



The Neighbourhood Food Hub: Needs Assessment and Community Food Assets Map

Background

The intent of The Neighbourhood Food Hub Needs Assessment and Community Food Assets Map is to create living document that develops both a profile of community characteristics as well as community food resources. This assessment provides information to help guide purposeful programming and services for The Neighbourhood Food Hub in Greenwood-Coxwell and surrounding neighbourhoods.

For the purposes of this assessment, the term 'surrounding neighborhoods' is used to refer to The Beaches, Woodbine Corridor, East End-Danforth, and South Riverdale. The assessment was done in collaboration with partners Applegrove Community Complex, City of Toronto, Glen Rhodes United Church and FoodShare Toronto. Funding has been provided by the City of Toronto.

Goal/ Purpose

To develop a community profile of the local food system assets in Greenwood-Coxwell and surrounding neighbourhoods, and to act as a benchmark for improvement in local community food security, food skills, food environment, and food literacy program development.

Methodology

This Needs Assessment followed the "Where's the Food" assessment model provided, and on the guidance of FoodShare Toronto, which focuses on identifying barriers to accessing fresh, nutritious and affordable food by a specified community.

Given the nature of the Neighbourhood Food Hub feasibility study focusing on on-going engagements and feedback, this will be a living document built for future revisions and inputs as the community engages with the Food Hub over the coming months.

Project Objectives

1. To communicate The Neighbourhood Food Hub findings in an accessible way.
2. To identify fundamental community food resources by developing a living inventory of assets.



3. To empower community residents to participate in their local food system networks.

4. To create impactful programs and services at The Neighbourhood Food Hub that address community needs, mobilize community assets, and engage existing community resources.

Socio-Demographic Profile of Community (Greenwood-Coxwell)

The following community characteristics are helpful to understand the Greenwood-Coxwell neighbourhood, as well as the community the Neighbourhood Food Hub and surrounding food resources aim to service

- The population is 12,075, wherein children make up 2,160 of the population, youth make up 1,490 of the population, and seniors account of 1,595 of the population
- The average family income is \$69,895, with 17.4% LICO after tax
- The low-income population of Greenwood Coxwell is 2,040, with lone parent low-income populations of 260.0, low-income families of 1,610, and high shelter costs of 1,970
- The average home price is \$490,920, with the percentage of neighbourhood residents that spend more than 30% of income on housing at 33%
- 43.4% of the population attain lower education in contrast with 7.7% attaining higher education
- 44.1% are a visible minority
- The top 5 non-official home languages of the neighborhood are Cantonese, Chinese, Urdu, Panjabi, and Mandarin

Poor Nutrition and Health Indicators

Understanding the relationship between poor nutrition and health is important as community health is impacted by food insecurity. Continued inadequate nutrition may have long-term health implications.

- The Healthy Food index for Greenwood-Coxwell is 44.29% with surrounding neighbourhoods ranging from 29.04-45.06%
- There are known links between inadequate nutrition among pregnant

- women and increased incidences of low birth weight in babies. The percentage of children with low birth weight in Greenwood Coxwell is 3.3-4.9%, with rates of 3.3-9.8% in surrounding neighbourhoods.
- Inadequate nutrition also aids in the development of chronic disease, such as increased rate of obesity and diabetes. The prevalence of diabetes in Greenwood Coxwell is 4.1-5.0, with rates of 2.8-5.0 in surrounding neighbourhoods.
 - The inadequate consumption of fruits and vegetables is common among low-income populations. 36.8% of Danforth East York's neighbourhood population consumes at least 5 servings of fruit/veggies per day. In particular, as Greenwood-Coxwells' senior population grows, food insecure seniors experience substantially lower intakes of numerous needed vitamins and minerals. In addition, both productivity and the ability to learn are negatively impacted by malnourishment and hunger. Children are increasingly susceptible to illnesses related to the aforementioned, aiding in increased headaches, stomachaches, and behavioural problems in the short term, and iron deficiency, anemia, and poor cognitive and motor development in the longer term. Children with inadequate nutritional intake also perform at lower academic levels than their nourished peers.
 - In the neighbourhoods of Danforth East York, the percent of the population who reported good/excellent self-rated health is 63.3%; however, for low-income populations, only 47.6% reported good/excellent self-rated health.

Community Food Assets and Resources

Community mapping is a useful tool to provide information about the strength of a community. This method can help to uncover solutions and work toward building on a communities needs and assets to improve health more easily. Food mapping in particular, is useful in finding out the geographical areas where people can access food resources, and pathways for improvement. For example, in Greenwood-Coxwell and surrounding neighbourhoods, note that there was a No Frills that left (located at Coxwell-Danforth), and there is a scarcity of grocery stores along major arteries in the neighbourhood. In addition, there is an absence of retail grocers within walking distance to major residential areas.

Through the community food assets map, The Neighbourhood Food Hub is making information regarding food resources accessible to the Greenwood-Coxwell community and surrounding neighbourhoods! We are connecting 15 Community Gardens, nine Emergency Food Programs, four



Community Food Providers, seven Student Nutrition Programs, five Fresh Food Markets, and five Urban Agriculture plots.

[Community Food Asset Map](#)

Community Feedback

Community Primary Feedback - Applegrove AGM & Community Launch |
Spring Planting Workshop

Workshop Suggestions:

1. Food prep basics workshop
2. Freezer food cooking
3. Planting edible food
4. Canning and Preserving
5. Shopping healthy on a budget, grocery store walk through
6. Healthy living workshops
7. Meditation/breathing workshops
8. Workshops on: preserving jams, tomato sauces, salsa's
9. How to start your own aquaponic system
10. The best way to start and build your own vegetable garden and herb garden
11. Plant & grow fruit like raspberries & apples, which can be trained to grow sideways rather than like a regular tree, which stops creating shade.
12. Plant annual herbs.

Program Suggestions

1. Matching program: Harvest/grow in other people's yards
2. Backyard/porch gardening tutorials/seed shares
3. Operation Food Rescue pickup location



4. Healthy bodies, Healthy minds programme
5. Cooking program for kids
6. Intergenerational cooking programs
7. Blue Sky – traditional food system supports: summer camps devoted to farming or trapping or fishing, etc..
8. Supply a couple of TTC tickets so people can travel to various areas.
Garden Lots below Eastern at water treatment plant
9. Breakfast/lunch programs - make sure all local schools have breakfast + lunch programs and support for better food access

Event Suggestions

1. Food themed movie nights w/ snacks prepared by participants
2. Cookbook swaps/family recipes sharing and show & tells
3. "Documentary/movie night (food theme + panel discussion
4. Independent farmers, roof top farmers, bee keepers, greenbelt farmers etc., their stories (as told by them), stories of change, how they contribute, how WE can get involved"
5. Traditional cooking fair (e.g. people bring ideas/dishes/methods from their cultural background).
6. Community picnics in local parks, esp. parks with splash pads or wading pools.
7. At movie night "snack boxes" with healthy snacks.
8. Wandering community dinners at local agencies.

Partnerships

1. EECHC
2. Partner with Ashbridge Estate (Ontario Heritage Trust) on growing space
3. Good Food Box
4. LEAF
5. Not Far From The Tree
6. Dawn Hurley Chapman/Lazy Daisy
7. South Riverdale Parent Child Centre

Activism

1. I would really like to see environmental protection and activism linked to this initiative. How can we ensure food growers and suppliers use sustainable practices? How can we put pressure on supermarkets and food manufacturers to eliminate single use plastics
2. Studies have proven that 40% of Canada's food production goes to landfill. We NEED TO DO FOOD DISTRIBUTION EFFECTIVELY.



3. Losing No Frills has really impacted the community. Organize a meeting around No Frills status and interim resources would be great
4. Advocate for local businesses e.g. City programs for re-invigorating small-scale corner stores by providing incentives to sell fresh produce.
5. Cultural sensitivity through food

General

1. Offer childcare support to programs aimed at parents
2. Do a community asset map/What do we already have, what is missing, what needs more promotion, can things work together better/ NEEDS ASSESSMENT

Infrastructure

1. Heatwave hydration station
2. Simple equipment to cook and grow a wider variety of food
3. Make available empty city lots to community groups or others to plant vegetables or fruit. Many areas in some parks i.e. TTC a plot, Phin Park..
4. Mapping productive city fruit trees (e.g, outside Riverdale Farm – cherries!)



Appendix

Neighbourhood Food Hub
March 25, 2019, 6:30-8:30pm

Event: Applegrove AGM/Soft Launch Community Feedback Meeting

Location: Glen Rhodes United Church

Attendance: 125

Respondents: 51

"What kind of programs, activities or workshops would you like to see at the Neighbourhood Food Hub?"

1. "Studies have proven that 40% of Canada's food production goes to landfill. We NEED TO DO FOOD DISTRIBUTION EFFECTIVELY."
2. "Get Dawn Hurley Chapman/Lazy Daisy involved - she is a food hub OG her own meeting across the street!"
3. "Note EECHC has the Good Food Box dropoff location for this area and does food trainings in their kitchen already - Partner!"
"LEAF has no east end base - get them in so we don't all have to go to west end to access their programs for edible plants (They're in Wychwood)"
4. "Freezer food cooking (South Riverdale Parent Child Centre organized something 2 years ago which was great!), planting more edibles, operation Food Rescue pickup location!"
5. "Do a community asset map/What do we already have, what is missing, what needs more promotion, can things work together better/ Needs Assessment"
6. "Losing No Frills has really impacted the community. Organize a meeting around No Frills status and interim resources would be great"
7. "Childcare for trainings when you want to target parents!!"
8. "Consider connecting food + people's yards - as many homes in this area and people looking to beautify their properties"
9. "Programs where people could harvest/grow on other people's yards (like a match)"
10. "Breakfast/lunch programs - make sure all local schools have breakfast + lunch programs and support for better food access."
11. "Connection local businesses - JP Supermarket, No Frills, Victoria Whole Foods"
12. "A Collective place where you can get ingredients or training to cook a meal a week!"
13. "Food prep basics workshops, canning and preserve"
14. "Backyard/porch gardening tutorials/seed shares"
15. "Shopping healthy on a budget, grocery store walk through"
16. "Healthy living workshops"
17. "Healthy bodies, Healthy minds programme"
18. "Meditation/breathing workshops"
19. "Heatwave hydration station"
20. "Cookbook swaps/family recipes sharing and show & tells"
21. "Cultural sensitivity through food"

22. "What I do want more is clean space where we can eat the healthy food that we all talk about? It's always has to go as volunteering and getting involved making or having choices with great opportunities. Have simple equipment to grow more variety of Food C. Veg - Fruits - Herbs - Edible Flowers and enhance nature - help animals to live without stress and shocks from human. Just lets have more spaces: Gardens small once every where filled with herbs and nature plants. Thank you"
23. "Food themed movie nights with snacks prepared by participants" "I would love to be involved LAND + FOOD <3"
24. "I would really like to see environmental protection and activism linked to this initiative. How can we ensure food growers and suppliers use sustainable practices? How can we put pressure on supermarkets and food manufacturers to eliminate single use plastics."
25. Also... cooking programs for kids (also linked to learning about the environment)"
26. "Intergenerational cooking programs Food festivals/programming that showcase Toronto's diversity"
27. Have Disney/Pixar movie nights
28. Have BBals [sp?] + potlucks"
29. "Community Garden, cooking classes, gardening/planting classes, eating/cooking seasonal, farmers markets, school involvement + education"
30. "Documentary/movie night (food theme + panel discussion"
31. Independent farmers, rooftop farmers, bee keepers, greenbelt farmers etc., their stories (as told by them), stories of change, how they contribute, how WE can get involved"
32. "Hi I am a 27 year old mother with a 5 year old daughter. I would suggest a cooking class to teach children and/or mothers to cook or back. A gardening class is something we wood be interested in doing"
33. Tascia Laplante
34. "Workshops on: preserving jams, tomato sauces, salsa, How to start your own aquaponic system. The best way to start and build your own vegetable garden and herb garden"
35. "Plant & grow fruit like raspberries & apples, which can be trained to grow sideways rather than like a regular tree, which stops creating shade."
36. "Plant annual herbs."
37. "Supply a couple of TTC tickets so people can travel to various areas. Garden Lots below Eastern at water treatment plant (Coxwell area)."
38. "Canning workshops"
39. "Partner with Ashbridge Estate (Ontario Heritage Trust) on growing space. "
40. "Workshops for parents/caregivers and children to learn simple meals together."
41. "Network of people needing produce and people who can't harvest what is in their garden (e.g. fruit trees)."
42. "Mapping productive city fruit trees (e.g, outside Riverdale Farm – cherries!)"
43. "Space and advice for big meal preparation. Even more regular community dinners."
44. "Connect with local businesses esp. food providers."
45. "Advocate for local businesses e.g. City programs for re-invigorating small-scale corner stores by providing incentives to sell fresh produce."
46. "Traditional cooking fair (e.g. people bring ideas/dishes/methods from their cultural background)."



The Greenbelt Farmers' Market Network
The Neighbourhood Food Hub Feasibility Study
July 15, 2019

47. "Blue Sky – traditional food system supports: summer camps devoted to farming or trapping or fishing, etc.."
48. "Make available empty city lots to community groups or others to plant vegetables or fruit. Many areas in some parks i.e. TTC a plot, Phin Park.."
49. "Community picnics in local parks, esp. parks with splash pads or wading pools. At movie night 'snack boxes' with healthy snacks. Wandering community dinners at local agencies."

If you have any additional information, feedback, or questions, please let us know!
info@neighbourhoodfoodhub.com
You can also visit our website @ www.neighbourhoodfoodhub.com

References

American Dietetic Association (2002). Position of the American Dietetic Association: Domestic Food and Nutrition Security. JADA 102(12):1840-7. <http://www.adajournal.org>

Child and Family Benefit Online Calculator. July 2003-June 2004. <http://www.ccaadrc.gc.ca/benefits/calculator/welcome-e.html>

Flavelle, Alex. The Community Mapping Handbook, Lone Pine Publishing, 2000

Grantham-MacGregor, S. & Ani, C. (2001). A Review of Studies on the Effect of Iron Deficiency on Cognitive Development in Children. J Nutr 131:649S-668S.
<http://www.nutrition.org/cgi/content/full/131/2/649S>

Kretzmann, John and John McKnight, Building Communities From the Inside Out: A Path Towards Finding and Mobilizing a Communities' Assets, ACTA Publications, 1993

Ontario Public Health Association Food Security Working Group. (2002). A Systemic Approach to Community Food Security: A Role for Public Health.
Ontario Works Statistics. (2003). www.tbdssab.on.ca/ontario_works/statistics.htm

Raphael, D. & Farrell, S. (2002). Income Inequality and Cardiovascular Disease in North-America: Shifting the Paradigm. Harvard Health Policy Review, Vol 3, Number 2.
http://quartz.atkinson.yorku.ca/quickplace/draphael/main.nsf/h_Toc/505538F1EB2B9DBF0525670800167214/?OpenDocument

Statistics Canada. Prepared by Social Policy, Analysis & Research. 2016. Neighbourhood Profiles. City of Toronto.

Toronto Public Health. 2016. Population Health Status Indicators: Low Birth Weight.
http://www.toronto.ca/wp.../2018/05/8eec-PHSI_LowBirthWeight_2018Apr27_F.pdf