



**HAMILTON**  
community food centre

## REPORT ON 2018 FUNDING



**April 15, 2019**

**Amy Angelo, Manager of Food Access & Skills**

**Danielle Boissoneau, Community Action  
Coordinator**

**Krista D'Aoust, Director of CFC & Family  
Services**



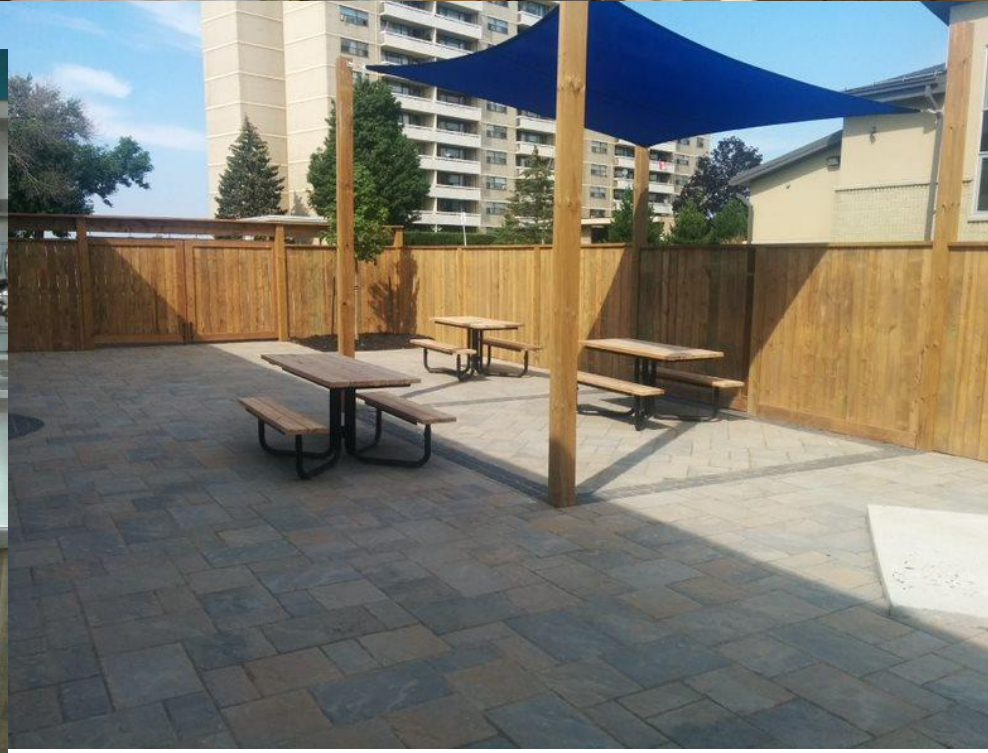
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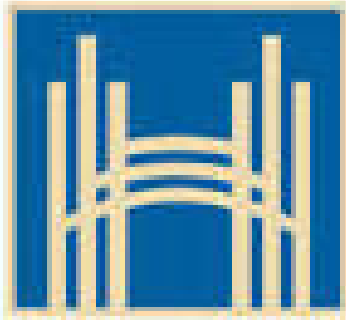


In partnership with

community food centres  
CANADA good food is just the beginning



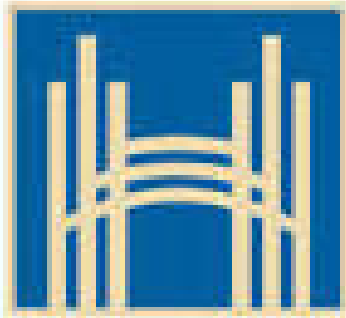




Hamilton

## Alignment with City of Hamilton, Our Future Hamilton Community Vision - Priorities

1. **Community Engagement and Participation** (*Peer Advocate work, Vounteers : 3,948 hours!, workshops & policies that address racial inequity and foster participation; de-colonization education; community action training & social justice club, Edible Education Guide, HCGN*)
2. **Economic Prosperity and Growth** (*local farmers; living wage employer; peer advocate model; campaign for adequate welfare & disability benefits; basic income campaign*)
3. **Healthy and Safe Communities** (*food access – healthy food; wellness & fitness; meals, markets & café; smoking cessation; kids camps; welcome baby; programming addressing social determinants of health*)
4. **Clean and Green** (*gardens, HCGN program, indigenous community connections / land based programming*)
5. **Built Environment and Infrastructure**
6. **Culture and Diversity** (*Intercultural kitchen; Niwasa baby food making; senior-youth skill share; Ngen Youth Centre; Cooking up Justice*)



Hamilton

## Alignment with City of Hamilton, Food Strategy Goals

1. Support Food Friendly Neighbourhoods to Improve Access to Healthy Food (*gardens, HCGN program, meals, market & café*)
2. Increase Food Literacy to Promote Healthy Eating & Empower all Residents (*gardens, child/youth programs, community kitchens, edible education, food literacy network & events*)
3. Support Local Food and Help Grow the Agri-Food Sector (*local farmer purchases & relationships; HCGN program*)
4. Advocate for a Healthy, Sustainable and Just Food System with Partners and at All Levels of Government (*National - CFCC, Food Secure Canada; Provincial - HKCC; Partnerships with City*)





- **11,937** healthy meals shared and sent home
- **2021** total visits to low-cost fresh produce market
- **Visiting Programming Partners** – Public Health's Welcome Baby Program; YWCA for seniors and fitness breakfasts; Smoking Cessation (Public Health); School Groups; John Howard Society; Rolston Neighbourhood Planning Team



**Reducing social isolation  
and increasing support.**

**95% of our members  
feel they belong to  
a community here.**





**Improving physical and  
mental health.**

**74% of people say our programs  
have contributed to positive  
changes in their mental health.**





## Access to Healthy Food

- **Good Food Market & Café**
- **Healthy weekly meals (Family Dinner and One Dish Lunch);**
- **Seniors Wellness & Fitness Breakfasts (with YWCA)**





## HEALTHY FOOD ACCESS







Increasing access  
to healthy food.

88% of people say we are  
providing an important  
source of healthy food.





## Healthy Food Skills

- Intercultural Community Kitchens
- Garden Club Programs
- Cooking and Gardening skills workshops
- Kids Club – After School & Summer Programs
- Welcome Baby (Public Health)







**Building healthy food  
skills and behaviours.**

**81% of people are  
eating more fruits  
and vegetables.**





## HEALTHY FOOD SKILLS





## HEALTHY FOOD SKILLS

**119** New Participants at Community Kitchens; **1413** Meals Shared

**34 families** engaged with gardens; **2** trained as mentors

**416** children & youth reached







## Engagement & Advocacy

- Community Action Training
- Peer Advocacy (Peer to Peer)
- Cookin' up Justice Youth Network
- Senior & Youth Skill Share
- Food Justice Collective
- Speaking Engagements
- Hamilton Community Garden Networking Program
- School Visits and Edible Education Guide





## ENGAGEMENT & ADVOCACY

**1320** Visits to the  
Advocacy Office  
seeking help

**16** in Community  
Action Training

**881** people engaged  
in Inclusion & equity  
training, workshops  
& special events










**Increasing  
community  
engagement.**


**74% of people have become more  
involved in the community because  
of something they learned here.**





# Community Garden Networking Program

- **Support for coordinators of gardens throughout Hamilton including:**
  - Resource Boost Opportunity for tools and equipment
  - Moderated List-serv to connect all gardens
  - Maintenance of online map and directory at [n2ncentre.com](http://n2ncentre.com)
  - Response to inquiries and consultation requests

 **Hamilton Garden Directory**  


 Hamilton Health Sciences - R...


 Hamilton Urban Garden


 McMaster Teaching & Comm...


... 4 more

☒ **HCGN - Plot Gardens**

 Athens Street Community Ga...


 Bartonville Neighbourhood C...


 Bethel Community Garden


 Binbrook Community Garden


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☒ **HCGN - Donation**

 Carpenter's Garden - Rehobot...

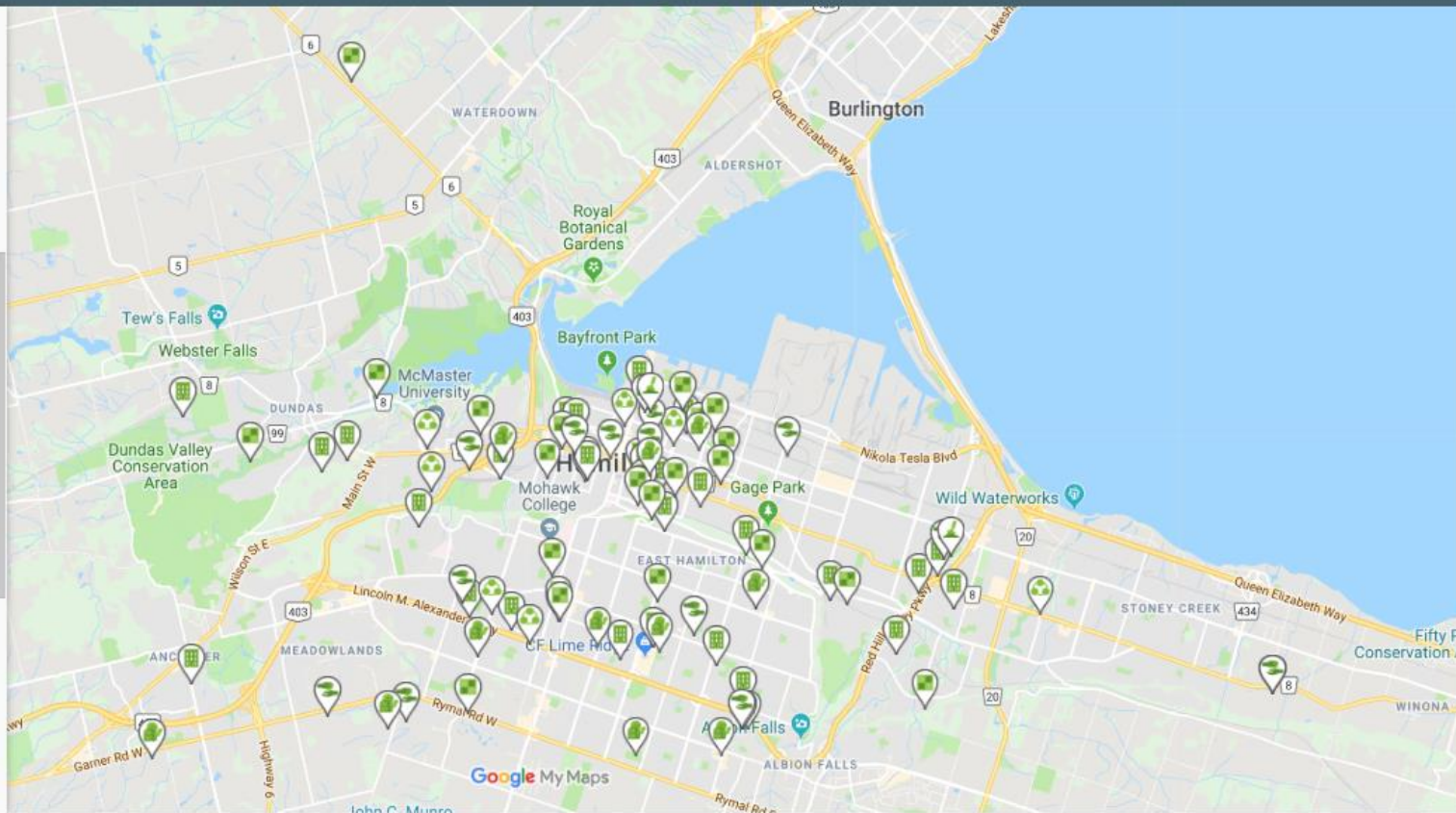
 Hamilton Paramedics Volunt...

 Hamilton Victory Gardens - C...

 Hamilton Victory Gardens - M...

... 9 more

☒ **HCGN - Children's/Educatio...**

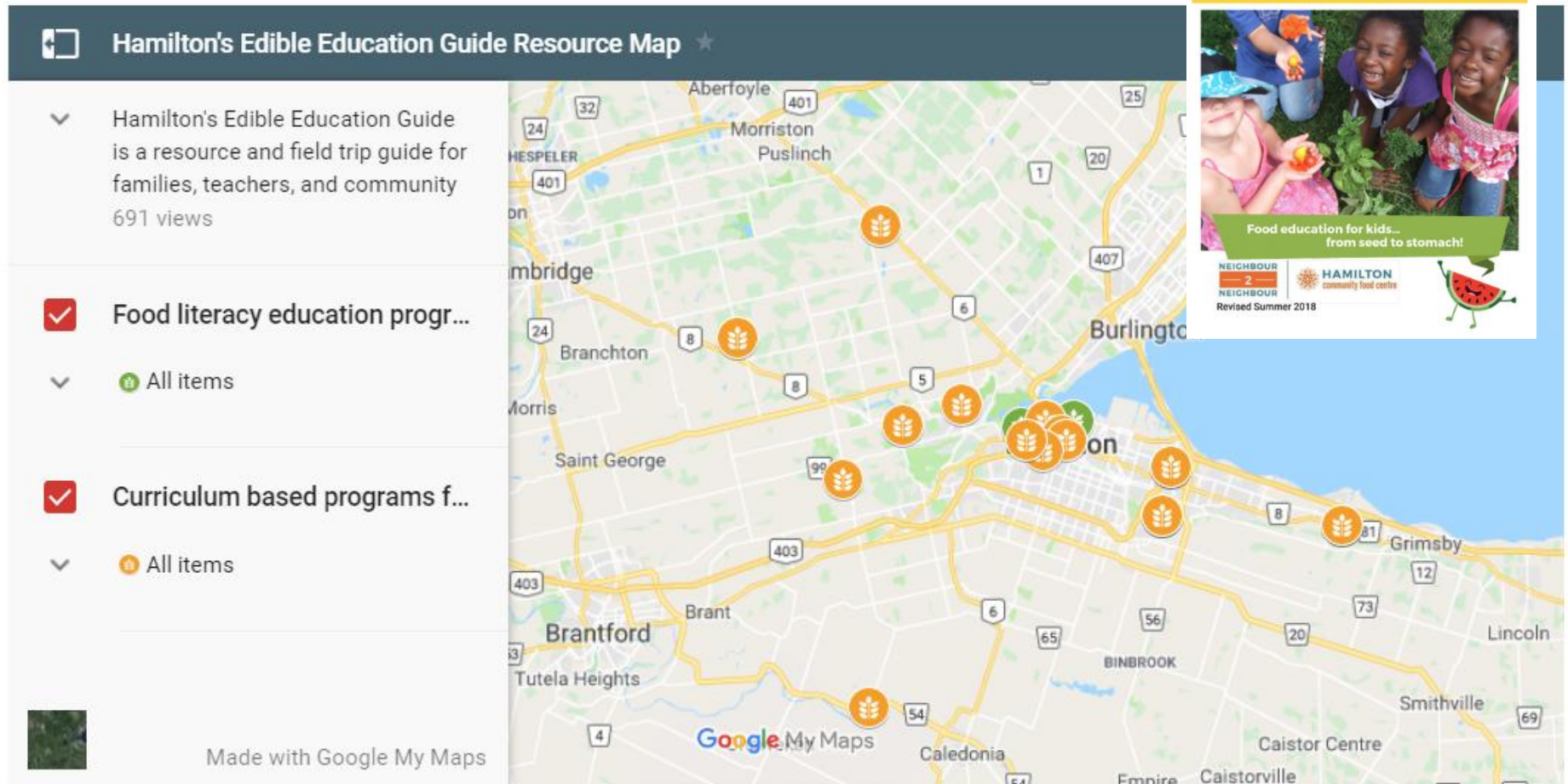
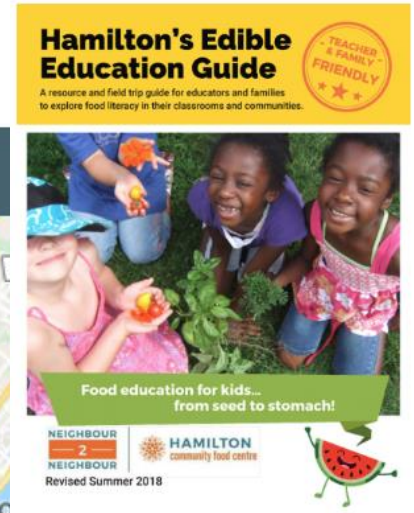


Google My Maps



# Edible Education Guide

- **Connecting parents, teachers and other educators to food programs in Hamilton:**
  - Partnership with Public Health and Green Venture
  - Edible Education Guide available at [n2ncentre.com](http://n2ncentre.com)
  - Online map and directory of curriculum-linked food program locations and info





THANK YOU!

