

# Hamilton Food Strategy Forum · Collaborate · Innovate · Activate ·



## Summary Report

November 6, 2019

Waterfront Banquet and Conference Centre  
555 Bay Street North, Hamilton, ON

Food Strategy Team  
Healthy & Safe Communities Department  
City of Hamilton

On November 6, 2019, 69 local food system champions joined City of Hamilton Public Health staff from 8:00am – 3:00pm at the Waterfront Banquet & Conference Centre to collaborate, innovate, and activate food actions in Hamilton.

## Acknowledgements

The Forum could not have happened without the help and support of many people, including:

### *The Forum Planning Committee:*

Sandy Skrzypczyk	Food Strategy Project Lead, Public Health Services, City of Hamilton
Ruby Samra	Public Health Services, City of Hamilton
Heather Harvey	Public Health Services, City of Hamilton
Elizabeth Smith	Public Health Services, City of Hamilton

### *Roundtable Facilitators:*

Amy Angelo	Hamilton Community Food Centre
Maria Biasutti	J. Oulton and Associates
Heather Harvey	Public Health Services, City of Hamilton
Trevor Imhoff	Public Health Services, City of Hamilton
Elaine Lee	De dwa da dehs ney>s Aboriginal Health Centre
Andrea McDowell	Public Health Services, City of Hamilton
Brian Morris	Planning & Economic Development, City of Hamilton
Ruby Samra	Public Health Services, City of Hamilton

### *Notetakers:*

Stephanie Balardo	Dietetic Internship, Brescia University College & Hamilton Health Sciences
Nina Moshy	Dietetic Internship, Brescia University College & Hamilton Health Sciences
Mary Ellen Prange	Public Health Services, City of Hamilton
Suzanne Neumann	Public Health Services, City of Hamilton
Shelley Rogers	Public Health Services, City of Hamilton
Elizabeth Smith	Public Health Services, City of Hamilton
Stacey Wong	Masters of Applied Nutrition, University of Guelph
Lindsay Zalot	Public Health Services, City of Hamilton

Thank you to the City of Hamilton’s Food Advisory Committee as well as City of Hamilton, Public Health Services for providing funding for the event.

Please direct any inquires related to Hamilton’s Food Strategy or this report to [foodstrategy@hamilton.ca](mailto:foodstrategy@hamilton.ca).

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## Executive Summary

On November 6, 2019, 70 local food system champions joined City of Hamilton Public Health staff from 8:00am – 3:00pm at the Waterfront Banquet & Conference Centre to collaborate, innovate, and activate food actions in Hamilton.

Since the initial rounds of community engagement that informed the development of Hamilton’s Food Strategy in 2015, key food system stakeholders had not had the opportunity to come together again. Public Health felt it was timely to bring together food systems champions to reflect on recent successes and identify opportunities to support and implement the Food Strategy vision. The goals for the Food Strategy Forum were to:

1. Facilitate networking and strengthen collaborations
2. Showcase innovative food system programs and initiatives, both locally and more broadly
3. Determine next steps that support and enhance the Food Strategy actions

Attendees spent the morning listening to, and reflecting on, a variety of speakers who shared current actions related to Hamilton’s Food Strategy under the Forum themes:

- Climate Change and Food
- Food Literacy to Empower Citizens
- Growing Food in Hamilton – Rural
- Growing Food in Hamilton – Urban
- Indigenous Traditional Foods

In addition, Debbie Field, Practitioner in Residence, Ryerson Centre for Studies in Food Security and Coordinator, Coalition for Healthy School Food provided an inspiring talk detailing the community food movement – its history as well as examples of successful community food initiatives.

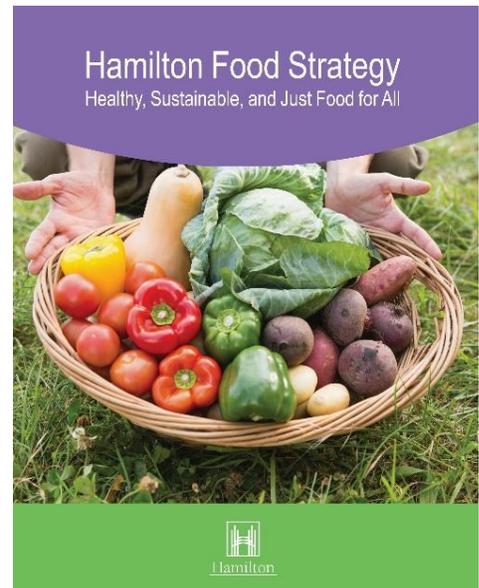
Attendees were asked to select two roundtables to participate in during the afternoon of the Forum. Each 50-minute roundtable focused on one of the Forum’s themes and was facilitated by a community partner or City of Hamilton staff familiar with the topic. The discussion focused on what was working well, where there were opportunities and what actions could be taken to advance these opportunities or address challenges.

Potential next steps identified in discussions included increasing local food use within local businesses and organizations, addressing food waste, establishing a climate change and food working group or network, increasing food literacy and urban agriculture opportunities as well as raising awareness of Indigenous food and food sovereignty for Indigenous populations.

City of Hamilton staff, along with the City’s Food Advisory Committee, will be using the notes and potential action areas identified during the Forum to help identify priority actions for the Food Strategy for the next one to three years.

## Background and Purpose of Hamilton’s Food Strategy

In August 2016, City of Hamilton endorsed Hamilton’s Food Strategy, a 10-year plan with the vision of Hamilton becoming “*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.*” The Food Strategy was the result of a 2012 Council directive for Public Health, in collaboration with Planning and Economic Development, Public Works and Community & Emergency Services, to develop a strategy to help guide decision making around community requests for City resources related to food actions. Over 2700 Hamiltonians were consulted as part of the development of the Food Strategy. The result is a Food Strategy that encompasses the entire food system – production, processing, distribution, access, consumption and disposal. The Food Strategy seeks to improve our local food system by building on our assets while engaging in innovative food actions where there is evidence. It provides a coordinated approach to addressing food initiatives, projects and policy to increase collective impact.



The Food Strategy is made up of 46 actions, under 4 overarching themes and 14 recommendations (Appendix 1). The overarching themes are:

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

The Food Strategy Interdepartmental Steering Team identified five priority actions that could be addressed within the next two to three years as well as four *low hanging fruit* actions that could be easily implemented and three community actions that were already underway. The remaining food system actions were scoped as achievable in the mid to longer term.

Since the initial rounds of community engagement in 2015, key food system stakeholders had not come together. Given that many of the priority actions in the Food Strategy had been achieved or were underway, Public Health felt it was timely to engage again with food systems champions to reflect on recent successes, harness existing momentum, and identify opportunities for partnerships to continue to support and implement the Food Strategy vision. The goals for the Food Strategy Forum were to:

1. Facilitate networking and strengthen collaborations
2. Showcase innovative food system programs and initiatives, both locally and more broadly
3. Determine next steps that support and enhance the Food Strategy actions

## What is Happening Locally?

Sandy Skrzypczyk, Public Health Nutritionist at the City of Hamilton began the Forum by providing an overview of Hamilton's Food Strategy and an update on the priority actions identified within the strategy:

1. Food Program Funding Criteria Process
2. Food Skills and Employability Program
3. Community Infrastructure for Food Actions
4. Food Literacy Network
5. Local Food Promotion

In addition, Sandy discussed emerging work related to the Food Strategy as well as intersections with the City's Corporate Climate Change Task Force report and Urban Indigenous Strategy. The full presentation is available in Appendix 3.

Part of the morning was spent learning about local, innovative work relating to the Food Strategy through a Food Actions in Hamilton Panel Discussion. Five members of the community shared a short presentation of their work and how it related to the day's themes.

- Brian Morris, Development Consultant with Planning and Economic Development at the City spoke about Hamilton's agricultural profile and trends. He also highlighted current policies and programs impacting agriculture in Hamilton and areas for growth within the agriculture sector.
- Maria Biasutti, RD with J. Oulton and Associates shared about her experience establishing The Giving Garden at a long-term care home. Residents enjoyed the program, grew over 50lbs of produce and new program activities occurred as a result of the garden.
- Kate Flynn, Acting Director of the Centre for Climate Change Management at Mohawk College talked about the intersections between food and climate change. This includes what we eat, how it is transported, the land it is grown on and the impact that climate change may have on food access, particularly for vulnerable groups.
- Elaine Lee, Traditional Healing Program Coordinator at De dwa da dehs ney>s Aboriginal Health Centre spoke about her experiences using traditional foods and cultural practices to heal local Indigenous community members. She shared about the power of connecting individuals to these ways of being and the impact it can have on their health.
- Amy Angelo, Manager of Food Access and Skills at the Hamilton Community Food Centre shared the range of food literacy programs provided by the Food Centre and how these empower participants. As a result of these programs, participants are actively engaged in food initiatives and policies and have the skills and knowledge to prepare local, healthy foods.



## What is Happening Elsewhere?

Debbie Field, Practitioner in Residence, Ryerson Centre for Studies in Food Security and Coordinator, Coalition for Healthy School Food provided an inspiring talk on Building Resilient Sustainable Community Food & School Programs & Organizations. She provided an overview of the community food movement – its history as well as some current example of successful work in this area from across Canada. In addition, Ms. Field shared about the work of FoodShare in Toronto and the impact that FoodShare’s programs had on the city and its residents. She also spoke about the different, and necessary, ways that individual action, community mobilization and government action can all work together to create a sustainable community food system. Underpinning this however, are a number of challenges related to our current food system such as food insecurity, unsustainable agricultural practices, that our dominant food system does not promote healthy food. She concluded by emphasizing the opportunities that exist for Hamilton to build on our strengths and to use food as a driver of economic revitalization.

## Roundtable Discussion Summaries

Attendees were asked to select two roundtable discussions to participate in during the afternoon of the Forum. Roundtable themes were:

- Climate Change and Food
- Food Literacy
- Growing Food in Hamilton (urban)
- Growing Food in Hamilton (rural)
- Traditional Indigenous Food

Each 50-minute roundtable discussion was facilitated by a community partner or City of Hamilton staff who was familiar with the topic. Notes were recorded by a separate City of Hamilton staff or student. Each discussion focused on the following questions:



1. *From your experience, what do you feel is working well re: (insert theme) in Hamilton?*
2. *Thinking about food actions focused on (insert theme), where is there room to grow? What is on your wish list based on your experience or from examples from other communities?*
3. *How can we collaborate to enhance our capacity and advance opportunities & address challenges around (insert theme)? What are the next steps to make collaboration happen?*
4. *Are there any of the suggested actions that could be priority actions that we should focus on? What next steps can you commit to? (optional)*

Below is a summary of the discussions that arose from each theme.

### **Climate Change and Food**

In this discussion, there was much dialogue about the increased awareness of climate change – its impacts as well as mitigation strategies, but also an acknowledgement that more awareness needs to

happen. Community gardens and other ways of growing food locally formed a large part of the discussion along with reducing food waste and ensuring that food waste is composted. Food literacy was also mentioned frequently. A few times participants noted the co-benefits associated with climate actions, which include economic, social and environmental benefits.

Participants mentioned urban agriculture, local food, and an awareness of climate change as local strengths. The growth of community gardens in the last 5-10 years and the benefits to the community such as increased shade, food production, inclusivity and health benefits were noted as specific strengths. Local examples of successful urban agriculture were the Pollinator Paradise Program, Captain Cornelius park, the McMaster organic garden and the community permaculture lab. The interest and demand for local food was also discussed. Evidence for increased demand included the uptake in farm boxes, farm shares and farmers' markets. Additionally, participants felt that this demand is creating a snowball effect that is being seen in grocery stores that are stocking local food and with the establishment of smaller grocers focused on local food. An increased awareness of climate change by the public and City Council was brought forward, as evidenced by articles in local newspapers and the City declaring a climate emergency.

Discussion around opportunities focused on urban agriculture, food literacy and food waste. Participants discussed opportunities for growing food in the urban environment such as hydro corridors, roof tops and establishing food forests (e.g. Sudbury). In addition, there was discussion around the need for food skills education related to using local food, especially vegetables, preserving foods, and gardening. McQueston Farm was noted as a key initiative to replicate in, or connect to, other areas of the city. With respect to food waste, opportunities were noted around helping individuals, institutions and restaurants to compost and reduce their food waste. Ensuring green bins were used in all public and private places as well as education around individual actions that can be taken were noted.

Suggested next steps included:

- Establishing a local committee focused on climate change and food actions
- Food literacy programming related to food skills and food waste, in particular in schools
- Promoting the purchasing of ugly produce in grocery stores
- Promoting the use of local foods in schools and other institutions
- Mapping of food assets and available land for food production, including land awaiting development

## **Food Literacy**

Participants noted the number of food literacy initiatives currently operating in Hamilton such as Food Literacy Month, the Food Literacy Network, Hamilton NOSH week, educational workshops through the Family Health Team and Food Handler Training in different languages. Most examples focused on adults, but a few did target children such as the Great Big Crunch and Student Nutrition Programs.

While the success of Food Literacy Month and Hamilton NOSH week were highlighted, the need for more events to increase the impact of these was mentioned by participants. Working in schools or with youth was also identified as a key opportunity. Participants noted that while there are many food literacy programs currently, increased collaboration would help to increase offerings as well as the

collective impact of these opportunities. Resources and funding were identified as a key challenge to offering more food literacy programs.



Specific topics participants felt were most needed were reading food labels, food skills, how to grow food as well as food systems education that included education about where food comes from, including local food as well as food waste and composting.

### **Growing Food in Hamilton – Urban**

The discussion in these roundtables focused on community gardens, in particular, the need for more community gardens as well as support for urban agriculture. Specifically, participants mentioned ensuring policies are supportive of increasing urban agriculture. Finally, there was a robust discussion around educational supports for individuals interested in growing food in an urban environment.

During the discussion of strengths, many diverse places that grow food in the urban environment were mentioned. These included libraries, McQueston Farm, CityHousing buildings, Compass Community Health Centre, Dundurn Castle, Victory Gardens on unused land and backyards. An increased interest in growing food and community gardens was felt to be a distinct strength, noted by increases in the number of community gardens in recent years, wait lists at some community gardens and an increase in applications from community gardens to the Keeping Hamilton Clean and Green Committee’s small grants program. This increased interest in community gardens may be due to the supports for community gardens such as small grants, free compost and mulch from the City, and an easier process to start a garden on City land.

Opportunities exist to support individuals who want to garden through education and skill building at garden sites as well as increased funding or infrastructure to support urban agriculture. Supports could include funding to start a garden (e.g. fencing, water access, small grants), seed-starter packages, a tool library, and a position at the City dedicated to growing food. The need for more opportunities to grow food was also discussed. More community gardens were highlighted, but also cooperative gardening opportunities, food forests (i.e. fruit trees), and gardens at, or close to, schools. To help increase urban agriculture, ensuring zoning is in place to allow for this as well as requiring new developments to establish some form of urban agriculture in their plans would help to support this.

Many potential next steps were discussed, but priority was given to the following:

- Rezoning industrial land to allow for urban gardening
- Establishing standards for new developments that protect agricultural land and include urban agriculture
- Increasing the number of community gardens
- Develop a plan for ongoing education at gardens on how to grow food in urban spaces that encompasses seed to harvest and food skills.

- Increased educational opportunities at McQueston Farm and at schools

### **Growing Food in Hamilton – Rural**

It was noted that there is lots of demand and momentum currently around growing food locally, both provincially and municipally. Participants noted a shift with the promotion of local food by Foodland Ontario and the City’s Economic Development Department. Farmers’ markets were also noted as a strength within Hamilton as well as the number of educational opportunities to better understand where food comes from such as the Edible Education Guide, Farm Crawl and Seedy Saturday which are connecting farmers and consumers. Farmers are also connecting with services providers such as Neighbour to Neighbour when they have surplus food for donation or need volunteers to help with harvesting.

A key opportunity that was discussed at length by participants was the need for a coordinated network to connect farmers with service providers, charitable food programs, restaurants and institutions. It was noted that too many farmers are spending large amounts of time driving to deliver food to various locations such as the Food Terminal or staffing farmers’ market stalls. Potential for more agri-tourism was also discussed. As part of this, the idea of an information centre that expanded on the Farm Map and held information such as educational opportunities at farms/greenhouse growers, hands-on volunteer opportunities, agricultural/fall fairs, farm crawls etc. was brought forward as a need. The Hamilton Farmers’ Market was mentioned as not being utilized to its full potential (e.g. operating hours, kitchen facilities).



Next steps included establishing a coordinated network or hub that; connects service providers and growers, distributes local food to consumers, businesses, institutions, and supports local growers by facilitating coordination and collaboration. This could include partnering or creating a business with a refrigerated warehouse to coordinate purchasing of local food. Promoting local food through a local food festival and incentivizing restaurants to use more local food as well as through social media was also mentioned as an important next step.

### **Indigenous Traditional Food**

The main themes discussed at these roundtables were the need to more awareness around Indigenous food and food issues in Hamilton and the need for support to increase knowledge of, and access to, traditional foods and food practices within the Indigenous community.

The discussion around strengths focused on the diversity of traditional foods that exists. It was noted that this part of Ontario was connected with Indigenous nations from all over North America and this resulted in trading of food and seeds. Traditional food includes “a way of knowing and being” that is related to the knowledge of both what food is available to grow, but also what is capable of growing on

the land, which differs based on geography. Elders were highlighted as key knowledge keepers and story tellers who have a holistic understanding of the food system. The concept of food as medicine and the Healthy Roots Diabetes Program, based on this concept, were highlighted as successes.

A key opportunity around engaging people through stories and relationships was discussed by participants. Elders have the knowledge about Indigenous foods that includes traditions and the cultural significance of food. It was noted that through sharing stories great awareness and understanding can be achieved. Building relationships with elders, especially for youth, is key to help raise awareness and mobilize people. Holding regular events and connecting people to the earth and *growing and knowing* can also help to engage and build relationships. This may lead to greater awareness and understanding of Indigenous foods.

Next steps focused on allies educating themselves about Indigenous foods and being self-aware of personal biases and gaps in knowledge when trying to connect with Indigenous partners. A good way to do this is through attending events such as pow wows and festivals. Additionally, allies need to share what they learn with others. Conversely, Indigenous knowledge keepers and story tellers need to share their knowledge and understanding with allies. It was noted however, that events require a lot of volunteers and funds and are typically under-resourced.

## Potential Food Strategy Actions

The potential actions identified in the roundtable discussions align well with the overarching goals and actions in the Food Strategy. Below is a non-prioritized list of these potential actions, realizing that some of these may already be underway in some form, but not fully known by participants at the roundtable. In addition, the scale, feasibility, and timeline of each action hasn't been determined. It is also important to note that while these were all suggestions of potential areas of action, in order to create meaningful movement towards these outcomes, it will require leadership across the food system from community partners as well as the City. Appendix 4 outlines how each potential action specifically relates to the Food Strategy.

### Local Food

- Work to increase local food use within local businesses and organizations. Specific actions might include:
  - a. Assess organizational interest in local foods and barriers to using local foods
  - b. Assess organizational use of local foods and potential areas for enhancement
  - c. Coordination of farmers and customers/clients through a central hub
  - d. Establish better linkages between local growers and customers/clients
  
- Consider expanding the Farm Map to be a community food portal including information related to:
  - a. Farmer's markets
  - b. Food literacy opportunities
  - c. Community kitchens
  - d. Other community food assets

- Explore establishing a climate change and food working group/network

### **Food Waste**

- Reduce food waste at the individual and organizational level.
  - a. Individual actions:
    - Food literacy related to meal planning, using leftovers, proper storage and composting
  - b. Organizational actions (i.e. restaurants, grocery stores, institutions):
    - Explore opportunities for food rescue
    - Educational and physical supports for composting
    - Prevent wasted food
    - Explore a market for and the promotion of ugly produce
- Explore establishing a climate change and food working group/network

### **Food Literacy**

- Increase food literacy opportunities
  - a. Children/schools (growing and knowing)
  - b. Food skills related to using local food (especially vegetables), preserving
- Consider expanding the Farm Map to be a community food portal including information related to:
  - b. Food literacy opportunities

### **Urban Agriculture**

- Explore ways to increase the amount of community gardens or other urban agriculture
  - a. Develop an unused land inventory
  - b. Look at the feasibility of rezoning industrial land to allow for urban gardening (e.g. hydroponics)
  - c. Establish standards for developers and new developments that incorporate urban agriculture as part of green infrastructure.
- Provide support for gardening including financial supports for large costs such as water lines and/or fencing and educational supports to help gardeners succeed.
- Explore establishing a climate change and food working group/network

### **Indigenous Foodways**

- Involve elders in activities to increase awareness of Indigenous foodways in the general public and Indigenous community.
- Work towards food sovereignty for Indigenous populations.

## Feedback

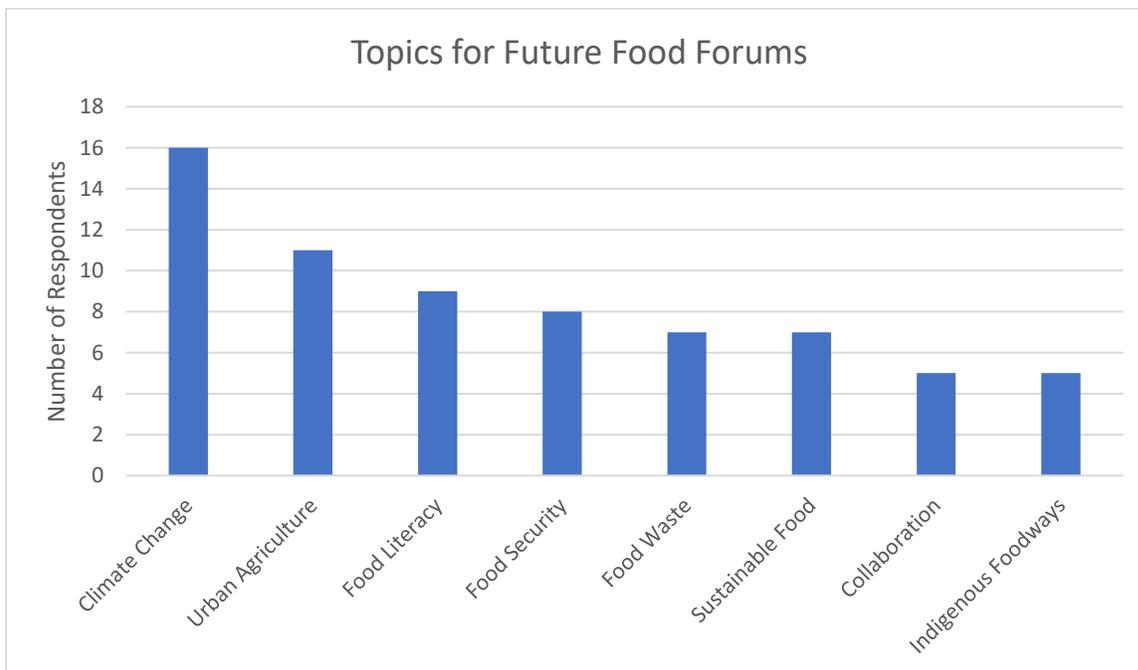
At the end of the day, attendees were asked to rate their level of agreement (4-point scale) with statements that reflected Forum activities and goals. Almost all participants agreed that Debbie Field’s presentation and the panel discussion raised their awareness of community food actions in other cities as well as locally. When asked if these presentations inspired participants to be involved in food actions in Hamilton, 96% agreed.

The afternoon roundtable discussions were focused on the goals of bringing diverse community stakeholders together to collaborate, network and become inspired to act. With respect to these goals, 98% of participants agreed that they:

- had the opportunity to share their ideas,
- connected with others,
- found the discussions valuable,
- committed to working on local food actions, and
- found the Forum valuable.

This positive feedback was echoed in the open-ended comments that participants provided such as, “Great event and great opportunity to network” and “Super thoughtful agenda + speakers”.

As part of the feedback, participants were asked what their top three food issues would be for future Food Forums. The chart below summarizes the main themes people are interested in. These topics closely mirror the main themes and next steps that surfaced during the roundtable discussions.



## Next Steps

City of Hamilton staff, along with the City's Food Advisory Committee, will be using the notes and potential action areas identified during the Forum to help identify priority actions for the Food Strategy for the next one to three years. To further inform this, City staff will be working across departments as well as with key stakeholders within the community to ensure the priority actions are relevant and build on existing strengths, where there is momentum. Attendees and community partners are encouraged to read through the report and reflect on opportunities that align with their work which will also support and enhance the Food Strategy vision.

As the Food Strategy nears the half way point in its ten-year mandate, this offers the community an opportunity to recommit to the vision of the Food Strategy to make 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."* Together, we can move Hamilton closer to achieving this vision.

# Setting the Table to Move into Action

<h1>4</h1> <p>Food Strategy Goals</p>		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

<h1>14</h1> <p>Recommendations</p>	<p><b>3</b> System-Wide</p> <p><b>3</b> Food Production</p> <p><b>2</b> Distribution &amp; Processing</p> <p><b>4</b> Access &amp; Consumption</p> <p><b>2</b> Food Waste</p>	<p><b>All Contribute to Achieving 1 or More Food Strategy Goals</b></p>
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## Appendix 2 – Agenda

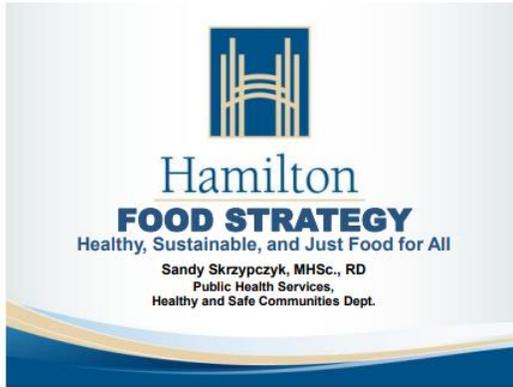
# Hamilton Food Strategy Forum

The Waterfront Banquet and Conference Centre

Wednesday November 6<sup>th</sup>, 2019

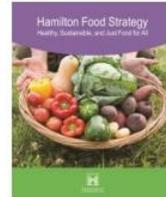
<b>Collaborate - Innovate - Activate</b>	
8 am	<b>Registration, Networking, Continental Breakfast</b>
9 am	<b>Welcome, Traditional Land Acknowledgement, &amp; Hamilton Food Strategy Update</b> Sandy Skrzypczyk, RD, Public Health Nutritionist, Public Health Services, City of Hamilton
9:30 am	<b>Keynote Address</b> <ul style="list-style-type: none"><li>Debbie Field, <i>Building Resilient Sustainable Community and School Programs and Organizations</i>, Practitioner in Residence, Ryerson University Centre for Studies in Food Security:</li></ul>
10:15 am	<b>Break</b>
10:30 am	<b>Food Actions in Hamilton Panel &amp; Q&amp;A</b> <b>Panelists</b> <ul style="list-style-type: none"><li>Brian Morris, Business Development Consultant, Planning &amp; Economic Development, City of Hamilton</li><li>Maria Biasutti, RD, Consulting Dietitian, J. Oulton and Associates</li><li>Kate Flynn, Acting Director, Centre for Climate Change Management, Mohawk College</li><li>Elaine Lee, Traditional Healing Program Coordinator, De dwa da dehs ney&gt;s Aboriginal Health Centre</li><li>Amy Angelo, Manager of Food Access and Skills, Hamilton Community Food Centre</li></ul>
12:00	<b>Lunch</b>
1:00 pm	<b>Concurrent Roundtable Discussions</b> Join one of the four themed roundtables to engage in collaborative dialogue, identify innovative next steps for action, and commit to be involved. <ul style="list-style-type: none"><li>Growing Food in Hamilton (urban &amp; rural)</li><li>Food Literacy</li><li>Traditional Indigenous Food</li><li>Climate Change &amp; Food</li></ul>
1:50 pm	<b>Break</b>
2:00 pm	<b>Concurrent Roundtable Discussions</b>

## Appendix 3 – Sandy Skrzypczyk Presentation



### Hamilton **Hamilton Food Strategy**

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



### Hamilton **Food Strategy Development**

- Review of other food strategies
- Environmental scan of City resources (2014)
- Proposed vision, principles, and goals
- Community consultation in 2015
- Food Strategy informed by over 2,700 citizens & stakeholders
- Endorsed by Council in August 2016

### Hamilton **Inter-connections of Food**



### Hamilton **Food Strategy Vision**

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.

### Hamilton **Food Strategy Goals**

<h1 style="font-size: 48px; margin: 0;">4</h1> <p style="font-size: 24px; margin: 0;">Food Strategy Goals</p>		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 Strategy Recommendations



## 46 Food System Actions



## Actions to Date

### Priority Action 1 - Funding Criteria and Process

- Input from Food Advisory Committee and endorsed by Board of Health in June, 2017

### Priority Action 2 - Food Skills & Employability Program

- Indwell, collaboration with Employment Services, Public Health, Compass Canada



## Actions to Date

### Priority Action 3 - Community infrastructure for food actions

- Incorporation of kitchens in plans for new builds or renovations
- Community kitchen scan completed
- Community garden survey
- Farm to School grant for healthy food access in local school



## Actions to Date

### Recreation Healthy Food & Beverage



## Actions to Date

### Priority Action 4: Food Literacy Network

- October 2016 Forum
- Core group developed action plan
- Food Literacy Month
- Increased partnerships



### Hamilton Food Literacy Network

**Hamilton Food Literacy Month**

## Actions to Date

### Priority Action 5: Local Food Promotion

- Online Hamilton Farm Map
- Golden Horseshoe Food & Farming Alliance
  - LTC local food procurement
- Local Food Action Planning Network initiative
  - Greenbelt Farmers' Market Network
- Provincial consultation on land use planning
- Mohawk College local food procurement initiative
- NOSH

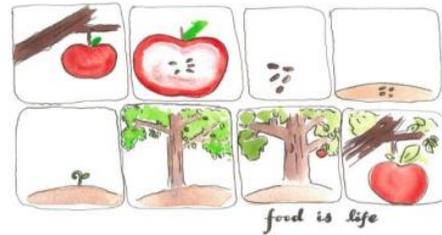
## Actions to Date

- Monitoring of cost of food to increase awareness of food insecurity & access
- Evaluation framework
- Inventory of food actions
- New and strengthened partnerships
  - McMaster MBA Healthcare & Marketing
  - Alignment with other strategies & action plans

## Collaborate - Innovate - Activate



## Thank You!



## Appendix 4 - Potential Actions Arising from the Food Strategy Forum

### Food Strategy Goals

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

Potential Action from Forum	Related Forum Themes	Food Strategy Goal	Related Food Strategy Action(s)
<b>1. Increase local food use within local businesses and organizations</b> <ul style="list-style-type: none"> <li>a. Assess organizational interest in local foods and barriers to using local foods</li> <li>b. Assess where organizations are at and what would/could they be doing</li> <li>c. Coordination of farmers and customers/clients through a central hub</li> <li>d. Better linkage between local growers and customers/clients</li> </ul>	<p>Growing Food in Hamilton</p> <p>Climate Change</p>	#3	<p>7.0 Foster Hamilton’s food innovation and entrepreneurial spirit.</p> <ul style="list-style-type: none"> <li>• 7.1, 7.2, 7.5, 7.6</li> </ul> <p>9.0 Increase the amount of healthy, local food available in publicly owned facilities to make the healthy food choice the easy choice.</p> <ul style="list-style-type: none"> <li>• 9.2, 9.3</li> </ul>
<b>2. Address Food Waste</b> <ul style="list-style-type: none"> <li>a. Individuals <ul style="list-style-type: none"> <li>• Food literacy related to meal planning, using leftovers, proper storage and composting</li> </ul> </li> <li>b. Organizations (restaurants, grocery stores, institutions) <ul style="list-style-type: none"> <li>• Opportunities for food rescue</li> </ul> </li> </ul>	<p>Food Literacy</p> <p>Climate Change</p>	#1, 2	<p>13.0 Foster innovation to reduce food waste through diversion and composting.</p> <ul style="list-style-type: none"> <li>• 13.1, 13.2, 13.3</li> </ul> <p>14.0 Promote a culture that values healthy, local food to reduce food waste through food literacy.</p> <ul style="list-style-type: none"> <li>• 14.1</li> </ul>

<ul style="list-style-type: none"> <li>• Educational and physical supports for composting</li> <li>• Prevent wasted food</li> <li>• Promotion of <i>Ugly</i> produce</li> </ul>			
<p><b>3. Establish a Climate Change and Food Working Group/Network</b></p>	Climate Change	#4	<p>6.0 Support and create diverse ways for people to grow food in the urban landscape and participate in urban agriculture activities.</p> <ul style="list-style-type: none"> <li>• 6.6</li> </ul> <p>12.0 Support the physical and social infrastructure needed to empower citizens to take action.</p> <ul style="list-style-type: none"> <li>• 12.2</li> </ul>
<p><b>4. Increase Food Literacy Opportunities</b></p> <ul style="list-style-type: none"> <li>a. Children/schools (growing and knowing)</li> <li>b. Food skills related to using local food (especially vegetables), preserving</li> <li>c. Meal planning, preparation, using leftovers, composting</li> <li>d. More programs and increased collaboration</li> </ul>	<p>Food Literacy</p> <p>Climate Change</p> <p>Indigenous Foods</p>	#2	<p>11.0 Integrate food literacy and systems training and education where people live, learn, work and play.</p> <ul style="list-style-type: none"> <li>• 11.1, 11.2, 11.4</li> </ul>
<p><b>5. Increase the opportunities for more community gardens or other urban agriculture</b></p> <ul style="list-style-type: none"> <li>a. Develop an inventory of unused land</li> </ul>	<p>Growing Food in Hamilton</p> <p>Climate Change</p>	#1, 3, 4	<p>6.0 Support and create diverse ways for people to grow food in the urban landscape and participate in urban agriculture activities.</p> <ul style="list-style-type: none"> <li>• 6.3, 6.5, 6.7</li> </ul>
<p>6. Support for gardening</p> <ul style="list-style-type: none"> <li>a. Resources (money, supplies)</li> <li>b. Education to grow food in urban spaces from seed to harvest</li> </ul>	<p>Growing Food in Hamilton</p> <p>Food Literacy</p>	#1, 2, 3, 4	<p>5.0 Improve children and youth’s eating habits, food skills and knowledge of food systems through food literacy.</p> <ul style="list-style-type: none"> <li>• 5.2</li> </ul> <p>6.0 Support and create diverse ways for people to grow food in the urban</p>

	Climate Change		<p>landscape and participate in urban agriculture activities.</p> <ul style="list-style-type: none"> <li>6.3, 6.5, 6.7</li> </ul> <p>11.0 Integrate food literacy and systems training and education where people live, learn, work and play.</p> <ul style="list-style-type: none"> <li>11.4</li> </ul>
<b>7. Rezone land to allow for urban gardening</b>	Growing Food in Hamilton	#1, 3, 4	<p>6.0 Support and create diverse ways for people to grow food in the urban landscape and participate in urban agriculture activities.</p> <ul style="list-style-type: none"> <li>6.2</li> </ul> <p>12.1 Build, retro-fit, or repurpose community and neighbourhood infrastructure to support food initiatives such as community kitchens, food markets, community gardens, etc.</p>
<b>8. Establish standards for developers/new developments that incorporate urban agriculture as part of green infrastructure</b>	Growing Food in Hamilton  Climate Change	#1, 3, 4	<p>6.0 Support and create diverse ways for people to grow food in the urban landscape and participate in urban agriculture activities.</p> <ul style="list-style-type: none"> <li>6.1, 6.5</li> </ul>
<b>9. Awareness of Indigenous Food</b> a. General public b. Indigenous community c. Involve elders with knowledge of foods that includes traditions and the cultural significance of food.	Indigenous Foodways	#2, 4	<p>4.0 Build stronger City-Farm relationships to enhance the growth and development of local food.</p> <ul style="list-style-type: none"> <li>4.2</li> </ul> <p>11.0 Integrate food literacy and systems training and education where people live, learn, work and play.</p> <ul style="list-style-type: none"> <li>11.1, 11.4</li> </ul>
<b>10. Support Food Sovereignty for Indigenous Population</b> a. Increase knowledge of, and access to, traditional foods and food practices b. Involve elders as key knowledge keepers and story tellers who have a	Indigenous Foodways	#4	<p>4.0 Build stronger City-Farm relationships to enhance the growth and development of local food.</p> <ul style="list-style-type: none"> <li>4.2</li> </ul>

<p><b>holistic understanding of the food system</b></p>			
<p><b>11. Expand Farm Map to be a Community Food Portal</b></p> <ul style="list-style-type: none"> <li>a. <b>Farmer’s Markets</b></li> <li>b. <b>Food Literacy Opportunities</b></li> <li>c. <b>Community Kitchens</b></li> <li>d. <b>Other Community Food Assets</b></li> </ul>	<p>Growing Food in Hamilton</p> <p>Food Literacy</p>	<p>#1, 3</p>	<p>10.0 Promote physical access to healthy, local food in all neighbourhoods.</p> <ul style="list-style-type: none"> <li>• 10.1, 10.3</li> </ul>

## Appendix 5 – Hamilton Food Strategy Forum Attendees

In total, there were 76 attendees representing a variety of stakeholders (organizations), as described below.

- ✚ 21 City of Hamilton staff:
  - Healthy and Safe Communities: Children’s Services and Neighbourhood Development
  - Public Health Services: Healthy Environments Division, Epidemiology and Wellness Division, Healthy Families Division
  - Planning and Economic Development: Economic Development Division
  - Public Works: Environmental Services Division, Waste Management Division
  - HSR
  - Hamilton Public Library
  
- ✚ 12 City of Hamilton, Food Advisory Committee members
  
- ✚ 43 individuals representing: local agriculture, food production and provision, environmental and climate change organizations, childcare, community health centres, student nutrition programs, markets, community gardens, BIAs, healthcare professionals, food centres, community centres, grocers, post-secondary institutions, culinary instruction, emergency food providers