

Headwaters Community Food Access Conversation Report

Wednesday February 4th, 2015

Hosted by



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Report for Participants

The Headwaters Food and Farming Alliance (HFFA) Food Access sub- group identified engaging the local community in a conversation about food access as a priority. A breakfast meeting hosted by Headwaters Communities in Action (HCIA), Headwaters Food and Farming Alliance (HFFA) and Wellington Dufferin Guelph Public Health (WDGPH) was held at the Dufferin office of WDGPH on February 4th, 2015.

The objectives of the event were to provide an opportunity for community members, organizations and service providers involved in food access and poverty work to:

- become informed about the current state of food security in the Headwaters region
- connect with others involved in food access and poverty work
- share ideas, issues, concerns and challenges
- discover opportunities and areas to work together
- be part of increasing food security in our community

Additionally, identifying priorities and community champions were focuses for the day.

There were thirty-nine attendees, representing a cross section of community services and community members. See **Appendix A** for a list of organizations represented and **Appendix B** for the event agenda.

Presentation - Public Health Nutritionist, Lisa Needham, provided background information on food insecurity within the Headwaters community.

Facilitated Activities – A Health Promotion Specialist with Wellington Dufferin Guelph Public Health, Ishan Angra, led the community conversation and priority identification activities. See **Appendix B** for a copy of the agenda for the day.

The group participated in three exercises to brainstorm activities and identify priorities that could have an impact on food insecurity within Headwaters:

1. 50/10 Crowd Sourcing
2. Dot Matrix
3. 15% Solutions

The following key questions were provided to guide conversations:

- *Will your idea increase access to healthier foods to those who cannot physically or economically access food?*
- *What impact will your idea have in the community?*
- *Does your idea promote dignity?*
- *Would there be enough community members and agencies willing to put time, resources and funding into making this initiative a success?*

The top ten ideas identified were written on posters and placed around the room for all to review. Each participant was provided with a dot sticker and asked to place the sticker beside the idea that they preferred, using the questions provided earlier to guide their decisions.

The top 5 ideas identified through the Dot Matrix activity were:

1. **Poverty Reduction- received 12 “Dots”**
2. **Gardens/Urban Farming-received 10 “Dots”**
3. **Food Skills/Programs –received 3 “Dots”**
4. **Community Food Centre-received 2 “Dots”**
5. **Partnerships-received 2 “Dots”**

Attendees self selected into small groups to discuss easy gains, assets and immediate actions that could be taken to address the priority areas. All ideas generated during this activity, as well as exercises completed earlier in the day, were recorded and retained for future reference by the planning group.

Event Evaluation – Participants were asked to complete an evaluation survey related to the Food Access Conversation. A preliminary review of the evaluation surveys indicates that the event was a useful activity for attendees. Participants expressed a great deal of interest in continuing this conversation.

Future Involvement by Participants – Participants were asked to complete a *Wheel of Involvement* form to identify their areas of interest, the level of involvement (core, involved, or supportive) they wish to have in future, if any and their contact information.

Twenty-four *Wheel of Involvement* forms were completed. Preliminary review indicates that there is a desire to continue collective work on food access. The information will be further collated by members of the HFFA Food Access group and follow up initiated with attendees as specified in their individual *Wheel of Involvement* forms.

Next Steps - The HFFA – Food Access sub-group will invite attendees who expressed interest in continued collective work to attend follow up facilitated conversations aimed at charting next steps related to the information collected with respect to easy gains, assets and immediate actions in each priority area.

The facilitated conversations have been divided into two groups, Poverty Reduction and Food Programs/Gardens and Urban Farming and will take place as follows:

June 4, 2015 at the Wellington-Dufferin-Guelph Public Health Unit
10:00 am – 12:00 pm – Poverty Reduction
1:00 pm – 3:00 pm – Food Program/Gardens and Urban Farming.

More information regarding registration will be circulated in a separate communication.

Appendix A
Groups represented at February 4th Headwaters Community Food Conversation

Those in attendance represented the following groups and organizations:

- Albion Hills Community Farm
- Amaranth Organic Farmer
- Caledon Community Services
- Dufferin County Community Services
- Choices Youth Shelter
- Supportive Housing In Peel
- Everdale Farm
- Grand Valley Food Bank
- Fiddle Foot Farm
- Food and Friends
- Good Consulting
- Grand Valley Food Bank
- HFFA Education, Literacy and Access workgroup
- Interested community residents
- John Howard Society
- Left Field Farm
- Mono Township
- Orangeville Food Bank
- Orangeville Sustainability Action Team
- Peace Ranch
- Primrose Public School
- Shelburne Food Bank
- Speers Farm
- Whole Village Farm
- Upper Grand District School Board
- University of Guelph
- Westminster United Church - Orangeville



Appendix B**Community Food Access Conversation Agenda**

February 4, 2015

9:00-11:00 am

9:00 am Registration/Breakfast/Networking

9:15 am Welcome

Shirley Boxem of HCIA and Kathryn MacDonald HFFA Food Access

9:20 am Keynote Presentation – Food Insecurity Within Headwaters

Lisa Needham, MSc, RD,

Public Health Nutritionist

9:50 am Community Conversation – Addressing Food Insecurity in Headwaters?

Ishan Angra, Health Promotion Specialist

10:45 am Next Steps - Kathryn MacDonald and Lisa Needham

10:55 am Wrap Up – Shirley Boxem and Kathryn MacDonald

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