



## Annual Progress Report

January 2014- October 2015



**All Things Food | Bouffe 360°** is a network organization working collectively towards food security, food literacy, community development, and economic growth for Cornwall and the United Counties of Stormont, Dundas, and Glengarry.

**Mission:** Increase access to local, healthy, and sustainable foods for all local residents.

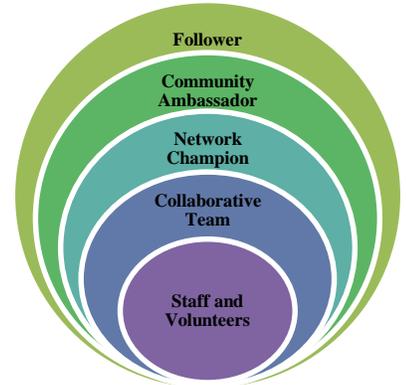
**Vision:** Healthy and sustainable communities that are food secure.

**Strategy:** We work to connect, inform, support, and empower public leaders, producers, processors, community members, and organizations, so that together we may build a stronger and more resilient food community.

### Network Structure and Membership

All Things Food consists of a Collaborative Team, Network Champions, Community Ambassadors, and Followers.

Over the past two years our network has grown as more groups and individuals look to connect with their local food system. Joining us at the table are producers, processors, restaurant owners, health professionals, public officials, food banks, community centers, schools, like-minded grassroots organizations, and community residents.



➤ **Collaborative Team**

- Social Development Council of Cornwall and Area
- House of Lazarus
- Centre De Santé Communautaire De L'Estrie
- Eastern Ontario Health Unit
- Linking Hands

➤ **Network Champions**

- Against the Grain
- Canadian Organic Growers - Growing Up Organic
- Dundas County Food Bank
- Eastern Ontario Agri-Food Network
- Heart and Stroke Foundation
- Kozroots Community Empowerment Projects
- Seaway Valley Community Health Centre
- The Agape Centre
- Transition Cornwall + Food Action Group

➤ **Select Ambassadors**

- Barkley's Orchard
- City of Cornwall
- Community Living

- Cornwall and Area Social Housing
- Farmers markets across SDG and PR
- Green Food Box Program
- Jambel Cuisine
- McMaze Farms
- Mindful Cookery and Food Market
- Quirky Carrot Cafe
- Smart Greens
- The Early Years Centre SDG
- United Counties of Stormont, Dundas and Glengarry
- Whaley's Acres
- Wild Rose Organics

## Network Coordinators and Staff

➤ **Carl Bickerdike** joined All Things Food in January, 2014. During his time as coordinator, Carl worked to reestablish the network, evaluate the existing community programs, and research opportunities for further developing our efforts. Following his passion for environmental sustainability, he resigned his position with the network in August 2014 to join the South Nation Conservation Authority full time.



➤ **Kat Rendek** was hired as network coordinator in September, 2014, and has since spent her time expanding and strengthening network relations within SDG and across the province, evaluating and developing food programming in the region, hosting educational food events, and advocating for changes to the local food system. The following report summarizes many of her efforts over the past year.



➤ **Loretta Landmesser** started with All Things Food in 2013 and continues to play a vital role as Web & Social Media Coordinator. Her passion for local food is a natural fit with All Things Food, where she maintains the website, updates the Facebook page, and creates a monthly newsletter for our followers and network members.



## Advocacy and Outreach

### ➤ **VoteON Food and Farming Municipal Council Election Campaign**



All Things Food acted as SDG Local Food Champion for Sustain Ontario's 2014 VoteON Food Campaign. In this role, the network developed a region specific survey which was then sent out to all council and mayoral candidates at the beginning of October. The survey process helped inform and engage potential council members around local food issues (economic, health, environmental, education, accessibility), and identified municipal allies for future collaboration and advocacy.

### ➤ **Towards Food Security for Cornwall, Stormont, Dundas, Glengarry, and Prescott & Russell Counties**

On January 29, 2015 we hosted a presentation and dinner event exploring the issues behind our region's high level of food insecurity. We had 48 attendees ranging from local food advocates, municipal staff and elected officials, health professionals, community workers, teachers, and farmers. The event recap is available online. The goal was to create the foundation for a future Local Food Charter and Local Food Strategy.



### ➤ **Grade 12 Social Studies and Humanities Curriculum Changes**

In partnership with Growing-Up Organic, we were invited to the Tagwi High School in May 2015 to present the issues and opportunities for the local food system. This comes as the result of provincial changes to the Grade 12 curriculum and we hope to run more presentations next school year.

## Community Food Programs

### ➤ Green Food Box Program

**GREEN FOOD BOX** **LA BOÎTE VERTE** There are nine active Green Food Box programs across the five counties (SDGPR) that amount to over 600 boxes a month. All Things Food was asked to evaluate the different programs to identify opportunities for operational improvements and increased local produce. The evaluation was conducted January to April, 2015, and officially presented to the coordinators in early May, 2015. The program coordinators are now working to achieve the proposed recommendations.

The Green Food Box program was also rebranded in early 2015 through the support from the Eastern Ontario Health Unit. Coordinators and consumers now have access to a uniform program [website](#), poster, and brochures to help promote the program.



### ➤ Community Garden Network for Stormont, Dundas, Glengarry, and Cornwall Area

All Things Food has been key to the initiation and coordination of a new community garden network for Cornwall and the counties. Launched in



February, 2015, several network partners committed to supporting a focused group of community gardens, resources, and events. Although still in its infancy, we hope

expand gardening spaces and services, offer and cross-promo workshops, share resources and energy, apply for joint funding, encourage edible landscaping, offer seed saving/sharing opportunities, and grow extra food to be shared with more vulnerable communities.

### ➤ Cornwall Social Housing Community Gardens

Over the past three years, Seaway Valley Community Health Centre has been coordinating two community gardens in partnership with Wild Rose Organics Farm and Cornwall & Area Social Housing.



In late 2014, All Things Food consulted and several new partners were identified, including Growing Up Organic, Transition Cornwall +, and the Early Years Centre. By working together, the community garden has been able to continue free after-school garden and crafting activities for resident children.

This past season also marked an expansion of the Hamilton Crescent Community Garden, which now consists of 36 plots, a shed, and a private water tap.

### ➤ Tree Canada Edible Tree Project



We secured two grants from Tree Canada to plant fruit trees and shrubs in public green spaces.

One grant was used to plant an orchard at Char-Lan High School as a means of establishing a horticultural and gleaning program for the students.

The second grant was used to plant a perennial shrub and tree line beside the Hamilton Crescent Community Garden (mentioned above). We look forward to seeing how these spaces offer new learning experience for gardeners while providing fresh fruits, berries, and perennial vegetables to some of the more food insecure residents of Cornwall and Glengarry.

## Special Events

### ➤ Incredible Edible Plant Festival

In partnership with Transition Cornwall + Food Action Group, All Things Food helped coordinate the 3<sup>rd</sup> annual Incredible Edible Plant Festival in front of the justice building in Cornwall on May 30, 2015. The event was wildly successful, with more attendees than the previous year and noticeable crowds of participants.



With the help of Growing Up Organic and the Seaway Valley Community Health Centre, the event hosted a variety of garden and fresh food activities for families including vermi-compost bins, mini window greenhouses, cooking demonstrations and giant vegetable Jenga.

### ➤ SDG+PR 10 Day Local Food Challenge



For 10 days during the month of August, All Things Food and several partnering organizations challenged the residents of SDGPR to eat, grow, and prepare local foods.

The inaugural Local Food Challenge saw almost 200 participants and included over 40 local food partners. The event intended to motivate community residents to purchase foods outside of their routine, meet their local farmer, try new local restaurants or menu items, and to learn new food skills like gardening or food preserving. Challenge registration was free, and coordinated using social media, a new hashtag (#eatSDGPR), and the [website](#) designed by All Things Food.

We see the Local Food Challenge as one of many steps needed to combat challenges of food de-skilling and illiteracy, decreasing local agriculture sales, financial and geographical food accessibility, and unhealthy community engagement.



*Local Food Challenge food service partners and producers.*

### ➤ Eastern Ontario Garlic Festival

All Things Food played a central role in the visioning, planning, outreach, and promotion of the first Eastern Ontario Garlic Festival on August 30, 2015. With over 70 exhibitors and an estimated 5000 visitors, we consider the event a success and have already started planning for next year.



The festival was organized in partnership with the Kozroots Community Empowerment Projects (KCEP), a new All Things Food Network Champion working to build community through food programming and events.

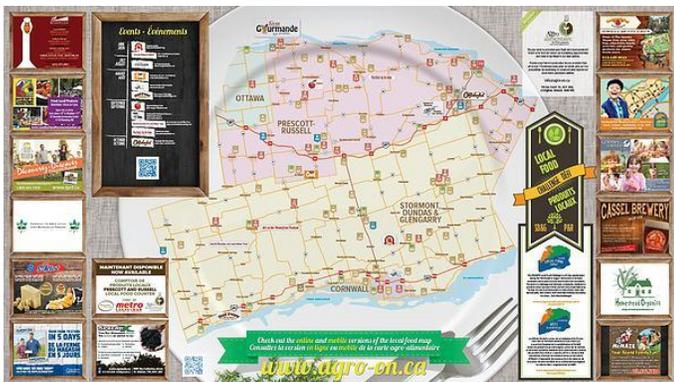
## Tools and Resources

### ➤ **SDG Regional Food Assessment**

All Things Food officially published the SDG Regional Food Assessment in mid-2013 as a benchmark and guide for advocacy, programing, and food system infrastructure development. The Assessment was presented to the Tri-County Council in early 2014 and was received with warm regards. It is available [online](#) as a reference.

### ➤ **PRSDG Local Food Map**

The newest version of the PRSDG Local Food Map food map, coordinated and designed by the Eastern Ontario Agri-Food Network, was launched in SDG on May 16, 2015 in partnership with All Things Food. A total of 4,000 copies were printed and our Network Champions and Ambassadors have helped promote and distributed the map locally in SDG. The map and directory are available [online](#).



### ➤ **Toolkit for Farmers' Market Coordinators**

Following several requests from our network members, All Things Food and the Eastern Ontario Agri-food Network hosted a workshop for the SDGPR farmers' market coordinators in mid-2015. The workshop and discussion led to the creation of a market manager and vendor toolkit to help optimize market sales and advertising.

### ➤ **Supporting Urban and Residential Agriculture in SDG**

Loretta recently published a research report under ATF that investigated the opportunities and limitations to urban and residential agriculture in Cornwall and SDG. The research consisted of a by-law and provincial regulation review, and telephone interviews. Her results have come to the attention of the Ontario Ministry of Rural and Agricultural Affairs, and she has been asked to speak during the 2015 Eastern Ontario Local Food Conference.

## Looking to the Future

Building off our past successes and lessons learned, All Things Food is setting its sights on more ambitious projects, programs, and advocacy efforts.

- **Increase network partnership and engagement to better support collaborative and inclusive community development**
- **Develop a Regional Food Charter and Food System Strategy for Cornwall and the Counties**
- **Sustain or expand programing and events to reflect the interests and needs of our community and network partners**
- **Complete a Regional Local Food Literacy Survey and Community Assessment to better inform the efforts of our network partners**
- **Support the development of a local food hub and distribution system for SDG.**

