Urban Agriculture and Food Security Initiatives in Canada: A Survey of Canadian Non-Governmental Organizations

by
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LifeCycles
March 1999

Cities Feeding People Series
Report 25
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EXECUTIVE SUMMARY

The report, Urban Agriculture and Food Security Initiatives in Canada: A Survey of Canadian Non-Governmental Organizations, intends to give an overview of existing community-based organizing efforts to create more just and sustainable food systems. By highlighting the work of many organizations and their networks we hope to make known their activities and also point to areas where there is still need for further research, work and creativity.

A community enjoys food security when all people, at all times, have access to nutritious, safe, personally acceptable and culturally appropriate foods, produced in ways that are environmentally sound and socially just. A combination of hunger in Canadian society, continued degradation and loss of agricultural lands, limited economic viability of small and medium sized farms and a general dissatisfaction with the food system has propelled community organizations to action.

Individuals and groups envision a variety of strategies to recreate food production and distribution systems. They are investing time, energy and resources into reconnecting people to food and the land. Urban food production and alternative marketing mechanisms are being implemented to diversify and localize the food system. Projects are undertaken that work to improve health and food access. Others are taking on environmental and land use issues. Efforts are being made in areas of education, public participation and the building of a political voice to effect change at a structural level.

Viewed as a step forward, most community organizations working on food issues are re-evaluating their analysis and action with a systems approach. Food is so central. Many aspects must be incorporated to effectively change the manner in which communities feed people today, while creating the means for permanent production and distribution solutions. Collectively, these efforts show a slow re-emergence of community-based food networks, and practical examples intended to meet the needs of an increasingly urban population.

While there is skepticism of the abilities of urban food production to feed cities, evidence is being gathered that great possibility exists for feeding urban populations closer to home. Production in Asian cities is being pointed to as a powerful example for other urban centers. In addition to increasing food production, the ability to decrease transportation costs, provide employment and increase green space in cities are proving to be other strong motivators for action. We found most food production organizing to be around community and allotment gardening, rooftop gardening, and backyard gardens and urban farms. Among examples of the initiatives listed in the report are the Community Garden Program in Montreal and the Rooftop Garden Resource Group. Many expressed that limited access to land, by-law restrictions, input requirements, and restrictive urban planning were challenges to realizing the full potential for urban food production.

Further research could be done regarding the benefits of combining urban waste streams, heating systems and food production. There is significant work on urban organic agriculture methods, permaculture design, greenhouse production, hydroponics systems, and efficiency of urban gardens and farms happening at the community level. This report highlights Annex Organics of Toronto as an example of a
group exploring and promoting urban food production technologies. City Farmer of Vancouver is featured for its 2500 square foot demonstration garden showing the quantity of food that can be grown in a city yard.

Part of the report focuses on alternative food distribution arrangements. Many organizations across Canada are working cooperatively with market gardeners, regional farmers and urban dwellers to create alternative food distribution and purchasing models. The goals of these arrangements are designed to mitigate inherent insecurities within the current global food economy such as the negative impact to Canadian farmers of cheaper imports and the concentration of agribusiness and retail operations. The report highlights alternative marketing in the forms of Community Supported Agriculture and Farmers Markets, as well as alternative purchasing through forms of food cooperatives, buying clubs, and Community Kitchens as strategies to reclaim control of food systems. Good examples of viable distribution and purchasing initiatives are FoodShare of Toronto and Regroupment des cuisines collectives du Québec.

An important aspect of distribution is access to food. Currently many Canadians have a varied and nutritious diet year round, but many do not. The use of emergency food distribution services is steadily rising and this report features those initiatives whose objectives are to improve individuals’ access to food and to build self reliance through gardening, such as the Canadian Association of Food Banks and the Cambridge Self-Help Food Bank.

Food Education and Skills Development efforts at the community level are also explored in this report. Almost all non-governmental and community-based organizations linked to food security issues offer resources, information and educational opportunities to the public. Many also host youth and adult skills development programs such as LifeCycles of Victoria, and the Environmental Youth Alliance of Vancouver.

We found that the majority of community-based organizations do not work in isolation. With food as a central issue, community groups come together to work in partnerships, networks, coalitions, and policy organizations. Partnerships create greater resources and broader perspectives for programs. Networks provide an opportunity for organizations to share information on a common issue while coalitions are formed to take an advocacy position. Food policy organizations tend to bridge these roles providing the common ground for information sharing, advocacy and policy change. This report highlights The Prince George Food Security Network, Farm Folk City Folk of Vancouver, and Earth Keeping of Edmonton as diverse examples of collaborative efforts.

The information in this report is meant to point researchers and the public to organizations that are working on different aspects of food security and make known tangible community-based organizing efforts. This report is testimony to the scope and breadth of community-based actions in Canada. In the final section you will find a bibliography, a directory of organizations and a list of resource groups by region that is cross-referenced to the chapter of the report referring to its work and focus.
INTRODUCTION

This report reflects the interest and commitment of the Cities Feeding People Program (CFP) to understanding Canadian community-based initiatives in the area of urban agriculture and food security. It is the third in a trilogy of reports investigating Canadian activities in the area of urban agriculture. The first was CFP Report 16, Urban Agriculture in Canada: A Survey of Municipal Initiatives in Canada and Abroad by Michel Frojmovic, and the second was CFP Report 19, Urban Agriculture: A Survey of Academic Expertise and Programs in Canada by Rita Lindayati.

This report has several functions. It aims to enhance Cities Feeding People’s knowledge of Canadian activities and expertise at a grassroots level. This work raises the profile of Canadian community organizations as significant actors in addressing urban food security. It provides national and provincial contacts for community-based groups working with the various sectors of food security. Hopefully it will contribute to increased interaction between initiatives allowing for issues to be addressed in a comprehensive manner. Finally, this report hopes to support the growing analysis of the current food system and highlight viable alternatives.

Initially, the study focused on the concept of urban agriculture. Discussion and research surrounding community initiatives in urban agriculture revealed that it is one part of an integrated community response to urban food security. As it was a study aimed at exploring the activities of community-based organizations, it not only reflects the perspective of such groups but also serves to illustrate the comprehensive approach that most community organizations take.

A backdrop to both urban agriculture and community food security is the issue of access to food. To this end, this document draws a general outline of community food security within the Canadian context and explores issues of production and distribution. The report encompasses a diversity of community responses and is organized into six sections: ① Urban Food Production, ② Urban Food Production Technologies, ③ Alternative Food Distribution, ④ Emergency Food Distribution, ⑤ Food Education and Skill Development, and ⑥ Food Networks and Policy Organizations.

Each section gives an overview of the concept and is followed by specific case studies. It is difficult to organize the activities of community organizations into strict categories. Most community organizations working toward greater food access offer a multitude of services and programs. Near the beginning of each section a more detailed case study illustrates the multi-faceted approach and activities that many organizations take. Overall, the categorization reflects areas of strength within each listed organization, however it is somewhat limited considering the nature of community food security action. In total, 28 case studies are highlighted from across Canada. Also included in each section is a contact list of groups and organizations whose work is related to the category. All of the 118 organizations and their contact information are also listed by region at the back of the report. Resources geared toward information and action are also listed.
The research in this paper traces and attempts to pull together the various sectors where community-level food security initiatives exist. The report does not pretend to be exhaustive by any stretch of the imagination as the broad field of food security includes initiatives too numerous to comprehensively list. Most Canadian towns or cities have services ranging from community gardens to food-oriented networks. This document aims to serve as an initial resource that highlights key players and innovative responses in a variety of sectors in Canada's urban communities. These groups may serve as resources for further queries for either topic area or region contacts.

The writing of the report sought to inform both the research community of grassroots capacity and the general public about food security issues. To this end, the focus of the report is information rather than analysis. There is a lack of in-depth research, analysis and evaluation on the role Canadian community organizations play in addressing food security issues. May this document serve to spark further research interest in the role and impact of community organizations. It is hoped that this report will encourage and contribute to a comprehensive approach to food security issues in Canada.
METHODOLOGY

This report was researched and written between January 1997 and August 1998. It was a partnership endeavor between the International Development Research Centre of Ottawa and LifeCycles, a community-based food security organization in Victoria, British Columbia. Information for this report was collected from various sources and through a variety of means such as telephone conversation, faxes, e-mails, directories, letters, field visits, Internet homepages and literature study. Initially a survey was sent out to all known Canadian groups affiliated with the American Community Gardening Association. This information was a stepping stone to connecting with other groups in communities across the country. There are key organizations and individuals in each city. Once they were located more information about smaller groups and initiatives was forthcoming. Collecting information about community initiatives requires considerable legwork as few of them are documented. It is a word-of-mouth process.

For the purposes of this study, urban centres were generally defined as those having a population of over 100,000. However in some cases, smaller municipalities are highlighted because they offer solid models for working across sectors or communities. Likewise, this document focuses on community-based organizations but also incorporates a few municipal and provincial initiatives because health boards, city-planning bodies and provincial marketing departments are important actors in community food security.

Please note that while efforts were made to personally contact all listed organizations, in some cases, written material had to suffice. Information may not be current. Likewise, community organizations often receive funding to implement a project for a certain time frame. Being reliant on outside funding, there are no assurances as to the continuity and strength of community projects and programs. This information may quickly be outdated. This report is available in several formats. It is available as an IDRC report and on the Centre's web site http://www.idrc.ca/cfp It is also published in an illustrated booklet format available from LifeCycles at 2175 Dowler Place, Victoria BC V8T 4H2 Tel: (250) 383-5800 Fax: (250) 386-3449 E-mail: lifecycles@coastnet.com Web site: http://www.coastnet.com/~lifecycles/
COMMUNITY FOOD SECURITY IN THE CANADIAN CONTEXT

Overall, Canada does have a plentiful food supply, with well-stocked supermarkets that provide most foods most of the time, including mangoes in January. Prices are largely affordable with Canadians spending 14.2% of their income on food. Yet food insecurity is an increasing reality for many Canadians. Over a million Canadians, half of whom are children, go hungry each day. Lack of food is not the cause of hunger in Canada. It is a question of access, distribution and income. Examining food security involves looking at the underlying system of food distribution.

There are ecological, economical and social challenges with the current food system. It relies on a network of food production, processing and distribution that for the most part is energy intensive, environmentally harmful and does not necessarily meet the needs of everyone. Concentration of ownership by large-scale agri-business of the inputs for production, means of production, processing, transportation, wholesale and retail of food insulates decision-making about food production and distribution from social accountability (Tansley and Worsley, 1995). Small farmers are squeezed out of business by high operating costs, low prices and poor access to markets. Companies relying on cheap labour and malleable regulations in other countries import much of our food. Food is treated as a commodity to be traded for the highest profit. Nutritional value and community health are compromised: the poor are unable to access healthy food.

The global food system is characterized by a process of distancing (Kneen, 1993: 7). Consumers are separated from the sources of their food. Spatial distancing refers to the physical separation of producers and consumers; vast quantities of energy are required to process, refrigerate and transport food to the consumer. This process fosters temporal distancing which increases time between harvest and consumption by means of transportation and increased shelf life. Consumers are so separated from their food that they are often unable to recognize it in its raw unprocessed form (Lawrence, 1996, 1). Cultural rituals as well as skills related to food production and distribution are lost. It is a food system that is largely unresponsive to individual and community needs.

The combination of hunger in Canadian society and dissatisfaction with the food system has propelled community organizations to re-evaluate the process of food production and distribution. Community ventures such as farmers’ markets, urban gardens, community-supported agriculture and community kitchen programs are flourishing across the country. Collectively, these efforts comprise the re-emergence of community-based food systems, and powerful examples of alternatives to the dominant corporate model.

The community food security movement links these efforts together with a comprehensive vision of a just and sustainable food system. A community enjoys food security when all people, at all times, have access to nutritious, safe, personally acceptable and culturally appropriate foods, obtained through normal food distribution channels (Kalina, 1993: 6). Food security broadens the traditional conception of hunger, embracing a systemic view of the causes of hunger and poor nutrition within a community while identifying the changes necessary to prevent their occurrence. The framework for food security integrates many perspectives including public health prevention-orientation, ecological systems analysis, and
community development place-centered focus and emphasis on local economic development (Fisher, 1997: 2).

The community food security movement is founded upon five central principles (Fisher, 1997: 3):

1. The food needs of low-income people are a priority.
2. Community food security moves beyond the anti-hunger campaign with broader goals of skill development, urban greening and community building.
3. The focus on community means strengthening local food resources to meet local needs.
4. Community food security emphasizes the self-reliance of individuals and families to provide for their own food needs rather than depending on external sources such as food banks.
5. Promoting local agriculture and encouraging rural-urban links is an important aspect of this approach. Community projects are multi-faceted and incorporate many sectors. This approach reflects analysis and action on local food systems.

A movement towards community food security has far reaching implications. There is "economic investment in local food systems through the entry of new farmers, expansion of existing farms, new food processing businesses and expanded local markets" (Anderson and Cook, 1998: 7). Community control over the process improves environmental stewardship of the producing landscape. Another element of a community food system is increased community cohesion, identity and viability.

Canadian communities are increasingly looking to build local food security. Urban food production and alternative marketing mechanisms are being implemented to diversify and localize the food system. Projects deal with a diverse range of issues such as health, job training and urban land use. Effort is being made in areas of education, public participation and the building of a political voice to effect change at a structural level. Most community organizations working in the area of food are re-evaluating their analysis and action with a systems approach. Food is so central that all aspects must be incorporated to effectively change the manner in which communities have access to it. Canadian organizations are confronting hunger and poverty with creative community-based solutions that feed people today, while creating the means for a permanent solution.
SECTION 1. URBAN FOOD PRODUCTION

Part of the vision of moving toward community food security in Canadian cities includes exploring avenues for urban food production. Urban agriculture (UA) refers to "food production occurring within the confines of cities. This production takes place in backyards, rooftops, community vegetable and fruit gardens and unused or public spaces. It may include commercial operations producing food in greenhouses and other spaces, but is more often small-scaled and scattered around the city" (Nugent, 1997: 2).

Around the world urban agriculture is part of a survival strategy for the urban poor. Its contribution to food security appears to be substantial in many developing world cities. Jack Smit's research indicates that there are 200 million urban farmers in the world who supply food to 800 million people, or about 12% of the world's population. Smit et al. (1996) points out that in many Asian cities, food production is promoted and recognized as a critical urban function. For example, Hong Kong, one of the world's most densely populated cities, produces two-thirds of the poultry, one-sixth of the pigs and close to half of the vegetables eaten by its citizens (UNDP 1996: 34). With such potential, urban agriculture as a strategy to increase food supply should not be, and increasingly is not, limited to the developing world.

The experiences of cities around the world offer community organizations and municipal leaders in Canada models for increasing urban food security. Urban environments have the potential to produce substantial quantities of food. One study revealed over 6,500 acres of cultivable land in the City of Vancouver - enough to feed its entire population even by conservative estimates of productivity (Levenston, 1995). This finding is complemented by the widespread reports that gardening is the favorite pastime of Canadians. Levenston of City Farmer believes urban agriculture is exactly that--the time honored tradition of backyard gardening (Levenston, 1998). From Halifax to Victoria, almost all Canadian municipalities have active community gardens; urban food production is indeed a present reality in Canadian cities.

Foremost among the benefits of urban agriculture are the obvious contributions to household food supply and additional spending income. A United States Department of Agriculture study estimates that urban gardening in America has a market value of $16 million (Hassen, 1994: 13). This represents a considerable percentage of household income made available to fulfill other needs. Despite debate over the potential ability of urban agriculture to fully feed city populations, it is obvious that it contributes to increased food security at an individual and community level.

Urban food production has far-reaching implications. There are several economic benefits. In cities where food is produced, industries develop to provide inputs, marketing and processing services. This ranges from individual backyard growers selling surplus produce to commercial market gardens and to aquaculture operations. Farmers' markets and community-supported agriculture initiatives are methods of ensuring the viability of urban farmers (Barks, 1997: 19). Local food production contributes to currency exchange within the local economy and supports local employment, rather than being drained out to pay for imports.
Environmentally, urban food production contributes to better waste-management. Cities generally operate on throughput, i.e. resources in, wastes out (Lawrence, 1996: 5). Organic wastes can be used in urban agriculture operations, providing mechanisms to close this urban "nutrient loop" (Nelson, 1996:14). By promoting growing in the city, transportation of food over long distances no longer becomes necessary. Fossil-fuel emissions are curbed, refrigerating costs are cut and packaging is reduced. Urban bio-diversity is increased, not only by the tendency of local gardens to grow a wider range of foods, but through providing habitats for urban wildlife (Rees, 1997: 5). Further benefits include the mitigation of storm-water runoff, oxygen production, noise reduction and temperature control via shade and transpiration (Lawrence, 1996: 9).

Socially, urban food production contributes to a sense of community and self-reliance. "Community gardening make the food system visible in urban areas. We see community gardening as community development" (Cosgrove quoted in Cook, 1998). It breaks down the process of distancing. Individuals are in greater contact with the process and source of their foods. People have access to fresh foods with all its implied health benefits. Urban food production also represents a significant opportunity to regain cultural and horticultural knowledge.

Urban food production, in the form of community and rooftop gardening, is increasingly part of the Canadian urban landscape. As poverty and hunger intensify and public assistance evaporates, urban communities are coming together around gardening and food security - cultivating neighborhood gardens and rooftop space for community cohesion, nutritional sustenance and economic opportunity.

1.1 COMMUNITY GARDENING

For the purposes of this paper, a community garden is a garden "where people share basic resources - land, water and sunlight" (Lindayati, 1996: 10). This definition includes allotment gardens (where plots of land are allotted for a fee) as well as communal open spaces such as demonstration sites and gardens linked to schools, community or faith centres. Community gardening represents a collective action to secure land for the purpose of food production. The 1997 edition of the Community Greening Review looks at the range of current research that supports community gardens. Research reveals that community gardening combines personal benefits together with clearly demonstrated community advantages.

"Community gardens provide significant economic benefits to unemployed people and impoverished families. Food produced in community gardens supplements limited incomes...investment in community gardens and their expansion will return significant economic, physical and psychological benefits" (Hassen, 1994: 15) The fact that community gardening can play a vital role in urban food production is echoed in the experience of the Francis Beaver Community Garden located in Toronto's urban core (see Case Study 4). Gardening on 4 x 5 foot plots, the low-income seniors were able to supply their entire fresh produce needs from June to October. The Multicultural Greening Project of Greenest City calculated the garden crop value to be approximately $7200 a year (Patel and Roburn, 1998: 16). This, among other studies, illustrates that community gardening provides people, many of whom are economically disadvantaged, with the opportunity to grow fresh food, supplementing both their diets and incomes.
The benefits of community gardening go beyond nutritional and financial value (Malakoff, 1997:4-11). Community greening promotes healthier communities by providing a space to gather and socialize. Community gardens enable people to maintain their cultural heritage by growing plants that play an important cultural role. Gardens also contribute to the development of a "healthy city" by decreasing the levels of air pollution, and facilitating the regeneration of the soils and the composting of organic wastes. Community gardens make productive use of vacated or unused land. Urban gardening also provides community residents with an essential connection to nature, fueling work and physical activity along with experiential learning.

Community gardening also enhances both the informal and formal economies. Trading and bartering occurs for land, equipment, seed, composting, fencing, information and educational materials. It brings increased business to local greenhouses, nurseries and garden supply stores. Some community gardening projects emphasize entrepeneurialism through market gardening and micro-enterprises while others address food access by promoting farmers' markets.

Community gardens are an important part of many community food security initiatives. They provide the common ground for building community links and growing food. Community-based programs that emphasize community gardening tend to integrate many of these factors, such as skill building, nutritional education, community economic development, environmental stewardship and food access, into their activities.

1.2 History of Community Gardens in Canada

Urban community gardening in Canada has experienced waves of interest over the past hundred years. Roughly six overlapping periods of community gardening are part of Canadian history (Quayle, 1989:17-20). The first community gardens in Canada were the Railway Gardens (1890 - 1930). Designed and maintained by the Canadian Pacific Railway, these community gardens were located in town stations across the country and manifested local community spirit in the pioneering West. The same period witnessed the growth of School Gardens. As part of the Nature-Study Movement, each student had a plot to grow flowers and vegetables from seed. This wave of activity was expanded upon by the Relief Gardens of WWI and eventually the Victory Gardens of WWII. Thousands of gardens were coordinated to provide food for the war efforts. A fourth stage in Canadian community gardens fell between the wars. Municipalities encouraged Vacant Lot Gardens as a method to improve the appearances of communities and as a charitable provision of employment and food for the poor. The post war years brought the car, suburban living and processed foods and community gardening declined. The counter-culture movement between 1965-1979 saw the revival of urban gardening in response to concerns about the environment, energy conservation, self-reliance and community breakdown. Current community gardens evolved out of the 1970's movement; their legitimacy in the urban setting supported by the call for community open space (Quayle, 1989:25).
Case Study 1 City Community Gardening Program (Montreal)

The City of Montreal is renowned for its community gardening program. In a population of over 2 million, the Montreal Urban Community has over 100 community gardens. The City of Montreal itself maintains 73 gardens with 6,278 plots, providing an estimated 14,000 people, with alternative access to food (Ville de Montréal, 1994).

While community areas have been gardened for years, gardening literally became a “growing institution” in 1975 after a community group enlisted the support of the city’s Botanical Department to obtain a lot vacated after a fire. Under the wings of director Pierre Bourque, community gardening was coordinated across the city through the allotment of city sites. The program expanded rapidly in the 1980’s with the addition of 42 gardens in the 6-year interval between 1981-1987 (Cook, 1996: 18). Coordination of the program was eventually transferred to the Parks, Recreation and Community Development Department and policies developed to outline both the services provided by the city and rules for garden growing.

For a $10 registration fee, any resident of the City of Montreal can garden at a nearby site. The City supplies the land, equipment (including outdoor furniture) and materials necessary for the program to function efficiently. It also provides water, collects refuse, and offers the services of horticultural animators. The four animators are responsible for visiting the gardens on a rotating basis, giving technical advice to the gardeners and liaising with volunteer garden committees.

The gardens are run by elected volunteer committees who also represent the garden at a municipal level. The committees supervise daily activities in the garden sites, manage the distribution of plots and are responsible for ensuring that the gardens are maintained to city standards. Standards call for a minimum of five types of vegetables grown in each plot using only organic techniques. The partnership between committees and the city helps ensure that standards are maintained and that the urban environment is protected.

There is an emphasis on education in the Montreal gardening program. The Botanical Department offers courses in areas such as organic gardening, landscaping and medicinal herbs. An additional 440 youth garden plots are set aside for horticultural and natural science education; summer programs introduce children, ages 9-14 years, to the vegetable garden and the process of food production.

One distinctive feature of Montreal’s program is its zoning regulations. Roughly two-thirds of the gardens are located in parkland zones providing long-term protection from development. The other gardens are located on city-owned land slated for eventual construction. If, and when, the need to be moved arises, the city attempts to find new space for the gardens. Montreal relocated 12 gardens between 1986-89, at the capital cost of $400,000 (Cosgrove, 1998: 8).

The gardens are extremely popular. There is 25% more demand than the current system can fill and the membership renewal rates are approaching 100% (Cook, 1996:19). Expanding to meet citizens demand, ensuring the permanence of existing gardens and finding land for new ones are some of the challenges Montreal's community gardening program faces in the late 1990's. Other challenges are coordinating the roles, resources and responsibilities of various departments in an era of budget constraints. The municipality has lost half of their eight animators. Despite such challenges, gardening and greening remains intrinsic to Montreal's political and social identity.

For more information, contact: Michel Confortate, City of Montreal Community Gardening Program, Recreation, Parks and Community Development Department, 5319 Notre Dame de Grace Ave., Montreal, PQ H4A 1L2 Tel: (514) 872-5363 Fax: (514) 872-4585
1.3 CONTEMPORARY COMMUNITY GARDENING IN CANADA

Community gardens are currently found in the majority of Canadian urban centres from the large (Montreal 73), to the medium (Vancouver 26) and to the small (Victoria 9). The experience of civic community gardening across the country varies considerably. Common to all community gardening initiatives is that they are rooted in grassroots demand. Management, coordination and growth of gardens tend to differ greatly between communities depending on the initiative of the community, civic support and city regulations and policy (Cosgrove, 1998). In some situations, community action has led to municipally-endorsed and coordinated gardening programs. In many cities, the process has evolved in a more fragmented and informal manner. Separate communities take independent initiatives to establish gardens with neither a centralized community voice nor a coordinated municipal response. There is no single model for community gardening in either Canadian municipalities or community organizations.

Some cities, such as Montreal, have an extensive, municipally supported community gardening program (see Case Study 1). Established in 1975, the larger municipal area now has approximately 100 gardens, supported by the city through provision of land, equipment and personnel. The Montreal program is regarded as one of the best in North America and is considered a model for other municipalities. Several Canadian municipalities such as Winnipeg, Regina and Halifax have adopted this centralized model to varying degrees.

The development of Toronto's community gardens differs substantially. The city and its citizens traditionally lacked both a gardening consciousness and a comprehensive approach to community greening. This, however, has evolved as of late. With concerns about food security and health gaining ground, the number of gardens in the region has been increasing. The 1997 inventory of gardens identified 68 gardens up from 41 in 1993 (Just Grow It, 1997). In 1996, the Department of Parks and Recreation partnered with community groups to install several gardens and purchase land for demonstration sites. Studies find a consistent demand for garden space, with a waiting list each year. In response to the growing prominence and importance of gardens in the Metro Toronto area, an informal group, Friends of Community Gardening, has been formed to advocate for gardens at a political level. This pattern of demand, growth and response to gardens is echoed in the experiences of cities such as Calgary (Community Garden Resource Group) and Edmonton (Community Garden Network) where community groups are coming together to represent a centralized community voice. The development of a municipal policy and infrastructure that supports the growth of community gardening is related to the capacity of community groups to keep gardening on the political agenda.

The Greater Vancouver Regional District is home to 26 community gardens. Their development is highly individualistic. "While there are certainly long time Vancouver community gardens, such as regional allotments at the Burnaby allotment garden (BRAGA), there are also many newer efforts as a community garden consciousness has arisen during Vancouver's sustained economic boom. The need to think seriously about land use decisions in the face of growth has helped a kernel of support for community gardens to germinate" (Cosgrove, 1998: 13). The more recent interest in community gardening was sparked by the activities of the Strathcona gardeners who in the last decade battled to reclaim 7 contiguous acres for over 300 plots. (Cosgrove, 1998: 14).
The struggle for this corridor raised the public profile of community gardening and encouraged several other communities to develop sites. In 1996 the Vancouver Parks Board adopted the first official community gardening policy in the region; this policy states that upon demonstrating neighborhood support, the Park Board will provide information and help identify a site for community groups to garden. The Parks Board will provide site start-up assistance and lease land to non-profit societies in 5-year increments (Vancouver Parks Board, 1996). The more independent and informal development of community gardening in Vancouver is mirrored in other Canadian cities such as Victoria.

Community gardens can play a vital cornerstone in local food security initiatives by providing an accessible common ground for vegetable growing and social cohesion. Community gardening is currently experiencing a revival in cities across Canada. Community gardening is largely a community led activity. Some citizen groups form their own non-profits. Others come under the wing of stronger, more established community-based organizations. Community-based organizations themselves may lobby for and build community gardens to meet the needs of the population they serve or they may play a lead networking or advocacy role to ensure that the larger community gardening culture has a political voice. However, it appears that a coordinated approach to community gardening in most Canadian cities is still in its infancy. This is mirrored at a national level. Unlike the US, there is no strong Canadian national umbrella organization coordinating and advocating for the larger community gardening movement. To this day Canadian community gardeners are linked only informally through an Internet network (the Canadian Community Gardeners Network) and e-mail. There is much room for this to change however. A growth and an evolution in gardening consciousness is occurring across Canada: it remains to be seen exactly what role Canadian community organizations will play and how they are championing gardening as a tool for increased food security and political action.

**Case Study 2 Eco-Initiatives (Montreal)**

Through comprehensive programming, Eco-Initiatives works to improve accessibility to food among the elderly and low-income population of Montreal. They teach people how to garden and coordinate a sharing backyard program as well as an organic Community-Supported Agriculture (CSA) project involving 20 farmers. They have partnered with community health clinics to implement projects in pre-natal health, nutrition education and community kitchens. Eco-Initiatives has international links with community gardening initiatives in Cuba and will be working closely with a Cuban specialist in setting up their permaculture demonstration garden.

*For more information, contact: 5590 Sherbrook St. W., Montreal, PQ H4A 1W3 Tel: (514) 484-4129 Fax: (514) 484-4277 E-mail: eccini@cam.org*

**Case Study 3 Mennonite Center for Newcomers (Edmonton)**

Established in 1995, this community group works with immigrants to establish community gardens on old railway sites. They are developing a network of 8 gardens. The community connections, increased self-reliance and the ability to grow specific cultural foods all play a role in helping immigrant families adjust to life in Canada. The Mennonite Centre for Newcomers is also spearheading the Immigrant Bio-diversity Conservation Project; they work with the Canadian Green Bank to facilitate the process of immigrants bringing seeds into Canada.

*For more information, contact: Anne-Mane Bros, 101-10010-107A Ave., Edmonton, AB T5H 4H8 Tel: (403) 423-9693 Fax: (403) 424-7736*
Case Study 4 Greenest City (Toronto)

Greenest City works on action-oriented greening projects to ensure the livability of the city and health of urban dwellers. One of their current initiatives is a multicultural greening project working primarily with East Asian communities to gain access to unused land and develop community gardens. In 1998 Greenest City worked with eight immigrant communities to support garden creation, maintenance and food production. This year the Francis Beaver Community Gardens, 1000 square feet of land divided into 26 plots, produced three harvests a season of bok choy, kai lan, green onions, long an and other Chinese vegetables. The garden is administered and run by the Francis Beaver Manor, a Metro Housing seniors building. It continues to provide support and resources.

Greenest City recently published an information package on urban food production initiatives in Ontario: "Feeding the City from the Back Forty: Case Studies in Regional and Urban Food Production and A Guide to Resources in Sustainable Food and Transportation Systems*"

For more information, contact: Monica Tang, 238 Queen St. W., Lower Level, Toronto, ON MSV 1Z7 Tel. (416) 977-8659 Fax: (416) 392-6650 E-mail: greenest@web.net Web Site: www.web.net/~greenest

1.4 ROOFTOP GARDENING

Canadian cities are characterized by a lack of affordable land and high density development. With few places to grow crops, people are beginning to look up. A snap shot of any Canadian city will reveal vast amounts of empty flat roofs, representing potential growing space in cities. In Europe, where sprawl is no longer possible, city planners have adopted rooftop greening out of necessity. Some German municipalities have decreed by law that new industrial buildings must have green roofs; Swiss cities regulate that new construction must recreate the displaced green space. Even existing buildings must convert 20% of their roof space into greenery (Barrs, 1997: 25).

As with community gardening, the benefits of rooftop greening are numerous (Kuhn, date unknown: 17). One type of rooftop greening is a vegetation roof covered with moss or hardy grass for aesthetic or insulation purposes. Another type, the roof garden, can "be used as a laboratory for experimentation, an outdoor place for play and performance, a school garden or just a quiet place to read and write" (Ibid, 17). One might add increased food production to this list.

While use of rooftop space is appealing, there are several factors that need to be taken into account. The load-bearing capacity of the roof is critical. As one cubic foot of "wet earth" weighs approximately 100 lb., the garden design and structural capacity must be compatible (Ibid, 18). The roof must also be waterproof and have an effective irrigation and drainage system. The extreme microclimate of the rooftop can make growing difficult. Wind breaks and hardy plants suited to a hot and sunny environment become necessary.

These obstacles can be overcome. The resources do exist to turn rooftops into urban gardens. Changing regulations in Europe ..."have spawned a whole new industry which specialized in lightweight growing mediums, filter cloths, roofing membranes, plant stock and how-to books and kits" (Rooftop Garden Resource Group fact sheet). While it is largely hidden from public view, many Canadian enterprises and organizations are beginning to experiment with the roof as a place to grow food. In Vancouver the
Environmental Youth Alliance just completed building a garden on the roof of the VanCity Place for Youth. Toronto's Royal York Hotel grows fresh herbs and spices on their roof. The Rooftop Garden Resource Group has helped establish numerous gardens on roofs of the Metro Toronto area. The use of rooftop gardens as farming spaces has considerable potential to produce substantial amounts of food and contribute to a sustainable urban environment.

### Case Study 5 Rooftop Garden Resource Group (Toronto)

This organization aims to create a rooftop gardening culture in Metropolitan Toronto through public education, community action, and media awareness. The group is made up of landscape architects, permaculture designers, engineers and urban planners. They are committed to making Toronto's environment a greener and healthier place to live by supporting urban food production, improving air quality, increasing bird habitats, and promoting diverse use of space. To this end they partner with community groups such as schools, food security organizations, fledgling enterprises and public housing initiatives to help design, build and maintain rooftop gardens. They produce a map of rooftop gardens in Toronto, conduct tours of the urban rooftop landscape and maintain a list of professionals with expertise in building rooftop gardens. For those interested in building a rooftop garden, the Rooftop Garden Resource Group has a questionnaire to introduce the perspective gardener to the issues involved in setting up a garden, fact sheets for $10 per package and a resource library.

For more information, contact: Monica Kuhn, 14 Sackville Place, Toronto ON M4X 1A4 Tel: (416) 923-9034 Fax: (416) 929-0875

### 1.5 Urban Gardening and Urban Farms

Across Canada in every city urban backyard gardening is a widespread practice. Depending on climate, in some areas (such as southern coastal zones), we are able to garden year round. The backyard or kitchen garden is still prevalent in many households even as the urban landscape changes. Community-based organizations are working in their regions to ensure that as urbanization and its accompanying densification occurs, that there are still opportunities for gardening. Some of this work is accomplished through organizing community gardens, or rooftop gardens as has been mentioned, but there are also programs to assist people to create backyard, or balcony gardens. The HomeGrown Gardening Program of LifeCycles in Victoria BC is such a program. It has enabled over fifty low-income Victorians to create home gardens and has given them organic gardening advice. This program is based on the Kitchen Gardens Project model from Olympia, Washington.

Another innovative way for apartment dwellers to access land has been through "Sharing Backyards" programs such as those coordinated by LifeCycles and Eco Initiatives of Montreal. This type of program allows apartment dwellers or those without access to land to share nearby neighbor's backyards. Not only does this encourage better utilization of urban backyards but also has community building potential. FarmFolk/CityFolk's Garden and Land Access Directory in Vancouver is a database, which also supports these kinds of linkages.

While apparent anomalies against a modern urban backdrop, urban farms are gaining attention. While they are predominantly initiated by individual households, many tend to become neighborhood gathering...
spots as people come by to look over the fence at the chickens or drop off compost. Communities are recognizing the importance of exposing children raised in cities to a farm experience. Urban farms can provide this opportunity. The Inner City Youth Works, an organization that works with the Victoria street youth community has recently taken over an urban farm for its programs.

Lack of coherent government support for urban food production methods is common. Many community garden initiatives are faced with fragmented municipal support. While departments do offer important services, often overall coordination is lacking. Identification of a lead department to coordinate across health, planning and recreation departments, for example, is a necessary step towards increasing urban food security.

1.6 CHALLENGES

The revival in community gardening culture and recent experiments with rooftop gardening clearly indicate that Canadian urban dwellers are interested and engaging in different forms of urban food production. For urban food production to flourish, local governments and community groups in many Canadian cities need to address a number of existing and emerging challenges.

Existing bylaws and policy often prevent urban agriculture alternatives such as commercial greenhouses, nurseries or urban farms with small livestock. Such policies reflect general attitudes that separate the urban from the rural along the lines of food production. These laws can be changed to consider rezoning for urban food production. Zoning changes are indicators that the potential for urban food production is being taken seriously. Land access and tenure is a common challenge for community gardens. Municipalities could help ensure the viability of urban agriculture initiatives, such as community and rooftop gardening, by zoning for urban food production, designating public space in parklands for the purpose of producing food, or requiring development projects to integrate food producing space into their proposals.

Waste-management represents another challenge to increased urban food production. Municipalities across Canada are working in positive ways towards more coordinated and efficient waste-management programs. Urban food production could be integrated with municipal compost programs, grey water recycling systems and sewage treatment programs. Cooperation between those departments responsible for health, engineering, parks and recreation, and planning is required in order to establish regulations and systems to reflect the importance of urban food production.

These barriers are few among many to increasing urban food production. Robert Barrs gives a comprehensive analysis of the food production system in Vancouver, calling for improved municipal initiatives in areas of community land trusts, educational resource persons, marketing mechanisms for urban gardeners and emphasis on organic methods of production among other recommendations (Barrs, 1997: 22 -23). In Canadian municipalities, there is much room for urban planners to work alongside community organizations to improve food production and accessibility.

Community organizations are able to facilitate and work in partnership with many municipal initiatives. Beyond putting food security on the political agenda, they provide models of alternative food-access
mechanisms, are positioned to educate the public about issues of food security and should be instrumental contributors to any municipal action for food security. For urban food production to flourish, a coordinated response by both community organizations and municipal leaders is necessary.
SECTION 1: URBAN FOOD PRODUCTION - LIST OF CONTACTS

Bytowne Urban Gardens
# 303 - 352 Somerset St. W
Ottawa, ON K2P 0J9
Tel: (613) 234-0387
Fax: (613) 592-8863
dhodgson@chatcan.ca
Dwayne Hodgson
BUGS coordinates 2 community gardens in the downtown area of
Ottawa. BUGS is a good contact for the loose network of
community gardens in the Ottawa-Carleton area and is linked
with a wide variety of local community groups working on food
issues.

Canadian Community Gardens Network
http://wabikimi.carleton.ca/~wmnute
A comprehensive listing of gardens across Canada. The gardens
are listed first by province and then by city. Contacts and
location are provided.

Community Garden Resource Group
c/o Calgary Horticultural Society
208-50th Ave., SW.
Calgary, AB T2S 2S1
Tel: (403) 287-3469
Fax: (403) 287-2896
Athena Dorey
Network and Information clearinghouse on community gardens in
the Calgary area.

Community Gardens in BC
http://www.cityfarmer.org/vancgocard83.html
A list of community gardens in the Greater Vancouver region and
the City of Victoria is provided with the garden location, contact
person, garden size and charges, if applicable.

Community Gardens in Ontario
http://www.icangarden.com/gardens/allot.htm
A list of allotment gardens available in Ontario cities. Garden
contacts are listed for 20 cities with basic information about
plots, size of gardens and charges, if applicable.

Eco-Initiatives
5590 Sherbrook St. W
Montreal, PQ H4A 1W3
Tel: (514) 484-4129
Fax: (514) 484-4277
E-mail: ecoini@cam.org
This organization works in several areas including: community,
gardening, a sharing backyard program, and a CSA project. They
have partnered with community health clinics to focus on pre-
natal nutrition and health.

Environmental Youth Alliance
PO Box 34097 Station D
Vancouver, BC V6J 4M1
Tel: (604) 689-4463
Fax: (604) 689-4242
Doug Ragan
laragan@hotmail.com
The Environmental Youth Alliance are the stewards of the
Cottonwood Youth Garden, a permaculture demonstration garden
and training site for youth skill development projects. They have
also built a rooftop garden. They are currently exploring
partnership initiatives with southern counterparts in Mexico
around food security issues.

Greenest City
238 Queen St. W., Lower Level
Toronto, ON M5V 1Z7
Tel: (416) 977-8659
Fax: (416) 392-6650
E-mail: greenest@web.net
Monica Tang
Greenest City recently facilitated a multicultural greening project
working primarily with Eastern Asian communities to develop
community gardens. Greenest City also works to incorporate
composting facilities at the community gardening sites.

Grow Regina Community Gardens
Community Services Department
Social Development Division
Queen Elizabeth II Court
Box 1790
Regina Saskatchewan S4P 3C8
Tel: (306) 777-7546
Fax: (306) 777-6774
pviali@cityregina.com
Paul Viali
The City of Regina has eight different garden sites with over 100
plots. The largest garden "Grow Regina" has 250 garden plots
and can produce food for 1,100 people. The city provides
administrative support, equipment, soil, water, and site facilities
in addition to technical advice.

Halifax Community Gardens
Recreation and Leisure Services
Halifax Regional Municipality
PO Box 1749
Halifax, NS B3J 3A5
Tel: (902) 490-4731
Fax: (902) 490-4736
Janet Landry
The municipality coordinates several community gardens and
collective kitchens under the recreation department.
URBAN AGRICULTURE AND FOOD SECURITY INITIATIVES IN CANADA:
A SURVEY OF CANADIAN NON-GOVERNMENTAL ORGANIZATIONS

London Community Gardens Project
50 King St.
London, ON N6A 5L7
Tel: (519) 663-5317 ext. 2556
Fax: (519) 663-9581
Mary Yanful
This urban gardening project has overseen the development of six sites in the area as well as expanding public education about food security through workshops, farm tours and U-Pick trips.

Loyola Arupe Rooftop Garden
515 Parkside Drive
Toronto, ON M6R 3B1
Tel: (416) 766-7977
Peter Boland
This 1995 partnership project between the Four Villages Community Health Centre and the Seniors Centre produced a community gardening space. Through the use of containers, this garden provides fresh food and outdoor space for residents of nearby non-profit housing, seniors, and community members. They are now developing a rooftop greenhouse for the garden.

Mennonite Center for Newcomers
101-10010-107A Ave.
Edmonton, AB T5H-4H8
Tel: (403) 423-9693
Fax: (403) 424-7736
Anne-Marie Brose
This group is working with immigrants to establish community gardens, seed conservation and a garden network in the Edmonton area.

Montreal Community Gardening Program
Recreation, Parks and Community Development Department
5319 Notre Dame de Grace Ave.,
Montreal, PQ H4A 1L2
Tel: (514) 872-6363
Fax: (514) 872-4585
Michel Confortate
The City of Montreal has 73 gardens that are coordinated by the Recreation, Parks and Community Development Department. The City supplies land, equipment, supplies, water and technical support. The Botanical Department offers courses on organic gardening, and has youth and children's horticulture and natural science programs.

Parkland Healthy Families Association
5413 51 St.
PO Box 2695
Stony Plain, AB T7Z 1Y2
Tel: (403) 963-0549
Fax: (403) 963-3876
Susan Penstone
This organization runs a project to improve family health by involving them in the gardening program. They are also involved with building a regional community gardening network.

Rooftop Garden Resource Group
14 Sackville Place
Toronto, ON M4 X 1A4
Tel: (416) 923-9034
Fax: (416) 923-0875
Monica Kuhn
A resource group dedicated to establishing a rooftop gardening culture through public education and community action. Available from the Rooftop Garden Resource Group is a questionnaire to introduce the perspective gardener to the issues involved in setting up a garden, fact sheets and a resource library.

The Urban Farm
1032/1038 Mason St.
Victoria, BC V8R 6P5
Tel: (250) 920-0257
In downtown Victoria, this farm holds old growth fruit-bearing trees, vegetable produce, and over 50 chickens, ducks, geese and turkeys. Produce is distributed locally and the farm is open to visitors and for compost drop-off.

Winnipeg Community Gardens
Athletic Facilities and Park Booking Services
1539 Waverly St.
Winnipeg, MB
Tel:(204) 986-7510
Fax:(204) 986-7510
Barb Colitz
The City of Winnipeg has between 580-630 allotment plots available for a small fee. There are also two large community gardens and many small ones.
SECTION 2. URBAN FOOD PRODUCTION TECHNOLOGIES

Urban food production must take into account the ecological, social and environmental aspects implicit in growing food in the city. Thus the technologies employed require diverse techniques and varied approaches. Technologies such as composting, small-space use, greenhouses, permaculture, edible landscapes and water conservation systems all contribute to a more sustainable food production system.

2.1 ORGANIC AGRICULTURE

The term organic, and the variations such as bio-dynamic, restorative and/or ecological, agriculture refers to a technique of producing food that excludes synthetic chemical inputs such as fertilizers, pesticides or additives. Soil fertility is maintained by natural techniques such as manure, composting and crop rotation. The use of mechanical cultivation, mulches and burning techniques controls weeds while biological pest management and companion planting helps control pests and disease (Barrs, 1997: 37). Food produced using this method contains no chemical pesticide residues.

The organic farming movement is more than just producing food without chemicals. It manifests not only ecologically viable practices but also encompasses an ethical dimension. Philosophically it is about social responsibility, low human impact and a sustainable society. Organic agriculture is the cornerstone of sustainable food production and is the most common growing method employed in community endeavors. Produce is certified as organically grown by regional organizations. These agencies inspect production and processing system to make sure they meet the regulations on fertilizers and soil amendment use, compost making and pest control techniques. Most farms are certified over a four year period. During this period farmers are designated as first, second or third year transitional. When all requirements are met in the fourth year, the farm is declared "certified organic" (Meagher, 1997: 6). There are 47 regional certification bodies in Canada now accredited and working with the criteria set by the Canadian Organic Advisory Board (Macey, 1997: 26).

Many organizations have created learning centers and demonstration sites such as the Agro-Ecology Demonstration Site of LifeCycles in Victoria, or of City Farmer in Vancouver. These sites serve as on-site education and training programs that teach about soil health, water conservation, organic fertilizers, green manures, mulching, pest and disease prevention and control, and small space technologies such as terracing and trellising.

It is possible, through urban agriculture, to restore organic nutrients to the soil and continue to utilize them to produce the food needed for urban consumption. By reusing wastes to increase local food production, cities move towards a measure of sustainability (Nelson, 1996: 14). Cities produce a vast quantity of potentially useful resources currently regarded as waste. Leaf litter, sewage, food wastes and yard trimmings could all contribute to the productivity of urban gardening efforts or local farming operations. Canadian cities are increasingly turning to on-site organic waste composting as an environmentally friendly and economically sound waste reduction option at the source. Many community organizations develop educational facilities where backyard composting techniques are demonstrated to the public.
2.2 **Urban Waste Management: Composting**

"From the perspective of ecosystems integrity, cities significantly alter natural biogeochemical cycles of vital nutrients and other chemical resources" (Rees, 1997:2). The current food system involves hauling food into the city and hauling wastes back out, not to be recycled back into the land, but dumped in landfills. Unlike healthy ecosystems, in which nutrients such as phosphorus and nitrogen contained in organic waste are converted back into energy needed for growing, the typical urban food system is a
dead end (Nelson, 1996: 14). Along with nutrients, the current food system contributes to the degradation of agricultural soils and the contamination of the land.

**Case Study 7 City Farmer (Vancouver)**

City Farmer is one of the country's oldest urban agriculture organizations. Established in the 1970s, City Farmer has long advocated for homegrown, community food production and efficient use of resources to do so. Among their many activities, City Farmer hosts a 2500 square foot demonstration garden. Opened in 1982, the garden demonstrates the quantity of food one person can grow in a city yard using intensive organic methods of cultivation. Raised beds were later added to make the gardens accessible for wheelchairs and demonstrate the possibilities of horticultural therapy. Since 1990 the City Farmer garden has functioned as the City of Vancouver's Compost Demonstration site, featuring and testing compost options, including worm composting. City Farmer now hosts the Greater Vancouver Regional District's compost Hotline. Through the garden, City Farmer provides hands-on instruction on composting, organic food gardening, and water conversation methods for the general public and school groups. The water conservation project demonstrates the feasibility of using a rain barrel water collection system and encourages the use of native plants to reduce water consumption. City Farmer is now one of a dozen compost demonstration gardens in the Lower Mainland and Fraser Valley. Director Michael Levenston is the creator of City Farmer, Canada's Office of Urban Agriculture, a comprehensive website devoted to promoting urban agriculture.

For more information, contact: #801 - 318 Homer St., Vancouver, BC V6B 2V3 Tel: (604) 685-5832 Hotline: (604) 736-2250 E-mail: cityfarm@interchange.ubc.ca Web Site: www.cityfarmer.org

**Case Study 8 Composting Council of Canada (Toronto)**

The Composting Council of Canada is a national non-profit organization that serves to advocate for and advance the use of composting to government, industry and the public. The Council aims to support municipal and industrial composting systems, provide a national information network, develop markets for compost, sponsor research and educate the public. The membership is diverse, including operators of compost systems, waste-management experts, public interest groups, research organizations, compost system manufacturers and designers and government branches. The Council hosts an annual National Conference and Meeting. The Council also sponsors National Composting Awareness Week.

For more information, contact: 16 rue Northumberland St., Toronto ON M6H 1P7 Tel: (416) 535-0240 Fax: (416) 536-9892 E-mail: ccc@compost.org

### 2.3 GREENHOUSES

Greenhouses are commonly found in urban landscapes where the climate does not allow for year-round outdoor gardening and farming. Community gardening and rooftop sites often have greenhouses to grow seedlings, incubate special varieties of plants and extend the growing season. There are many technical paths for designing, constructing and managing a greenhouse. Groups such as Annex Organics (see Case
Study 6) built their rooftop greenhouse out of recycled materials. Size, structure and technology will vary according to the space and use. They differ with types of plants grown, energy used and ecosystem management (Lindayati, 1996: 14). Several groups including Oxfam-Canada’s Halifax office are experimenting with urban greenhouses to incubate community gardening plants and contribute to the urban food production infrastructure. Some organizations are experimenting with organic hydroponics systems as well.

2.4 PERMACULTURE

Increasingly agricultural groups, be they rural or urban, are utilizing permaculture techniques to grow food. The word, permaculture, was coined by Bill Mollison and David Holmgren to describe a comprehensive approach to small-scale sustainable agriculture. Permanent agriculture enhances the web of life while at the same time providing food and materials for human life. Permanent culture is a result of people’s learning on how to live with the web of life and with themselves. "Permaculture is the conscious design and maintenance of agriculturally productive ecosystems which have the diversity, stability and resilience of natural ecosystems" (Barrs, 1997: 40). Permaculture is organic, uses wastes as resources, maximizes vertical and horizontal space, places emphasis on site design, and requires low energy input. Permaculture represents a philosophy, a system of ethics, and ecologically restorative techniques enabling farmers to use the land sustainably. Permaculture in an urban context is designed to reverse the global tendency of consumptive cities toward more productive, self-reliant and sustaining urban ecosystems (Lindayati, 1996: 14). Groups such as the Environmental Youth Alliance and Eco-Initiatives use permaculture as guiding principles of land reclamation and urban gardening.

Attempts to publicly disseminate the concept of permaculture are underway. In both rural areas and urban centres across Canada, institutes and networks promote a permaculture approach through research, courses, workshops and reference centres.

There are as many varieties and techniques in food production as there are individuals and groups to experiment with them. While community organizations employ alternative techniques, often it is research bodies, municipal branches or commercial ventures that are more likely to possess the resources to experiment with a wide range of methods for food production.
Case Study 9 Can-AG (Western Canada)

Can-AG has been conducting a 5-year study with the University of Alberta into sustainable urban agriculture and organic systems. Their garden investigates soil practices that promote sustainability and models of good stewardship practices. One of the issues this garden is currently addressing is manure management. Using composted manure, Can-AG is experimenting with different manures to test crop responses, yields and quantities. Another project explores natural ways to amend soil contaminated with petroleum by-products. Soil issues are the link between Can-AG and the community.

Can-Ag promotes gardens as the linkage between soil, plants and peoples’ health. They offer their project research to groups, helping them grow healthy soil while growing their gardens. They also work with community groups to design, create and maintain community gardens. Currently Can-Ag is working with 10 other gardens in the Edmonton region to initiate a community gardening network.

For more information, contact: Susan Penston, 14809 119th Ave. Edmonton, AB T5L 2N9 Tel: (403) 434-0400 Fax: (403) 482-1260 E-mail: canag@planet.eon.org
SECTION 2: URBAN FOOD PRODUCTION TECHNOLOGIES - LIST OF CONTACTS

Annex Organics
200 Eastern Ave.
Toronto, ON M5A 1J1
Tel: (416)363-6641
Fax: (416)363-0474
Email: annexorganics@hotmail.com
Lauren Baker, Tracey Loverock
A market gardening enterprise that uses rooftops, hydroponics and living machines. They specialize in wet waste management, composting and organic production.

Eco-Initiatives
5590 Sherbrook St. W
Montreal, PQ H4A 1W3
Tel: (514) 484-4129
Fax: (514) 484-4277
E-mail: ecoini@cam.org
This organization works in several areas including: community gardening, a sharing backyard program, and a CSA project. They have partnered with community health clinics to focus on prenatal nutrition and health.

Can-Ag
14809 119th Ave.
Edmonton, AB T5L 2N9
Tel: (403) 434-0400
Fax: (403) 482-1260
Email: canag@planet.eon.org
-Susan Penstone
This organization works with the University of Alberta to study soil systems and food production.

Environmental Youth Alliance
PO Box 34097 Station D
Vancouver, BC V6J 4M1
Tel: (604) 689-4463
Fax: (604) 689-4242
Doug Ragan
laragan@hotmail.com
The Environmental Youth Alliance are the stewards of the Cottonwood Youth Garden, a permaculture demonstration garden and training site for youth skill development projects. They have also built a rooftop garden. They are currently exploring partnership initiatives with southern counterparts to explore issues.

Kootenay Permaculture Institute
Permaculture and Organic Agriculture Training Program
Box 43, Winlaw, BC V0G 2J0
Tel/Fax: (250) 226-7302
Email: lynx@netidea.com
Offers 6 month courses in permaculture design and techniques in planning, producing, harvesting and marketing an organic garden.

LifeCycles
2175 Dowler Place
Victoria BC V8T 4H2
Tel: (250) 383-5800
Fax. (250) 386-3449
Email: lifecycles@coastnet.com
Linda Geggie
This community food security organization coordinates school gardening projects, community gardening training, a CSA cooperative, a demo site and the regional Food Roundtable.

Mouvement pour L'Agriculture Biologique - Region Metropolitaine
#2 - 4560 de Bellechase
Montreal, PQ
Tel: (514) 872-6363
Fax: (514) 872-4585

City Farmer
#801 - 318 Homer St.,
Vancouver BC V6B 2V3
Tel: (604) 685-5832
Hotline: (604)736-2250
Email: cityfarm@interchange.ubc.ca
Michael Levenston
City Farmer hosts the compost education and demonstration garden for the City of Vancouver. It is also the home of Canada's Office of Urban Agriculture.

Coténay Permaculture Institute
Permaculture and Organic Agriculture Training Program
Box 43, Winlaw, BC V0G 2J0
Tel/Fax: (250) 226-7302
Email: lynx@netidea.com
Offers 6 month courses in permaculture design and techniques in planning, producing, harvesting and marketing an organic garden.

LifeCycles
2175 Dowler Place
Victoria BC V8T 4H2
Tel: (250) 383-5800
Fax. (250) 386-3449
Email: lifecycles@coastnet.com
Linda Geggie
This community food security organization coordinates school gardening projects, community gardening training, a CSA cooperative, a demo site and the regional Food Roundtable.

Mouvement pour L'Agriculture Biologique - Region Metropolitaine
#2 - 4560 de Bellechase
Montreal, PQ
Tel: (514) 872-6363
Fax: (514) 872-4585

Crow Compost
61 Beachview Crescent
Toronto, ON M4E 2L6
Tel: (416) 691-8200
E-mail: crownest@intradigital.com
An enterprise specializing in urban composting.
URBAN AGRICULTURE AND FOOD SECURITY INITIATIVES IN CANADA:
A SURVEY OF CANADIAN NON-GOVERNMENTAL ORGANIZATIONS

Oxfam Canada
300-294 Albert St.,
Ottawa, ON K1P 6E6
Tel: (613) 237-5236
Fax: (613) 237-0524
Email: enquire@oxfam.ca
Web Site: www.oxfam.ca
An international development agency, Oxfam works on global and local initiatives in the area of food security. There are 7 regional offices working in close partnerships with communities. They are solid contacts for food security initiatives across Canada (see list in Food Education section for details).

Vancouver Permaculture Network
Tel: (604) 589-7275
E-mail: hwaldock@alternatives.com, clyford@alternatives.com
A loose network of gardeners, landscapers and architects who provide public education, permaculture workshops and coordinate workparties in the city's community gardens.

Victoria Compost Education Centre
c/o 1923 Fernwood Rd
Victoria, BC V8T 2Y6
Tel: (250) 386-WORM
A composting resource and demonstration site in Victoria.

Permaculture Community Action Worknet
104 Bridlewood Blvd.
Agincourt, ON M1T 1R1
Tel: (416) 497-5746
Email: mulchman@web.net
Richard Griffith
This non-profit organization promotes permaculture education throughout Ontario and offers courses on permaculture, design, synergistic agriculture and their urban applications.
SECTION 3. ALTERNATIVE FOOD DISTRIBUTION

Alternative forms of purchasing and marketing agriculture goods are quickly taking root across Canada. Mechanisms such as farmers' markets and community-supported agriculture initiatives attempt to reverse global trends by emphasizing the capacity for local production to meet local need. They operate to shorten the food chain, reducing potential disruptions beyond community control. 'Buying clubs' and 'good food box' programs work to increase community food security by pooling resources and stretching the purchasing dollar. The overall emphasis of such initiatives is feeding people rather than treating food as another commodity to be sold unaccountably or wasted, depending on market economies and profitability.

3.1 ALTERNATIVE MARKETING

Groups and communities are building direct links between farmers and the general public nationwide. Small producers, finding barriers to selling to wholesalers and retailers, and community members, seeking local (and in some cases organic) products are creating venues and mechanisms for alternative forms of distribution through community-based marketing. Farmers' markets, direct farm gate sales, and different forms of community-supported agriculture are flourishing.

3.1.i Community-Supported Agriculture

Across the country consumers are increasingly able to obtain their food by circumventing the mainstream food system. Community-supported agriculture (CSA) is a form of direct marketing that provides an alternative method of securing food, connects rural and urban communities and sustains agriculture in regions of rapid urbanization. Community-supported agriculture is a mechanism of a local food system which lends itself to building community food security.

Although the CSA movement began concurrently in Europe and Japan thirty years ago, the first documented CSA farm in North America was the Indian Line started in 1985 in Northeastern USA (Kelvin, 1994; 2). The 1990's have witnessed substantial growth in this field. Currently it is estimated that 600 CSAs are operating in the USA and Canada (Kolodinsky, 1997; 130)

In its simplest definition, CSA is a marketing arrangement whereby the farmer enters into pre-arranged agreement with a group of local consumers. Each consumer purchases a "share" at the beginning of the season; the collective share covers the costs of farming and provides a fair wage for the farmer. In return the shareholders receive a weekly supply of vegetable harvest throughout the growing season. Implicit in this agreement is shared risk and increased interdependency between the producer and consumer.

Most CSAs have between 35 - 200 members (Greer, 1998: 1). A study of 14 Canadian CSAs observed that share prices varied between $200 - $400, depending on box size, per 14-16 week growing season (Van Wyck, 1995; 5). CSA costs seem to be reasonable. One detailed three-year study demonstrated that shareholders would have paid 37% more at their supermarkets for an equal amount of conventionally grown food (Dyck, 1992: 2).
There are basically four models of community-supported agriculture (Greer, 1998: 2):

1. The subscription CSA is farmer-driven; the farmer organizes the CSA and makes most of the management decisions.

2. A shareholder CSA is one initiated by a consumer group looking for a farmer to grow what they want. The primary decisions lay with the consumer.

3. When farmers pool their resources to supply customers, a farmer cooperative CSA is formed. This model allows the CSA to offer a wider variety of products. In this arrangement it is not necessary for a smaller farmer to devote space to land intensive, low-value crops such as pumpkins or for the larger farmer to become involved with labour intensive crops like carrots.

4. A variation on this theme is the farmer-consumer cooperative CSA whereby the land and resources are co-owned and food is co-produced.

The advantages of the CSA model are clear. Economically the CSA allows for the risk of food production to be shared among many; the access to capital decreases the farmers' reliance on government subsidies or bank loans. The CSA contributes to the local economy by providing jobs and establishing stable markets for regional produce. On the environmental front, most CSA farms are organic, contributing to the overall sustainability of the region. The CSA model also reduces energy waste from transportation and mechanization associated with modern farming. Socially, the CSA model supports community development in many forms. Through work parties and harvest events, a relationship between the urban consumer and rural producer is fostered. By eating locally the shareholders gain a greater understanding of seasons, food and its production. Fresh chemical free vegetables are clearly beneficial to the health of the consumer. A survey of consumers at Twin Oak Farms CSA in Saskatchewan reveals that 94% of shareholders join CSAs to obtain fresh vegetables. "It seems like people are willing to forego the quest for the cheapest food possible if they perceive other values are being upheld" (Fieldhouse, 1996: 46).

The challenge to CSA development is the considerable effort and skill required in marketing the concept, organizing the production and facilitating membership. The potential success of CSA rests upon its ability to form a core group of consumers, increase consumer involvement in the farm process and run the operation efficiently.
Case Study 10 FoodShare (Toronto)

Founded in 1995, FoodShare was mandated to coordinate emergency food services. Over the years, FoodShare has broadened its focus to look at the entire food system - how food is produced, distributed and consumed. The outcome is a comprehensive approach to food, an approach that encompasses issues of hunger, nutrition, poverty, social justice and the environment. Looking for long term solutions to hunger, FoodShare has implemented food-access programs such as co-operative buying clubs (see 3.2.i for information on the Good Food Box), collective kitchens, community gardens and food programs.

FoodShare promotes innovative programs in the areas of community gardening and community kitchens. FoodShare’s Neighbours Growing Together trains community members in community processes and horticultural techniques to plan multi-use gardens for vegetable cultivation. FoodShare offers guidance and support to schools that wish to plan a garden as an outdoor classroom.

Through the FoodLink hotline FoodShare provides food service referrals to over 500 callers a month. To move beyond food banks, FoodShare is currently updating the hotline with information on over 1700 food services in the Metro area including pre-natal support programs, nutrition counseling, community gardens and the Good Food Box program. The Hotline system is being mapped digitally to link the callers’ location with the range of services available in their area.

FoodShare, in partnership with the public health sector, offers training to agency staff and community volunteers to enable them to set up community kitchens in their neighborhood. FoodShare provides a complete information package on establishing a community kitchen in addition to coordinating monthly support meetings for the 40 plus network and sponsoring an annual conference - What’s Cooking. FoodShare also coordinates a training program for making baby-food and assists schools and community sites to establish feeding programs.

Through job training and creation, FoodShare/Field to Table partnership projects seek to address the question of income. The “Just Grow It” program employs 14 young people to learn about gardening and horticulture through hands-on training in community garden settings. Focus on Food is an employment training program for low-income women; some graduates are employed in the Field to Table Catering Company. The training program and catering company share use of Field to Table’s large industrial kitchen. The “Toronto Kitchen Incubator” is an initiative that allows small business to operate without incurring huge capital expenses. This “incubation” model is extended to other community organizations as FoodShare sponsors and offers in-kind support to groups such as Greenest City and Annex Organics.

FoodShare often plays an umbrella role for Metro wide initiatives such as organizing a network for the 70 plus active Metro community gardens and establishing a Metro community gardening land trust. They are key players in a number of networks and coalitions dedicated to addressing the policy dimensions of the food system, hunger and poverty. Working with groups such as the Toronto Food Policy Council and the Food 2002 roundtable, FoodShare advocates for the redistribution of income toward low-income communities and alternative economic development that would allow people to buy healthy, local food. FoodShare believes that practical initiatives must be complemented with political action, education and advocacy.

In 1997, FoodShare put out several how-to-do publications to assist the public in addressing food security concerns: The Good Food Box Guide, How Does Our Garden Grow - A Guide to Community Gardening and The ABCs of Baby Food Train-the-Trainer Manual. They are available for $20 each.

For more information, contact: Debbie Field or Kathryn Scharf, FoodShare, 238 Queen St. W., Toronto, ON M5V 1Z7 Tel: (416) 392-6653 Fax: (416) 392-6650 E-mail: fdshare@web.net
Case Study 11 A SEED (Montreal)

The Montreal-based organization Action for Solidarity, Equality, Environment and Development (A SEED PQ) is dedicated to research and public education on issues relating to the environment and social justice. Created in 1992, A SEED has focused its actions principally on food security and ecological transportation projects. A SEED has two agricultural initiatives. It coordinates a network of community-supported agriculture projects in Quebec and initiated Together in the Green Zone, a project to collectively garden fallow land on the outskirts of Montreal, providing food to low-income families and gardening training for employees.

In 1995, A SEED began a CSA project with one farm; it has now grown to coordinate a network of 29 farms with over 2000 sharers. A SEED plays a central coordinating role through outreach, public education and membership development. A SEED markets the CSA model through pamphlet distribution, press releases, and articles for the newspapers and interviews on the radio. They produce Le Toupinambour Hurant, a news bulletin published quarterly to inform the community of its activities.

By maintaining a directory of CSAs, A SEED connects potential sharers with CSA farms. A SEED helps sharers to organize by neighborhood, allowing for coordinated drop-off points and minimal transport time and cost to the farms. If there is more interest than available membership space on one CSA, A SEED will coordinate a community meeting and guide potential sharers through the initial steps of setting up a new CSA. Sharers may contribute to the workings of the A SEED network through a voluntary $5 levy included in farm share prices.

A SEED maintains the standards of the network through the selection of farms. To join the network, potential CSA farmers first attend an information system and go through a review process. All farms pay a $30 membership fee. Those that use the listings and publicity services contribute 2% of their CSA income to A SEED. All farms in the network must be organic and supply local produce. The A SEED network does take farms that are in the process of making the transition to organic certification; the CSA support facilitates and eases this transition. The average farm is family run and has between 30-80 sharers; some farms employ 4-5 people, with the largest having 150 sharers. Although CSA prices are cheaper than produce in stores, A SEED and several farms are exploring CSA models that allow for low-income shares to make CSA participation more accessible.

In the next year, the CSA network hopes to increase the number of participating farms, publish a book and video on the CSA experience, search for stable funding and work with “core share groups” to build community capacity in the areas of organizing work days, social events, newsletters, and meetings.

A SEED has put out several resources in the area of food security available for a reasonable price. Publications include: Justice sans faim - A Montreal Guide to Ecological and Socially Just Food Choices, Coffee with a Cause - A Guide to Fair Trade, and Seedlinks, the international magazine of A SEED.

For more information, contact: Elizabeth Hunter, A SEED PQ, 3rd Floor, 3647 University Ave., Montreal, PQ H3A 2B3 Tel. (514) 398-8969 Fax: (514) 398-8976 E-mail: A SEED@cam.org

3.1.ii Farmers' Markets

A farmers' market is a place where a number of local farmers and vendors come together to sell a wide variety of goods including fruits, vegetables, herbs, baked goods, preserves, honey, fresh flowers and crafts. This direct marketing mechanism is making a considerable come back in Canadian cities and towns. At the turn of the century most cities and towns had at least one farmers’ market. The number of farmers' markets began to decline in the 1920's with the advent of the modern supermarket (Marken in Lyson and co., 1995; 108) and the connection between food production and consumption began to
dissolve. Although farmers' markets declined after 1940, they never disappeared (Lyson and co., 1995). Today Canadian cities are witnessing the rebirth of the farmers' market. In British Columbia the number of farmers' markets has increased from less than 15 in the early 1980s to more than 65 in 1996 (McIver, 1998; 32). The Alberta Farmers' Markets coordinate over 100 markets across the province. The boom includes expansion in size as well as increase in number. The number of vendors in the Duncan, British Columbia farmers' market has risen from 15 in 1994 to 60 in 1997 (McIver, 1998; 32). The farmers' market in Kitchener, Ontario has grown to over 125 vendors (Farmers Market of Ontario, 1996). This growth has been supported by the corresponding number of customers. "Over 5000 people went through our Saturday market on a good day. That is an estimated 20 fold increase in 6 years" observes Eva Durance, president of the Penticton, British Columbia farmers’ market.

Case Study 12 East Vancouver Farmers' Market

Established in 1995, the market was the brainchild of a partnership endeavor by community organizations and community residents to create a food-oriented community development project. Initially sponsored by FarmFolk/CityFolk, it is now an independent non-profit organization managed by a part-time staff person. The market features over 40 vendors, attracting between 3000-5000 customers a week for a 22 week period between May and October. One of the aims of the market is to work closely with the community. To this end, the market supports several education and action initiatives. It supported a local health board project "Healthiest Babies Possible" through a vendor-food coupon program for low-income pregnant women. Table space has been made available for backyard gardeners and a free toy exchange for individuals to share their extra bounty with the public. Free spaces are reserved every week for community agencies to educate the public about their services. The market arranges to have a registered nutritionist and a Master Gardener come monthly to give the public free advice. In addition the market produces a monthly newsletter The Bumper Crop. It rounds out the market experience with recipes, community events and information about farming, horticulture and food systems.

For more information, contact: Devorah Kahn, East Vancouver Farmers' Market, 3242 Woodland Drive, Vancouver, BC V5N 3R4 Tel: (604) 879-3276 Fax: (604) 875-9631

Behind this dramatic revival is a straightforward set of factors. Citizens are concerned about the quality and security of their food, the health of the environment and the vitality of local communities. A study by Thomson (1994) among others have found "that freshness is by far the leading reason why consumers patronize markets." Lyson notes that while convenience remains important to consumers, it now competes with a demand for safer and more nutritious food.

Farmers' markets also create economic and social opportunities contributing to the building of community. Christopher Shirley argues that farmers' markets thrive because they offer, among other benefits, a sense of social connection. Urban consumers have an opportunity to talk to the growers and farmers; they can learn about the process of food production and the larger farming community in the region. Many community organizations use the market space to educate the public about issues of social concern. The market becomes a weekly event - a place to listen to music or socialize with neighbours. The sense of connection is further enhanced by the knowledge that the local economy is benefiting.

Beyond enhancing business opportunities for vendors, the market plays an important "incubating" role. Vendors can develop business skills and entrepreneurship without investing considerable capital; they can assess consumer interest and solicit feedback. The market can be a mechanism that bridges the informal
and formal sectors (Lyson, 1995; 108). For part-time growers and vendors the market provides supplementary income; an urban market gardener in Saskatoon supplements his income by $214 a week on average, over a 13-week period (Satzewich, 1998: 1-2).

While they cannot provide all the goods that consumers want, both community-shared agriculture initiatives and farmers' markets meet many domestic needs with domestic supply. These variations of direct marketing have potential for rebuilding and re-valuing the role of local family farm, providing nutritious safe food, sustaining the local economy and building community through shared effort and participation. These alternative forms of marketing are part of a larger strategy to develop secure food sources for Canadian communities.

3.2 ALTERNATIVE PURCHASING

Groups and communities across Canada are looking at mechanisms for increasing consumer purchasing power. "By changing our purchasing patterns as consumers, we can help alter the market so that it better reflects the needs and wishes of all consumers, particularly families and individuals with low income" (Ontario Healthy Communities Coalition, 1997:18). For some, income is spread thinly to meet basic needs such as rent, transportation, heat and hydro. Little money remains for food. Food cooperatives, buying clubs, Good Food Box programs and community kitchens are all methods for increasing food access by increasing purchasing power.

3.2.i Food Cooperatives and Buying Clubs

A food cooperative is made up of a group of people who come together to provide food for themselves and their families. They form an incorporated non-profit organization that has a mandate to buy food at wholesale prices. By doing so cooperatives offer greater control over food quality, price and source. Their sizes may range from small groups of five to ten individuals operating much the same as a food-buying club to large groups of 500 members (Ontario Healthy Communities Coalition, 1997: 23). Cooperatives are membership-owned and directed. To become a member of a cooperative, individuals may be asked to help with the functioning of the organization or require a financial commitment in the form of a refundable loan.

A food-buying club is similar to a food co-op insofar as it is a group of people who come together to strengthen their purchasing power. They range in size from 5-50 families or individuals. In a buying club one member distributes the catalogue of goods to purchase, collects orders from families and combines them into one order; this order is then placed monthly or bi-monthly to a wholesale or retail distributor. The total quantity of goods is delivered to one house or a drop-off point. The buying club members are responsible for dividing and distributing the food. The buying-club is a mechanism for saving money through collective purchasing as well as taking on the bulk of the distribution workload.
Case Study 13 Ontario Natural Food Co-op

The mission of the Ontario Natural Food Co-op (ONFC) is to promote and maintain an alternative co-operative distribution system of organic, natural and ecologically sound foods and household products for member organizations. Organized in 1975, ONFC is member owned and operated. ONFC sells to both buying clubs and the commercial market.

Part of ONFC’s mandate is to help develop and maintain consumer food co-ops and buying clubs. It supports over 330 buying clubs in 100 communities across Central and Eastern Canada. Each buying club must be made up of at least 5 adult members; the average buying club has 10-15 families. ONFC calculates that through the buying clubs ONFC provides food for 6,000-10,000 individuals. In addition to helping groups set up buying clubs, they maintain a list of buying clubs and co-ops open to new membership. Members are provided with the Guide to Food-Buying Clubs. Co-ops and clubs invest in ONFC to finance the inventory, equipment, two trucks and the 33,000 square foot warehouse required for food distribution, as well as expenses associated with co-op education. Money is raised by a loan levy, currently 4% collected on each invoice. The first $10 of the levy goes to pay a nonrefundable membership fee required by provincial law. The rest of the loan is refundable upon group’s resignation as a member.

ONFC continues to work towards educating the public about the cooperative alternative. They produce a quarterly newsletter Food for Thought with information on food security issues, recipes, cooperative model education, event/conference information, permaculture, sustainable agriculture techniques and more. Through educating the public and maintaining its cooperative status, ONFC offers a solid example of an alternative distribution system.

For more information, contact: Kim De Lallo, Ontario Natural Food Co-op, 70 Fima Crescent, Etobicoke, ON M8W 4V9 Tel: (416) 503-1144 ext. 33 or 1-800-387-0354 Fax: (416) 503-2848 E-mail: onfc@pathcom.com

3.2.ii The Good Food Box

The "Good Food Box" program is a buying club with a centralized system of purchasing and distributing. Gleaned from self-help models and bulk-purchase consumer movements in countries like India, the Good Food Box program combines the economies of scale involved in bulk purchasing with extensive community involvement (MacAdam, 1995). Initiated in Canada by Toronto’s FoodShare, the Good Food Box program is a model for at least ten other food box programs across Ontario; several organizations in other Canadian urban centres have also initiated a Good Food Box program or are in the process of developing them.

Organized into groups of 8-10 individuals or families, customers pay a minimum of $15 in advance for a box. Community coordinators place the order collectively and three weeks later, receive a box of fresh fruit and vegetables at a lower price than if purchased at the supermarket (Morgan and Scharfe, 1998: 12). Coordinated by community agencies, staff buy fresh, top quality produce from wholesalers and, where possible, directly from local farmers. The food is then boxed by volunteers and delivered to pre-arranged community drop-off points. An informative newsletter is also included in the box, offering cooking suggestions, nutritional information, recipes and updates regarding the coordinating community agency (see Case Study 14).
3.2.iii Community Kitchens

Many food access projects do not fit into firm categories of purchasing, marketing, distribution or food production. As organizations experiment with methods to increase access to food, they tend to build on and combine existing models into new forms, encompassing several elements of the food system. Community kitchens provide such a case. Buying clubs and community kitchens may be subsidized by food distribution agencies. They may plant and harvest a community garden as a source of fresh vegetables. However kitchens obtain their food, they are emerging as a unique self-help approach that enables individuals to feed themselves and their families in a dignified manner.

Community kitchens are usually groups of four to six individuals who come together to share the cost of meal preparation. Most groups meet twice a month - first, to plan menus and grocery lists, and second, to cook five or six meals to take home to their families. Each group decides on the focus of the group, how it will run and what kind of food will be cooked. Although all community kitchens operate differently, they are often supported by community centres, churches or community organizations. In some cities,
community organizations coordinate the kitchens and train facilitators to lead them. Other groups are completely self-directed. There may be a community kitchen resource person linked to the local health department to help groups start up.

Canadians adopted the community kitchen model from Peru. In the late 1970s, inflation in Peru was so severe that food became unaffordable and malnutrition was rampant. Groups of poor urban Peruvian women took matters into their own hands; groups of 20-50 women would pool their resources to buy food in larger quantities, negotiate lower prices and cook for their communities in "comedores populares". In 1978, there were 100 kitchens; by 1989, there were 2,300; in 1998, there are approximately 10,000 kitchens feeding about three million people in cities all over Peru (Jibrin, 1998, 27). A 1992 study demonstrated that two-thirds of the comedores populares prepare meals covering 85 - 90% of daily caloric needs and a full days worth of protein; they reduce family food expenditure by 50% (study quoted in Jibrin, 1998). The comedores populares create a space for women to take on management and leadership roles while building a sense of community empowerment.

**Case Study 15 Regroupement des cuisines collectives du Québec**

Founded in 1990, Le Regroupement des cuisines collectives du Québec is a coalition promoting the emergence and consolidation of collective kitchens throughout the province. The coalition provides training, referral, information and networking services to its members. RCCQ represents its members to the media and funding agencies. It advocates for greater food security and gives the collective kitchen movement greater visibility throughout Quebec.

*For more information, contact: 1605 rue de Champlain, Montreal PQ H2L 2S5 Tel: (514) 529-3448 Fax: (514) 529-1359 E-mail: rccq@cam.org*

**Case Study 16 Community Kitchens Vancouver**

Sponsored by BC Gas in partnership with the Food Bank, REACH Community Health Centre and Vancouver Health Board, Community Kitchens Vancouver provides a model for a centralized resource person who works to develop community kitchens citywide. Working with over 45 kitchens the coordinator educates groups about the community kitchen model and how to start one plus workshops on canning and food preservation. This project is also exploring ways to hook community kitchens up with community gardens and farmers' markets initiatives. One of the goals of Community Kitchens Vancouver is to create a provincial network of the 140 plus community kitchens in BC; this process has just begun with a newsletter.

*For more information, contact: Diane Collins, 1145 Commercial Drive, Vancouver BC V5L 3X3 Tel: (604) 254-3300 Fax: (604) 254-8789 E-mail: massyn@uniserv.com*

Community kitchens play a similar role in Canadian communities. In 1986 Montreal established the first community kitchen in Canada. There are now over 300 community kitchens currently operating in the Province of Quebec (Van Isschot, 1996). There are more than 140 operating in British Columbia, while dozens more are sprouting up all across the country (Collins, 1998). In Toronto more than 70 community
kitchens have been established in the past few years (Barnard, 1997). The rapid growth of community kitchens speaks of their advantages. They provide an economical advantage as individuals pool their resources to buy in bulk and they ensure that families have nutritious food prepared at the end of the month when money may be low. Cooking several meals at once in a group not only saves time but also creates a space to socialize, talk and share. Fifty-seven percent of participants in a community kitchens in Kamloops, BC felt that the social benefits of the program were the greatest (Kalina, 1993). Community kitchens contribute to increased skills in cooking, improved self-esteem, increased access to nutritious food and enhanced social support system, making them part of a community solution to the global crisis in food management.

The role of community-based organizations in facilitating a collective move towards alternative methods of obtaining food varies both across communities and the range of strategies. In some cases, such as A SEED's CSA Network and Field to Table's Good Food Box Program, the community organization plays a central role in outreach, management and coordination. Likewise, community kitchens are mostly commonly hosted, coordinated and promoted by a community group. On the other hand, CSA enterprises, buying clubs or co-ops may often be the initiative of a family, a group of friends or another type of informal community group. Farmers' markets may be revitalized in the community due to farmers' initiatives or municipal planning. Alternative marketing and purchasing strategies are not the domain of community organizations. Rather community-based organizations are one of many groups who are engaging in and promoting a movement toward a more localized and equitable food system.
SECTION 3: ALTERNATIVE FOOD DISTRIBUTION – LIST OF CONTACTS

A SEED Quebec
3647 University, 3rd Floor
Montreal, PQ H3A 2B3
Tel: (514) 398-8969
Fax: (514) 398-8976
Email: aseed@cam.org
Elizabeth Hunter
A non-profit organization dedicated to research and public education. Its actions focus primarily on food security and ecological transportation projects. They are working in areas of fair coffee trade, community-supported agriculture and community gardening.

Alberta Farmers’ Markets
17507 Fort Rd
RR #6
Edmonton, AB T5B 4K3
Tel: (403) 415-2313/422-1789
Fax: (403) 422-6096
Simone Demers Collins
Centrally administers over 100 farmers’ markets in province. It provides information and resources on direct marketing.

Capital Health Region Prevention Services - Nutrition Program
3995 Quadra St.
Victoria, BC V8X 1J8
Tel: (250) 744-5120
Fax: (250) 479-3413
E-mail: lorie.way@caphealth.org
Lorie Way
Public health services provide support and resources for community kitchens and community gardens in the Greater Victoria region.

Child Hunger and Education Program
Room 210 - 230 Ave. R South
Saskatoon, SK S7M 0Z9
Tel: (306) 655-4635
Fax: (306) 655-5895
Karen Archibald
Established in 1989, CHEP is involved with school feeding programs, a traveling market, coordinating community kitchens, gardening a community patch, and operating a good food box program.

Collective Kitchens
Community Health Resources
Calgary Regional Health Authority
PO Box 4016
Station C, 320-17th Ave. SW
Calgary, AB T2T 5T1
Tel: (403) 228-7420
Fax: (403) 228-8212
A community nutritionist serves as central resource and coordinating person to help get community kitchen groups started and provide resources.

Collective Kitchens
Community Care and Public Health
Dickinsfield Amity House
9213-146 Ave.
Edmonton, AB T5E 2J9
Tel: (403) 478-5022
Fax: (403) 473-8979
Diane Thursby
Community nutritionist coordinates and provides support for community kitchens in Edmonton area.
Community Development Council of Quinte
C4-344 Front St.
Belleville, ON K8N 5M4
Tel: (613) 968-2466
Fax: (613) 968-2251
E-mail: cdc@lks.net
Web Site: www.lks.net/~cdc
Roni Summers
CDC coordinates and educates the public about Good Food and Good Lunch box programs, community allotment gardens, collective kitchens and food co-ops. They are part of a partnership project Planting Seeds for Change which builds and harvests school gardens for emergency food aid programs. They coordinate a gleaning project called Second Helping. CDC is an active member of the regional Task Force on Hunger and conducts anti-poverty research.

Community Kitchens Vancouver
1145 Commercial Drive
Vancouver BC V5L 3X3
Tel: (604)254-8300
Fax: (604)254-8789
Email: massyn@uniserv.com
Diane Collins
A partnership project with the health board to provide one central city resource on community kitchens.

Dartmouth Farmers' Market
Dartmouth Downtown Development Corporation
12 Queen St.
Dartmouth, NS B2Y 1E7
Tel: (902) 466-2997
Fax: (902) 465-2233
This producer-only market will be incorporated in the plan to build a "people place" on the Dartmouth waterfront.

Dartmouth Parents Resource Centre
47 Wentworth St.
Dartmouth, NS B2Y 2T1
Tel: (902) 464-2203
A family food resource with a soup kitchen, basic shelf program and community kitchen.

East Vancouver Farmers' Market
3242 Woodland Drive
Vancouver, BC V5N 3R4
Tel: (604) 879-3276
Fax: (604) 875-9631
Deborah Kahn
Initially a community economic development project, the market has flourished and now counts over 40 vendors, educational activities and strong community links.

Edmonton City Centre Church Corporation
#810-10117 Jasper Ave.
Edmonton, AB T5J 1W8
Tel: (403) 424-7543
Fax: (403) 425-5911
Gail Campos
This community-run organization is a member of the WECAN food co-op. It runs a community garden, works with a banner exchange and has a collective kitchen.

Field to Table
200 Eastern Ave.,
Toronto, ON M5A 1J1
Tel: (416) 363-6441
Fax: (416) 363-0474
Email: ft@web.net
Mary Lou Morgan
Field to Table runs a Good Food Box program with over 4000 boxes a month in addition to hosting food training projects and an incubator kitchen.

Food First
#200 – 107 Seventh St.
Brandon, MB R7A 3S5
Tel/Fax: (204) 729-0492
commonground@mb.sympatico.ca
A Healthy Communities initiative, this project offered hands-on experience creating and harvesting a garden, collectively cooking and starting a catering company.

FoodShare
238 Queen St. W.,
Toronto, ON M5V 1Z7
Tel: (416) 392-6653
Fax: (416) 392-6650
Email: fdshare@web.net
Debbie Field
With a comprehensive approach, FoodShare serves the community through community gardening, community kitchens, healthy baby and job training projects. It houses the Foodlink Hotline for all Metro Toronto food-related services and plays a significant advocacy and networking role in the region. It also hosts Toronto's Friends of Community Gardening advocacy group.

Gravenhurst Food Co-op
RR #2, Box 33A
Killworth, ON POE 1G0
Tel: (705) 689-2432
Fax: (705) 689-8856
This community group provides healthy low-cost food to the community as well as supporting other ventures such as a community kitchen and garden project.

Harvest Collective
877 Westminster Ave.,
Winnipeg, MB R3G 1B3
Tel: (204) 772-4359
Fax: (204) 786-5648
A food co-op with 200 members.
URBAN AGRICULTURE AND FOOD SECURITY INITIATIVES IN CANADA:
A SURVEY OF CANADIAN NON-GOVERNMENTAL ORGANIZATIONS

Healthiest Babies Possible
Vancouver/Richmond Health Board
2610 Victoria Drive
Vancouver, BC V5N 4L2
Tel: (604) 872-2511/877-4674
Fax: (604) 872-2368
Karin Schreurs, Christina Scheuer
A community health project working with low-income parents in the area of nutrition and lifestyles counseling. They coordinate a Good Food Bag program for 65 families and initiated a community gardening project in the summer of 1998.

Kamloops Food Share
South Central Health Unit
905 Southhill St.
Kamloops, BC V2B 729
Tel: (250) 372-0815
Fax: (250) 376-4708
Laura Kalina
FoodShare has programs in community kitchens, coordinates 4 community gardens, works with the food bank and spearheads a food policy group.

Life*Spin
360 Queens Ave.
PO Box 2801
London, ON N6A 4H4
Tel: (519) 438-8676
Fax: (519) 438-7983
E-mail: rbarrs@london.skyscape.net
Tara McDonald
Life*Spin is involved with numerous food security projects to combat hunger and malnutrition. In addition to the Green Market Basket, a food box initiative, Life*Spin has implemented a school food garden program. Life*Spin also hosts the London Food Security group.

Montreal Community Gardening Program
Recreation, Parks and Community Development Department
5319 Notre Dame de Grace Ave.,
Montreal, PQ H4A 1L2
Tel: (514) 872-6363
Fax: (514) 872-4585
The City of Montreal has 73 community gardens that are coordinated by the Recreation, Parks and Community Development Department. The City supplies land, equipment, water and technical support. The Botanical Department offers courses on organic gardening, and has youth and children's horticulture and natural science programs.

Nanaimo FoodShare
1125 Seafield Crescent
Nanaimo, BC V9S 4S1
Tel: (250) 753-7470
Trish Fitzpatrick
Nanaimo FoodShare coordinates programs in food sharing/donations, surplus gleaning, community kitchens and community gardens. It is also connected with hot meal and school nutrition programs.

Niagara Peninsula Homes Community Resources
178 King St., 3rd Floor
Welland, ON L3P 3J5
Tel: (905) 382-3461/788-0166
E-mail: babaker@niagara.com
Web Site: http://www.nphcr.on.ca
Betty Anne Baker
Niagara Peninsula Homes provides a forum for job training, nutrition and health education. It coordinates a Good Food Box program as well as initiating a community economic project for women entrepreneurs to market locally-processed food.

Ontario Farmers' Markets
75 Bayshore Rd, RR4
Brighton, ON KOK 1H0
Tel: (613) 475-4769/1-800-387-FARM
Fax: (613) 475-2913
A networking and information association for the 130 plus farmers' markets across the province.

Ontario Healthy Communities Coalition
1202-415 Yonge St.
Toronto, ON M5B 2E7
Tel: (416) 408-4841 / 1-800-766-3418
Fax: (416) 408-4843
E-mail: info@opc.on.ca
Web Site: www.opc.on.ca/ohcc

Ontario Natural Food Co-op
(Ontario Federation of Food Co-operatives and Clubs)
70 Fina Crescent
Etobicoke, ON M8W 4V9
Tel: (416)503-1144 ext. 33/1-800-387-0354
Fax: (416)503-2848
Email: onfc@pathcom.com
Kim De Lallo
This large co-op promotes alternative distribution of natural foods. It works with over 330 buying clubs and distributes across Ontario and Eastern Canada.

Planting Seeds Project
1035 Commercial Drive
Vancouver, BC V5L 3X1
Tel: (604) 255-1788
Fax: (604) 255-2270
E-mail: seeds@web.apec.org
A grassroots network of organic farmers and gardeners in British Columbia working to rescue viable organic seed varieties.

Regina Education and Action on Child Hunger (REACH)
Box 4482
Regina, SK S4P 3W7
Tel: (306) 347-3224
Fax: (306) 525-0107
Lee Beck
REACH's mission is to provide people with easily accessible food on a non-profit basis. They are members of the Regina Food Security Project. REACH coordinates the regional Good Food Box program.
Regina Home Economics For Living Project (HELP)
2156 Albert St.
Regina, SK S4P 2T9
Tel: (306) 347-7877
M. Lucille Saum
This group supports families in developing nutrition and home management skills; they coordinate a community kitchens project.

Regroupement des cuisines collectives du Québec
1605 rue de Champlain
Montreal, PQ H2L 2S5
Tel: (514) 529-3448
Fax: (514) 529-1359
Email: rccq@cam.org
A network of community kitchens throughout the province of Quebec.

Silver Mountain Food Group
RR #1 Nolalu, ON P0T 2K0
Tel: (807) 475-8761
Diana Bockus
This group works with 225 families organized into buying clubs. Food is local and natural. They deliver to a 450 kilometer radius in Northern Ontario.
SECTION 4. EMERGENCY FOOD DISTRIBUTION

Food insecurity is an increasing reality for many individuals in Canadian towns and cities. The problem of hunger does not appear to be abating in the late twentieth century, but rather the opposite. In March of 1997 the Canadian Association of Food Banks conducted their annual Hunger Count - 669,877 persons, representing 2.24% of the Canadian population, received emergency food aid from food banks in the one month alone (Hunger Count, 1997: 3). Food banks provide essential assistance to individuals and families in times of need.

The roots of hunger in Canada are complex and beyond the scope of this report. Suffice it to say lack of food does not cause hunger in Canada. It is a question of access, distribution and income. Causes are intricately linked with "the structural preconditions of poverty, inequality and powerlessness, all of which are increasing" (Riches, 1997: 53). A steady combination of social and economic restructuring and government agendas focused on deficit reduction and free trade has resulted in unemployment and unequal distribution of wealth (Riches 1997:54). The result is that many Canadians lack adequate income to purchase food through normal channels such as supermarkets. "Food is not equally available to all. Only wasted or unwanted food, much of dubious nutritional value, is handed out to the poor. Hunger is primarily a political issue and a matter of distributive justice" (Riches, 1997: 54).

Two broad community responses have emerged in Canada to counter food insecurity: those functioning as food assistance programs and those attempting to enhance the resources of low-income households through community development models (Davis and Tarasuk, 1996: 73). The food charity response has become an institution on the Canadian social landscape. A food bank was established in Edmonton in 1981 as a stop-gap measure against food insecurity. By 1995, the number of food banks had jumped to 480 (Riches, 1997: 49). The steady rise of charitable food banks as the primary institution providing food to those in need is the most obvious indicator of increasing levels of hunger in Canada. The increasing numbers also point out that the charity model has largely failed to mitigate the problem of hunger "because it does not have the capacity to address the deeper structural issues that have created the condition for poverty and hunger" (Toronto Food Policy Council, 1994: 7).

On one hand, food banks provide necessary emergency and supplementary relief to hungry people. "On the other hand, food banks tend to de-politicize the issue of hunger in Canada by undermining the governments' legislated obligations to guarantee adequate welfare benefits and by obviating the need for responsible public action. Food banks allow us to believe that hunger is being solved. This is not so" (Riches, 1997: 62-63). Hunger is more than a charitable concern, it is a matter for social and political action.

The second community response to personal food insecurity has focused on community development. Increasingly organizations working from a community development perspective are attempting to feed people through community food security programs. This approach complements the larger goal of changing the underlying structures. "This necessitates going beyond issues of social security reform and requires developing comprehensive policies, focused on rethinking full employment, supporting the renewal of green economies, developing food self-reliance and understanding food policy as health promotion" (Riches, 1997; 72).
Community food security programs seek to build on a community's self-reliance and resources in order to reduce its dependence on charitable food donations. It also does appear that charity institutions are re-evaluating their response to hunger. Food banks are increasingly working in partnership with community development organizations and implementing alternative food access programs such as community gardens or community kitchens. Food banks continue to play an essential role in helping individuals and families in times of need. Until other structures are in place, emergency food relief continues to serve a critical function.

Case Study 17 Canadian Association of Food Banks

The Canadian Association of Food Banks (CAFB) was established in 1988 as a national coalition of organizations that gather food for redistribution. In 1993, CAFB established a national Food Sharing System; all large donations of food are coordinated centrally to ensure that food is transported and distributed efficiently to member food banks. It also plays an advocacy, education and research role. CAFB gathers and disseminates information on food sources and fundraising to member organizations. Each year CAFB releases the Hunger Count, an assessment of the need for food across Canada. CAFB advocates for the hungry at a national level and acts as the primary liaison between food banks, industry and government. CAFB has an extensive resource library on issues related to poverty, hunger and food security. They produce a directory of food banks in Canada, public education materials and the Provisions newsletter.

For more information, contact: 530 Lakeshore Blvd. W, Toronto, ON M5V 1A5 Tel: (416) 203-9241 Fax: (416) 203-9244 E-mail: cafb@icomm.ca

Case Study 18 Cambridge Self-Help Food Bank

The Cambridge Self-Help Food Bank works with several food distribution methods. The primary model is based on a concept of membership and work in exchange for food. The Self-Help Food Bank provides bi-weekly hampers to members who have paid an $8 membership fee and completed 4 hours of work per month. Members work in the organization providing services such as administrative support, peer mentorship, and fundraising. This model currently provides 500 hampers a month to feed families with over 600 children. The food bank also operates an emergency hamper program. They provide supplementary food hampers four times a year and distribute 220 emergency hampers each month. In addition, the Self-Help Food Bank also coordinates a Good Food Box program in the region in partnership with the public health office and community centres. The organization sponsors healthy baby food projects, school nutrition enhancement programs, and referral/resource services. Moving beyond the charity model, the Cambridge Self-Help Food Bank illustrates a multi-faceted approach that many food banks are taking to ensure greater measures of food security.

For more information, contact: Pat Singleton, 56 Dickson St., Cambridge, ON N1R 1T8 Tel: (519) 622-6550 Fax: (519) 622-9070
SECTION 4: EMERGENCY FOOD DISTRIBUTION – LIST OF CONTACTS

Canadian Association of Food Banks
530 Lakeshore Blvd. W
Toronto, ON M5V 1A5
Tel: (416) 203-9241
Fax: (416) 203-9244
E-mail: cafb@icomm.ca
This national coalition of food bank organizations coordinates food distribution and plays an educational and advocacy role.

Kawartha Food Share
PO Box 1413
Peterborough, ON K9J 7A2
Tel: (705) 748-1680
Fax: (705) 748-1681
E-mail: kwic@pipcom.com
This network is developing a central warehouse to distribute food fairly amongst all local food banks, food cupboards and food action programs. This centre will offer users referrals and community resources.

Cambridge Self-Help Food Bank
56 Dickson St.
Cambridge, ON N1R 1T8
Tel: (519) 622-6550
Fax: (519) 622-9076
Pat Singleton
This food bank has three methods of food distribution - emergency hampers, membership program and Good Food Box. It also has a healthy baby project, school nutrition programs and referral services.

Winnipeg Harvest
1085 Winnipeg Ave.
Winnipeg, MB R3E 052
Tel: (204) 982-3666
Fax: (204) 775-4180
E-mail: harvest@xpressnet.com
Web Site: www.xpressnet.com/harvest
A food bank, this organization is networked with church groups, social agencies and community organizations in the Winnipeg area.
SECTION 5. FOOD EDUCATION AND SKILL DEVELOPMENT

Almost all non-governmental and community-based organizations linked to food security issues offer resources, information and educational opportunities to the public. Public awareness is crucial to the viability of alternatives to current food systems. Many organizations are available to give community workshops and presentations. It is common for organizations to partner and put on events such as roundtable, community tours, conferences, and lecture series open to the public. For example Oxfam-Canada's regional offices partner with community organizations across the country to raise awareness about local and global food systems on World Food Day each October 16th (see Case Study 19).

The Sustainable Urban Food Systems Conference hosted by Ryerson University with the support of the International Development Research Centre in May of 1997 is another excellent example. It was an event that brought together community, government and academic representatives to share information and build capacity in both Canadians and southern counterparts to work on food security issues.

Currently, there is considerable investment in young people at many levels of Canadian government. Grant support is given to organizations that are dedicated to training young people in the hands-on skills associated with community gardening, food production techniques, culinary training, environmental stewardship and community economic development. Groups such as LifeCycles, the Environmental Youth Alliance, Oxfam's Youth for Social Justice, and FoodShare all have programs for young people to learn about gardening and food production. Likewise, areas such as community kitchens and food preparation offer solid venues for skill development in low-income persons. FoodShare provides a leading example in this area with their "incubation model". Participants of training programs such as Focus on Food may form their own catering companies and work out of a large, fully equipped industrial kitchen that FoodShare provides at a low cost. Considering the level of necessity, the convergence of food action programs and skill development projects provides a strong foundation for educating about alternative food systems.

In addition to skills development programs for youth and adults, there are school programs coordinated and curriculum materials produced by, community-based organizations. Following the example of school yard greening that has been a strong movement in the United States, Canadian organizations are working with elementary and secondary schools to green school yards and create school food gardens. The Evergreen Foundation School Naturalization Program and LifeCycles' Growing Schools program are examples of organizations working with children, teachers, parents, School Districts, and Maintenance Unions to create food and native plant gardens in schools. There is also a growing resource base available for teachers to implement garden programs in their schools. (see Case Study 22).

It is somewhat difficult to separate food education out from the multitude of other activities that Canadian community organizations perform. The act of planting a garden builds skills. The opportunity to visit a community supported agriculture farm is educational. Education is a component of almost all food-action projects whether they are food banks, community kitchens, buying clubs or food policy organizations.
Case Study 19 Oxfam-Canada

Oxfam-Canada is an international development agency committed to the equitable distribution of wealth and power through fundamental social change. Food security is one of Oxfam-Canada's priority areas. Working through long standing relationships with community based organizations, Oxfam-Canada concentrates on local consumption vs. production for export, gender relations in the food system and access to land, credit and training.

In 1995, Oxfam-Canada merged with the World Food Day Association of Canada (WFDAC). Working out of ten offices across Canada, Oxfam spearheads World Food Day Activities each October 16th. For example, the Saskatoon office is collaborating with other community groups to organize week-long educational activities around food security issues. In this region, Oxfam has chosen the potato as an entry point for discussing issues of nutrition, access to food, the politics of food at a local and global level and the impact of international trade on food. Events range from a luncheon cooked by local chefs using potatoes grown by local producers to a public panel discussion on the role of food in community economic development and an evening drama and multi-cultural potluck cooked by a local immigrant society.

Beyond World Food Day, the Saskatoon Oxfam-Canada office is a partner in several other community food security initiatives. In partnership with Food Futures, Oxfam is developing a regional analysis of food security in Saskatchewan and drafting a regional action plan. In partnership with groups such as the Child Hunger and Education Program Oxfam-Canada has organized volunteers, purchased plots and solicited seed and tool donations to help build several community gardens. A fixture in ten Canadian cities, Oxfam-Canada is a community partner in initiatives such as these.

Looking at global food security issues, Oxfam-Canada has spearheaded fair trade initiatives across Canada. The Oxfam-Canada Vancouver Fair Fruit Initiative is using the banana as the focus of an educational campaign to raise awareness about the social, health and environmental impacts of the fruit trade. The long-term vision is to work in partnership with a Southern producers' cooperative to bring fairly traded fruit into British Columbia.

Oxfam-Canada links the Canadian situation to the global one through partnership initiatives in Africa and the Americas. The historic partnership between the National Farmers Union (NFU) and the Oxfam Global Agricultural Project has led to the linking of Canadian farmers and their communities with counterparts in developing countries. Oxfam-Canada also works in partnerships and projects overseas to improve food security in Africa and the Americas. Oxfam-Canada's program in the Americas stresses the importance of both production and distribution in achieving food security. They work with groups such as the National Union of Farmers and Ranchers (UNAG) of Nicaragua and the Central American Association of Peasant Organizations for Cooperation and Development (ASOCODE) among others to support women's roles in production. Food security is one of the common grounds upon which relationships in the North and South can be built. Oxfam plays a leading role in bridging local and global food security issues in communities across Canada.


For more information, contact: 300-294 Albert St., Ottawa, ON K1P 6E6 Tel: (613) 237-5236 Fax: (613) 237-0524 E-mail: enquire@oxfam.ca
Case Study 20  Environmental Youth Alliance (Vancouver)

The Environmental Youth Alliance (EYA) is a youth-driven collective dedicated to improving the social and ecological environment. In the early 1990s, EYA worked with community members to reclaim abandoned parkland and build the 3.5 acres Cottonwood Community Garden. This garden, contiguous with the nearby Strathcona Community Garden, provides space for both a demonstration garden and plots for residents of the Downtown East Side. Within the Youth Garden demonstration site is a native plant garden, herb garden and a permaculture forest. The site is complete with a native plant nursery, an espalier project and full composting facilities; the garden and its facilities have been designed and constructed by youth participants. In the spring and summer of 1998, EYA's Young Women Creating Change project worked with community partners to design and build a rooftop garden in the new VanCity Place for Youth. With roughly 30 planters, this garden of food producing native plants will be a place for relaxation and harvest. It is through the Youth Garden and other projects that EYA trains approximately 60 young people a year in land rehabilitation, alternative building techniques, organic growing methods and food production and use. Building on the 1995 North-South partnership Home Is Where We Live project, EYA is currently exploring partnership initiatives with southern counterparts in Mexico around food security issues.

For more information, contact: Doug Ragan or Susan Kurbis, PO Box 34097 Station D, Vancouver BC V6J 4M1 Tel: (604) 689-4463 Fax: (604) 689-4242 E-mail: laragan@hotmail.com

Case Study 21  Permaculture Community Action Worknet (Ontario)

The Permaculture Community Action Worknet (PCAW) is a non-profit corporation founded in 1995 and geared towards the promotion of permaculture in Eastern Canada. PCAW organizes regular courses and workshops to educate people about the principles and practices of permaculture, investigates and promotes alternative technologies and publishes a regular newsletter. PCAW offers week-long courses in design, synergistic agriculture and urban permaculture. The urban permaculture course covers topics such as the city as an ecosystem, maintaining bio-diversity, urban food production, green economies, alternative housing, appropriate technologies, convivial spaces and urban networks. As the permaculture approach is widely applicable, its principles are essential for any urban dweller who wants to achieve sustainability.

For more information, contact: Richard Griffith, 104 Bridlewood Blvd., Agincourt, ON M1T 1R1 Tel: (416) 497-5748 E-mail: mulchman@web.net
Case Study 22 LifeCycles (Victoria)

LifeCycles Project of Victoria, BC is a predominantly youth-driven organization. Their programs are geared towards the education and connection of youth with community through hands-on projects that work towards creating better local and global food security. A unique aspect of LifeCycles work, the combination of providing community service with youth skills development, won them a Canadian Best Practices Award in 1996 for youth and environment projects.

Through community partnerships and a mentorship learning model, young people deliver programs that create urban gardens, promote learning in their peers and the greater community about food, health and environmental issues as well as developing community economic development ventures in the micro food production and processing sector.

In the belief that working in partnership and through coordinated approaches are important, LifeCycles was instrumental in the creation of the Capital Region Food Roundtable and continues to be on the steering committee.

The following programs are part of LifeCycles' strategy to build capacity in Victorians to become more food secure:

- LifeCycles' Growing Schools Program was developed to meet the need of schools that wanted food gardens on school grounds to use as "outdoor classrooms". They successfully started 8 school gardens, and delivered workshops and assistance to over 400 students during the three seasons the program has been active. The Growing Schools Manual is a resource for developing gardens in schools.
- The HomeGrown Gardens are started in the backyards and balconies of low-income families. The demand for these gardens far outstrips the capability to put them in. In two seasons, the project has built over 50 gardens, and delivered workshops and follow-up instructional sessions
- CSA: Youth participants in the program grow produce, collect produce from local organic growers to put into a box delivery service, and promote CSA and Farmers' Markets. Victoria residents who are involved in the project receive a fresh box of locally grown organic produce on a weekly basis
- Sharing Backyards Program: People who live in apartment or rental properties with no access to land are linked with neighbours who have land to share by the Shared Backyard Program. There have been successful linkages for over 60 participants. Many partnerships are with land-poor students and seniors who need help to grow gardens due to physical limitations, but have a wealth of knowledge to share.
- The Hive Demonstration Site: The Hive is a busy place that demonstrates agro-ecological principles for food production and land management. Tours and workshops are given regularly to build community capacity to garden in an urban setting.

LifeCycles works with organizations in Rosario, Argentina (Sociedad21), Mexico City (Permaculture Institute of Mexico), and Montevideo, Uruguay (REDES and GJAE). They work with these organizations both through technical information exchanges, capacity-building exercises, and at the international policy development level. Delegations and intern placements in the partner organizations facilitate better understanding of international projects and contexts.


For more information contact: Linda Geggie, LifeCycles at 2175 Dowler Place, Victoria BC V8T 4H2, phone: (250) 383-5800, fax (250) 386-3449; e-mail: lifecycles@coastnet.com Web site: http://www.coastnet.com/~lifecycles/
SECTION 5: FOOD EDUCATION AND SKILL DEVELOPMENT - LIST OF CONTACTS

Clean Nova Scotia
PO Box 2528 Central
Halifax, NS B3J 3N5
Tel: (902) 420-3474/1.800.665.5377
Fax: (902) 424-5334
E-mail: hgordon@clean.ns.ca
Web Site: www.clean.ns.ca

Heather Gordon
This organization coordinates 30 educational programs; it runs a community garden, backyard composting and organic waste-management programs.

Ecological Agriculture Projects
MacDonald Campus, McGill University
Ste-Anne-de-Bellevue, PQ H9X 3V9
Tel: (514) 398-7771
Fax: (514) 398-7621
E-mail: info@eap.mcgill.ca
Web Site: http://eap.agrenv.mcgill.ca/

EAP collects, organizes and disseminates information, gives workshops, conducts research and provides analysis on sustainable agriculture. It has a library with extensive coverage of all aspects of farming and gardening.

Ecology Action Centre
1568 Argyle Street, Suite 31
Halifax, NS B3J 2B3
Tel: (902) 429-2202
Fax: (902) 422-6410
E-mail: eac_hfic@istar.ca

Thea Hammond-Wilson
They provide information, advice and workshops on starting and maintaining community gardens.

Environment Jeunesse
4545 Piere-de-Courbertin
Montreal, PQ
Tel: (514) 252-3061
This organization works with high school students giving workshops on compost, waste-management and organic food production.

Environmental Youth Alliance
PO Box 34097 Station D
Vancouver, BC V6J 4M1
Tel: (604) 689-4463
Fax: (604) 689-4242
E-mail: laragan@hotmail.com
Doug Ragan
A youth-driven environmental group, EYA focuses on skill-building through land reclamation and community/rooftop garden development.

LifeCycles
2175 Dowler Place
Victoria BC V8T 4H2
Tel: (250) 383-5800
Fax: (250) 386-3449
Email: lifecycles@coastnet.com
Web site: http://www.coastnet.com/lifecycles/

Linda Geggie
This community food security organization coordinates school gardening projects, community gardening training, a CSA cooperative, a demo site and the regional Food Roundtable.

Nova Scotia PIRG
Student Union Building
Dalhousie University
6136 University Ave.
Halifax, NS B3H 4J2
Tel: (902) 494-6662
Fax: (902) 494-5185
They coordinate a university garden, a food co-op and education on food security.

OPIRG Guelph
1 Trent Lane
Guelph, ON N1G 2W1
Tel: (519) 824-2091
Fax: (519) 824-8990
E-mail: opirg@uoguelph.ca

This permaculture action group has built a community garden.

Oxfam-Canada Calgary
233-10 St. NW
Calgary, AB T2N 1V5
Tel: (403) 270-2826
Fax: (403) 270-8832
E-mail: calgary@oxfam.ca

Oxfam-Canada Halifax
209-2099 Gottingen St.
Halifax, NS B3K 3B2
Tel: (902) 425-7677
Fax: (902) 425-7778
E-mail: hal@oxfam.ca
Shannon Lynch

Oxfam-Canada London
356 Queen Ave.
London, ON N6B 1X6
Tel: (519) 432-2123
Fax: (519) 432-4096
E-mail: lond@oxfam.ca
URBAN AGRICULTURE AND FOOD SECURITY INITIATIVES IN CANADA:
A SURVEY OF CANADIAN NON-GOVERNMENTAL ORGANIZATIONS

Oxfam-Canada Moncton
311-96 Norwood Ave.
Moncton, New Brunswick E1C 6L9
Tel: (506) 859-4256
Fax: (506) 859-7182
E-mail: moncton@oxfam.ca

Oxfam-Canada Saskatchewan
c/o Global Farmer's Project
National Farmers' Union
250 C 2nd Ave. S
Saskatoon, SK S7K 1M2
Tel: (306) 242-4097
Fax: (306) 664-6226
E-mail: sask@oxfam.ca

Oxfam-Canada St. John's
382 Duckworth St.
St. John's, NF A1C 1H8
Tel: (709) 753-2202
Fax: (709) 753-4110
E-mail: stjohns@oxfam.ca

Oxfam-Canada Toronto
1011 Bloor St. W
Toronto, ON M6H 1M1
Tel: (416) 537-6435
Fax: (416) 537-6435
E-mail: toronto@oxfam.ca

Oxfam-Canada Vancouver
2524 Cypress St.
Vancouver, BC V6J 3N2
Tel: (604) 736-9646
Fax: (604) 736-9646
E-mail: van@oxfam.ca
Jennifer Colson

Oxfam-Canada Victoria
1921 Fernwood Rd.
Victoria, BC V8T 2Y6
Tel: (250) 360-0799
Fax: (250) 388-5258
E-mail: vic@oxfam.ca

Permaculture Community Action Worknet
104 Bridlewood Blvd.
Agincourt, ON M1T 1R1
Tel: (416) 497-5746
Email: mulchman@web.net
Richard Griffith
This non-profit organization promotes permaculture education throughout Ontario and offers courses on permaculture, design, synergistic agriculture and its urban applications.

Public Interest Research Groups (PIRGs)
There are 16 PIRGs operating on university campuses across Canada. They are dedicated to community activism and are good resources on community activities related to food security.

QPIRG McGill
3rd Floor -3647 University St.,
Montreal, PQ H2A 2B3
Tel: (514) 398-7432
Fax: (514) 398-8976
E-mail: qpirg@uub.mcgill.ca
The Global Cooperation Network working group concentrates on local and global food security issues.

Stewards of Irreplaceable Land - SOIL
2876 Inez Drive
Victoria, BC V9A 2J1
Tel: (250) 381-2916
This is an organic farm apprenticeship program on British Columbia farms: minimum four week commitment in return for room and board.

The Garden Institute
Box 1406, #194, 3803 Calgary Trail
Edmonton, AB T6L 5M8
Tel: (403) 430-0538
Fax: (403) 434-7413
E-mail: rempel@gpu.srv.ualberta.ca
Sharon Remple
This institute promotes organic gardening through research and education. They offer courses in soil health, yard rejuvenation, heritage gardens, seed saving and medicinal plant usage.

Vancouver Island PIRG
Student Union Building, Rm.144
Box 3035, University of Victoria
Victoria, BC V8W 3R3
Tel: (250) 721-8629
Fax: (250) 721-8728
E-mail: vipirg@sol.uvic.ca
They run a food co-op, a university garden and a native-plants working group.

Willing Workers on Organic Farms
WWOOF Canada
RR #2, S. 18, C.9
Nelson, BC V8L 5P5
Tel: (250) 354-4417
Fax: (250) 352-3927
John Vanden Heuvel
This network of 250 organic farms across Canada take volunteers to work and learn in exchange for room and board. Registered members get a directory and contact hosts to arrange work periods. There are WWOOFING programs in 15 countries around the world.

Youth for Social Justice
RR#3, Belle River, PE COA 1B0
Tel: (902) 659.2570
E-mail: aaronk@isn.net
Aaron Kolezar
Working with Oxfam, YSJ received a training grant to establish a community garden in Charlottetown.
SECTION 6. FOOD NETWORKS AND POLICY ORGANIZATIONS

With food as a central issue, community groups are coming together in networks, coalitions and policy organizations to solve problems linked to hunger, nutrition and environmental degradation. While these functions are often blurred, networks provide an opportunity for organizations to share information on a common issue while coalitions are formed to take an advocacy position. Food policy organizations tend to bridge these roles providing the common ground for information sharing, advocacy and policy change.

Meeting to exchange information provides community stakeholders with an opportunity to learn the status of key areas of food insecurity within their regions. This information tends to propel the analysis of the causes of hunger, and eventually ideas for action. Networking provides the space to envision more holistic approaches and activities while forming partnerships across sectors. Canadian communities are coming into this process differently, employing a variety of tools and strategies for greater food security. What is certain is the increasing number of networks and coalitions, made up of a diverse body of actors, moving towards a common vision of a sustainable food system.

Organizations in Canadian municipalities have responded to food insecurity through emergency food services such as food banks, and through action initiatives such as community gardens. As they realized that change needed to occur in the larger framework rather than the system parts, communities started to approach food issues from a policy angle. "Food policy organizations are community, city or region-based groups which aim to improve the security of the local food system. It is a vehicle for food activists to undertake projects and programs which move toward a sustainable food policy" (Kneen, 1997: 40).

A food policy organization initiates, supports and connects projects and programs to policy development. Membership reflects most aspects of the food system to include producers, consumers, service providers, local government, business and health boards among others. These representatives contribute to the larger vision of community food security and allow for communication links across sectors. "Food policy organizations begin with a vision of a sustainable and just food system. They insist that food policy must be based on the visions expressed in the range of projects that they foster" (Kneen, 1997: 47). Action is aimed across the full spectrum of food issues - production (community gardening, CSAs), processing (research in local processing systems), distribution (buying clubs, farmers' markets, food banks), waste reduction (composting) and policy (working with governments to create direction for local food policy).
Case Study 23 FarmFolk/CityFolk (British Columbia)

FarmFolk/CityFolk (FF/CF) is a non-profit networking and information resource for individuals and organizations concerned about food, agriculture, health and the environment. Established in 1993, it focuses on local British Columbia food production and consumption, promotes research on food issues and acts as a clearinghouse.

FarmFolk/CityFolk offers an important service to the public. The office hosts an extensive library on food issues, runs a list serve and produces a quarterly 16 page newsletter filled with information on agricultural policy, events, and project updates. FarmFolk/CityFolk organizes several “Food-Land Connections” directories: Linking Land and Future Farmers brings together those who have spare land and organic farmers; Garden and Land Access Directory links small scale land owners with gardeners; and Agriculture Land Use Resource documents large scale production sites. FarmFolk/CityFolk houses a database of food security organizations, community-supported agriculture initiatives, organic delivery enterprises and community garden projects in British Columbia.

Many FarmFolk/CityFolk activities focus on education and research. To raise public awareness, FarmFolk/CityFolk host a number of workshops, events and conferences. Each year FarmFolk/CityFolk organizes “Feast of Fields” and “Granville Island Market After Dark” to bring together chefs, restaurateurs, diners and local farmers in celebration of British Columbia food production. FarmFolk/CityFolk facilitate action research on the food supply and distribution systems. Some FF/CF projects include: a baseline study of British Columbia’s food system looking at all aspects of the current regional food distribution, the Vancouver Food History Project on the historical development of the regional food system and a Food Miles Project which tracks the path of three fruits and three vegetables as they make their way to British Columbia.

FarmFolk/CityFolk are currently working to translate their analysis of the food system into action. Working in partnership with health boards and emergency food sector among others, FarmFolk/CityFolk have spearheaded the Vancouver Food Policy Organization and are now facilitating the development and network of local food policy organizations in forty British Columbia communities. The organization coordinates a Think-Tank; its current objectives are to contribute to the Ministry of Agriculture’s Agri-Food Policy and to produce an implementation plan in the form of a business plan in collaboration with the industry and community.

FarmFolk/CityFolk plays an umbrella role for other project initiatives providing in-kind support, direction and infrastructure. It worked with the community to organize the Colony Farm Regional Park Community Gardens project; seven acres have been set aside for use as community gardens and a permaculture demonstration site. FarmFolk/CityFolk sponsored the innovative The Living Wall Project, 15 youths gained hands-on training in designing and building a vertical garden as well as confidence and creativity.

The long-term goal of FarmFolk/CityFolk is the establishment of a sustainable food system throughout the Pacific Northwest. It has produced an important publication A Baseline For Food Policy in British Columbia. FarmFolk/CityFolk play a key role in the growing understanding of British Columbia’s food system.

For more information, contact: Herb Barbolet, #208-2211 West 4th Ave., Vancouver, BC V6K 4S2. Tel: (604) 730-0450 or toll free for BC 1-888-730-0452 Fax: (604) 730-0451 E-mail: office@ffcf.bc.ca List serve: ffcf-l@alternatives.com (send a blank message with “subscribe” in the subject heading) Web Site: www.ffcf.bc.ca
Case Study 24 Earth Keeping (Edmonton)

Initiated in 1973, Earth Keeping is made up of over 250 farm families and city folks advocating for a food and agricultural system which reflects justice, stewardship and compassion in food production, distribution and consumption. Their activities include research and policy development on food issues such as land use, environmentally sustainable agriculture, trade, food security and maintaining family farms. Another focus is public education that seeks to link food producers and consumers, to examine the relationship between consumer choice and sustainability and to encourage community-based solutions. They work in partnership with Agriculture Forum, a network of agriculture organizations and with the Alberta Environment Network.

For more information, contact: #205, 10711 - 107 Ave., Edmonton, AB T5H 0W6 Tel: (403) 428-6981 Fax: (403) 428-1581 E-mail: earthkp@web.net

Case Study 25 Scarborough Hunger Coalition

The Scarborough Hunger Coalition (SHC) is the united voice of the Scarborough community against hunger. The network is broad with over 100 members including representatives from communities, health departments, churches, hospitals, and school boards. The coalition is linked with food bank activities, community gardens, community kitchens, food-buying clubs and a gleaning project. Last year SHC received funding to study hunger in the Scarborough area; this research is being used to lobby the city council for increased support and action.

For more information, contact: Janice Stoveld, #500 - 55 Town Centre Court, Toronto, ON M1P 4X4 Tel: (416) 396-7450 Fax: (416) 396-5299 E-mail: Fulton@city.scarborough.on.ca
Case Study 26 Toronto Food Policy Council

A 21-member sub-committee of the Toronto Board of Health, the Toronto Food Policy Council (TFPC) was established in 1990 to facilitate collective action on food-based issues. The membership includes representatives from large food corporations, conventional and organic farms, cooperatives, unions, social justice and faith groups and City Council. This group, along with three full-time staff people, has produced an action-oriented council with innovative projects.

TFPC is a facilitative body. They produce a series of discussion papers to encourage discourse and action on food issues. The TFPC has worked to find ways to reduce food bank dependence; helped communities raise funds for food access projects; influenced governments to direct funds toward food, educated citizens about healthy food choices, and aided groups in establishing new economic opportunities. TFPC produces a newsletter, offers speakers programs, coordinates food security events, and conducts food system research. Current projects include coordinating the conference Feeding the City and working with FoodShare to catalogue all food projects in Metro Toronto for the purpose of providing the public with the FoodLink Hotline.

Such initiatives are backed by longer-term efforts to develop policies at a municipal and provincial level that will support Ontario farmers and provide quality food to urban dwellers. The TFPC was instrumental in creating the Interdepartmental Working Group on Urban Food Production to assess municipal capacities in increasing food production in the city. Recommendations to this effect were passed by the Council in 1993; implementation is ongoing. The success to which the TFPC has spearheaded innovative food-access initiatives, supported a diversity of community organization, contributed to network development and put food security on the political agenda makes it a model for municipalities across North America.

For more information, contact: Sean Cosgrove or Rod MacCree, 277 Victoria St., Suite 203, Toronto, ON M5B 1W1 Tel: (416) 392-1107 Fax: (416) 392-1357 E-mail: fpc@web.net

Kenneth Dalhberg summarizes a process for developing a community food policy organization (Dalhberg, 1994). While each community will adopt a different development and action strategy, all groups make decisions about structure, staff, membership, funding, leadership and evaluation processes. Peterborough, Ontario has a food policy action group that is informal and has no paid staff beyond contract positions. In contrast, the Toronto Food Policy Council is a 21-member sub-committee of the Board of Health, complete with three full-time paid employees and an action-oriented structure with two main working groups (Community Development and Advocacy and Urban Rural Working Group). While Dalhberg's research supports the observation that food policy organizations with consistent staff and budgets are the most successful, Brewster Kneen states that food policy organizations can be effective through volunteer or contract work or when policy work is part of other paid work. To this end, all food policy organizations in Canada are linked to the district health boards. These often house key players who take on key lead roles and provide invaluable resources in terms of staff time and overhead costs.

Regardless of size and development process, food policy organizations play a catalytic and facilitative role. Once secured, project ownership is transferred to community organizations. The larger role of food policy organizations is to make clear the connection between projects and policy, deal with the cause and effect of hunger and work toward both long and short term changes in community food security.
Case Study 27 Prince George Food Security Network

Serving a wider population of 80,000, the Prince George Food Security Network (PGFSN) is moving towards constructing an alternative food system in the Northern Interior of British Columbia. Almost two years old, the network is made up of health board representatives, academics, faith groups, farmers, consumers, students and hungry citizens.

PGFSN holds monthly meetings, conducts community needs assessments, produces a newsletter and a lecture series, and supports food action projects that build local food security. These projects include establishing the Prince George Community Gardening Society, developing community kitchens and food-buying clubs, supporting Community supported agriculture farms and establishing a permanent site for the local farmers' markets. Currently, PGFSN is working with FarmFolk/CityFolk on a one-year baseline studies project to support BC communities in their endeavors to coordinate local food systems. With their membership rapidly expanding, the PGFSN provides a model for unifying the many actors in the area of food security, linking together rural and urban communities across a large geographic area.

For more information, contact: Joanne Houghton, PO Box 1078, Mackenzie BC V0J 2C0 Tel: (250) 997-3367 Fax: (250) 997-5551 E-mail: houghton@perf.bc.ca

Case Study 28 Toronto Food Research Network (TFRN)

Toronto Food Research Network (TFRN) was formed in August 1995 by a number of practitioners, researchers, and academics who share a research interest in food security. Food security, simply defined as the right of all people, at all times, to personally acceptable nutritious food, in a manner that respects their dignity, has long been a global issue. Concerned with the increasing threats to food security in our communities, TFRN members decided to get together once a month to share research findings, exchange information, and develop joint research and teaching initiatives for food security (in an informal and cooperative setting). TFRN has been organizing monthly meetings during fall 1995 and spring 1996. Currently it has over 75 members. Ryerson Food Research Network has been hosting the meetings.

For more information contact: Jennifer Welsh, School of Nutrition, Consumer and Family Studies at Ryerson (Phone: 979 5000 ext: 6931, e-mail: jw@acs.ryerson.ca), or Mustafa Koc, Dept. of Sociology, Ryerson (Phone: 979 5000 ext: 6210 e-mail: mkoc@acs.ryerson.ca). Website: www.acs.ryerson.ca/~foodsec
SECTION ©: FOOD NETWORKS AND POLICY ORGANIZATIONS – LIST OF CONTACTS

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<tr>
<th>Organization Name</th>
<th>Address</th>
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<th>Tel/Fax</th>
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<td>PO Box 145</td>
<td>Barrie, ON</td>
<td>L4M 4S9</td>
<td>(705)</td>
<td>725-1818</td>
<td></td>
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<tr>
<td>Earth Keeping</td>
<td>#205, 10711 - 107 Avenue</td>
<td>Edmonton, AB</td>
<td>T5H 0W2</td>
<td>(403)</td>
<td>428-6981</td>
<td><a href="mailto:earthkpg@web.net">earthkpg@web.net</a></td>
</tr>
<tr>
<td>Farm Folk/City Folk</td>
<td>#208-2211 West 4th Ave.</td>
<td>Vancouver, BC</td>
<td>V6K 4S2</td>
<td>(604)</td>
<td>730-0450/1-888-730-0452</td>
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<tr>
<td>Food For Change</td>
<td>340 rue MacClaren St.</td>
<td>Ottawa, ON</td>
<td>K2P OM6</td>
<td>(613)</td>
<td>563-0163</td>
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<tr>
<td>Food Futures</td>
<td>Room 210 - 230 Ave. R South</td>
<td>Saskatoon, SK</td>
<td>S7M 0Z9</td>
<td>(306)</td>
<td>655-4635</td>
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<td>Food Security Working Group</td>
<td>468 Queen St. E, Suite 202</td>
<td>Toronto, ON</td>
<td>M5A 1T7</td>
<td>(416)</td>
<td>367-3313/1-800-267-6817</td>
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<tr>
<td>Global Network on Food Security</td>
<td>130 Slater St., Suite 900</td>
<td>Ottawa, ON</td>
<td>K1P 6E2</td>
<td>(613)</td>
<td>232-5751</td>
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<tr>
<td>Kitchener/Waterloo Food Security Coalition</td>
<td>3rd Floor - 99 Regina St.,</td>
<td>Waterloo, ON</td>
<td>N2J 4B3</td>
<td>(519)</td>
<td>883-2110</td>
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<tr>
<td>Linking Land and Future Farmers</td>
<td>Box 807</td>
<td>Sooke, BC</td>
<td>VOS 1N0</td>
<td>(250)</td>
<td>642-3671</td>
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<td>Peterborough Food Policy Action Committee</td>
<td>10 Hospital Drive</td>
<td>Peterborough, ON</td>
<td>K9J 8M1</td>
<td>(705)</td>
<td>743-1000</td>
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<tr>
<td>Ursula Lipski</td>
<td>A provincial level policy group for food security</td>
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©: CANADIAN NON-GOVERNMENTAL ORGANIZATIONS AND FOOD SECURITY INITIATIVES IN CANADA:
A SURVEY OF CANADIAN NON-GOVERNMENTAL ORGANIZATIONS

This is a network of over 250 farm families and city folks advocating for a just food and agricultural system. Their activities include education, research, and policy development on food issues.

This network aims to promote community action linked to global discussion on food security. Canadian members of the GNFS are Canadian Food Grains Bank, CHF-Partners in Rural Development, Indigenous Peoples Bio-diversity Network, National Farmer's Union, OXFAM, Rural Advancement Foundation International, and United Nations Association Canada.

This food security coalition brings together community gardens, good food box programs, CSAs, farmers' markets and nutrition for learning programs in the region.

This organization seeks to link up landowners with unused land and organic farmers looking for a place to farm in the South Vancouver Island area.

The Food Policy Action Committee is linked with alternative food distribution programs in the region such as community gardens, gleaning projects, food lending cupboards, collective kitchens, good food box programs, pre-natal nutrition programs, CSAs and breakfast clubs for children.
Prince George Food Security Network  
PO Box 1078  
Mackenzie BC V0J 2C0  
Tel: (250) 997-3367  
Fax: (250) 997-5551  
Email: houghton@perf.bc.ca  
Joanne Houghton  
The PGFSN brings together key actors to support an alternative food system through networking, research, public education and community action. The network include representatives from the community gardens community kitchens, food buying clubs, community-supported agriculture farms, and farmers market sectors.

Red Cross Task Force on Hunger  
1623 Yonge St.  
Toronto, ON M4T 2A2  
Tel: (416) 480-2500  
Dennis Fair  
Metro Toronto Red Cross is involved with numerous food programs and services in the areas of food banks, community gardens, healthy babies and community kitchens. The Task Force has been looking at issues of community access to resources, improving communication between community organizations, initiating additional alternative anti-hunger programs and supporting the idea of a regional food information clearinghouse.

Scarborough Hunger Coalition  
#500 - 55 Town Centre Court  
Toronto, ON M1P 4X4  
Tel: (416) 396-7450  
Fax: (416) 396-5299  
Email: Fultony@city.scarborough.on.ca  
Janice Stoveld  
The Scarborough Hunger Coalition (SHC) has over 100 members representing communities, health departments, churches, hospitals, and school boards. It is linked with food bank activities, community gardens, community kitchens, food buying clubs and a gleaning project.

St. John's Food Security Network  
PO Box 344  
Tor Bay, NF A1K 1E4  
E-mail: astapenhurst@nf.sympatico.ca  
Tel: (709) 437-5680  
This volunteer organization deals with food advocacy and food policy. They coordinate an organic co-op and projects on food production. They work on fisheries issues and are partnered with Oxfam.

Thunder Bay Food Action Network  
c/o Thunder Bay District Health Unit  
999 Balmoral St.  
Thunder Bay, ON P7B 6E7  
Tel: (807) 625-5900  
Janice Piper  
This network is linked with numerous food action programs in Thunder Bay food banks, community gardens, community-supported agriculture projects and prenatal programs.

Toronto Food Research Network  
Centre for Studies in Food Security  
350 Victoria St.  
Toronto, ON M5B 2K3  
Tel: (416) 979-5000 ext. 6210  
Fax: (416) 979-5273  
Email: mkoc@acs.ryerson.ca  
Web Site: www.acs.ryerson.ca/~foodsec/tfn  
Mustafa Koc  
A network of over 100 members, mainly in the Toronto region, drawn from universities, government and community, engaged in research, practice and debate on issues related to food security.

Toronto Food Policy Council  
277 Victoria St., Suite 203  
Toronto, ON M5B 1W1  
Tel: (416) 392-1107  
Fax: (416) 392-1357  
Email: fpc@web.net  
Sean Cosgrove  
The Toronto Food Policy Council facilitates policy discussion and collective action on food issues. TFPC produces a newsletter, offers speakers programs, coordinates food security events, and conducts food system research. TFPC also produces discussion papers on food issues.

Vancouver Policy Organization  
c/o FarmFolk/CityFolk  
#208-2211 West 4th Ave.  
Vancouver, BC V6K 4S2  
Tel: (604) 730-0450  
Toll free for BC: 1-888-730-0452  
Fax: (604) 730-0451  
E-mail: office@ffcf.bc.ca  
This advocacy group networks with key stakeholders to produce analyses, action and policy for the Greater Vancouver Regional District food system.
CONCLUSION

Urbanization continues to build steam as we near the new millennium. With this monumental shift to living predominantly in cities, there is a growing awareness of the accompanying interfacing concerns of environmental health, poverty, hunger and food security. The concept of productive and sustainable cities is being promoted by a growing number of constituents. In particular, people are coming together and taking proactive approaches to providing innovative solutions that address challenges within our current food system. Communities are seeking to retain a focus on community, meet the needs of low-income people, build self-reliance, encourage the development of local agriculture and view food as part of a system. Collectively these actions represent a movement toward building community food security.

As illustrated throughout this report, community-based organizations are active in a wide variety of spheres. The strength of these organizations is primarily in their ability to play umbrella roles for grassroots activities, spearhead or incubate new food action strategies, provide training opportunities, inform the public or facilitate a community voice in policy development. Traditionally independent community groups have organized the production of food through gardening. Rapid growth of community gardens across Canadian cities is propelling community associations to undertake advocacy roles to ensure the viability of this movement. As the concepts of urban food production and food security gain ground, taking wider scope, coordinating roles is an area of potential growth for community organizations. Although there are still challenges around the awareness about and legitimacy of urban agriculture and its role in food security, there is also plentiful opportunity and interest in an expansion of research on appropriate technologies for food production and diverse distribution systems in cities.

Some notable examples of current community-based initiatives that show real promise and also the scope that can be achieved through community organizing are Good Food Box programs, and Community Kitchens. The exponential growth of programs like the Good Food Box in the last 4 years in Toronto, and its expansion to over 10 communities in Ontario, highlights the critical niche community organizations are filling. Continued growth in alternative distribution mechanisms, such as CSAs, Farmers' Markets or Good Food Box programs, is anticipated. As well we will continue to see the proliferation of urban production in community gardens and further creation of more demonstration facilities and training programs. Community organizations will play a central public outreach and coordinating role.

Both a strength and a challenge for community organizations is the ability to network across a wide spectrum of actors. Projects, initiatives and organizations tend to be independent, and often duplicated. The proliferation of food roundtables and food policy councils visibly points to an increasingly coordinated pattern of community analysis and response to overall food systems. It mirrors and builds upon the comprehensive approach that many community organizations have adopted at a grassroots level. Food policy work clearly holds potential for community organizations to work in close partnership with local governments to achieve mutual goals.

Within all of this promise and activity exists a serious problem, that of the ability of community organizations to achieve long-term organizational viability. Funding is always tenuous, often based on concrete projects and outcomes and linked to the political agenda of the day. As core funding is difficult
to obtain, considerable energy goes into securing funding on a project-to-project basis. Resources and staff time are spread thinly; volunteer contribution enables many programs to function. Until community food security is viewed as a legitimate political concern and the central role of community organizations acknowledged, community organizations will continue to fight for their survival each year.

A stabilizing factor is that some organizations strengthen community activities with partnerships. The degree to which community organizations work in partnership with academia, the private sector, government or southern counterparts varies considerably. While there are links between academia and community organizations, as illustrated by the efforts of the Toronto Food Research Network, partnership endeavors with academic institutions do not appear to be a priority of most community organizations. While service and action are the key elements of community organizations, the movement toward policy-level strategies may bring community groups in greater contact with academic perspectives and government at all levels.

Private sector partnerships also seem to be growing as more integrated approaches are seriously considering economic variables within the larger social and environmental agenda. Community Economic Development (CED) is not only being seen as a community-based development strategy but also a way to achieve greater organizational viability. The jury is still out as to whether mixing revenue-generating activities within programs is prudent. However, it is an avenue that is being seriously considered by more and more groups. This is resulting in a cultural shift for community-based organizers as they see socially responsible businesses as not only logical partners, but also as frameworks for programs.

It is clear that most organizations are working in partnership with similar and complimentary organizations locally, regionally and nationally. Some organizations have formed partnerships with southern organizations. LifeCycles, OXFAM and FoodShare have worked in conjunction with Latin American organizations, conducting exchanges and sharing information. Other groups are focused primarily on the immediate communities they serve. The potential and success of international work relies on funding, organizational principles and staff capacity. Partnership projects have proven to bring a global perspective to local initiatives as well as allowing for a transfer of skills and technologies between the partner groups. As urban poverty increases in Canada, Southern counterparts who have been working at the community level on hunger issues may be solid sources for adaptable models and strategies.

Overall there appears to be a scarcity of research conducted on the community contribution to food security. Directories like this one exist in some areas at the local level. For example in Victoria, B.C. there is both the Hunger Barometer which presents data regarding local and national emergency food distribution demand and serving local agencies, as well as the Bioregional Organic Food Guide which lists local producers, farmgate sales, farmers markets, CSA programs, organic food restaurants, retail outlets, and advocacy and training organizations. Although most organizations do evaluations of individual programs, as a rule there is little comprehensive data about the scope or of the long-term effectiveness of food security-related projects.

A community food security approach is gaining ground in Canadian cities and towns. It is in its infant stages. Across Canada there is an increasing awareness of the need for a multifaceted approach to food
security that incorporates issues of access, production, distribution and sustainability. As this report illustrates, there is a diversity of action at the community level. Resources such as this report, and continued efforts to share information and work together, will strengthen the capacity of community organizations to proceed with their valuable work.
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Community Gardening


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Kuhn, Monica. 1995. "Rooftop Resource." City Farmer Website: www.cityfarmer.org

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Smith, Graeme. Date Unknown. "Farmers on the rooftop: Three young entrepreneurs explore a new frontier in agriculture". Publishing location unknown.

Urban Food Production Technologies


Alternative Marketing - Community-Supported Agriculture


URBAN AGRICULTURE AND FOOD SECURITY INITIATIVES IN CANADA:
A SURVEY OF CANADIAN NON-GOVERNMENTAL ORGANIZATIONS


Alternative Marketing - Farmers' Market


Alternative Purchasing


Community Kitchens


**Food Policy Organizations**


APPENDIX I: DIRECTORY OF ORGANIZATIONS BY REGION

Regions: British Columbia, Prairies, Ontario, Quebec, the Maritimes, and National.

This directory lists organizations regionally and alphabetically and indicates the report section (if applicable) where other organizations engaged in similar activities are discussed. Each entry contains the organization name, address, phone, fax, and where available, an e-mail address, web site, contact person, and a brief description of the organizational activities. This list is by no means exhaustive.

BRITISH COLUMBIA

British Columbia Direct Marketing Association  
Building 20, 8801 E. Saanich Rd.  
Sydney, BC V8L 1H3  
Tel: (250) 656-0941  
Email: brent.warner@gems8.gov.bc.ca  
Web Site: www.agf.gov.bc  
Coordinates direct marketing in three British Columbian regions.

City Farmer  
#801 - 318 Homer St.  
Vancouver BC V6B 2V3  
Tel: (604) 685-5832  
Hotline: (604)736-2250  
Email: cityfarm@interchange.ubc.ca  
Web Site: www.cityfarmer.org  
Michael Levenston  
City Farmers hosts the compost education and demonstration garden for the City of Vancouver. It is also the home of Canada's Office of Urban Agriculture.

Capital Health Region Prevention Services - Nutrition Program  
3995 Quadra St.  
Victoria, BC V8X 1J8  
Tel: (250) 744-5120  
Fax: (250) 479-3413  
Email: lorie.way@caphealth.org  
Lorie Way  
Public health services provide support and resources for community kitchens and community gardens in the Greater Victoria region.

Community Gardens in British Columbia  
http://www.cityfarmer.org/vanccomgard83.html  
A list of community gardens in the Greater Vancouver region and the City of Victoria. Each listing indicates the garden location, contact person, garden size and charges, if applicable.

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Community Kitchens Vancouver
1145 Commercial Drive
Vancouver BC V5L 3X3
Tel: (604)254-8300
Fax: (604)254-8789
Email: massyn@uniserv.com
Diane Collins
A partnership project with the health board to provide one central city resource on community kitchens.

Section 3

East Vancouver Farmers’ Market
3242 Woodland Drive
Vancouver, BC V5N 3R4
Tel: (604) 879-3276
Fax: (604) 875-9631
Deborah Kahn
Initially a community economic development project, the market has flourished and currently counts over 40 vendors with educational activities and strong community links.

Section 3

Environmental Youth Alliance
PO Box 34097 Station D
Vancouver BC V6J 4M1
Tel: (604) 689-4463
Fax: (604) 689-4242
Email: laragan@hotmail.com
Doug Ragan
A youth-driven environmental group, EYA focuses on skill-building through land reclamation and community/rooftop garden development.

Sections 1, 2, 5

Farm Folk/City Folk
#208-2211 West 4th Ave.,
Vancouver, BC V6K 4S2
Tel: (604)730-0450/1-888-730-0452 (BC only)
Fax: (604)730-0451
Email: office@ffcf.bc.ca
List serve: ffcl-t@alternatives.com (send a blank message with "subscribe" in the subject heading)
Web Site: www.ffcf.bc.ca

Section 6

Healthiest Babies Possible
Vancouver/Richmond Health Board
2610 Victoria Drive
Vancouver BC V5N 4L2
Tel: (604) 872-2511/877-4674
Fax: (604) 872-2368
Karin Schreurs, Christina Scheuer
A community health project working with low-income parents in the area of nutrition and lifestyles counseling. They coordinate a Good Food Bag program for 65 families and initiated a community gardening project in the summer of 1998.

Section 3

Kamloops Food Share
South Central Health Unit
905 Southill St.
Kamloops, BC V2B 7Z9
Tel: (250) 372-0815
Fax: (250) 376-4708
Laura Kalina
FoodShare has programs in community kitchens, coordinates 4 community gardens, works with the food bank and spearheads a food policy group.

Section 3

Kootenay Permaculture Institute
Permaculture and Organic Agriculture Training Program
Box 43, Winlaw, BC V0G 2J0
Tel/Fax: (250)226-7302
Email: lynx@netidea.com
Offers 6 month courses in permaculture design and techniques in planning, producing, harvesting and marketing an organic garden.

Section 2

Section 1: Urban Food Production
Section 2: Urban Food Production Technologies
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Section 5: Food Education and Skill Development
Section 6: Food Networks and Policy Organizations
Urban Agriculture and Food Security Initiatives in Canada: A Survey of Canadian Non-Governmental Organizations

LifeCycles
2175 Dowler Place
Victoria BC V8T 4H2
Tel: (250) 383-5800
Fax. (250) 386-3449
Email: lifecycles@coastnet.com
Web site: http://www.coastnet.com/lifecycles/
Linda Geggie
This community food security organization coordinates school gardening projects, community gardening training, a CSA cooperative, a demo site and the regional Food Roundtable.
Sections ①, ⑤

Linking Land and Future Farmers
Box 807
Sooke, BC V0S 1N0
Tel/Fax: (250) 642-3671
This organization seeks to link up landowners with unused land and organic farmers looking for a place to farm in the South Vancouver Island area.
Section ⑥

Nanaimo FoodShare
1125 Seafield Crescent
Nanaimo, BC V9S 4S1
Tel: (250)753-7470
Trish Fitzpatrick
Nanaimo Foodshare coordinates programs in food sharing/donations, surplus gleaning, community kitchens and community gardens. It is also connected with hot meal and school nutrition programs.
Section ④

Oxfam-Canada Victoria
1921 Fernwood Rd.
Victoria, BC V8T 2Y6
Tel: (250) 360-0799
Fax: (250) 388-5258
Email: vici@oxfam.ca
Section ⑤

Oxfam-Canada Vancouver
2524 Cypress St.
Vancouver, BC V6J 3N2
Tel: (604) 736-7678
Fax: (604) 736-9646
Email: van@oxfam.ca
Jennifer Colson
Section ⑤

Planting Seeds Project
1035 Commercial Drive
Vancouver, BC V5L 3X1
Tel: (604) 255-1788
Fax: (604) 255-2370
E-mail: seeds@web.apc.org
A grassroots network of organic farmers and gardeners in British Columbia working to rescue viable organic seed varieties.
Section ④

Prince George Food Security Network
PO Box 1078
Mackenzie BC V0J 2C0
Tel: (250) 997-3367
Fax: (250) 997-5551
Email: houghton@perf.bc.ca
Joanne Houghton
The PGFSN brings together key actors to support an alternative food system through networking, research, public education and community action. The network include representatives from the community gardening, community kitchens, food buying clubs, community-supported agriculture farms, and farmers market sectors.
Section ⑤

Stewards of Irreplaceable Land - SOIL
2876 Inez Drive
Victoria, BC V9A 2J1
Tel: (250) 381-2916
This is an organic farm apprenticeship program on British Columbia farms: minimum four week commitment in return for room and board.
Section ⑤
The Urban Farm
1032/1038 Mason St.
Victoria BC V8R 6P5
Tel: (250) 920-0257
In downtown Victoria, this farm holds old growth fruit-bearing trees, vegetable produce, and over 50 chickens, ducks, geese and turkeys. Produce is distributed between the volunteers and local food banks.

Section ①

Victoria Compost Education Centre
c/o 1923 Fernwood Rd
Victoria BC V8T 2Y6
Tel: (250)386-WORM
A composting resource and demonstration site in Victoria area

Section ②

PRAIRIES

Alberta Farmers’ Markets
17507 Fort Rd
RR #6
Edmonton AB T5B 4K3
Tel: (403)415-2313/422-1789
Fax: (403)422-6096
Simone Demers Collins
Administers to the over 100 farmers’ markets in the province of Alberta. It provides information and resources on direct marketing.

Section ③

Alberta Market Gardeners’ Association
CDC-S, SS 4
Brooks AB T1R 1E6
Tel: (403)362-1309

Section ③

Can-Ag
14809 119th Ave.
Edmonton, AB T5L 2N9
Tel: (403) 434-0400
Fax: (403) 482-1260
Email: canag@planet.eon.org
Susan Penstone
This organization works with the University of Alberta to study soil systems and food production.

Section ②
Child Hunger and Education Program
Room 210 - 230 Ave. R South
Saskatoon, SK S7M 0Z9
Tel: (306) 655-4635
Fax: (306) 655-5895
Karen Archibald
Established in 1989, CHEP is involved with school feeding programs, a traveling market, coordinating community kitchens, gardening a community patch, and operating a good food box program.

Section ③

Community Garden Resource Group
C/o Calgary Horticultural Society
208-50th Ave., SW.
Calgary, AB T2S 2S1
Tel: (403) 287-3469
Fax: (403) 287-2896
Athena Dorey
Network and information clearinghouse on community gardens in the Calgary area.

Section ①

Earth Keeping
#205, 10711 - 107 Avenue
Edmonton, AB T5H 0W6
Tel: (403) 428-6981
Fax: (403) 428-1581
Email: earthkpg@web.net
This is a network of over 250 farm families and city folks advocating for a just food and agricultural system. Their activities include education, research and policy development on food issues.

Section ⑤

Edmonton City Centre Church Corporation
#810-10117 Jasper Ave.
Edmonton, AB T5J 1W8
Tel: (403) 424-7543
Fax: (403) 425-5911
Gail Campos
This community-run organization is a member of the WE CAN food co-op. It runs a community garden, works with a barter exchange and has a collective kitchen.

Section ③

Food First
#200 – 107 Seventh St.
Brandon, MB R7A 3S5
Tel/Fax: (204) 729-0492
commonground@mb.sympatico.ca
A Healthy Communities initiative, this project offered hands-on experience creating and harvesting a garden, collectively cooking and starting a catering company.

Section ③
Food Futures
Room 210 - 230 Ave. R South
Saskatoon, SK S7M 0Z9
Tel: (306) 655-4635
Fax: (306) 655-5895
A multi-sectoral community group which aims to work with key stakeholders to develop local food policies, promote equitable food production and distribution systems and facilitate public education about food security issues. Food Futures is partnered with the Saskatoon District Health, National Farmers Union, Oxfam, CHEP, regional social services, local producers and consumers.

Section 6

Grow Regina Community Gardens
Community Services Department
Social Development Division
Queen Elizabeth II Court
Box 1790
Regina Saskatchewan S4P 3C8
Tel: (306) 777-7546
Fax: (306) 777-6774
pviala@cityregina.com
Paul Viala
The City of Regina has eight different garden sites with over 700 plots. The largest garden “Grow Regina” has 250 garden plots and can produce food for 1,100 people. The city provides administrative support, equipment, soil, water, and site facilities in addition to technical advice.

Section 1

Harvest Collective
877 Westminster Ave.,
Winnipeg, MB R3G 1B3
Tel: (204) 772-4359
Fax: (204) 786-5648
A food coop with 200 members.

Section 3

Mennonite Center for Newcomers
101-10010-107A Ave.
Edmonton, T5H 4H8
Tel: (403) 423-9693
Fax: (403) 424-7736
Anne-Marie Brose
This group is working with immigrants to establish community gardens, seed conservation and a garden network in the Edmonton area.

Section 1

Oxfam-Canada Calgary
233-10 St. NW
Calgary, AB T2N 1V5
Tel: (403) 270-2826
Fax: (403) 270-8832
Email: calgary@oxfam.ca

Section 5

Oxfam-Canada Saskatoon
c/o Global Farmer’s Project
National Farmers’ Union
250 C 2nd Ave. S
Saskatoon, Saskatchewan S7K 1M2
Tel: (306) 242-4097
Fax: (306) 664-6226
Email: sask@oxfam.ca

Section 5

Parkland Healthy Families Association
5413 - 51 St.
PO Box 2695
Stony Plain, AB T7Z 1Y2
Tel: (403) 963-0549
Fax: (403) 963-3876
Susan Penstone
This organization runs a project to improve family health by involving them in the gardening program. They are also involved with building a regional community gardening network.

Section 1

Section 1: Urban Food Production
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URBAN AGRICULTURE AND FOOD SECURITY INITIATIVES IN CANADA:
A SURVEY OF CANADIAN NON-GOVERNMENTAL ORGANIZATIONS

Regina Education and Action on Child Hunger (REACH)
Box 4482
Regina SK S4P 3W7
Tel: (306) 347-3224
Fax: (306) 525-0107
Lee Beck
REACH’s mission is to provide people with easily accessible food on a non-profit basis. They are members of the Regina Food Security Project. REACH coordinates the regional Good Food Box program.

Regina Home Economics For Living Project (HELP)
2156 Albert St.
Regina SK S4P 2T9
Tel: (306) 347-7877
M. Lucille Saum
This group supports families in developing nutrition and home management skills; they coordinate a community kitchens project.

Sustainable Agriculture Association
PO Box 1181 Station M
Calgary, AB
Tel: (403) 686-3310
Fax: (403) 686-0075
E-mail: raphael@echobio.com

The Garden Institute
Box 1406, #194, 3803 Calgary Trail
Edmonton AB T6J 5MB
Tel: (403) 430-0538
Fax: (403) 434-7413
Email: rempel@gpu.srv.ualberta.ca
Sharon Rempel
This institute promotes organic gardening through research and education. They offer courses in soil health, yard rejuvenation, heritage gardens, seed saving and medicinal plant usage.

Regina Education and Action on Child Hunger (REACH)
Box 4482
Regina SK S4P 3W7
Tel: (306) 347-3224
Fax: (306) 525-0107
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PO Box 1181 Station M
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The Garden Institute
Box 1406, #194, 3803 Calgary Trail
Edmonton AB T6J 5MB
Tel: (403) 430-0538
Fax: (403) 434-7413
Email: rempel@gpu.srv.ualberta.ca
Sharon Rempel
This institute promotes organic gardening through research and education. They offer courses in soil health, yard rejuvenation, heritage gardens, seed saving and medicinal plant usage.

Winnipeg Community Gardens
Athletic Facilities and Park booking Services
1539 Waverly St.
Winnipeg, Man., R3T 0V7
Tel: (204) 986-2665
Fax: (204) 986-7510
Barb Colitz
The City of Winnipeg has between 580-630 allotment plots available for a small fee. There are also two large community gardens and many small ones.

Winnipeg Harvest
1085 Winnipeg Ave.
Winnipeg, MB R3E 0S2
Tel: (204) 982-3666
Fax: (204) 775-4180
Email: harvest@xpressnet.com
Web Site: www.xpressnet.com/harvest
This food bank is networked with church groups, social agencies and community organizations in the Winnipeg area.

ONTARIO

Annex Organics
200 Eastern Ave.
Toronto, ON M5A 1J1
Tel: (416)363-6441
Fax: (416)363-0474
Email: annexorganics@hotmail.com
Lauren Baker, Tracey Loverock
A market gardening enterprise that uses rooftops, hydroponics and living machines. They specialize in wet waste management, composting and organic production.

Section ① Urban Food Production
Section ② Urban Food Production Technologies
Section ③ Alternative Food Distribution
Section ④ Emergency Food Distribution
Section ⑤ Food Education and Skill Development
Section ⑥ Food Networks and Policy Organizations
Annual Organic Conference
Box 116
Collingwood, ON L9Y 3Z4
Tel: (705) 444-0923
Fax: (705) 444-0380
E-mail: organix@georgian.net
Tomas Nimmo
An annual event with workshops on topics such as cropping systems, livestock, farmer-consumer links and global organics.

Better Beginnings for Kingston Children
134 Elliot Ave.,
Kingston, ON K7K 2P9
Tel: (613) 542-2813
This organization supports alternative distribution methods through a Good Food Box program and a community kitchen.

Bytowne Urban Gardens
# 303 - 352 Somerset St. W
Ottawa, ON K2P 09
Tel: (613) 234-0387
Fax: (613) 593-8863
dhodgson@chatcan.ca
Dwayne Hodgson
BUGS coordinates 2 community gardens in the downtown area of Ottawa. BUGS is a good contact for the loose network of community gardens in the Ottawa-Carleton area and is linked with a wide variety of local community groups working on food issues.

Cambridge Self-Help Food Bank
56 Dickson St.
Cambridge, ON N1R 1T8
Tel: (519) 622-6550
Fax: (519) 622-9076
Pat Singleton
This food bank has three methods of food distribution - emergency hampers, membership program and Good Food Box. It also has a healthy baby project, school nutrition programs and referral services.

Canadian Healthy Communities
Suite 404, 126 York St.
Ottawa, ON K1N 5T5
Tel: (613) 233-1617

Community Development Council of Quinte
C4-344 Front St.
Belleville, ON K8N 5M4
Tel: (613) 968-2466
Fax: (613) 968-2251
Email: cdc@lks.net
Web Site: www.lks.net/~cdc
Roni Summers
CDC coordinates and educates the public about Good Food and Good Lunch box programs, community allotment gardens, collective kitchens and food co-ops. They are part of a partnership project, Planting Seeds for Change, which builds and harvests school gardens for emergency food aid programs. They coordinate a gleaning project called Second Helping. CDC is an active member of the regional Task Force on Hunger and conducts anti-poverty research.

Community Food Foundation
PO Box 145
Barrie, ON L4M 4S9
Tel: (705) 725-1818
Fax: (705) 725-1732

Community Gardens in Ontario
http://www.icangarden.com/gardens/allot.htm
A list of allotment gardens available in Ontario cities. Garden contacts are listed for 20 cities with basic information about plots, size of gardens and charges, if applicable.

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URBAN AGRICULTURE AND FOOD SECURITY INITIATIVES IN CANADA:
A SURVEY OF CANADIAN NON-GOVERNMENTAL ORGANIZATIONS

Crow Compost
61 Beachview Crescent
Toronto, ON M4E 2L6
Tel: (416) 691-8200
Email: crowsnest@intradigital.com
An enterprise specializing in urban composting.
Section ②

Ecological Farmers' Association of Ontario
Maitland Valley Conservation Authority
Box 127, Wroxeter, ON N0G 2X2
Tel: (519) 335-3557

Ecological Farmers' Association of Ontario
Field to Table
200 Eastern Ave.,
Toronto, ON M5A 1J1
Tel: (416) 363-6441
Fax: (416) 363-0474
Email: ftt@web.net
Mary Lou Morgan
Field to Table runs a Good Food Box program with over 4000 boxes a month in addition to hosting food training projects and an incubator kitchen.
Section ③

Evergreen Foundation
Suite 5A-355 Adelaide St., West
Toronto, ON M5V 1S2
Tel: (416) 596-1495
Fax: (416) 596-1443
E-mail: info@evergreen.ca
Web Site: www.evergreen.ca
Its mission is to preserve the urban environment through education and action programs such as school naturalization.
Section ③

Food For Change
Centretown Community Centre
340 rue MacClaren St.,
Ottawa, ON K2P 0M6
Tel: (613) 563-4771 ext. 170
Fax: (613) 563-0163
Olly Wodin
A network of food and poverty action groups.
Section ⑥

Food Security Working Group
Ontario Public Health Association
468 Queen St. E, Suite 202 Toronto
ON M5A 1T7
Tel: (416) 367-3313/1-800-267-6817
Ursula Lipski
A provincial level policy group for food security.
Section ⑤

FoodShare
238 Queen St. W.,
Toronto, ON M5V 1Z7
Tel: (416)392-6653
Fax: (416)392-6650
Email: fdshare@web.net
Debbie Field
With a comprehensive approach, FoodShare serves the community through community gardening, community kitchens, healthy baby and job training projects. It houses the FoodLink Hotline for all Metro Toronto food-related services and plays a significant advocacy and networking role in the region. It also hosts Toronto's Friends of Community Gardening advocacy group.
Section ③

Gravenhurst Food Coop
RR #2, Box 33A
Kilworthy, ON POE 1G0
Tel: (705) 689-2432
Fax: (705) 689-8856
This community group provides healthy low-cost food to the community as well as supporting other ventures such as a community kitchen and garden project.
Section ③

Section ①: Urban Food Production
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Greenest City
238 Queen St. W., Lower Level
Toronto, ON M5V 1Z7
Tel: (416) 977-8659
Fax: (416) 392-6650
Email: greenest@web.net
Web site: http://www.web.net/~greenest
Monica Tang
Greenest City recently facilitated a multicultural greening project working primarily with Eastern Asian communities to develop community gardens. Greenest City also works to incorporate composting facilities at the community gardening sites.

Life*Spin
360 Queens Ave.
PO Box 2801
London, ON N6A 4H4
Tel: (519) 438-8676
Fax: (519) 438-7983
Email: rbarrs@london.skyscape.net
Tara McDonald
Life*Spin is involved with numerous food security projects to combat hunger and malnutrition. In addition to the Green Market Basket, a food box initiative, Life*Spin has implemented a school food garden program. Life*Spin also hosts the London Food Security group.

Kawartha Food Share
PO Box 1413
Peterborough, ON K9J 7A2
Tel: (705) 748-1680
Fax: (705) 748-1681
Email: kwic@pipcom.com
This network is developing a central warehouse to distribute food fairly amongst all local food banks, food cupboards and food action programs. This centre will offer users referrals and community resources.

Life*Spin is involved with numerous food security projects to combat hunger and malnutrition. In addition to the Green Market Basket, a food box initiative, Life*Spin has implemented a school food garden program. Life*Spin also hosts the London Food Security group.

Kitchener/Waterloo Food Security Coalition
Public Health Department
3rd Floor - 99 Regina St.,
Waterloo, ON N2J 4B3
Tel: (519) 883-2110
Fax: (519) 883-2241
Email: ddcarole@region.waterloo.on.ca
Carole Desmeules
This food security coalition brings together community gardens, good food box programs, CSAs, farmers' markets and nutrition for learning programs in the region.

Loyola Arupe Rooftop Garden
515 Parkside Drive
Toronto, ON M6R 3B1
Tel: (416) 766-7977
Peter Boland
This 1995 partnership project between the Four Villages Community Health Centre and the Seniors Centre produced a community gardening space. Through the use of containers, this garden provides fresh food and outdoor space for residents of nearby non-profit housing, seniors, and community members. They are now developing a rooftop greenhouse for the garden.
Niagara Peninsula Homes Community Resources
178 King St., 3rd Floor
Welland, ON L3P 3J5
Tel: (905) 382-3461/788-0166
Email: babaker@niagara.com
Web Site: http://www.nphcr.on.ca
Betty Anne Baker
Niagara Peninsula Homes provides a forum for job training, nutrition and health education. It coordinates a Good Food Box program as well as initiating a community economic project for women entrepreneurs to market locally-processed food.

Ontario Natural Food Co-op
(Ontario Federation of Food Co-operatives and Clubs)
70 Fima Crescent
Etobicoke, ON M8W 4V9
Tel: (416) 503-1144 ext. 33/1-800-387-0354
Fax: (416) 503-2848
Email: onfc@pathcom.com
Kim De Lallo
This large co-op promotes alternative distribution of natural foods. It works with over 330 buying clubs and distributes across Ontario and Eastern Canada.

Ontario Farmers' Markets
75 Bayshore Rd, RR#4
Brighton, ON KOK 1H0
Tel: (613) 475-4769/1-800-387-FARM
Fax: (613) 475-2913
A networking and information association for the 130 plus farmers' markets across the province.

Ontario Healthy Communities Coalition
1202-415 Yonge St.
Toronto, ON M5B 2E7
Tel: (416) 408-4841 / 1-800-766-3418
Fax: (416) 408-4843
E-mail: info@opc.on.ca
Web Site: www.opc.on.ca/ohcc

OPIRG Guelph
1 Trent Lane
Guelph, ON N1G 2W1
Tel: (519) 824-2091
Fax: (519) 824-8990
Email: opirg@uoguelph.ca
The permaculture action group has built a community garden.

Oxfam-Canada London
356 Queen Ave.
London, ON N6B 1X6
Tel: (519) 432-2123
Fax: (519) 432-4096
Email: lond@oxfam.ca

Oxfam-Canada Toronto
1011 Bloor St. W
Toronto, ON M6H 1M1
Tel: (416) 535-2335
Fax: (416) 537-6435
Email: toronto@oxfam.ca

Section ④: Emergency Food Distribution
Section ⑤: Food Education and Skill Development
Section ⑥: Food Networks and Policy Organizations

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Permaculture Community Action Worknet
104 Bridlewood Blvd.
Agincourt, ON M1T 1R1
Tel: (416) 497-5746
Email: mulchman@web.net
Richard Griffith
This non-profit organization promotes permaculture education throughout Ontario and offers courses on permaculture, design, synergistic agriculture and their urban applications.

Rooftop Garden Resource Group
14 Sackville Place
Toronto, ON M4 X 1A4
Tel: (416) 923-9034
Fax: (416) 923-0875
Monica Kuhn
A resource group dedicated to establishing a rooftop gardening culture through public education and community action. Available from the Rooftop Garden Resource Group is a questionnaire to introduce the perspective gardener to the issues involved in setting up a garden, fact sheets and a resource library.

Peterborough Food Policy Action Committee
Public Health Unit
10 Hospital Drive
Peterborough, ON K9J 8M1
Tel: (705) 743-1000
Fax: (705) 743-2897
Susan Hubay
The Food Policy Action Committee is linked with alternative food distribution programs in the region such as community gardens, gleaning projects, food cupboards, collective kitchens, food box programs, pre-natal nutrition programs, CSAs and breakfast clubs for children.

Scarborough Hunger Coalition
#500 - 55 Town Centre Court
Toronto, ON M1P 4X4
Tel: (416) 396-7450
Fax: (416) 396-5299
Email: fultony@city.scarborough.on.ca
Janice Stoveld
The Scarborough Hunger Coalition (SHC) has over 100 members representing communities, health departments, churches, hospitals, and school boards. It is linked with food bank activities, community gardens, community kitchens, food buying clubs and a gleaning project.

Red Cross Task Force on Hunger
1623 Yonge St.
Toronto, ON M4T 2A2
Tel: (416) 480-2500
Dennis Fair
Metro Toronto Red Cross is involved with numerous food programs and services in the areas of food banks, community gardens, healthy babies and community kitchens. The Task Force has been looking at issues of community access to resources, improving communication between community organizations, initiating additional alternative anti-hunger programs and supporting the idea of a regional food information clearinghouse.

Silver Mountain Food Group
RR #1 Nolalu, ON POT 2K0
Tel: (807) 475-8761
Diana Bockus
This group works with 225 families organized into buying clubs. Food is local and natural. They deliver to a 450 kilometer radius in Northern Ontario.
URBAN AGRICULTURE AND FOOD SECURITY INITIATIVES IN CANADA:
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Thunder Bay Food Action Network

c/o Thunder Bay District Health Unit
999 Balmoral St.
Thunder Bay, ON P7B 6E7
Tel: (807)625-5900
Janice Piper
This network is linked with numerous food action programs in Thunder Bay - food banks, community kitchens, community gardens, community-supported agriculture projects and prenatal programs.

Section 6

Toronto Food Policy Council

277 Victoria St., Suite 203
Toronto, ON M5B 1W1
Tel: (416) 392-1107
Fax: (416) 392-1357
Email: fpc@web.net
Sean Cosgrove
The Toronto Food Policy Council facilitates policy discussion and collective action on food issues. TFPC produces a newsletter, offers speakers’ programs, coordinates food security events, and conducts food system research. TFPC also produces discussion papers on food issues.

Section 5

Toronto Food Research Network

Centre for Studies in Food Security
350 Victoria St.
Toronto ON M5B 2K3
Tel: (416)979-5000 ext. 6210
Fax: (416)979-5273
Email: mkoc@acs.ryerson.ca
Web Site: www.acs.ryerson.ca/~foodsec/tfrn
Mustafa Koc
A network of over 100 members, mainly in the Toronto region, drawn from universities, government and community, engaged in research, practice and debate on issues related to food security.

Section 6

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 quebec

A SEED Quebec

3647 University, 3rd Floor
Montreal, PQ H3A 2B3
Tel: (514) 398-8969
Fax: (514) 398-8976
Email: aseed@cam.org
Elizabeth Hunter
A non-profit organization dedicated to research and public education. Its actions focus primarily on food security and ecological transportation projects. They are working in areas of fair coffee trade, community-supported agriculture and community gardening.

Section 3

Community-Supported Agriculture Resource Centre

Ecological Agriculture Project
MacDonald Campus, McGill University
Ste-Anne-de-Bellevue, PQ H9X 3V9
Tel: (514) 398-7771
Fax: (514) 398-7621
E-mail: info@eap.mcgill.ca
A center with information on CSA development and directories of Canadian CSAs.

Section 1, 2

Eco-Initiatives

5590 Sherbrook St. W
Montreal, PQ H4A 1W3
Tel: (514) 484-4129
Fax: (514) 484-4277
Email: ecoini@cam.org
This organization works in several areas including: community gardening, a sharing backyard program, and a CSA project. They have partnered with community health clinics to focus on pre-natal nutrition and health.

Section 1, 2
Ecological Agriculture Projects
MacDonald Campus, McGill University
Ste-Anne-de-Bellevue, PQ H9X 3V9
Tel: (514) 398-7771
Fax: (514) 398-7621
E-mail: info@eap.mcgill.ca
Web site: http://eap.agrenv.mcgill.ca
EAP collects, organizes and disseminates information, gives workshops, conducts research and provides analysis on sustainable agriculture. It has a library with extensive coverage of all aspects of farming and gardening.

Section 5

Environment Jeunesse
4545 Pierre-de-Courtbertin
Montreal, PQ
Tel: (514) 252-3061
This organization works with high school students giving workshops on compost, waste management and organic food production.

Section 5

L'Alliance Communitaire pour la Formation et le Development (ACFD)
2256 Asselin
Longueil, PQ J4M 2M1
Tel/Fax: (514) 647-3420

Montreal Community Gardening Program
Recreation, Parks and Community Development Department
5319 Notre Dame de Grace Ave.,
Montreal, PQ H4A 1L2
Tel: (514) 872-6363
Fax: (514) 872-4585
The City of Montreal has 73 community gardens that are coordinated by the Recreation, Parks and Community Development Department. The City supplies land, equipment, water and technical support. The Botanical Department offers courses on organic gardening, and has youth and children’s horticulture and natural science programs.

Sections 1, 3

Mouvement pour L'Agriculture Biologique – Region Metropolitaine
#2 - 4560 de Bellechase
Montreal, PQ
Tel: (514) 872-6363
Fax: (514) 872-4585

Section 2

QPIRG McGill
3rd Floor -3647 University St.,
Montreal, PQ H2A 2B3
Tel: (514) 398-7432
Fax: (514) 398-8976
Email: qpirg@vub.mcgill.ca
The Global Cooperation Network working group concentrates on local and global food security issues.

Section 5

Regroupement des cuisines collectives du Québec
1605 rue de Champlain
Montreal, PQ H2L 2S5
Tel: (514) 529-3448
Fax: (514) 529-1359
Email: rccq@cam.org
A network of community kitchens throughout the province of Quebec.

Section 3

THE MARITIMES

Bathurst Healthy Communities
37 Rue Centenarine
Edmunston, NB E3V 3H5
This group initiates and coordinates several community food projects in building sustainable communities.

Section 3
Clean Nova Scotia
PO Box 2528 Central
Halifax, NS B3J 3N5
Tel: (902) 420-3474/1.800.665.5377
Fax: (902) 424-5334
Email: hgordon@clean.ns.ca
Web Site: www.clean.ns.ca
Heather Gordon
This organization coordinates 30 educational programs, runs a community garden, and backyard composting and organic waste management programs.

Halifax Community Gardens
Recreation and Leisure Services
Halifax Regional Municipality
PO Box 1749
Halifax, NS B3J 3A5
Tel: (902) 490-4731
Fax: (902) 490-4736
Janet Landry
The municipality coordinates several community gardens and collective kitchens under the recreation department.

Dartmouth Farmers' Market
Dartmouth Downtown Development Corporation
12 Queen St., Dartmouth NS B2Y 1E7
Tel: (902) 466-2997
Fax: (902) 465-2233
This producer only market will be incorporated in the plan to build a "people place" on the Dartmouth waterfront.

Dartmouth Parents Resource Centre
47 Wentworth St.
Dartmouth, NS B2Y 2T1
Tel: (902) 464-2203
A family food resource with a soup kitchen, basic shelf program and community kitchen.

Ecology Action Centre
1568 Argyle Street, Suite 31
Halifax NS B3J 2B3
Tel: (902) 429-2202
Fax: (902) 422-6410
Email: eac_hfx@istar.ca
Thea Hammond-Wilson
They provide information, advice and workshops on starting and maintaining community gardens.
URBAN AGRICULTURE AND FOOD SECURITY INITIATIVES IN CANADA:
A SURVEY OF CANADIAN NON-GOVERNMENTAL ORGANIZATIONS

Oxfam-Canada St. John's
382 Duckworth St.
St. John's, Newfoundland A1C 1H8
Tel: (709) 753-2202
Fax: (709) 753-4110
Email: stjohns@oxfam.ca

St. John's Food Security Network
PO Box 344 Tor Bay
Newfoundland
A1K 1E4
Email: astapenhorst@nf.sympatico.ca
Tel: (709)437-5680
This volunteer organization deals with food advocacy and food policy. They coordinate an organic co-op and projects on food production. They work on fisheries issues and are partnered with Oxfam.

Youth for Social Justice
RR#3, Belle River
PEI COA 1B0
Tel: (902) 659.2570
Email: aaronk@isn.net
Aaron Kolezar
Working with Oxfam, YSJ received a training grant to established a community garden in Charlottetown.

Canadian Community Gardens Network
http://wabikimi.carleton.ca/~wmunroe.
A comprehensive listing of gardens across Canada. The gardens are listed first by province and then by city. Contacts and location are provided.

Section 5

Canadian Cooperative Association
275 Bank St., #400
Ottawa, ON K2P 2L6
Tel: (613) 238-6711
Fax: (613) 567-0658
Email: support@coopcca.com
This association provides workshops, resources and support in helping cooperatives get started. They are connected with variety of cooperative initiatives, including food producers and regional food coops.

Canadian Organic Growers
PO Box 6408, Station J
Ottawa, ON K2A 3Y6
Web Site: www.gks.com/cog
National network for organic farmers, gardeners and consumers. COG provides members with a quarterly magazine, extensive library, workshops and other resources for organic growers. COG also publishes the Organic Resource Guide.

Composting Council of Canada
16 rue Northumberland St.
Toronto ON M6H 1P7
Tel:(416)535-0240
Fax: (416)536-9892
Email: ccc@compost.org
National organization which advocates the practice of composting to government, industry and the public. Holds an annual conference on composting and sponsors Composting Awareness Week.

Section 6

NATIONAL ORGANIZATIONS

Canadian Association of Food Banks
530 Lakeshore Blvd. W
Toronto, ON M5V 1A5
Tel: (416) 203-9241
Fax: (416) 203-9244
Email: caf@icomm.ca
This national coalition of food bank organizations coordinates food distribution and plays an educational and advocacy role.

Section 4

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URBAN AGRICULTURE AND FOOD SECURITY INITIATIVES IN CANADA:
A SURVEY OF CANADIAN NON-GOVERNMENTAL ORGANIZATIONS

Global Network on Food Security
130 Slater St., Suite 900
Ottawa, Ontario K1P 6E2
Tel: (613) 232-5751
Fax: (613) 563-2455
Email: unac@magi.com
Web Site: www.unac.org
This network aims to promote community action linked to global discussion on food security. Canadian members of the GNFS are Canadian Food Grains Bank, CHF-Partners in Rural Development, Indigenous Peoples Bio-diversity Network, National Farmer’s Union, OXFAM, Rural Advancement Foundation International, and United Nations Association Canada.

Section 5

Oxfam Canada
300-294 Albert St.,
Ottawa, ON K1P 6E6
Tel: (613)237-5236
Fax: (613) 237-0524
Email: enquire@oxfam.ca
Web Site: www.oxfam.ca
An international development agency, Oxfam works on global and local initiatives in the area of food security. There are 7 regional offices working in close partnerships with communities. They are solid contacts for food security initiatives across Canada (see list in section 5 for details).

Section 2

Resource Efficient Agriculture Production Canada (REAP)
Box 125, Glenaladale House
St. Anne de Bellevue, PQ H9X 1C0

Seeds of Diversity
Box 36, Station Q
Toronto, ON M4T 2L7
Tel: (905) 623-0353
Non-profit organization that encourages and coordinates seed-saving and trading.

Section 1: Urban Food Production
Section 2: Urban Food Production Technologies
Section 3: Alternative Food Distribution

Section 4: Emergency Food Distribution
Section 5: Food Education and Skill Development
Section 6: Food Networks and Policy Organizations

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APPENDIX II: DIRECTORY OF ADDITIONAL RESOURCES

This directory features additional organizations working on food production and food security. Each listing contains the organization name, address, phone, fax, and where available, an e-mail address, web site, contact person and a brief description of the organizational activities. This list is by no means exhaustive.

American Community Gardening Association
100 N. 20th St., 5th Floor, Philadelphia, PA 19103-1495
Tel: (215) 625-8280
Fax: (215) 625-9392
E-mail: smccabe@pennhort.org
Web Site: www.communitygarden.org
ACGA plays national research, education and advocacy role in the USA.

Community Food Security Coalition
PO Box 209, Venice CA 90294 USA.
Tel: (310) 822-5410
E-mail: afisher@aol.com
Web Site: www.foodsecurity.org
Andy Fisher

North American Direct Marketing Association
343 South Union St.,
Sparta, Michigan USA
Tel: (616) 887-9008
Matt McCulum

The Urban Agriculture Network
1711 Lamont St. NW
Washington DC, USA 20010-2601
Tel: (202) 483-8130
Fax: (202) 986-6732
E-mail: urbanag@compuserv.com
info on www.cityfarmer.org
Jac Smit
The goal of TUAN is to establish urban agriculture as a productive food alternative, maximizing food security of cities and income of farmers. The network has three programs: communication, research, and project development assistance. TUAN is networked with 80 countries and 6000 members, 600 of which are in NAFTA.