

North of the Danforth Research Project

Food and Nutrition

THE NODA (“NORTH OF DANFORTH”) RESEARCH PROJECT

- South Riverdale Community Health Centre, Massey Centre for Women, and WoodGreen Community Services spoke to residents in the Pape Village / Broadview North area to learn what types of health and social services are needed in the community.
- Residents spoke about their needs for primary healthcare and dentistry, childcare, child and youth programs, public space for community-building, financial supports, and food and nutrition programs.

FOOD & NUTRITION

- There were many different opinions about public community gardens. Most people are cautiously interested. It was agreed that if community gardens were introduced, they would need to be very carefully planned. They should not take up children’s play spaces, be expensive (ex. Tools, seedlings, etc.), and should be in a highly visible area to reduce the risk of theft.
- People felt that community gardens could be a hands-on activity, involve children, make public space “greener,” and increase the supply of healthy food.
- There is a lot of interest in community kitchens and meals. Many people are interested in getting together with their friends and neighbours to prepare and eat nutritious, low-cost meals.

Planning and cooking meals can be a tiring and necessary chore, but would be much more enjoyable as a group activity.

- Growing, cooking, and eating food are activities that bring people together. Many people in this neighbourhood would like to meet more of their neighbours and develop a stronger community. Food-related programs are seen as a good way to do that.
- There are many people in the neighbourhood that have been going to food banks, and need better access to healthy food. Some of the food at food banks has been of lower quality, and does not promote health.

Where Can I Find Food & Nutrition Programs?

COOKING PROGRAMS

- **Evergreen Brick Works – Hands in the Bowl**
 - 550 Bayview Ave.
 - <http://ebw.evergreen.ca/> or call (416) 596-7670.
 - Saturday morning drop-in program for children age 4-7 and parents / caregivers to follow a simple recipe. The group usually creates snacks or meals, but sometimes does crafts. It is pay-what-you-can, with a suggested donation of \$5. A free shuttle bus runs between Broadview Station and Evergreen Brick Works.

FOOD SUPPLY

- **Food Bank support**
 - There is a Daily Bread food bank close to this neighbourhood.
 - Call (416) 203-0050 to apply for food support.
- **Not Far From The Tree**
 - <http://www.notfarfromthetree.org/>
 - The group organizes volunteers to pick fruit from trees in Toronto. 1/3 of the harvest goes to the tree-owner, 1/3 goes to volunteers, and 1/3 is donated to social service agencies.
- **Toronto Farmers' Market Network**
 - <http://tfmn.ca/> and click on "Map of Markets"
 - Buy fresh fruit, vegetables, meat, and more from Ontario's farmers. There is a range of prices, but most food will have similar or slightly higher prices than grocery stores.

OTHER INFORMATION

- **Put Food in the Budget**
 - <http://putfoodinthebudget.ca/>
 - Community activism encouraging the Government of Ontario to create a plan to support people in having enough healthy food.

For a directory of over 20,000 community, social, health and government services, please visit www.211Toronto.ca.

The NODA research project's report is titled "From Neighbourhood to Community: Health and Social Supports North of the Danforth". The full report and executive summary can both be found on the websites of South Riverdale Community Health Centre, Massey Centre for Women, WoodGreen Community Services, and the Wellesley Institute.

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