


# Toronto Food Strategy



**Food Connections:**  
**Toward a Healthy  
 and Sustainable  
 Food System  
 for Toronto**

**A Consultation Report**

February 2010

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# Why A Food Strategy?

➤ Excitement about food is growing





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# Why A Food Strategy?

➤ Food-related problems on the rise

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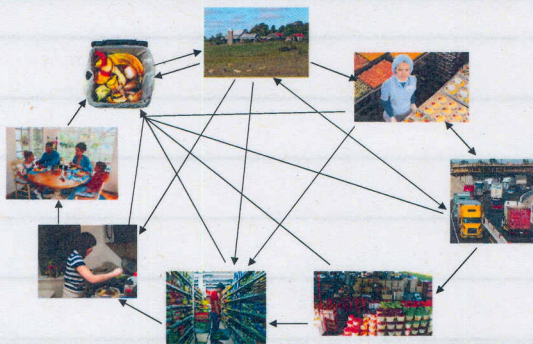


## Why A Food Strategy?

- Using broad food system approaches can solve problems and harvest benefits



## Food System = "Grow it to Throw it"



## Big Cities Taking Action on Food



New York



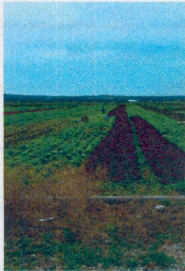
London



San Francisco



## Toronto Poised to Lead the Way



➤ Natural resources

➤ Economic strength




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## Toronto Poised to Lead the Way

➤ Engaged residents



➤ Effective community agencies

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## Examples of Local Government's Food Levers



➤ Support growth of food processors



➤ Collect food waste

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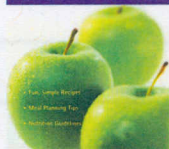


## Examples of Local Government's Food Levers

- Food safety inspections
- Planning neighbourhoods
- Business licences



**Cooking Up Some Fun!**  
For parents and caregivers of young children



- Food skills education
- Healthy eating promotion
- Breastfeeding support

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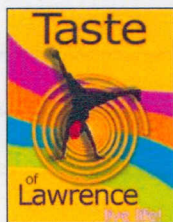
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## Examples of Local Government's Food Levers



- Fund school meal programs
- Serve food in childcare centres, seniors' homes & shelters

- Coordinate food festivals and events




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## Food Strategy Steering Group

- Project endorsed by BOH in June 2008
- 21 member Steering Group convened – community food experts and some senior City staff – to guide development of Strategy
- Group met throughout 2009
- Staff drafted "Food Connections" consultation report with advice from Steering Group, Toronto Food Policy Council and many others

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## Food Connections Consultation Report

- Toronto is first big city to take a broad health-focused food system approach
- Report identifies six directions to a health-focused food system with examples of "ideas for action"
- Report goes out for community consultation



**Food Connections:**  
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A Consultation Report  
February 2016

Toronto Public Health

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## A Health Focused Food System...

- Supports food safety, nutrition & disease prevention
- Fosters food-friendly neighbourhoods
- Empowers people with food skills & information
- Creates green jobs
- Protects the environment
- Builds strong communities
- Promotes social justice




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## Six Directions to a Health Focused Food System



### 1. Grow food-friendly neighbourhoods



- Include food activities in community and recreation centres, libraries and community hubs
- Ensure Transit City project recognizes that busy streets require lively mix of food stores, restaurants, cafes, etc.
- Encourage community gardens, bake ovens, farmers' markets and fresh food markets

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## Six Directions to a Health Focused Food System



### 2. Make food a centerpiece of new green economy



- Expand City's Food Business Incubator project
- Urge Ontario Food Terminal to make it easier to source local and local-sustainable foods
- Expand food festivals and celebrations to all parts of city, including a "Hiddenlicious" event that highlights little known businesses



## Six Directions to a Health Focused Food System



### 3. Eliminate hunger in Toronto

- Use planning to put quality affordable food stores in every neighbourhood
- Advocate social assistance and minimum wage rates based on cost of healthy eating
- Support food bank efforts to provide nutritious and culturally appropriate food



## Six Directions to a Health Focused Food System



### 4. Empower residents with food skills & information

Platters	Calories
Hot Cakes	450
Hot Cakes	600
Hot Cakes	580
Hot Cakes	660
Hot Cakes	560
Hot Cakes	570

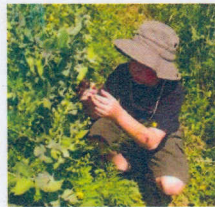
- Promote transparency in the food system – better labelling of calories, trans fats, etc.
- Weave food skills & info broadly into school curriculum
- Promote food literacy in newcomer settlement and homeless services





**5. Connect city and countryside through food**

- Expand urban farms, farm-to-school programs, and farmers' markets
- Expand City government purchasing of local food; explore funding for sustainable food purchases




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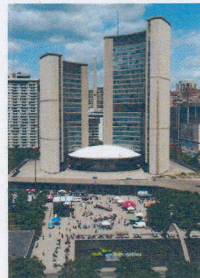
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**6. Embed food system thinking in City government**

- Use food to achieve environmental, economic and social objectives of city
- Coordinate and evaluate food initiatives
- Promote new partnerships within City, among governments and with community




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- Will consult and engage broad range of people and organizations over next few months
- Feedback from engagement will be incorporated into revised Food Strategy report and submitted to City Council by summer 2010
- Council report will contain more detailed action steps




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