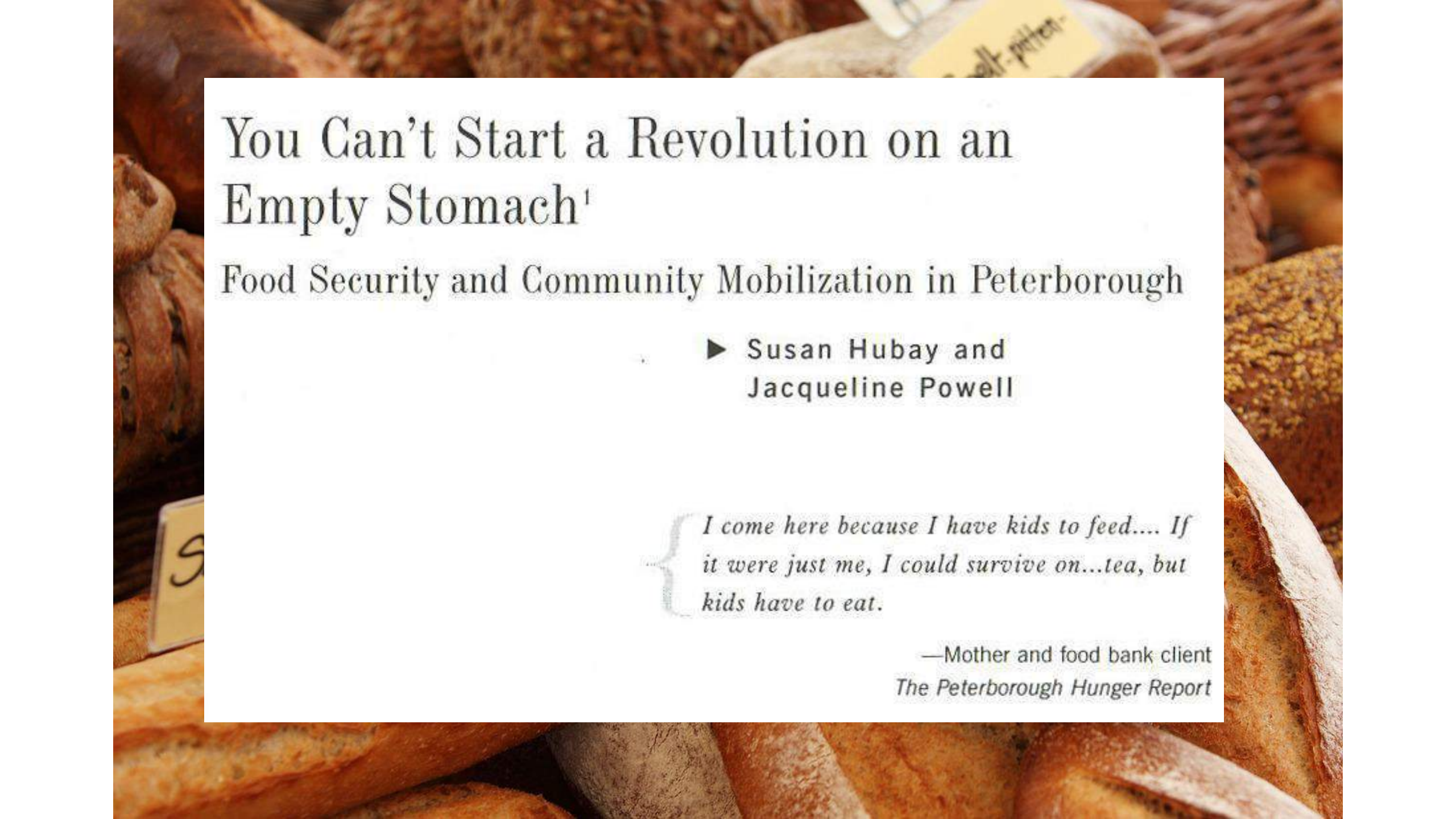




NOURISH



You Can't Start a Revolution on an Empty Stomach¹

Food Security and Community Mobilization in Peterborough

► Susan Hubay and
Jacqueline Powell

*I come here because I have kids to feed.... If
it were just me, I could survive on...tea, but
kids have to eat.*

—Mother and food bank client
The Peterborough Hunger Report

THE NOURISH PROJECT'S THEORY OF CHANGE

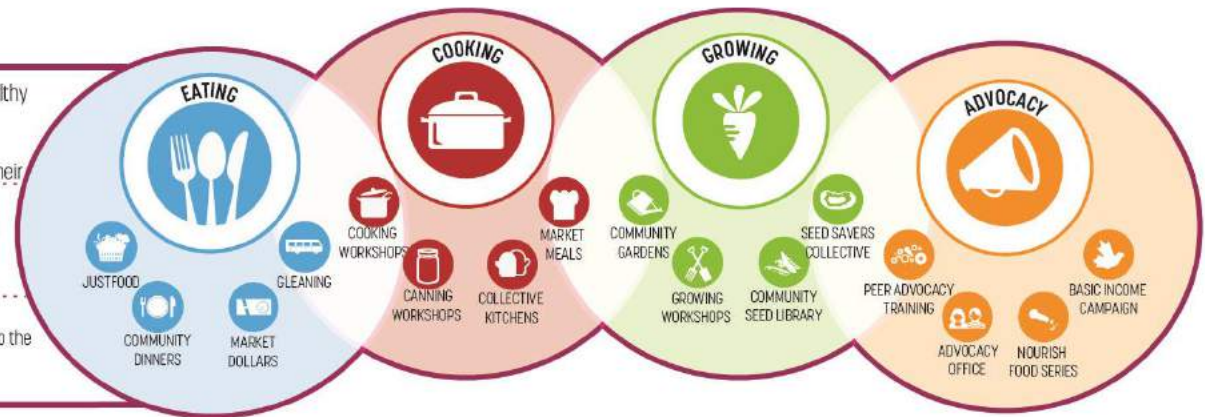


VISION: To develop a dynamic local network of places for food dedicated to community, health and fairness.

WHAT WE DO

Provide dignified access to healthy food and programming that enhances the capacity of community members to meet their needs.
Deliver food skills programming that builds food literacy, promotes health, and enhances social connection.

Promote inclusive and resilient communities that are committed to the eradication of poverty and food insecurity.



ENABLING CONDITIONS

SITE COMMITTEES THAT:
provide advisory support to the project
support program design, evaluation and delivery



PETERBOROUGH
CURVE LAKE
LAKEFIELD
HAVELOCK

EVALUATION

COMMUNICATIONS

SUSTAINABILITY

ADVISORY COMMITTEES THAT ARE:
engaged throughout the project
provide advisory support and oversight to the project



COLLABORATIVE MEMBERS THAT ARE:
engaged throughout the project
provide advisory support and oversight for the project

SHORT-TERM OUTCOMES



ACCESS & AFFORDABILITY OF HEALTHY FOOD

Participants have increased access to better quality, healthier, and locally-produced food



HEALTHY FOOD KNOWLEDGE, SKILLS & BEHAVIOURS

Participants demonstrate increased knowledge, skills, and behaviours related to food, nutrition, food preparation and food production



SOCIAL ISOLATION

Participants develop new social connections, leading to reduced social isolation

MEDIUM-TERM OUTCOMES



CONSUMPTION OF FRESH FRUITS & VEGETABLES

More participants regularly eating healthy, locally-produced food



CONFIDENCE & SENSE OF COMMUNITY BELONGING

Participants feel more connected to the community and to each other



VOLUNTEERISM & COMMUNITY INVOLVEMENT

Participants become more engaged in the project and the broader community

LONG-TERM IMPACTS

IMPROVED PHYSICAL & MENTAL HEALTH

A SUSTAINABLE & JUST LOCAL FOOD SYSTEM

MORE INCLUSIVE & ENGAGED COMMUNITIES

GUIDING PRINCIPLES

THE POWER OF FOOD

Good food has the power to enhance our communities, build our economy, and transform our everyday lives.

EMPOWERMENT

Our programs create meaningful opportunities for participants to gain new skills and develop leadership capacity.

THE POWER OF OUR COLLECTIVE STRENGTHS

By working collaboratively, we increase the quality, sustainability, and overall impact of the programs in the communities we serve.

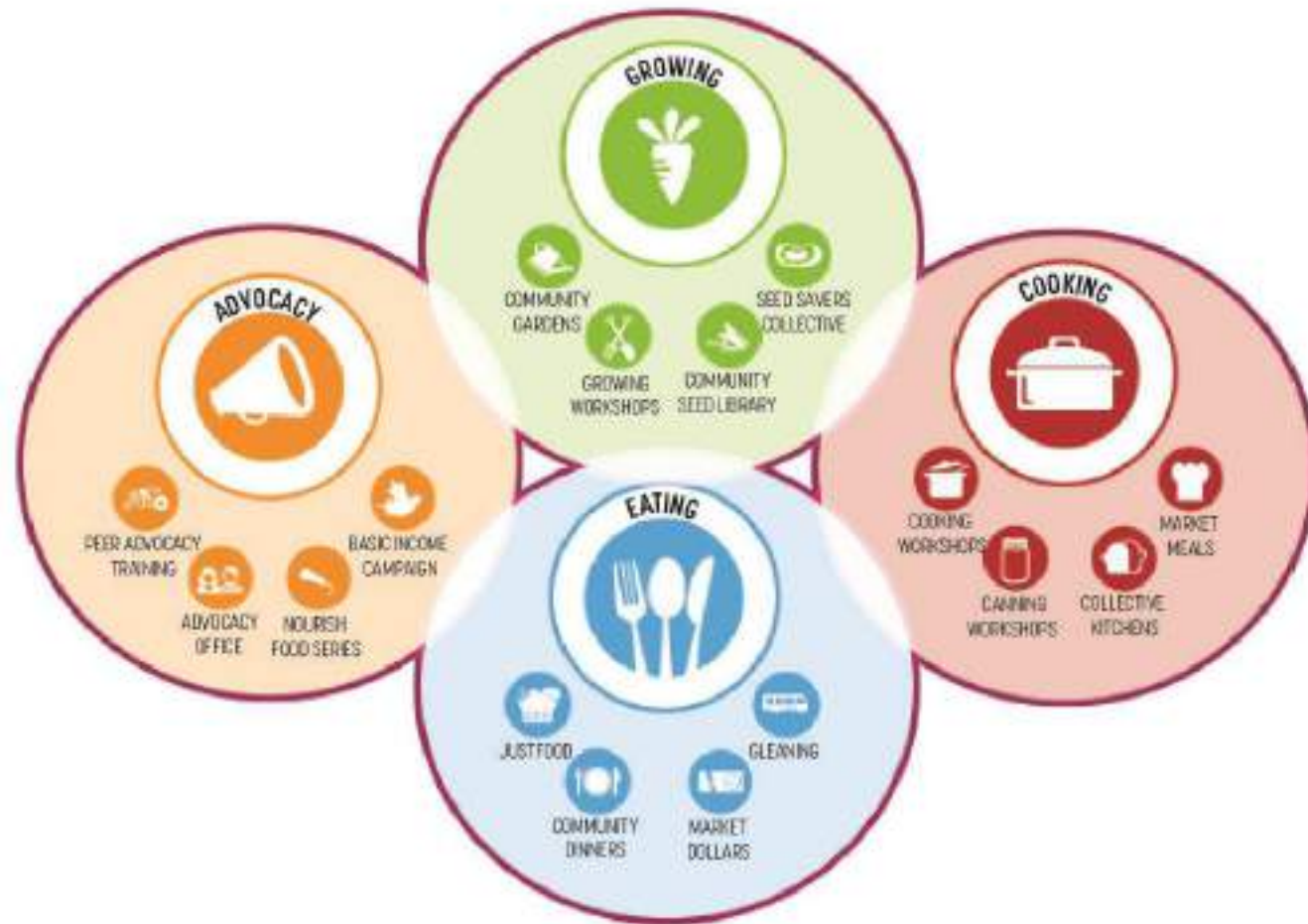
STRONG COMMUNITIES

Our work is motivated by a desire to build inclusion and enhance social connection.

JUSTICE & FAIRNESS

We believe everyone should be able to enjoy healthy food. We seek an end to food insecurity and poverty by working for systemic change.

WHAT WE DO



A collage of fresh vegetables including yellow bell peppers, red tomatoes on a vine, an eggplant, onions, and a jar of spaghetti.

OUR RECIPE

Our core ingredients are locally-produced and available year-round:

- Good food to bring individuals and communities together
- Fairness to understand the inequities at the heart of the current food system
- Conversation and communal work to create change

GROWING

Nourish's Growing program provides resources, workshops, and support to Peterborough City and County's many community gardens.

45 Community Gardens
668 Gardeners

25,925 Seeds Distributed
759 Seedlings Distributed

\$160,000
Worth of Food Grown*



292 Volunteers
3564 Volunteer Hours

* Estimation based on comprehensive data from Cavalry Church Community Garden

EATING

"The JustFood program has always been a vital component of what we're trying to do here at Cedar Grove Organic Farm. The model is an efficient way of getting food to consumers without over-extending our ability to deliver. It's food security that works both ways -- for the grower as well as for the consumer."

- Les Bowser, farmer

We promote local food in all of our programming, including the JustFood box, our cooking and canning workshops, and through the creation and distribution of Nourish Market Dollars.



GLEANING



With the support of dedicated volunteers and generous local growers Peterborough Gleans is able to reduce waste and grow food security.

31 Trips

\$28,252
Worth of Produce Gleaned

ADVOCATING

Nourish is dedicated to advocating for a **basic income** to end food insecurity by addressing its root cause: poverty.

10 Basic Income
Events

275
People*

* An estimated 183 unique individuals



Dr. Rosana Salvaterra
Medical Officer of Health

A basic income would mean...

...an end to poverty and
deprivation. No more stigma from
having to rely on welfare. More
security for the precariously
employed.

A better Canada for all!

COLLABORATING

Whether it's a trip out to harvest wild rice, or a community dinner to discuss basic income, our collaborations have brought people together around food, strengthening our community and nurturing a sense of belonging. **By working collaboratively, we increase the quality, sustainability, and overall impact of the programs in the communities we serve.**



NEW
CANADIANS
CENTRE
PETERBOROUGH

Lovesick Lake
Native Women's
Association



HEALTHY KIDS
COMMUNITY CHALLENGE
PETERBOROUGH

PETERBOROUGH DOWNTOWN
Farmers'
MARKET

BELONGING

We strive to build inclusion and enhance social connection. Good food is the primary ingredient. By harnessing the power of food, we're able to create meaningful opportunities for individuals to develop food literacy and civic literacy, as well as new relationships.

**157 Opportunities To
Create Connections**

**That's a workshop, dinner, or event
every second day of the year!***

* On average, every 2.3 days

**"I know more people in my community
than I have in the last ten years"**

- Community Gardener

**"Creating a shared culture
is possible through food"**

- Canning Workshop Participant



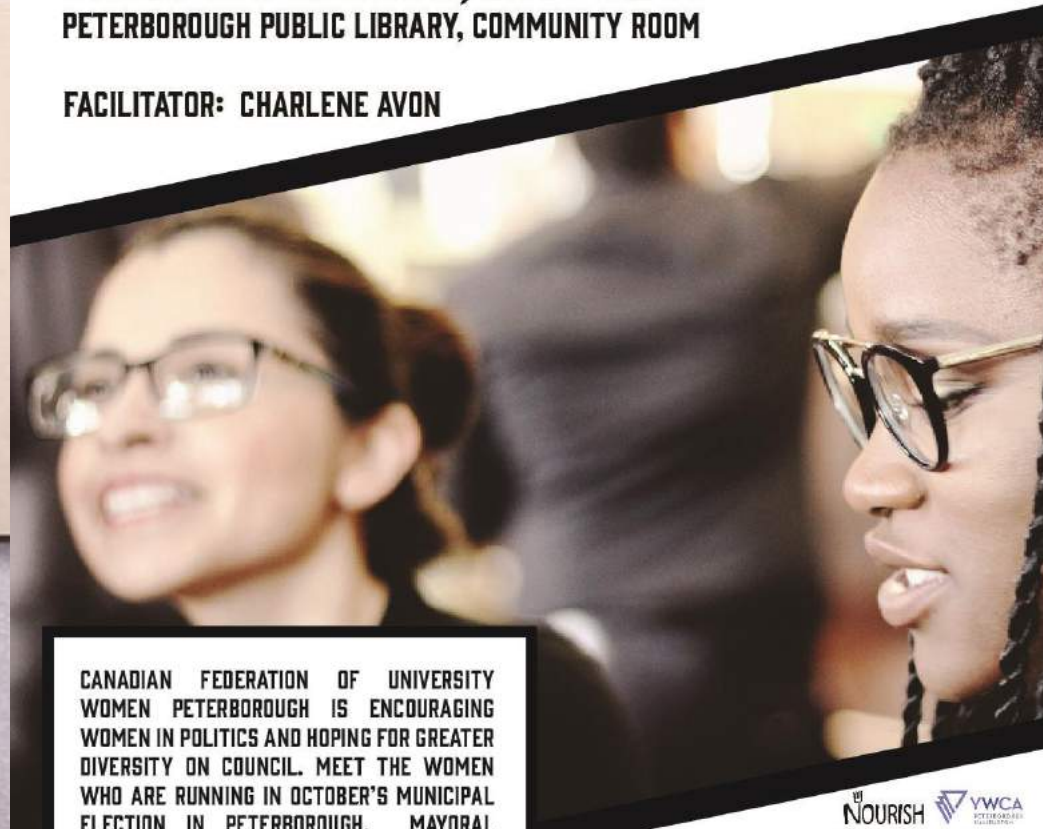
CFUW PETERBOROUGH CLUB PRESENTS:

SPOTLIGHT ON WOMEN CANDIDATES

TUES. SEPT. 25TH, 7PM-9PM

PETERBOROUGH PUBLIC LIBRARY, COMMUNITY ROOM

FACILITATOR: CHARLENE AVON



CANADIAN FEDERATION OF UNIVERSITY WOMEN PETERBOROUGH IS ENCOURAGING WOMEN IN POLITICS AND HOPING FOR GREATER DIVERSITY ON COUNCIL. MEET THE WOMEN WHO ARE RUNNING IN OCTOBER'S MUNICIPAL ELECTION IN PETERBOROUGH. MAYORAL CANDIDATE DIANE THERRIEN WILL BE ATTENDING AS WELL AS THOSE FROM THE WARDS.

SPONSORED BY:

 **NOURISH**
 **YWCA**
PETERBOROUGH
OLDER WOMEN'S NETWORK
WOMEN'S EVENTS COMMITTEE

cfuw THE POWER OF WOMEN WORKING TOGETHER

FOOD ...too good to waste!

DID YOU KNOW?

47% of food we buy gets thrown out

...uneaten leftovers, untouched vegetables & fruit,
food that's 'bought and forgot'



YOU
can reduce
food waste!

JOIN US...

to explore the impact
of wasted food on our
community, economy
and the environment.

September 27, 2018

7:00 p.m.

Peterborough Public Health
185 King Street

www.FoodinPeterborough.ca

- **LOVE** Leftovers • **PLAN** Meals •
- **STORE** Food Properly • **REAP** Big Benefits •

**PETERBOROUGH CITY & COUNTY MUNICIPAL
ALL CANDIDATES ROUND TABLE**
Tuesday October 2nd, 6:30 - 8:30 PM
Peterborough Square, lower level (temporary Library location)



Sponsors: Council of Canadians, Health Care Providers Against Poverty, Ontario Public Interest Research Group Peterborough, Peterborough Community Legal Centre, Peterborough District Labour Council, Peterborough Health Coalition, Peterborough Poverty Reduction Network, Peterborough Public Health, Peterborough Social Planning Council, Peterborough Workers Action Centre, United Way of Peterborough, Youth Political Activist Coalition, and YWCA/Nourish.

Nourish activities are generously supported by the Government of Ontario and the Ontario Trillium Foundation



JOIN THE MOVEMENT

Do you want to get involved with Nourish?

Find us online: www.nourishproject.ca

Email: info@nourishproject.ca

Call: #705-743-3526 ext. 102

