



**City of Hamilton**  
**FOOD ADVISORY COMMITTEE**  
**AGENDA**

**Meeting #:** 20-002  
**Date:** February 11, 2020  
**Time:** 7:00 p.m.  
**Location:** Room 192, 1st Floor  
71 Main Street West

Heather Harvey, Health Promotion Specialist (905) 546-2424 ext. 3635

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	<b>Pages</b>
<b>1. CEREMONIAL ACTIVITIES</b>	
<b>2. APPROVAL OF AGENDA</b> (Added Items, if applicable, will be noted with *)	
<b>3. DECLARATIONS OF INTEREST</b>	
<b>4. APPROVAL OF MINUTES OF PREVIOUS MEETING</b>	
4.1 January 14, 2020	3
<b>5. COMMUNICATIONS</b>	
<b>6. DELEGATION REQUESTS</b>	
<b>7. CONSENT ITEMS</b>	
7.1 Nutritious Food Basket Infographic "How much does healthy eating cost in Hamilton?"	7
<b>8. PUBLIC HEARINGS / DELEGATIONS</b>	

**9. STAFF PRESENTATIONS**

- 9.1 Climate Change and Food Systems - Trevor Imhoff, Senior Project Manager, Air Quality and Climate Change

Related reading:

Climate Change Task Force Report

<https://pub-hamilton.escribemeetings.com/filestream.ashx?DocumentId=212289>

Information Update for Agriculture and Rural Affairs Advisory Committee

<https://pub-hamilton.escribemeetings.com/filestream.ashx?DocumentId=209605>

**10. DISCUSSION ITEMS**

- 10.1 Workplan - Discussion regarding food systems and climate change
- 10.2 Staff Update
- 10.3 Member Updates and Food Related Issues

**11. MOTIONS**

**12. NOTICES OF MOTION**

**13. GENERAL INFORMATION / OTHER BUSINESS**

- 13.1 City of Hamilton Waste Management Survey

**14. PRIVATE AND CONFIDENTIAL**

**15. ADJOURNMENT**



## FOOD ADVISORY COMMITTEE

**Meeting #:** 20-001

**Date:** January 14, 2020

**Time:** 7:00 pm

**Location:** Room 192, 1<sup>st</sup> Floor  
71 Main Street West

Heather Harvey, Health Promotional Specialist (905) 546-2424 ext. 3635

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**Present:** Vivien Underdown (Chair), Kyle Swain, Mary Ellen Scanlon, Frank Stinellis, Drew Johnston, Elly Bowen (Co-Chair), Brian Tammi (Secretary), Maria Biasutti, Laurie Nielson, Barbara Stares Krista D'aoust, Heather Harvey (Staff Liaison)

**Absent with regrets:** Jennifer Silversmith, Jordan Geertsma, Councillor Merulla, Biniam Mehretab

### 1. CEREMONIAL ACTIVITIES

None

### 2. APPROVAL OF AGENDA

**(Bowen/Sweetnam)**

That the agenda for Jan 14, 2020 meeting of the Food Advisory Committee be approved as presented.

**CARRIED**

### 3. DECLARATIONS OF INTEREST

None

### 4. APPROVAL OF MINUTES OF PREVIOUS MEETING

4.1 November 12, 2019

**(Stinellis/ Nielson)**

That the minutes of the November 12, 2019 meeting of the Food Advisory Committee be approved as presented.

**CARRIED**

## 5. COMMUNICATIONS

5.1 Correspondence from Dina Honig, Hamilton Immigration Partnership Council (HIPC), respecting a Request for Study/Research Ideas for HIPC's Research and Evaluation Committee

### **(Tammi/Nielson)**

That the correspondence from Dina Honig, Hamilton Immigration Partnership Council (HIPC), respecting a Request for Study/Research Ideas for HIPC's Research and Evaluation Committee, be received.

**CARRIED**

## 6. DELEGATION REQUESTS

None

## 7. CONSENT ITEMS

None

## 8. PUBLIC HEARINGS / DELEGATIONS

None

## 9. STAFF PRESENTATIONS

### **9.1 Update on Food Strategy Status**

Presentation by H. Harvey was received. Discussed actions that are underway, planned, or completed that are action items identified by, and pertaining to, the Food Strategy (FS).

## 10 DISCUSSION ITEMS

### **10.1 Discussion About Food Policy Examples or Case Studies**

Members shared examples of food security / sovereignty initiatives from Hamilton and other regions.

### **10.2 Planning Future Committee Actions**

Members discussed and decided to focus on 4 main issues for the next four meetings (one issue per meeting): climate change, education/accessibility, food sovereignty/food hub, evaluating success of Food Strategy.

### **10.3 Member Updates and Sharing of Food Related Issues**

Discussion of local procurement policy.

**11. MOTIONS**

None

**12. NOTICES OF MOTION**

None

**13 GENERAL INFORMATION/ OTHER BUSINESS**

None

**14. PRIVATE AND CONFIDENTIAL**

None

**15. ADJOURNMENT**

**(Sweetnam/Hachey)**

That there be no further business, the Food Advisory Committee be adjourned at 9:00 PM.

**CARRIED**

**Respectfully submitted,**

**V. Underdown, Chair  
Food Advisory Committee**

**Heather Harvey  
Staff Liaison  
Public Health Services**



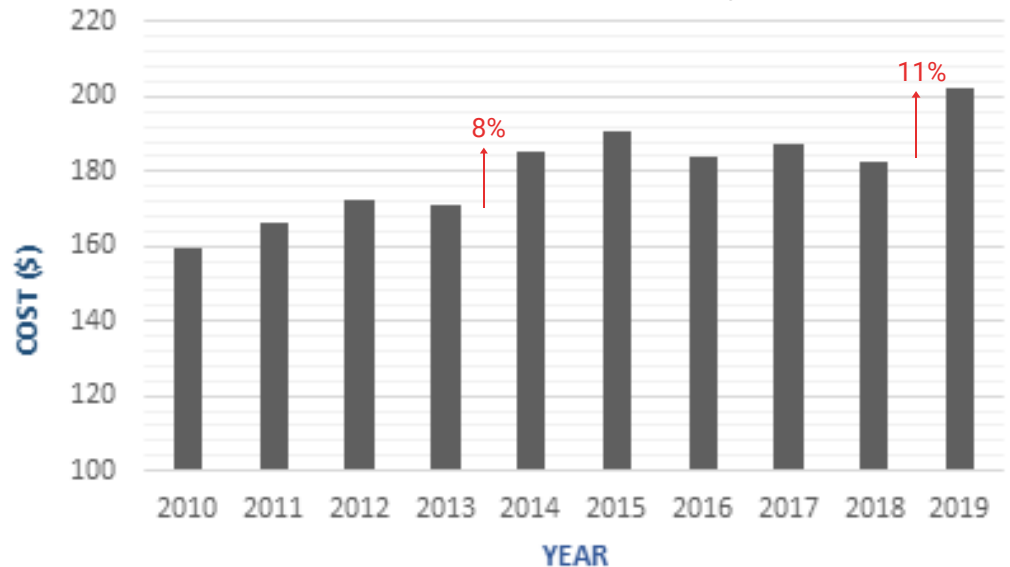
# HOW MUCH DOES HEALTHY EATING COST IN HAMILTON?

Public Health Services annually conducts a survey of the cost of nutritious food in a sample of grocery stores in Hamilton using the Nutritious Food Basket (NFB). The foods included in the NFB, determined by Health Canada, are based on Canadian eating patterns and buying habits as well as their nutritional value.



## Weekly cost of the NFB for a reference family of four

Annual fluctuations in the cost of the NFB are usually 2 to 4% (increase or decrease) except from 2013 to 2014 when the cost increased about 8% and from 2018 to 2019 when the cost increased almost 11%.



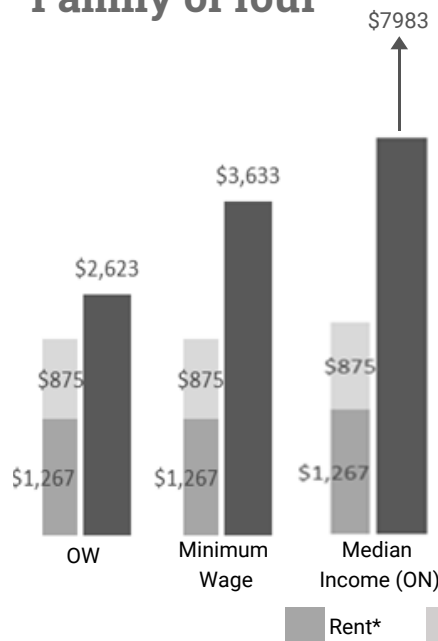
## Monitoring food affordability in Hamilton 2019

Food affordability is monitored by comparing monthly costs of the NFB plus average market rents to family and individual incomes.

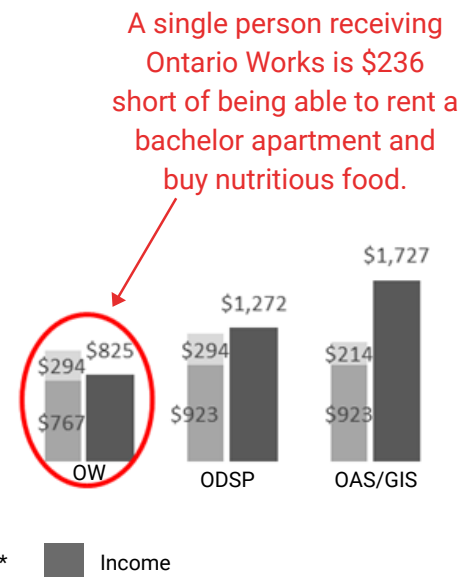
For all income scenarios, except family of four with median Ontario income, very little income is left for all other living expenses such as:

- utilities
- clothing
- phone
- transportation
- child care
- school supplies/expenses
- vision and dental care
- personal care (hair cuts, hygiene products)

### Family of four



### Single Person



\*Average monthly market rent rates provided by Housing Services Division, City of Hamilton, July 2019  
 \*\*Cost of the Nutritious Food Basket, Hamilton, May 2019