

Interim Collaborative Framework for Healthy Food Security in St. James Town

Table of Contents:

- [Vision](#)
- [Principles](#)
- [Goals](#)
- [Glossary of Terms](#)

Vision:

A collaborative, resident-led, and sustainable food system that secures healthy, culturally appropriate, quality food that is equitable and just for the community of St. James Town.

We envision this neighbourhood system as a part of City and regional food systems.

Principles:

- A. Food is a Human Right.** The United Nations (UN) defines the right to food to include:
- a. Affordable food:
 - b. Accessible food: obtainable nearby by present and future generations
 - c. Appropriate food: food that is culturally/religiously and nutritionally acceptable
 - d. Adequate: people have enough healthy food
 - e. Canada has agreed to this right to food in many international covenants and declarations including the International Covenant on Economic, Social and Cultural Rights ([ICESCR](#)), and the Convention on the Rights of the Child ([CRC](#))
 - i. This Framework also aligns with the [Milan Food Pact](#), [United Nations 2030 17 Sustainable Development Goals](#), [2018 Toronto Food Strategy](#), [GrowTO urban Agriculture Plan for Toronto](#), [Paris Agreement](#)
- B. Accountability to Community**
- a. Community members should be involved in the decisions that affect their lives (Right to Self-Determination)
 - b. All residents should get to choose food options that meet their needs
 - c. We recognize the value of listening to children, women, seniors, low-income families and individuals, people with disabilities, racialized residents and newcomers.

Interim Collaborative Framework for Healthy Food Security in St. James Town

C. Supports Self-Sufficiency

- a. True food security is long-term. It is important that St. James Town have a food system that can be self-reliant and sustained over a long period of time.

D. Food Matters for Health Equity

- a. Until we all have good food to eat, no one has food security.
- b. We affirm and aim to support Black and Indigenous food sovereignty

E. Inclusive for all Community Members

- a. Respect is at the heart of a healthy community. We respect all food needs and choices.

F. Food Systems Approach

- a. The whole food cycle must be considered. A food system includes growing, processing, distribution, eating, and making good use of food waste.
- b. The Toronto Food Strategy also recommends a Food Systems Approach
- c. Food, and the whole food cycle benefits all of us. Food has an essential role in building a healthy community and economy.

G. Sustainability, Resilience and Adaptation

- a. An ideal food system for St. James Town is sustainable - meaning it can be sustained well for present and future generations.
- b. An ideal food system is also resilient - meaning that it can survive stress or shocks. Stress can be economic, social, emotional, or environmental.
- c. An ideal food system can also adapt to changes including climate change and extreme weather events.
- d. Partnerships and Networks that are accountable to residents' human rights within and outside the neighbourhood are essential.
- e. We are all treaty people under the Dish with One Spoon Wampum Belt Covenant - an Indigenous peace treaty that governs St. James Town and the region. We commit to respecting and regenerating the land, water, and wild spaces for current and future generations.

Goals:

1. Empower Resident Management and Leadership
 - a. Increase Long-Term Community Capacity & Governance
 - b. Support Community-based research & development
 - c. Provide accredited and community education programs in urban agriculture, project management, collaboration, and other areas of study in partnership with post-secondary institutions
2. Increase Climate Change Adaptation, Mitigation, and Resilience
 - a. Increase Food Emergency Preparedness - supplies, aid networks, and

Interim Collaborative Framework for Healthy Food Security in St. James Town

- plans
 - b. Reduce Environmental Impact by using sustainable supplies and resources, improving waste management and promoting awareness within the community
 - c. Ecology - reduces/captures carbon and other greenhouse gas emissions. Help restore soil quality for growing healthy crops sustainably
3. Empower Local Employment Opportunities and Social Enterprise Development in this Food System
 - a. Provide work in food production, green technology, community development, management, education, and more!
 - b. Promote/support social purpose businesses and the capacity of local residents to start enterprises by and for the community
 4. Improve Health Equity for Residents of SJT
 - a. Healthy food, having choices and community social interaction to improve community health
 5. Cultivate a Sustainable Food System Appropriate to the Uniquely Diverse Community of St. James Town
 6. Increase Cooperation and Pathways for Collaboration between Grassroots Organizations, Agencies, and Government Departments Towards Healthy Food Security
 - a. Pursue financial and non-financial resources - such as zoning changes, permits, secure space access - on an ongoing basis to support the continuous effort to eradicate food insecurity in the long term

Glossary of Terms:

1. A Food Systems Approach

This Framework uses the definition in Toronto's Food Strategy (TFS) 2018 Report:

"The food system is often described as the full cycle of how food is grown, produced, processed, distributed, consumed and disposed of. Food operates as a commodity in a marketplace dominated by large industry and agribusiness, usually owned and controlled outside of Canada. The TFS attempts to re-frame food not only as a commodity but as a public good that is a critical part of urban infrastructure. Recognizing food as a public good is essential to a food systems perspective. It links food with other public goods such as health, water, energy, transportation, housing and education which are all publicly regulated and publicly funded. It also identifies the role of food in community development and social cohesion. Food should be identified in public policy as a necessity on par with other long-established public good domains."

2. Sustainable Food System

Interim Collaborative Framework for Healthy Food Security in St. James Town

- Milan Food Pact (2015) to which Toronto is signatory, defines a sustainable food system as: Inclusive. Resilient. Safe. Diverse. Provides governance systems for effective equitable action. Promotes and provides for sustainable nutrition. Strengthens social and economic equity.
- “food systems in their entirety, taking into account the interconnections and trade-offs among the different elements of food systems, as well as their diverse actors, activities, drivers, and outcomes. It seeks to simultaneously optimize societal outcomes across environmental, social (including health), and economic dimensions”
- Sustainable Food Systems Programme). UN Collaborative Framework for Food Systems Transformation, 2019; PG 12

3. Healthy Food

Means different things to different people. Defined by St. James Town residents in consultations as: high-nutrient, fresh, organic/chemical-free, fair or direct trade, low-emissions, culturally-relevant, affordable, and accessible to people of all income levels. In short, *healthy food is food that's good for the person, the pocket, & the planet!*

4. Appropriate Food

Nourishing safe food that is acceptable and desirable to people with different dietary needs because of health issues, faith requirements, cultural traditions, etc.

5. Resilience:

The ability of an individual, group, or system to bounce back from crisis. Said another way, it is the ability of a system to absorb or tolerate disturbances and shocks.

Climate Resilience:

- The ability of an individual, group, or system to absorb shocks from climate change, adapt to climate changes, and mitigate its harmful impact. Talking about the climate change crisis, many say we can “bounce forward” into a better world.

Community Resilience:

- The ability of a community to withstand and adapt with economic, social, and environmental shocks and changes

6. Food insecurity

Food insecurity refers to the inadequate or insecure access to food. It affects almost 1 in 5 Toronto households (18.5 per cent) and is a serious public health issue because it is closely linked to negative health outcomes.

Interim Collaborative Framework for Healthy Food Security in St. James Town

<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/nutrition-food-basket/>

7. Collaborative

Produced or conducted by two or more parties working together

8. Equity

Food programs work to respond to diverse needs instead of applying the same formula to everyone.

9. Food Sovereignty

- "Food Sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their **right to define their own food and agriculture systems.**" - La Via Campesina
- Whereas food security and food is a technical term outlining the ideal result of a working food system, food sovereignty is a political concept that emphasizes a peoples' right to control and define our own food systems, not just benefit from it.

Preliminary Resident Feedback on the Interim Collaborative Framework and Recommendations for Healthy Food Security in St James Town

To increase food security

Have the availability close to the neighborhood

I like it. Commendable effort! Thank you for your vision and commitment towards community upliftment and supporting basic fundamental rights.

If city generate more jobs

more organization and accept more people.

Support this framework and open up secure spaces for long term sustainable inclusive food programs and enterprises, urban agriculture and emergency preparedness

Helping out low-income residents who pay taxes and work countless amounts of hours instead of helping people who take our hard earned working taxes.

I'd just recommend the city to understand that we st james town citizens need more food items than just canned food. For some of us we don't have the luxury to just buy whatever we please and that we have food needs, not wants. Other than that I hope you help and follow these principles and goals to the best of your ability.

Please please just get this done, so many need food it's heart breaking. Now with covid even worse. My own family does not know I go without in order for them to eat

Eat healthy be safe and fresh

Yes it could be organized better

Availability of healthy food

Support the oasis food hub, give us space for food programs

Making action plans to promote healthy eating by working with Grocers and farmers

Interim Collaborative Framework for Healthy Food Security in St. James Town

To consider all categories (age group mainly) of children food needs

More green areas needed with affordable housing or rent support

Need women developing zones work from home and babies sitting and mental health
I expect more from the City of Toronto, to support low-income homes with decent food and health security, especially those who live in apartments such as mine and support for those that have to deal with pests and rough/sad living conditions that isn't healthy for the body or mind.

Healthy foods is life.

I think maybe everyone should start to eat Healthier, It may help people have better health and could really change People's Lives!

multicultural food accessibility

Please give this organization more money, as they really help a lot!!!

More dairy and meat products. (Halal)

keep THE HEALTHY ORGANIC FOOD BANK GOING

Long term sustainability

Protect greenspaces, implement action plans that are created in genuine consultation that is lead by community, plant publicly accessible fruiting trees

More fruit and dairy

Policies, system and environments are significant determinants to create communities where healthy choices are easy, safe and affordable for all.

Community agencies:

Thank you and God bless you all

For them to continue give support to the community.

respect the work time and rights of residents and create opportunities

You are doing great job...

Easier access especially at winter

I like it. Commendable effort! Thank you for your vision and commitment towards community upliftment and supporting basic fundamental rights.

more fresh food and give more people not limited number of people.

They are doing great job thanks a lot

St James town community is good

It already shows that you are aware that a lot of different foods are needed in the many different households of this community, I'd recommend that you do surveys to find out what people might want from different parts of the world so you're aware of what people like

Please just help with all areas food shelter outreach more please, some of us are stubborn but we all need your help

Be patient

Access to affordable and healthy food

They are doing very good

Partner with the co-op to build up food supply and the OASIS food hub, demand space and resources

Introduce more public policies and public programs to address food insecurity.

Interim Collaborative Framework for Healthy Food Security in St. James Town

To make the process of informing the needs and to create the availability accordingly as easy and simple as possible.

People need more awareness, like pamphlet on elevator or lobby

Please reach out to women who stuck at home with kids at least once a week outdoor without kids Need someone to take care of kids while we out for free

I would to see more events for the community of SJT especially for the black and indigenous community that live within SJT and to be made a priority as we're always forgotten about. Besides that I thank you for your time and effort.

Help the needed people. Like me

1. Encourage the community to grow the food in their balconies or arrange a separate place where all residents can grow their food.

2. If someone doesn't need a specific food then there should be an option to return it to the community center, to avoid waste of food.

Stay the course, you are doing a great thing

I don't have any Recommendations for now, But I just hope your all doing great and are really healthy

multicultural food accessibility

I think they are doing very well I appreciate it .

you are great!

Gift cards for big families please!

KEEP UP THE GOOD WORK

To continue to work together in partnership.

Focus primarily on sustainable and reliable forms of support.

None but to say thank you.

The future of the Public's Health in the 21 Century like school food environment also you have food industry standards for regulating unhealthy food advertising have improved but still it has a way to go.