

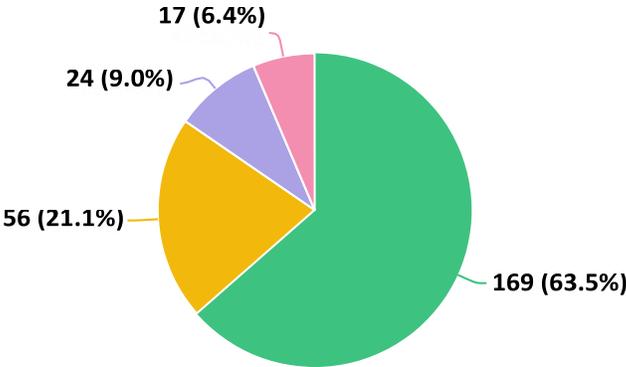
# Executive Summary: Food Strategy in Hamilton – Progress Survey 2022

The Food Strategy in Hamilton Progress Survey was carried out from June 27 to August 22, 2022. A total of 265 participants responded to the survey.

## Familiarity with the Food Strategy

When asked about their familiarity with Hamilton’s Food Strategy, 63.5% of respondents indicated that this was the first time they were hearing about the strategy. Only 6.4% of respondents said that they were familiar with the Food Strategy and had actively participated in Food Strategy events. This response indicates that there is still much work to be done around educating Hamiltonians about the Food Strategy.

**How familiar are you with Hamilton’s Food Strategy? Select what best applies to you.**



### Question options

- First time hearing about it
- Heard of it before but have not read it
- Familiar with it and have read it
- Familiar with it and have actively participated in Food Strategy events

*Optional question (266 response(s))*

## Contribution to Food Strategy Goals

When respondents were asked about the four main goals associated with Hamilton’s Food Strategy and how the food related activities, they are currently involved in contributed to those goals, 44% of respondents indicated that they contributed to the goal of “Support food friendly neighbourhoods to improve access to healthy food for all.” The second highest response was contributed to “Support local food and help grow the agri-food sector.” This was followed by

“Advocate for a healthy, sustainable, and just food system with partners and at all levels of government,” and finally “Increase food literacy to promote healthy eating and empower all residents.” 37.7% of respondents indicated that this question was not applicable to them.

## **Connecting and Supporting Food Initiatives and Food Organizations**

Survey respondents were asked a variety of ways that the Food Strategy might better connect and support food initiatives and food organizations in Hamilton. Places to purchase healthy food that are close had the highest number of responses (255) that said this was important or very important. This was followed closely by those that felt it was very important or important to have places to purchase food from local farms (248).

When asked to rank the importance of places to access food for no cost and places to gather and socialize, both had about two-thirds of the respondents indicating that this was very important or important.

### **Local Food**

The importance of local food was evident as 86% of respondents indicated that they value locally grown food very much. However, only 52% of respondents indicated that they purchase food from local farms on a regular basis, while another 46% indicated that they sometimes purchase local food.

Related to this were questions on growing their own food. Just under 30% felt that they had enough space to grow food, with another 33% saying they have some space, but not enough. Nearly a quarter of respondents indicated that they would like to have more access to land in order to grow food. When it came to knowledge of growing food, only 41% felt they have enough knowledge to grow food, while 43% felt that they have some knowledge, but not enough.

### **Food Literacy**

With 95% of respondents indicating that food literacy is important or very important to them, the top aspects of food literacy that respondents would like to see are:

- Nutritional health and knowledge (53%)
- Food preparation skills (51%)
- How to grow food (50%)
- School education programs (44%)

When respondents were asked if they feel like their children have opportunities to learn about food systems and skills through school, only 13% thought they did, while 46% thought they somewhat had opportunities and 41% said they did not.

## **Food Justice**

42% of respondents indicated that they are familiar with the concept of food justice, while 34% said they were not and 25% were somewhat familiar with food justice. When asked to indicate the food justice topics that are most important, the top responses were:

- Poverty/Food Insecurity (68%)
- Affordable Housing – Homelessness (60%)
- Living Wage (46%)
- Sustainable Practices – Climate Crisis (43%)