elm Street

Sudbury, ON P3C 1T5

Phone: 705.674.2128

Fax: 705.671.3539

Canadian Prenatal Nutrition Program (CPNP)

Contact: Rose St-George, Coordinator, ext. 222

Email: prentalprogram@on.aibn.com

Aboriginal Healthy Babies Healthy Children

Contact: Ursula Abel, ext. 259

Email: healthybabies@on.aibn.com

Healing and Wellness Program

Contact: AnnMarie Recollet, ext. 248 and Bridget Elliott, ext. 231

Email: ahwp@on.aibn.com

Services: Health and Wellness Program Objective is to ensure that the Healing and Wellness needs of the Aboriginal community are addressed by implementing the Aboriginal Healing and Wellness Strategy at the local level in order to reduce family violence, promote healthy lifestyles, and provide culture-based programming.

Family and Community Food Security Projects

Better Beginnings Better Futures (BBBF) • Partir d'un bon pas pour un avenir meilleur

450 Morin Avenue
Sudbury, ON P3C 5H6

Phone: 705.671.1941, ext. 229

Fax: 705.671.1782

Email: johannet@betterbeginningssudbury.ca

Contact: Johanne Thompson

Baby's Breath

Teen pregnancy and parenting support group for English-speaking parents who are 18 years old and younger.

Date: Tuesdays

Hours: 5 to 7:30 p.m.

For more information, call Johanne Thompson, Program Coordinator, at 671-1941, ext. 229 or Melissa Long at ext. 219.

Le soufflé d'un bébé

Un programme pour adolescentes en voix de grossesses et pour parents adolescents âgés de 18 ans ou moins.

Date: Le mercredi soir seulement

Temps : 17 h à 19 h 30

Pour de plus amples renseignements, contactez Johanne Thompson, Gestionnaire de programme, au 671-1956, poste 229 ou Melissa Long au poste 219.

Community Action Program for Children (CAPC)

110 Elm St.

Sudbury, ON P3C 1T5

Phone: 705.674.2128

Hours: Mondays to Fridays from 9 a.m. to 5 p.m.
(September to June)

Mondays to Fridays from 8 a.m. to 4 p.m. (June to
September)

Services: Community-based children's programs delivered by the Public Health Agency of Canada (PHAC). Provides assistance for caregivers and children ages 0 to 6 by promoting nutrition and health, education on child rearing, and refers clients to community services.

Our Children, Our Future • Nos enfants, notre avenir

201 Jogues Street

Sudbury, ON P3C 5L7

Phone: 705.677.0440 or toll free 1.888.677.0440

Fax: 705.673.3354

Email: mail@ourchildren-ourfuture.net

Website: www.ourchildren-ourfuture.net

This group works in partnership with individuals, families and organizations to develop and promote community resources and programs that nurture healthy children, healthy families, and healthy communities. Participants receive a bag of fresh produce and milk vouchers. Nos services sont aussi disponibles en français.

Pregnancy Care Centre of Sudbury

(previously called Infant Food Cupboard)

417 Notre Dame

Sudbury, ON P3C 5K6

Phone: 705.673.5003

Infant Food Cupboard

Provides milk, formula, and diapers in emergencies only. Service is offered to clients twice monthly as a relief program.

Milk Program

Available on a weekly basis to clients with babies up to age two that are switching from formula to milk. Clients are given four 1 litres of milk at the time of the visit.

Care Closet

Donations of baby clothes and products are made to the Care Closet each week. Clients have access to the closet when they come in for classes or help. *Donations to the closet are always welcome.*

Good Food Box Program

The Sudbury Good Food Box is a not-for-profit program that runs like a large buying club. Each month, customers pre-pay \$15 (large) or \$7 (small) for a box or bag of fresh vegetables and fruit at wholesale prices, and at least one item is provided by a local farmer. Orders are due by the second Wednesday of the month and are picked up the third Wednesday of the month. Pickup locations are in Downtown Sudbury, Hanmer, and Lively.

The Good Food Bag is smaller than the Good Food Box and is perfect for one person. Anyone can participate in this program.

Phone: 705.222.0406

Email: goodfoodbox@spcsudbury.ca

Fax: 705.675.3253

Website: www.goodfoodboxsudbury.ca or
www.boitedebonnebouffesudbury.ca

Grocery Delivery and Transportation

Please call the grocery store in your area for details on general delivery and transportation options.

Chartrand's Your Independent Grocer

Place Bonaventure Mall

4764-17 Regional Road 15

Chelmsford, ON P0M 1L0

Phone: 705.855.4588

Fax: 705.855.3641

Delivery: The cost is \$3.50 for delivery within the Chelmsford area.

Contact: Michel Chartrand

Neil's Your Independent Grocer

5200 Highway 69 North

Hanmer, ON P3P 1Z3

Phone: 705.969.4474

Fax: 705.969.5523

Delivery: Call in or fax order the day before delivery.

Minimum \$100 order.

Free delivery for local customers (Hanmer, Val Caron, and Capreol); \$10 delivery fee to McCrea Heights.

Owner: Neil Lindenbach

Smith's Markets Inc.

971 Lasalle Boulevard

Sudbury, ON P3A 1X7

Phone: 705.560.3663

Fax: 705.560.5259

Delivery: Call in order a day ahead.

\$9 charge for local (New Sudbury) delivery; delivery charges to other areas are determined by destination.

Contact: Jereme Doniec

Transportation to Grocery Stores

Transportation for physically handicapped:

Handi-Transit

To register, call 705.675.3333

Aaron Taxi

Operates Monday to Friday from 8 a.m. to 5 p.m.

Call 705.523.3333

For hearing impaired, call 705.670.2122

Grocery Store Bus Transportation

Bus transportation to grocery stores is often arranged through retirement residences or can be arranged through Estaire Bus Lines at 705.674.0708.

Espanola Care Van

The Care Van provides transportation to Winkel's Your Independent Grocer. It is available only to seniors (60 plus years) and physically or

developmentally handicapped residents. A fee of \$5 is charged for a round trip and vouchers can be purchased in \$10, \$15, and \$20 increments, in advance, from the Espanola Town Office. Call 705.862.0244 for more details about the Care Van.

Vrab's Independent Grocer

1836 Regent Street South
Sudbury, ON P3E 3Z8

Phone: 705.522.7111

Free bus service for older adults from Finlandia Retirement Home and Casa Bella Senior Citizen Apartments every Wednesday at 9:30 a.m. and noon. Note: Must call to arrange pickup.

Food Budgeting • Credit Counselling

Community Food Advisor Program

Community Food Advisors (CFAs) are trained volunteers who share their knowledge about healthy eating through food demonstrations and other services to groups in the community. CFAs can provide information on healthy eating on a budget.

To book a food demonstration, healthy eating presentation, or a workshop:

Phone: 705.522.9200, ext. 257

Email: cfa@sdhu.com

Website: www.sdhu.com

For general information about the program:

Phone: 705.522.9200, ext. 421

Email: cheguist@sdhu.com

Contact: Tammy Cheguis, Public Health Dietitian

Inner City Home

251 Elm Street West
Sudbury, ON P3C 1V5

Hours: Mondays to Fridays: from 10 a.m. to noon - hospitality and drop-in; 1 to 4 p.m. food bank, counselling, workshops, resources, and drop-in

Phone: 705.675.7550

Fax: 705.675.1652
Email: ichos1986@gmail.com
Contact: Mary Ali, Director

Sudbury Community Service Centre

Credit Counselling (non-profit group)

1166 Roy Street

Sudbury, ON P3A 3M6

Phone: 705.560.0430

Fax: 705.560.0440

Email: scsc@vianet.on.ca

Contact: Francine Hebert, Renée Boivin

Consultations are available for everyone, free of charge. You must book an appointment ahead of time. During this 1 to 1 ½ hour session, the counsellors will go over your income and expenses and suggest ways to help you better manage your money. They also offer workshops.

Food Co-ops

Access natural and organic foods by starting your own food-buying club. You need a minimum of five adult members. Foods available include dry goods, cooler items, and frozen products. No produce or meat (although some products contain meat). Deliveries to Sudbury every two weeks.

Eat Local Sudbury Co-operative Inc.

176 Larch Street

Sudbury, ON P3C 1C5

Phone: 705.521.6717

Email: info@eatlocalsudbury.com

Contact: Maureen Strickland

Website: www.eatlocalsudbury.com

Services: Co-op store selling local food (seasonal).

Hours: Wednesdays to Fridays from 11 a.m. to 6 p.m. and
Saturdays from 9 a.m. to 4 p.m.

Eat Local Sudbury Co-operative Inc. is the one-stop shop for all local food needs. This year-round store carries a wide range of local food products including meats, cheeses, milk, juice, oils, nuts, grains, preserves, prepared

foods, and more.

Eat Local Sudbury Co-operative Inc. also promotes *Community Shared Agriculture* in Sudbury. This is where shareholders pay upfront to receive a weekly delivery of in-season vegetables and fruit.

Call for more information.

Ontario Natural Food Co-op

Phone: 905.507.2021 or toll free 1.800.387.0354, ext. 228

Email: buyclub@onfc.on.ca

Contact: Kate Jarvis, Buying Club Representative

Website: www.onfc.ca

Ontario Natural Food Co-op is a wholesale distributor of natural and organic foods that offer Buying Clubs. A Buying Club is a group of at least five people who get together to purchase goods directly from the distributor, saving money, and gaining access to over 3 900 products.

Community Building Initiatives

Northern Vegetarian Society

1303 Marcel Street

Sudbury, ON P3E 4G2

Phone: 705.692.9322

Contact: Pat Laplante, President

Email: northernvegetariansociety@gmail.com

Website: www.ivu.org

The purpose of the Northern Vegetarian Society is to help the people of the City of Greater Sudbury and of northeastern Ontario adopt and maintain a healthy vegetarian lifestyle.

The group organizes various activities throughout the year, such as vegetarian potlucks, introduction to vegetarian cooking classes, and has a lending library and discounts in certain stores for members.

Social Planning Council (SPC)

30 Ste. Anne Road, Unit 119

Sudbury, ON P3C 5E1

Phone: 705.675.3894

Fax: 705.675.3253

Email: info@spscudbury.ca

Contact: Janet Gasparini, Executive Director or Jody Tverdal,
Executive Assistant

The SPC of Sudbury is an independent, not-for-profit, community-based organization. It is an association of individuals and organizations interested in improving the quality of life for everyone. The SPC works at the grassroots level to identify and resolve social issues in the community. In an effort to build a healthier community, the SPC is involved with research, advocacy, and partnership building.

Investment in Regional Food System

A healthy food system protects rural communities and culture (Xuereb et al., 2005). A regionally based food system is an objective of the City of Greater Sudbury Food Charter.

Agriculture and Food Education

Ministry of Agriculture Food and Rural Affairs of Ontario (OMAFRA)

OMAFRA Connects

Phone: 1.800.461.6132

Fax: 705.594.9675

Contacts: Pierrette Desrochers, Agricultural Representative

Mary Ellen Norry Car, Regional Manager

Barry Potter, Regional Livestock

Julie Poirier Mensinga, Agricultural Business

Management Specialist

Email: pierrette.desrochers@ontario.ca

OMAFRA Connects is provided with the intent of keeping you informed of upcoming workshops, meetings, programs, and resources for your community. If you are interested in receiving OMAFRA Connects, please contact them and they would be happy to add you to their email distribution group. The target publication date of OMAFRA Connects will be the first Friday of each month.

Northern Ontario Agri-Food Education & Marketing Inc.

1540 Highway 17 East
Wahnapitae, ON P0M 3C0

Phone: 705.694.4396

Fax: 705.694.2030

Email: noront.agrifood@sympatico.ca

Website: www.norontagrifood.org

Northern Ontario Agri-Food Education & Marketing Inc. educates consumers, processors, and retailers on the agri-food industry in northern Ontario, while assisting producers with marketing initiatives. Its focus is to increase awareness of agriculture in the north and to connect consumers with the farmers who produce their food.

Programs:

- Professional Development for Educators
- Agri-Days: a curriculum-connected program for today's classrooms that introduces the concept of "Where does my food come from?" and presented by the farmers that produce it.
- Harvest Celebrations in your community
- Farm Directory and Boreal Harvest: publications that connect urban dwellers with their rural communities
- Grow a giant pumpkin! Join Northern Ontario Agri-Food Education & Marketing Inc. for Pumpkin Fest during the second week of September at five sites across the north.

Community Shared Agriculture (CSA)

Community Shared Agriculture is a system of growing and distributing food in a way that connects farmers and those who consume their food.

Dalew Farms

10781 Highway 64
Lavigne, ON P0H 1R0

Phone: 705.594.1823

Email: dalew@phonenet.ca

Website: www.dalewfarms.ca

Chantal and Dave invite you to enjoy a wide variety of fresh produce from

Dalew Farms. Dalew Farms uses absolutely no chemicals or artificial fertilizers and the animals are raised on pasture during the spring, summer, and fall.

CSA produce will be delivered to Sudbury's Market Square every Wednesday evening to CSA members at a predetermined time during the regular growing season.

CSA members are invited to attend an annual farm tour with hayrides to see the gardens and animals. Members will receive regular farm newsletters as well as weekly email bulletins. Visit the website for an updated list of products available.

Take pleasure in knowing that your family's food was produced by your own personal farmer, in a safe and environmentally friendly fashion.

Loon Song Garden

581 Highway 540

Little Current, ON P0P 1K0

Phone: 705.368.0460

Email: loonsong@vianet.ca

Website: www.loonsong.net

LoonSong Garden will no longer be a CSA but will continue with a focus on teaching gardening and related topics in organics and biodynamics through workshops at the farm during the season, and consultancy with individuals, community groups, and schools around the Island.

They will, however, continue throughout the year, to mill their homegrown cereal grains by stone to make whole-grain wheat, rye, and oat flour. The flour and rolled oats will be available at the farm (please pre-arrange), the Little Current Farmers' Markets, and at the Eat Local Sudbury Co-operative.

Farmers' Markets • Farm Fresh Products

There is a huge variety of produce at most Farmers' Markets ranging from fresh berries, fruit, vegetables, pickles, and preserves, as well as traditional arts and crafts.

Carol & Earl's Restaurant and Farmers' Market

2106 Highway 6, PO Box 59
South Baymouth, ON P0P 1Z0

Phone: 705.859.3000

Contact: Carol or Earl, owners

Hours: Open from 7 a.m. to 9 p.m. seven days a week

Fresh local vegetables, fruits, jams, and more are sold each day during the summer months at the restaurant. Market is held mainly indoors but is sometimes held just outside of the restaurant.

Downtown Sudbury Market Square

Location: Market Square

85 Elm Street

Sudbury, ON P3C 1T3

Hours: May 31 to November 1: Saturdays from 8 a.m. to 3:30 p.m. and Sundays from 10 a.m. to 3:30 p.m.
Approximately 35 vendors

Phone: 3.1.1

Gore Bay Farmers' Market

Location: On the waterfront

Hours: Fridays from 9 a.m. to 1 p.m.

Mid-May (Long Weekend) to mid-October (Thanksgiving)

Approximately 20 vendors

Contact: Ted Smith, Market Manager

Phone: 705.282.6255

Josephine's Vegetables No Herbicide Farm Since 1982

3316 St. Laurent Street (on Valley View Road)

Sudbury, ON P0M 1L0

Phone: 705.897.6302 (taped 24-hour information line)

Email: josee@dinosaurusudbury.com

Website: www.dinosaurusudbury.com or
www.josephinesvegetables.com

Contact: Marcel M. Rainville

Hours: May 1 until September 8, rain or shine, 9 a.m. to

8 p.m. open seven days a week including holidays.

After September 9, please call in advance.

Note: Interac, VISA, American Express and MasterCard are all accepted. Gift certificates for vegetables are available, and E-gift certificates can be bought online. Over 43 different vegetables grown and sold at farm location.

Kagawong Market

Location: Lower Kagawong in the Pavillion across from the Old Mill and beach.

Contact: Lois Linley

Phone: 705.282.0715

Hours: Open on Wednesdays (1st Wednesday in July until the last Wednesday in August)

Approximately 20 vendors. Fresh local produce, baking, preserves and more.

LaCloche Foothills Farmers' Market

Location: 1750 Hwy. 17, just west of Massey
(former Riverview Feed & Farm)

Hours: May to October

Open on Saturdays from 9 a.m. to 1 p.m.

Fresh produce, crafts, baking, and more. Vendors interested in participating are to call Oliver Coburn at 705.865.1411 to reserve a table.

Maja's Local Organic Food

6152 King Street

Mindemoya, ON P0P 1S0

Phone: 705.377.4471

Contact: Maja

Email: majasilk@amtelecom.net

Website: www.majas.ca

Hours: Open from 11 a.m. to 6 p.m. Mondays to Saturdays

A wide range of fresh vegetables, flowers, organic baked goods, herbal teas, and other items are available.

M'Chigeeng Market

Location: M'Chigeeng arena
Hours: Saturdays from 9 a.m. to noon
Victoria Day to Thanksgiving
Contact: Joan Beard
Phone: 705.859.2604

Mindemoya Market

Location: Mindemoya Arena
Hours: Saturdays from 9 a.m. to 12:30 p.m.
July and August (until Labour Day)
Contact: Jan McQuay, Market Manager
Phone: 705.377.4045

Approximately 20 vendors

NEMI Market, Little Current

Location: Water Street (behind the BMO bank)
Hours: Saturdays from 9 a.m. noon
Victoria Day to Thanksgiving
Contact: Ken Ferguson
Phone: 705.368.2468

Salad Bar Programs

Salad bar programs provide students in participating schools with a variety of fresh, healthy food choices with lots of vegetables and fruit, whole grains, and legumes. Salad bar programs support local producers by using locally grown produce. For more information on salad bar programs, call the Sudbury & District Health Unit at 705.522.9200, ext. 257.

Farm-to-Table Sales

Some farm produce is sold from roadside stalls. Signs indicate produce for sale and their prices. Direct farm-to-table sales reduce environmental impact, provide produce picked at their peak of freshness, and farmers with a fairer price for their goods. See Figure 1, on the next page, for important information.

Figure 1

The Health Protection and Promotion Act of Ontario requires that anyone who intends to open and operate a food premises must notify the Health Unit of their intention to operate.

The Ontario Food Premises Regulation (O. Reg 562), under the Health Protection and Promotion Act, provides the minimum requirements for the operation of a food premises. These requirements help operators comply with the regulation and fulfill their responsibility to prepare, serve, and sell safe food.

Please note that it is illegal to sell or offer for sale food that is unfit for human consumption, unpasteurized milk or cream, and uninspected meat. No operator of a food premises shall sell or offer for sale ungraded or Grade “C” eggs. Contact your local office of the Sudbury & District Health Unit if you encounter a food premises that is selling or offering for sale the food items noted above.

Health Protection and Promotion Act (HPPA): http://www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_90h07_e.htm

Food Premises Regulation (FPR): http://www.e-laws.gov.on.ca/html/regs/english/elaws_regs_900562_e.htm

If you have questions, as an operator or as a consumer, please call the Sudbury & District Health Unit at 705.522.9200, ext. 398 and ask to speak with a public health inspector.

Development of a Sustainable Food System

A healthy, sustainable food system will have a diverse agricultural economy, linked with local food needs and markets. The City of Greater Sudbury Food Charter encourages activities that preserve biodiversity and natural resources and increase awareness of global environmental issues.

Community Food Security Networks

The **Sudbury Food Connections Network** (SFCN), formerly the Food Security Network, is a community-based network of individuals from many different backgrounds. The group produces a newsletter, *Food Connections News*, to communicate network activities and provide information on food security-related topics. The SFCN played a vital role in the development of the City of Greater Sudbury Food Charter, which is meant to provide direction to the network, individuals, organizations, and local government in an effort to improve food security for all community members.

The Sudbury Food Connections Network's vision statement is: *Food secure communities in the Sudbury and Manitoulin districts that have zero hunger, healthy food choices, local food resources, and a sustainable environment.*

New members are always welcome. If interested in adding your ideas, or helping out, contact the SFCN at sudburyfoodconnections@gmail.com. Visit their website at www.sudburyfoodconnections.blogspot.com.

Manitoulin Community Food Network

Contact: Heather Thoma

Phone: 705.368.0460

Email: interwoveness@onlink.net

This diverse and inclusive group consists of farmers, educators, health care professionals, social service representatives, business people, and members of the general public, cooperating on Manitoulin Island with the following mission: *To support and develop the community awareness, production and consumption of healthy, locally-produced food.*”

Organizations Supporting Sustainable Environments

EarthCare Sudbury

Website: www.greatersudbury.ca/earthcare

Contact: Victoria Morrow, EarthCare Sudbury Coordinator

Phone: 705.674.4455, ext. 4398

Email: earthcare@greatersudbury.ca

EarthCare Sudbury is a collaboration of over 100 community partners working together to implement the EarthCare Sudbury Local Action Plan.

EarthCare Sudbury has been charged by the Healthy Community Cabinet with leading the Environmental Sustainability pillar of the City of Greater Sudbury's "Healthy Community Strategy." EarthCare has been reporting to the Cabinet on various initiatives underway by various groups in Greater Sudbury to address local food security.

City of Greater Sudbury, Waste Division
www.greatersudbury.ca/wastemanagement

Phone: 3.1.1

Has numerous programs to help citizens reduce their waste, contribute to reuse and recycling, and make Greater Sudbury greener.

City of Greater Sudbury, Citizen Advisory Panels

Advisory Panels for the City of Greater Sudbury are made up of community volunteers, experts, and councillors.

Agriculture and Topsoil Advisory Panel

The panel's mandate is to provide input and advice on agricultural issues in the community, including matters such as agricultural land use, promotion of the agricultural sector of the local economy, and topsoil preservation.

Contact: City Clerk's office at 3.1.1

reThink Green

(formerly the Greater Sudbury Environment Network)

Website: www.rethinkgreen.ca

Contact: Tamara Gagnon, Program Director

Phone: 705.674.1685

Hours: Mondays to Fridays from 8:30 a.m. to 4:30 p.m.

reThink Green is a not-for-profit, membership based organization dedicated to the facilitation of environmental efforts in the City of Greater Sudbury. Its members have a strong presence in the community year-round, and their focus is twofold. Working with their membership, they jointly tackle new environmental projects and help bring them to

life. Working in the community, they strive to bring the general public educational programs such as workshops, panel discussions, and more. You may know them best as the hosts of the annual Earth Day Festival!

Sudbury Horticultural Society

Website: www.sudburyhorticulturalsociety.ca

Email: lhugli@hotmail.com

Founded in 1911, the Sudbury Horticultural Society is dedicated to the beautification of the Sudbury and Manitoulin districts and the preservation of the environment. Annual membership: \$15 single, \$20 family. Includes monthly newsletter and yearbook.

Sudbury & District Health Unit

Phone: 705.522.9200 (main office)

Fax: 705.677.9613

Website: www.sdhu.com

In accordance with the Ontario Public Health Standards, 2008, the Sudbury & District Health Unit develops and implements healthy eating and healthy weights programming based upon the requirements outlined in the Chronic Diseases and Injuries Program Standards.

For example, the Health Unit:

- conducts *Nutritious Food Basket* costing annually.
- promotes and advocates for breastfeeding and breastfeeding-friendly spaces.
- inspects all food premises to ensure food safety and provides food handler training.
- provides prenatal nutrition classes and home visits to new moms to address issues like breast and bottle feeding, and the introduction of solid foods.
- supports school meal and snack programs.
- supports the school community with *Nutrition Tools for Schools*®, which is a resource to help create healthy eating environments in schools.

The Foodshed Project

c/o The Social Planning Council of Sudbury
30 Ste. Anne Road, Unit 119
Sudbury, ON P3C 5E1

Phone: 705.523.2567

Fax: 705.523.0177

Email: ProjectManager@foodshedproject.ca

Contact: Doreen Ojala

The Foodshed Project supports the City of Greater Sudbury Food Charter. Its programming has a strong focus on youth engagement, and in 2009 and 2010 supported the Farm Yard Gardens Youth Internship Program with Dillon Devikis (Farm Yard Sales—local producer of vegetables and fresh eggs at that time). Resources for the use in promoting Food Sustainability science fairs projects, the All About Food Workshop Series, are available free at www.foodshedproject.ca in the "Our Initiatives" section.

The Foodshed Project is also compiling a food biodiversity database inventory on an ongoing basis. Please contact us for a free copy of our Garden Plant Inventory. The database is to support the Grow A Row Program, and the development of new food crops in the Sudbury area. The Foodshed Project is a member of the Sudbury Food Connections Network and supports several area community gardens thanks to all the community partners and supporters in the Greater Sudbury area.

The Foodshed Project is promoting home gardening through a new program called "Grow A Row". The Grow a Row program is to encourage gardeners to plant extra produce and donate it to local food banks. If you would like to participate, email growarowgreatersudbury@gmail.com, and check out www.foodshedproject.ca for information on the program.

Resources From Other Communities

www.foodnetontario.ca

www.foodsecurecanada.org

References

Community Nutritionist Council of BC, 2004, Making the Connection – Food Security and Public Health

Ontario Public Health Association, OPHA Food Security Work Group, 2002, A Systemic Approach to Community Food Security: A Role for Public Health.

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Notes



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