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APPENDIX A

THE HOUSEHOLD FOOD SECURITY SURVEY MODULE QUESTIONNAIRE (United States Department of Agriculture)

1. “We worried whether our food would run out before we got money to buy more.”
Was that often, sometimes, or never true for you in the last 12 months?
 2. “The food that we bought just didn’t last and we didn’t have money to get more.”
Was that often, sometimes, or never true for you in the last 12 months?
 3. “We couldn’t afford to eat balanced meals.”
Was that often, sometimes, or never true for you in the last 12 months?
 4. In the last 12 months, did you or other adults in the household ever cut the size of your meals or skip meals because there wasn’t enough money for food? (Yes/No)
 5. (If yes to Question 4) How often did this happen—almost every month, some months but not every month, or in only 1 or 2 months?
 6. In the last 12 months, did you ever eat less than you felt you should because there wasn’t enough money for food? (Yes/No)
 7. In the last 12 months, were you ever hungry, but didn’t eat, because you couldn’t afford enough food? (Yes/No)
 8. In the last 12 months, did you lose weight because you didn’t have enough money for food? (Yes/No)
 9. In the last 12 months did you or other adults in your household ever not eat for a whole day because there wasn’t enough money for food? (Yes/No)
 10. (If yes to Question 9) How often did this happen—almost every month, some months but not every month, or in only 1 or 2 months?
- (Questions 11-18 are asked only if the household included children age 0-17)
11. “We relied on only a few kinds of low-cost food to feed our children because we were running out of money to buy food.” Was that often, sometimes, or never true for you in the last 12 months?
 12. “We couldn’t feed our children a balanced meal, because we couldn’t afford that.”
Was that often, sometimes, or never true for you in the last 12 months?
 13. “The children were not eating enough because we just couldn’t afford enough food.”
Was that often, sometimes, or never true for you in the last 12 months?

14. In the last 12 months, did you ever cut the size of any of the children's meals because there wasn't enough money for food? (Yes/No)

15. In the last 12 months, were the children ever hungry but you just couldn't afford more food? (Yes/No)

16. In the last 12 months, did any of the children ever skip a meal because there wasn't enough money for food? (Yes/No)

17. (If yes to Question 16) How often did this happen—almost every month, some months but not every month, or in only 1 or 2 months?

18. In the last 12 months did any of the children ever not eat for a whole day because there wasn't enough money for food? (Yes/No)

Source: Bickel, G., Nord, M., Price, C., Hamilton, W.L. & Cook, J.T. (2000). *Guide to Measuring Household Food Security*. U.S. Department of Agriculture, Food and Nutrition Service, Alexandria, VA. Available from <http://www.fns.usda.gov/fsec/FILES/FSGuide.pdf>

APPENDIX B

SIX-ITEM SHORT FORM OF THE FOOD SECURITY SURVEY MODULE

(all questions, except #4, are answered *often*, *sometimes* or *never*)

1. The first statement is, "The food that I bought just didn't last and I didn't have the money to get more." Was that often, sometimes or never true?
2. I couldn't afford to eat balanced meals.
3. In the last 12 months since (date 12 months ago) did you ever cut the size of your meals or skip meals because there wasn't enough money for food?
(If any of these three questions are answered affirmatively, proceed to next question.)
4. (Referring to previous question) How often did this happen - almost every month, some months but not every month, or in only 1 or 2 months?
5. In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money to buy food?
6. In the last 12 months, were you ever hungry but didn't eat because you couldn't afford enough food?

Respondents who answer affirmatively to 2-4 of the six questions are classified as food insecure. An affirmative response includes *yes*, or responding *often* or *sometimes*, and, for question four, *almost every month*, or *some months but not every month*. Those with 5 or 6 affirmative responses to the questionnaire are classified as food insecure with hunger.

Source: Bickel, G., Nord, M., Price, C., Hamilton, W.L. & Cook, J.T. (2000). *Guide to Measuring Household Food Security*. U.S. Department of Agriculture, Food and Nutrition Service, Alexandria, VA. Available from <http://www.fns.usda.gov/fsec/FILES/FSGuide.pdf>

APPENDIX C

TORONTO PERINATAL AND CHILD HEALTH SURVEY (2003) FOOD SECURITY QUESTIONS

Sometimes different situations arise which may affect family life. Now I'm going to read you several statements that people have made about their food situation. For these statements, please tell me whether they were Often true, Sometimes true, or Never true for your household in the last 12 months.

Scale:

- Often true
- Sometimes true
- Never true
- Don't know
- Refused

48. I relied on only a few kinds of low-cost food to feed my child(ren) because I was running out of money to buy food in the past year. (REPEAT SCALE IF NECESSARY)

49. I couldn't feed my child(ren) a balanced meal because I couldn't afford that in the past year. (REPEAT SCALE IF NECESSARY)

If true (1 or 2) to either of the above 2 questions, then continue, or if 3, 4, or 5 skip to q56

50. My child(ren) was/were not eating enough because I just couldn't afford enough food in the past year. (REPEAT SCALE IF NECESSARY)

If true (1 or 2) then continue, or if 3, 4, or 5 skip to q56

51. In the past year, did you ever cut the size of your child(ren)'s meals because there wasn't enough money for food?

- Yes
- No
- Don't know
- Refused

52. In the past year, did your child(ren) ever skip meals because there wasn't enough money for food?

- Yes
- No (go to q54)
- Don't know (go to q54)
- Refused (go to q54)

53. How often did this happen?

- Almost every month
- Some months but not every month
- Only 1 or 2 months
- Don't know
- Refused

54. In the past year, was/were your child(ren) ever hungry but you just couldn't afford more food?

Yes

No

Don't know

Refused

55. In the past year, did your child(ren) ever not eat for a whole day because there wasn't enough money for food?

Yes

No

Don't know

Refused

APPENDIX D

ANALYSIS OF TORONTO PERINATAL AND CHILD HEALTH SURVEY (2003) FOOD SECURITY ITEMS¹

Analysis by Toronto Public Health, Health Information and Planning, May 2005.

Question 48	<i>"I relied on only a few kinds of low-cost food to feed my child(ren) because I was running out of money to buy food in the past year."</i>			
	Group	%	Group	%
INCOME	Low Income	41.9	Mid/High Income	7.0
	Low/Mid Income	22.8		
	Below LICO approximation²	34.2		
FAMILY STATUS	Lone Parent Household	29.5	Two Parent Household	13.3
IMMIGRATION STATUS	Recent Immigrant (less than 10 years.)	21.8	In Canada 11+ Years or Born in Canada	13.4
BIRTHPLACE	Not Born in Canada	19.7	Born in Canada	11.0

Question 49	<i>"I couldn't feed my child(ren) a balanced meal because I couldn't afford that in the past year."</i>			
	Group	%	Group	%
INCOME	Low Income	26.7	Mid/High Income	1.3
	Low/Mid Income	8.6		
	Below LICO approximation²¹	19.3		
FAMILY STATUS	Lone Parent Household	14.1	Two Parent Household	5.6
IMMIGRATION STATUS	Recent Immigrant (less than 10 years.)	12.9	In Canada 11+ Years or Born in Canada	4.4
BIRTHPLACE	Not Born in Canada	10.2	Born in Canada	2.8

Question 50	<i>"My child(ren) was/were not eating enough because I just couldn't afford enough food in the past year."</i>			
	Group	%	Group	%
INCOME	Low Income	12.9	Mid/High Income	0.8
	Low/Mid Income	1.1		
	Below LICO approximation²¹	8.1		
FAMILY STATUS	Lone Parent Household	5.0	Two Parent Household	2.7
IMMIGRATION STATUS	Recent Immigrant (less than 10 years.)	6.1	In Canada 11+ Years or Born in Canada	1.9
BIRTHPLACE	Not Born in Canada	4.9	Born in Canada	0.9

¹ All differences are statistically significant except for question 50 – lone parent vs. two parent households.

² Respondents to the PCHS were not asked for their exact annual household income but into which income bracket it fell. Therefore, it is not possible to determine precisely which households had an income above or below the LICO. The LICO approximation identifies households whose reported annual income fell into the category of low or low/mid. Most households in the low and low/mid income categories would fall below the 2003 Statistics Canada LICO levels. The PCHS low-income category on its own is a much lower income threshold than the LICO.

APPENDIX E

CANADA'S COMMITMENTS TO THE RIGHT TO FOOD UNDER INTERNATIONAL LAW

The chart below presents the international legal instruments that set out the right to food, the date of their adoption, their legal status, states' support for each instrument, Canada's position vis-à-vis the instrument as well as the basic content of the instrument regarding the right to food.

Instrument	Date	Legal Status	Number of States Supporting	Canada's Position	Content
Universal Declaration on Human Rights	1948	Non-binding declaration of the UN General Assembly	48 for, 0 against, and 8 abstentions	Voted for adoption	Sets out human rights to be protected internationally.
Geneva Conventions and Additional Protocols	1949	International multilateral treaties	Depends on specific treaty	Most are binding on Canada	Establishes rights and obligations for states to respect and protect food rights during conflict.
Covenant on Economic, Social and Cultural Rights (CESCR)	1966	International multilateral treaty	141	Binding on Canada since 1976	Establishes state obligations to protect economic and social rights including the right to be free from hunger and to an adequate standard of living, including food particularly in Art. 11.
Food Aid Conventions	1967	International multilateral treaties renewed periodically	Originally 18 under the 1967 agreement, now over 20	Binding on Canada since 1967	Establishes state obligations to provide a minimum amount of international food aid.
Convention on the Rights of the Child (CRC)	1989	International multilateral treaty	194	Binding on Canada since 1992	Establishes immediate rights and obligations for states for rights for children including nutrition (Art. 24, 27).
Rome Declaration and Plan of Action	1996	World Food Summit	187	Non-binding	Seeks clarification of the content of the right to food and suggests international bodies complete the task.
General Comment 12 of the Committee on Economic, Social and Cultural Rights	1999	Decision of the Committee on Economic, Social and Cultural Rights – strong, legal language	Implicitly 141, but Instrument is that of the Committee, not the states	Not officially binding but serves as interpretation of Article 11 of the CESCR	Establishes the precise content and implementation of the right to adequate food.

Source: Riches, G., Buckingham, D., MacRae, R. & Ostry, A. (2004, February). *Right to Food Case Study: Canada*. Study conducted for the Food and Agricultural Organization of the United Nations.

APPENDIX F

TORONTO FOOD CHARTER (2001)

In 1976, Canada signed the United Nations Covenant on Social, Economic and Cultural Rights, which includes “the fundamental right of everyone to be free from hunger.” The City of Toronto supports our national commitment to food security, and the following beliefs:

Every Toronto resident should have access to an adequate supply of nutritious, affordable and culturally-appropriate food.

Food security contributes to the health and well-being of residents while reducing their need for medical care.

Food is central to Toronto’s economy, and the commitment to food security can strengthen the food sector’s growth and development.

Food brings people together in celebrations of community and diversity and is an important part of the city’s culture.

Therefore, to promote food security, Toronto City Council will:

- Champion the right of all residents to adequate amounts of safe, nutritious, culturally-acceptable food without the need to resort to emergency food providers
- Advocate for income, employment, housing, and transportation policies that support secure and dignified access to the food people need
- Support events highlighting the city’s diverse and multicultural food traditions
- Promote food safety programs and services
- Sponsor nutrition programs and services that promote healthy growth and help prevent diet-related diseases
- Ensure convenient access to an affordable range of healthy foods in city facilities
- Adopt food purchasing practices that serve as a model of health, social and environmental responsibility
- Partner with community, cooperative, business and government organizations to increase the availability of healthy foods

- Encourage community gardens that increase food self-reliance, improve fitness, contribute to a cleaner environment, and enhance community development
- Protect local agricultural lands and support urban agriculture
- Encourage the recycling of organic materials that nurture soil fertility
- Foster a civic culture that inspires all Toronto residents and all city departments to support food programs that provide cultural, social, economic and health benefits
- Work with community agencies, residents' groups, businesses and other levels of government to achieve these goals.

The Food Charter also sets out “Ten Reasons Why Toronto Supports Food Security”. The full Charter can be retrieved from http://www.city.toronto.on.ca/food_hunger/pdf/food_charter.pdf.

APPENDIX G

INDICATORS OF SYSTEMIC FACTORS RELATED TO COMMUNITY FOOD SECURITY

ECONOMIC

- Population income distribution, employment trends, farm incomes
- Trends in housing cost and policies on affordable housing
- Trends in social assistance policy and programs
- Map of retail food stores and markets in city or region (food access)
- Map of local farms that sell directly to consumers
- Trends and policies related to agriculture and land use
- Types of crops and agricultural commodities produced and processed in the region
- Types and origins of foods available in a community (for example, fast food outlets, percentage of imported vs. locally-grown food)
- Trends in corporate concentration in the food system
- Food policy as related to business/industry, biotechnology and global trade
- Adequacy of food allowance for social assistance recipients, Nutritious Food Basket data

SOCIOLOGICAL / BEHAVIOURAL

Demographic trends related to:

- Population food intake data
- Measures of household food insecurity
- Trends in emergency food assistance
- Breastfeeding incidence in the community and related policies
- Food preparation skills in the population and related programs
- School food policies and food available in schools and colleges
- Measure of multidisciplinary, multisectoral participation in CFS networks

ENVIRONMENTAL HEALTH

- Food safety indicators and trends
- Pesticide residue levels on food
- Watershed and water safety data
- Waste management, recycling and packaging policies and practice
- Composting policies, practice and information available
- Estimated fuel use and effect on air quality of imported food
- Extent of use of genetically engineered crops, pesticide use, environmental farm plans, integrated pest management, organic farming techniques.

Source: Ontario Public Health Association (2002). *A Systemic Approach to Community Food Security: A Role for Public Health*. Toronto, Ontario.

APPENDIX H

CANADA'S ACTION PLAN FOR FOOD SECURITY (1998)

The Plan is a work in progress which forms a basis for further discussions on the specifics of implementation, including timing, roles and responsibilities, coordination mechanisms and related actions. It is open-ended and flexible, adaptable to changing conditions and responsive to evolving needs. It is not an exhaustive inventory of existing programs or planned actions; rather, it is a blueprint which sets out the highest priorities as identified by members of the Joint Consultative Group. These priorities are outlined below. The order in which they appear does not reflect an order of importance but rather follows the order of the seven commitments.

- Priority 1: **The right to food** reiterates Canada's belief that this right is an important element in food security and underscores the need to better define the meaning of this right, and the actions required to implement it. Actions include civil society support to the *International Code of Conduct on the Human Right to Adequate Food*, and all sector participation in national and international efforts to clarify the meaning of the right to food towards its full and progressive realization.
- Priority 2: **The reduction of poverty** is an important element in the strategy for addressing food insecurity in both domestic and international actions, based on the notion that a key condition for food security is access to sufficient resources to purchase or grow food. International actions are influenced by Canada's poverty reduction focus in its development assistance program; actions include maintaining or exceeding the 25% Official Development Assistance (ODA) target for investments in basic human needs such as food and nutrition, education and primary health care. The Plan also reaffirms Canada's commitment to engaging citizens in policy making and program design in the area of poverty reduction.
- Priority 3: **Promotion of access to safe and nutritious food** is seen as a critical component of food security. In developing countries, actions on micronutrient and vitamin supplementation of foods contribute to improved nutrition. Breastfeeding is also highlighted as critical to infant health and nutrition worldwide. In Canada, commitment to this is furthered through actions to support working mothers, hospital programs, mother and child health care and other initiatives in support of the *International Code of Marketing of Breast-milk Substitutes*. Beyond the promotion and protection of breastfeeding and other food security conditions, caring practices, and health and education measures are important for the nutrition security of mothers and children, particularly, but not only, in developing countries.
- Priority 4: **Food safety** underlines the new threats to global food supply posed by the rapid increase and deep market penetration of new and exotic foods from a variety of trading partners, which may constitute a safety or disease hazard; by environmental contaminants, especially in traditional food sources in Canada's Far North, which are also a threat to safety; and emergencies or disasters, which can cause problems such as contamination from hazardous chemicals or disease-causing micro-organisms. In addition, lack of knowledge about preparation and storage of foods is identified as a threat, mainly at the household level. Actions to ensure safe supplies and safe handling include enhanced public education, better product labelling, enhanced biotechnology assessment, improved monitoring methods and stronger multisectoral partnerships.

- Priority 5: **Traditional food acquisition methods of Aboriginal and coastal communities** acknowledge the important role that hunting, fishing, gathering, bartering and trading play in the food security of many communities in Canada and abroad. By sharing their awareness of traditional foods and their knowledge of sustainable natural resource practices, indigenous people have an important contribution to make in achieving the World Food Summit's goal. Actions related to the reduction of environmental contaminants, sustainable management of resources (including fisheries) and appropriate supplementation with high-quality commercial foods, strengthen access to food for these communities.
- Priority 6: **Food production** emphasizes the critical role of research, rural development and investment in the productivity of the agriculture and agri-food sector. This priority makes a strong link between the sustainable management of productive resources and the production of sufficient quantities of safe and nutritious food for all. It demonstrates the need to support local production, particularly in developing countries, where agrarian reform, participation of affected communities (including women producers) and fulfilment of basic human needs are essential to successful rural development programs. In Canada, actions aimed at enhancing agricultural production include: supporting sustainable resource management, continuing to invest in and build research capacity and encouraging investment in rural areas.
- Priority 7: **Emphasis on environmentally sustainable practices** explores some of the most pressing challenges to food production. Canada's actions in support of this priority are channelled through its support to a wide variety of commitments under current international agreements. Internationally, this covers specific challenges to developing countries in such areas as water resource management, community forestry, sustainable population growth and respect and preservation of indigenous knowledge. For Canada, additional actions complement these agreements to enhance stewardship of natural resources in the areas of northern contaminants, sustainable fisheries management, biotechnology, climate change and biodiversity.
- Priority 8: **Fair trade** outlines the potential impact of liberalized trade regimes on incomes and overall welfare, and indicates the possibility that there may be adjustment costs in non-competitive sectors. Actions within this priority involve enhancing trade in the food and agri-food sectors, particularly for developing countries, while achieving a better understanding of the impacts of liberalized trade on people vulnerable to food insecurity.
- Priority 9: **Acknowledgement of peace as a precursor to food security** underlines the need for safe and secure access to means of production, especially arable land and harvestable waters. Actions within this priority strengthen emergency measures, conflict prevention, peace building and disaster preparedness in Canada and abroad.
- Priority 10: **A monitoring system for food insecurity** identifies the need for a comprehensive set of agreed-upon indicators to determine the nature, extent and evolution of food insecurity, both to develop appropriate responses and to monitor their effectiveness. This Plan provides for both government and civil society to work toward developing indicators for national and international systems and using them for monitoring purposes.

APPENDIX I

SCHEMATIC REPRESENTATION OF TORONTO PUBLIC HEALTH FOOD SECURITY RELATED ACTIVITIES: FOCUS ON EARLY YEARS POPULATIONS (November 2005)

