



Greater Sudbury
Food Policy Council



GREATER
SUDBURY
FOOD STRATEGY

OCTOBER 2017

The development of this document was led by a working group of the Greater Sudbury Food Policy Council. The group consisted of representatives from the City of Greater Sudbury; FedNor; Foodshed Project: Community Garden Network; Greenhouses Canada; Ontario Ministry of Agriculture, Food and Rural Affairs; Social Planning Council of Sudbury; Sudbury & District Health Unit; and Three Forks Farms who were involved with extensive community engagement. The body of this document describes five themes that were deemed priority within the Greater Sudbury food system. Each theme is further discussed in Appendix A with recommended actions for community leaders committed to establishing a more equitable, vibrant and sustainable food system for Greater Sudbury.

PHOTOS PROVIDED BY: Aaron Dent, Allison Muckle, City of Greater Sudbury, Greta Clarke Photography, Shkagamik-Kwe Health Centre and Sudbury & District Good Food Box



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EXECUTIVE SUMMARY

Greater Sudbury has been a leader in community food security work in Northern Ontario since mid-1990 when the Sudbury Manitoulin Food Security Network was created through the Sudbury & District Health Unit. This grew into a multi-stakeholder group that advocated for one of the first Food Charters to be adopted in Ontario in 2004.

Since that time, and especially in the past decade, Greater Sudbury has seen a tremendous growth in interest and investment in our food system. The development of the Greater Sudbury Food Policy Council (GSFPC) in 2013 brought together stakeholders and community leaders to coordinate the ideas and efforts growing within the community. Through the GSFPC and its extensive community network, gaps in our knowledge and in the capacity of our local food system have been identified. A food strategy was prioritized to guide the community towards an equitable, vibrant and sustainable food system.



A strong food system provides accessible, affordable, nutritious and culturally acceptable food with a strong support for food produced locally and / or in a sustainable manner. It should be resilient to respond to current needs and offer a model for future possibilities. With a diversity of elements, it is important to communicate goals and challenges to all potential stakeholders and partners. The Greater Sudbury Food Strategy will help develop stronger relationships and build more awareness of the various topics and initiatives within our community.

The Greater Sudbury Food Strategy supports the vision of the City of Greater Sudbury Food Charter and sets out several goals with action strategies to achieve them to build a more sustainable, accessible and healthy food system. This document aims to engage the community and guide decision makers to implement these food actions. As a living

document, the strategy will undergo regular review as new opportunities arise and growth occurs in our community.

This strategy describes five food themes vital to a vibrant healthy community: **Healthy Food Access and Literacy; Growing Food (not for profit); Forest and Freshwater Foods; Food Retail, Service and Tourism; Agriculture and Food Processing.**

Each theme has specific goals and actions that are needed to establish a more equitable, dynamic and sustainable food system for Greater Sudbury. The complete list of actions is found in Appendix A. It is the responsibility of citizens, businesses, not for profit organizations and the municipal government to work in collaboration to achieve this vision for Greater Sudbury.

THEME	GOALS
1.0 Healthy Food Access and Literacy	Increased food knowledge and skills opportunities within Greater Sudbury
	Increased access to healthy food within Greater Sudbury
	Strengthened advocacy to reduce incidence of individual and household food insecurity
	Stronger procurement policies and opportunities to include healthy and local food in institutional and public settings
2.0 Growing Food (not for profit)	Increased opportunities and support for food and gardening organizations
	Increased household food production within Greater Sudbury
	Increased visibility and promotion of community gardens, farms and food forests
	Improved the urban environment to increase food production
3.0 Forest and Freshwater Foods (FFWF)	Increased public awareness of the cultural, health, ecological and economic value of FFWF
	Increased FFWF commercial opportunities
	Protection and restoration of a healthy FFWF ecosystem
4.0 Food Retail, Service, and Tourism	Enhanced food culture and culinary tourism opportunities in Greater Sudbury
	Increased business competitiveness and partnerships within our food system
	Increased innovation and market access within our food system
5.0 Agriculture and Food Processing	Increased opportunities and appreciation for local food producers in Greater Sudbury
	Improved infrastructure and efficiencies for local food producers
	Protection of agricultural land for future generations
6.0 Implementation Strategies	Enhanced support and implementation of the Greater Sudbury Food Charter

INTRODUCTION

The Greater Sudbury Food Strategy is a guiding document for community growth and change and it encompasses many aspects of our food system including social, cultural and ethical requirements; environmental stewardship; nutrition and health; and economic vitality. This broad scope means that a healthy food system requires integration with municipal goals and priorities. For example, actions and policies associated with poverty reduction, environmental protection and economic development may also address gaps in the food system (Mah 2013).

A food system is composed of many interrelated elements that rely on the community to support and maintain and will have to adapt with market conditions and global issues. With many initiatives and synergies in place and growing within Greater Sudbury, this strategy will help bring together ideas, challenges and recommendations that will help develop a healthy and celebrated food system in our community. Moving forward, initiatives and challenges will be celebrated or managed not in isolation but with support of the stakeholders and partners established through the development of this strategy.



These partnerships reach beyond the boundaries of the City of Greater Sudbury. This strategy examines the regional food system as a whole. The Greater Sudbury Food Policy Council (GSFPC) defines our regional food system as existing within the geographic area including and beyond the City of Greater Sudbury that encompasses nearby agricultural lands and communities from which the citizens of Greater Sudbury derive a significant portion of their food, now or potentially in the future. Moving forward, investment and support for food initiatives will consider the system in this larger context.

The importance of investing in our local food system was highlighted in the EarthCare Action Plan. This plan was adopted by City council in 2003 and included the goal of developing a more sustainable food system for Greater Sudbury, and supported the development of a food charter. The Greater Sudbury Food Charter was soon created through the work of the Sudbury Manitoulin Food Security Network and endorsed by the City of Greater Sudbury and the Sudbury & District Health Unit in 2004. The Food Charter outlines how Sudbury will work towards community food security through research, policies and programs that endorse 1) Population Health and Wellness; 2) Community Development; 3) Investment in the Regional Food system; and 4) The Development of a Sustainable Food System (Appendix B). Not only was this charter one of the first developed and adopted in Ontario, but it was endorsed by three other municipalities: the Municipality of Killarney, the Municipality of St. Charles and the Township of Tehkummah on Manitoulin Island. The updated EarthCare Action Plan in 2010 further supports the Greater Sudbury Food Charter, while more recently, the Greater Sudbury Food Policy Council (GSFPC) launched in January 2013 to help implement the charter.

When the City of Greater Sudbury's Five-Year Official Plan Review process started in 2012, climate change and local food were significant issues identified during a public workshop. The GSFPC revived interest and momentum in the community after this event and provided numerous suggestions for the review of the Official Plan which is now intended to include a section entitled "Local Food Systems" with subsections on growing food, making food, selling it, eating it and returning it (food waste).

The Food Strategy is also aligned with the CGS Community Economic Development Strategic Plan "From the Ground Up 2015-2025: A Community Economic Development Strategic Plan" (City of Greater Sudbury 2015a). The economic development plan has many aspects that would fall under the food sector in terms of training, skill development, and attracting new opportunities. More specifically, food tourism can play a significant role in the revitalization and redevelopment of Downtown Sudbury, as also proposed in the Downtown Sudbury Master Plan (City of Greater Sudbury 2012).

The current Council Corporate Strategic Plan for 2015-2018 envisions a city recognized for "innovation, leadership, resourcefulness and a great northern lifestyle" (City of Greater Sudbury 2015b). The Greater Sudbury Food Strategy provides many recommendations that will help our community become more resourceful and innovative. It will enhance our services and promote our local culture and food tourism. These recommendations will help grow the social, environmental and economic development of the City of Greater Sudbury.

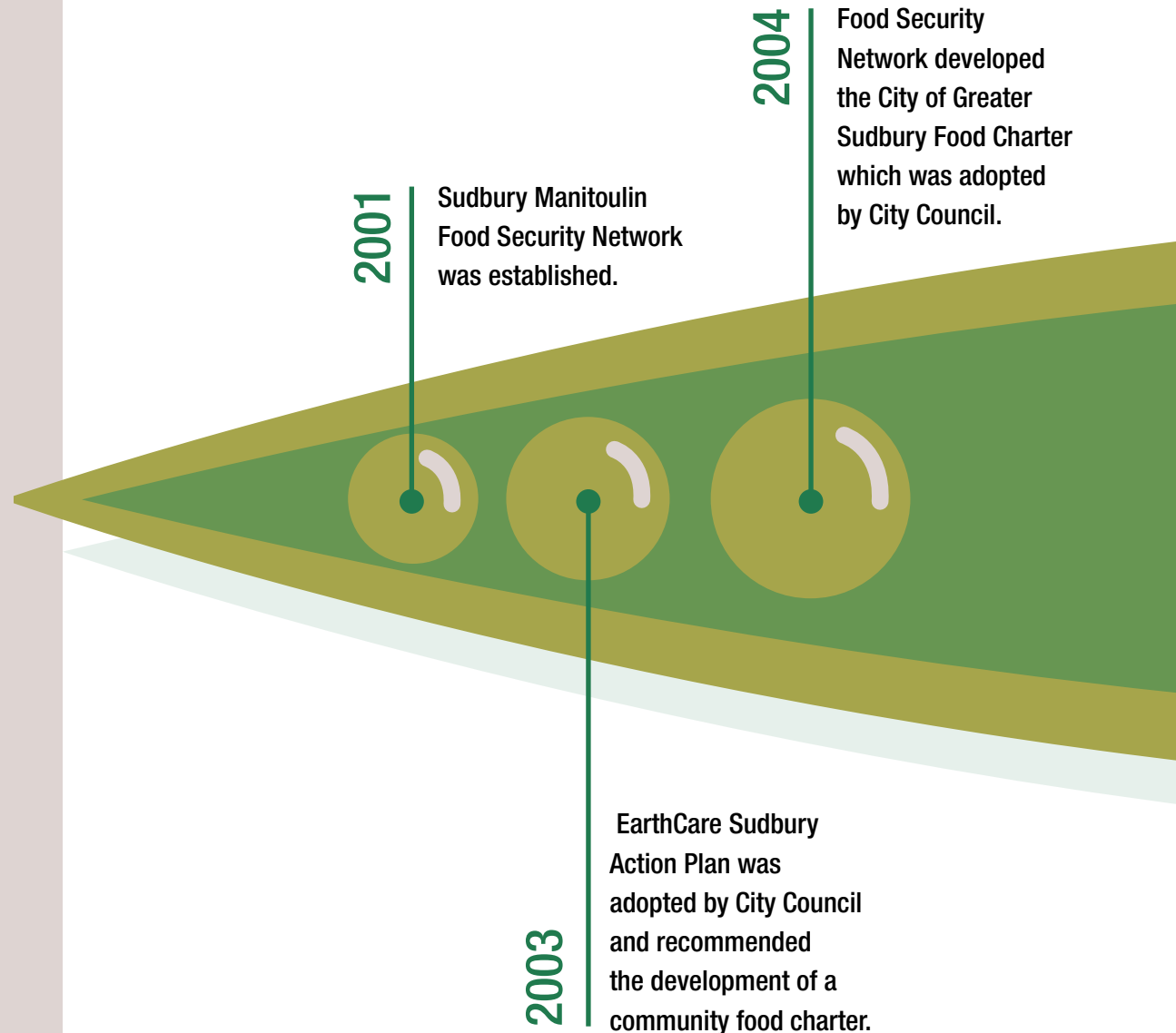


Four elements of a sustainable, resilient, and healthy (SRH) food and water system

A food systems lens was utilized in the development of the Greater Sudbury Food Strategy, using four elements of a sustainable, resilient, and healthy (SRH) food and water system. SRH food and water system principles encourage equitable and optimal access to food and water now and into the future and are used as standards for registered dietitians (Academy of Nutrition and Dietetics 2014). The foundation of a SRH food and water system includes four elements:

1. **Nutrition and health** – Assures dietary diversity through safe and secure food and water supplies.
2. **Social, cultural and ethical capital** – Promotes cultural diversity that empowers social responsibility and community engagement, advances ethical, humane, and promotes fair treatment of individuals and animals.
3. **Environmental Stewardship** – conserves, protects and renews natural resources; supports vibrant ecosystems; mitigates climate change.
4. **Economic Vitality** – builds community wealth and is economically viable.

TIMELINE



2010

EarthCare Sudbury Action Plan was updated with new recommendations for partners to implement the City of Greater Sudbury Food Charter and for the City to encourage increased investment in the local food system.

2013

The Greater Sudbury Food Policy Council (GSFPC) was established and provided suggestions for the Official Plan Review, including developing a food action plan.

2016

The GSFPC, along with EarthCare Sudbury, began the process of community engagement for the Greater Sudbury Food Strategy.

2012

Public meeting for the five-year Official Plan Review Process identified local food systems as a significant topic of interest.

2016

The City of Greater Sudbury released the draft Official Plan. The draft plan states that the City will develop a Local Food Action Strategy in conjunction with local partners. The strategy is to focus on the production, processing, marketing, distribution, service, consumption, waste, and disposal of local food.

2017

The Greater Sudbury Food Strategy was developed.

Community Engagement

The Greater Sudbury Food Strategy is a community document that was developed by both government and non-governmental partners working closely together to gather ideas and feedback from farmers, eaters, organizations, business owners and community leaders. The community engagement process included surveys, public meetings, events and one-on-one discussions with more than 800 people contributing to the ideas found in this strategy. Several quotes and results from the community engagement initiatives have been included (Appendix C).



The strategy examines several topics chosen based on leadership and expertise in the community, community engagement, and priorities of the GSFC. Under each topic, opportunities and challenges are discussed along with goals or recommendations. With the complexity of such a system, there is much overlap between sectors. Certain topics may also be integrated throughout or will become higher priority as the food system landscape changes over time.

The five themes established through the community engagement are **Healthy Food Access and Literacy; Growing Food (not for profit); Forest and Freshwater Foods; Food Retail, Service and Tourism; Agriculture and Food Processing.** Each theme led to meetings with stakeholders or focus groups and had community surveys or input on the topic. Food waste, procurement and youth engagement were additional topics that have been integrated within the strategy.





Food Waste vs. Wasted Food

Some food waste is unavoidable, such as banana peels and bones, while other food may be wasted by storage failure, surplus, expiry date confusion, choice or lack of proper planning. Food waste was mentioned in all the stakeholder groups of Food Strategy community engagement and is recognized as a system-wide concern.

- ▶ Approximately **\$31 billion** in Canadian food goes to landfill or composting each year, which is 30-40% of the food we produce (Gooch et al. 2010; Gooch et al. 2014)
- ▶ An average family of four in the U.S. wastes between **\$26-43 US** every week (Bloom 2010)
- ▶ A Vancouver study found that over **50%** of household food waste was avoidable (MetroVancouver 2016)
- ▶ In one American farming business, **75%** of culled cucumbers were edible but culled due to imperfections (Bloom 2010)
- ▶ One American grocery store chain determined an average store produced **715 lbs** of food waste per day (Bloom 2010)

Food surplus at the source

Gleaning (picking leftover produce like potatoes after a crop has been harvested) is not yet easily accessible at local farms; however, excess produce from fruit trees and rhubarb have been harvested by volunteers through Sudbury Shared Harvest.

Food waste at the consumer level

Workshops for meal planning and food preservation are sometimes offered by organizations such as the Sudbury & District Health Unit, Eat Local Sudbury Co-operative and le Centre de santé communautaire du Grand Sudbury.

Food disposal

- ▶ Composting on-site can be found at certain businesses and community gardens such as Delki Dozzi Community Garden and TownePlace Suites
- ▶ Municipal green cart composting is an option for households with curbside pickup and schools but future pilot projects will expand this list
- ▶ Food items near the expiry date and imperfect produce have been sold at reduced prices at many retail locations to encourage waste reduction
- ▶ Excess food can be donated to local charities and farms, as seen at Smith's Markets





HEALTHY FOOD ACCESS AND FOOD LITERACY

Food and nutrition are essential determinants of physical, mental, and social health; however, many residents of Greater Sudbury face multiple barriers to accessing healthy food. The challenges to accessing healthy food are numerous and complex and can be categorized into two primary barriers 1) economic and 2) physical.

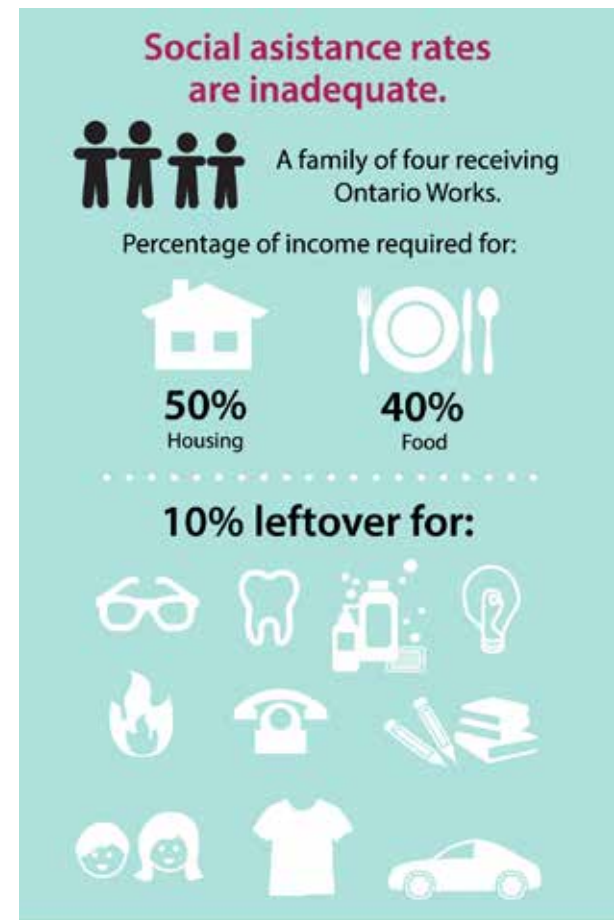
Food insecurity is defined as inadequate or insecure access to food because of financial constraints (Tarasuk et al. 2016). Food insecurity has a profound negative impact on physical, mental and social well-being. The experience of hunger and severe food insecurity on children and youth leaves an indelible mark on children’s wellbeing that has been noted as a “modifiable risk factor for depression and related suicide ideation in late adolescence and early adulthood” (McIntyre et al. 2013). In Greater Sudbury, 7% of the Sudbury & District Health Unit population aged 12 and older lived within a food-insecure household (Sudbury & District Health Unit 2016). The Nutritious Food Basket costing carried out by the Sudbury & District Health Unit each year demonstrates the ability to afford healthy food is most difficult for individuals receiving social assistance or earning a minimum wage (Fig. 1).

Greater Sudbury is fortunate to have a number of community-based food programs such as food banks and community meal programs. However, although these programs play an important role in supporting the community and they can assist in satisfying an immediate need, they are unable to address the root cause of food insecurity which is a lack of income. Community, health, and other advocates recognize that an income solution is required to address the problem of food insecurity. This means policy measures to ensure sufficient and consistent income for all households are needed in Greater Sudbury.

Physical access to healthy food is strongly linked with the **food environment** which can

be thought of as any opportunity to obtain food where we live, work, learn and play. It can include physical, socio-cultural, economic and policy factors at both micro and macro levels that impact what we choose to eat (Townshend & Lake 2009). The food environment impacts our food choices across our lifespans. For example, breastfeeding-friendly environments help to promote health and prevent disease for a lifetime. The Food Strategy can work with community partners to create a community in which breastfeeding is welcomed and supported. This will help to ensure mothers feel comfortable breastfeeding their children wherever they are and whenever they need to be fed and will increase the visibility and social acceptance of breastfeeding in public.

Greater Sudbury has a robust community food environment with over thirty community gardens (see Growing Food chapter), several farm gate sales (see Agriculture and Food Processing chapter), several corner stores that sell fresh produce, the successful Sudbury and District Good Food Box program and grocery stores and restaurants using local ingredients. Due to a number of factors, however, our food environment tends to support consumption of less healthy choices. Solutions addressing limited healthy food access are multidimensional and require change throughout the community. For example, many food choices are out of the control of the individual and rather under the care of those responsible for food provision in institutions and public places. **Food Procurement** refers to the large-scale purchasing of food items for places like



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Fig. 1

hospitals, schools, daycares and publicly owned facilities such as arenas. In a community survey aimed at understanding Greater Sudbury residents’ views on food access issues, 90 percent of 258 respondents expressed a strong interest in seeing more healthy food and beverage options at arenas and other public venues. The recreational centres across

the Kingston, Frontenac and Lennox & Addington (KFL&A) Public Health service area made changes to add healthier options to canteens and vending machines. Patrons could find the Super Snackables mascots at KFL&A recreation centres to help them find healthier food and drinks. Healthier choices at these public locations include fruit, veggie sticks, water and milk.

Through the Healthy Kids Community Challenge Greater Sudbury has made some movement in improving the food environment at some area parks, beaches, libraries and arenas by the purchase of 22 fountain/water filling stations. Drinking water helps you stay healthy and energized, and is the best option to keep you hydrated. Municipal tap water is a healthy and economical choice for hydration. Although enhanced access to drinking water supports a healthier food environment, many more actions can be taken to further enhance the food environment in recreation settings and across Greater Sudbury. Further change will help ensure the healthy choice is the easy choice for Greater Sudbury residents and visitors.

Along with an increase in access to low-cost, energy dense, and nutrient poor foods and beverages, there has been a decline in food preparation skills. Greater Sudbury has a number of community kitchens and other cooking programs available; however, not

everyone can access these programs. Most students no longer learn basic cooking skills in school and, due to a number of factors, may not have the opportunity to learn food skills at home. In the community survey that aimed to understand Greater Sudbury residents' views on food access issues, 94% of respondents indicated they would like for people in their community to have the opportunity to learn food skills at school and/or in the community. There is a growing understanding of the relationship between food skills and health which is creating a stronger willingness to discuss food literacy. Food literacy is more than nutrition recommendations and cooking lessons; it fosters important and vital connections between food, people, health, and the environment. To help support healthy individuals and a healthy Greater Sudbury, current opportunities to develop food literacy such as community kitchens, school cooking programs, community gardens, and visits to local farms should be enhanced to ensure increased access.




Sudbury and District Good Food Box Program

Since 2009 many Greater Sudbury residents have had access to the Good Food Box program. It is a non-profit community initiative that helps individuals and families access affordable fresh vegetables and fruit year round. The program runs like a large buying club. Each month, customers pre-pay \$17 (large) or \$8 (small) for a 'Good Food Box' of fresh vegetables and fruit. By taking advantage of quantity discounts and wholesale pricing, the boxes are always below market price. It's a universal program that everyone is encouraged to join. In 2017, the program also began offering a 'Wellness Box' that features pre-cut produce (e.g. carrots sticks). The Wellness Box makes eating fresh fruits and vegetables easier for those with physical challenges or other limitations that make preparing fresh produce difficult.

GROWING FOOD (NOT FOR PROFIT)

While the interest in growing food in urban settings has surged in recent years, it should be recognized that this practice has existed for centuries. Looking back at Sudbury's urban food history, post-war immigrants lived in ethnic neighbourhoods where residents cultivated their properties to grow culturally important fruits and vegetables. Half a century later, the demographics of these neighbourhoods has changed significantly, but people still need and want to produce and consume food that is accessible, affordable and culturally appropriate. Producing food close to home has many economic, social and environmental benefits (Alaimo et al. 2016). Our modern social structure means that growing food in our communities faces new challenges: residential lots have less yard space for gardening, busy lifestyles deter people from gardening, fast food is sometimes chosen over fresh food and zoning and bylaws can create barriers.





In the past fifteen years Sudbury residents have begun to reshape urban food production. Since 2005 the number of community gardens has surged from a handful to over thirty active gardens. Interest in plant-based diets and organic foods has encouraged people to experiment with balcony gardens, windowsill herb gardens or backyard gardens. Urban gardeners save and swap seeds at the annual Sudbury Seedy Saturday event. The Horticultural Society operates the annual Gardening Festival, which has an increasing focus on growing plants for food. The Greater Sudbury Public Library system now maintains a Seed Exchange program and provides space for cooking classes and food preservation workshops. While these changes are significant, it is clear from engaging these constituencies that urban food production is a major area of interest and more development is needed.

Homesteading

Economic and social pressures have contributed to increasing numbers of urban homesteaders, a lifestyle where people are beekeeping and raising poultry and rabbits to provide themselves with honey, eggs, and meat. The Sudbury and District Beekeepers Association was established 40 years ago and communicates regularly with over 200 residents. Beekeeping workshops attract dozens of people each year and could result in a significant community appreciation for not only honey but for protecting our bees and native pollinators. While many Greater Sudbury residents are engaging in the opportunity to raise livestock and bees, Greater Sudbury's zoning bylaw prohibits beekeeping or raising poultry in a number of urban settings to minimize land use conflict (Zoning By-law 2010-100z). CGS bylaws will be re-examined to determine how to best balance the benefits of growing personal food with land use compatibility. Many other Ontario municipalities have taken that step. For example, Kitchener, Ontario re-evaluated their 28-year backyard chicken ban and developed a new Urban Chicken Bylaw that was approved in November 2016 and has been very successful in its first year.

Urban Gardening

With reduced access to garden plots and lack of time, shared gardening has become an attractive alternative to many Greater Sudbury residents. Each season, thousands of volunteers engage in organizing and cultivating gardens for individual and shared food production. Not-for-profit organizations are leading and supporting the urban gardening movement across the region. Three organizations are at the forefront and rely upon funds and volunteers to support their efforts.

Sudbury Shared Harvest leads programs to capture surplus fruit and vegetables and in 2017 developed a pilot food forest project in collaboration with the Ward 1 Community Garden at Delki Dozzi. Over 80 volunteers were involved with the planning and planting of the first phase of the food forest - approximately 400 square metres have been planted with fruit trees, shrubs and other plants, most of them edible. A second phase, expanding the food forest, is planned for 2018 with the goal of mimicking a forest ecosystem, while providing edible resources to the community once the plants mature.

The FoodShed Project (Sudbury Community Garden Network) allows representatives from community gardens to share ideas, resources, compost opportunities and best practices within the community. A small, dedicated team of volunteers also developed a school-based seed-starting program for schools and demand for this program has outgrown available resources. In 2017, with one time funding from the Healthy Kids Community Challenge, over 1200 children age 0-12 participated in the Cultivate Your Neighbourhood program growing tomatoes, beans and cucumbers for their own gardens or their local community garden. The Foodshed project is also focusing efforts on engaging 12-18 year old youth in neighbourhoods with economic challenges and is planning garden/food production programs for 2018. While CGS has agreed to allow use of parks and unused properties for several community gardens, it provides only minimal support. Other Ontario municipalities offer staff as garden coordinators and provide resources for construction, set up and/or irrigation. Future collaboration and partnership between the Foodshed Project and CGS may strengthen the support from the municipality.



The Flour Mill Community Farm, Sudbury's first urban farm, is a community-driven project that transformed 2400 square feet of an underutilized green space into a working market garden in 2017. The Social Planning Council of Sudbury worked with community members to develop the project in order to create employment for youth living in the Flour Mill/Donovan neighbourhoods, while at the same time offering the community access to fresh, affordable, ecologically-grown food within a few minutes' walk. In 2017, with the support of the Ontario Trillium Foundation and the YMCA of Sudbury's Employment Services, the farm employed nine people, seven of whom were youth ages 15-18. For seven weeks the youth maintained the daily operations of the market garden, held a weekly vegetable market stand on site and had the opportunity to visit local mentor farms for scheduled workdays. The project uses ecological

agriculture as a method to offer youth the chance to develop a healthy work ethic, teambuilding & group work skills, a sense of entrepreneurship, and important employable skills such as cash handling and customer service. The Flour Mill Community Farm seeks to continue growing food, and employing youth at its location near the Ryan Heights Playground for many seasons to come.

There are other opportunities for urban gardening that remain undeveloped such as Yard Sharing. In this scenario, people loan or lease their own property to willing gardeners. Demand and interest in urban gardening continues to expand, with request for gardens in many other locations such as library branches, community halls and local businesses. There is an exciting momentum towards more infrastructure, opportunities and education on growing food in our community.



Benefits of community gardens

- ▶ help maintain active social relationships, including between youth and seniors
- ▶ address food access needs
- ▶ instill a sense of pride and belonging in the community
- ▶ promote a healthy lifestyle and healthy eating
- ▶ have been used for therapy and rehabilitation
- ▶ convert neglected or under-utilized spaces into positive community locations
- ▶ reduce concerns about property vandalism and crime through more positive traffic and open areas
- ▶ encourage safe interactions with nature
- ▶ improve food literacy skills within our community
- ▶ provide fresh, safe, affordable herbs, fruits and vegetables
- ▶ help relieve stress and increase sense of wellness

Drs. Yantzi and Gwekwerere (School of the Environment, Laurentian University) and the Laurentian Child and Family Centre found that while gardening, children:

- ▶ problem solved together to distribute soil to the garden boxes and decide where to put the plants;
- ▶ pointed out newly discovered vegetables to peers;
- ▶ were curious about what seeds look like, Took turns feeling the carrot seed tape and asked questions about the plants;
- ▶ used all their senses including touching, tasting, smelling and seeing; and
- ▶ ate vegetables right off the plants.

A close-up photograph of a vibrant green fern frond, showing the intricate, feathery structure of the leaves. The frond is the central focus, with its stem and smaller leaflets clearly visible. The background is softly blurred, emphasizing the texture and color of the fern.

FOREST AND FRESHWATER FOODS

Forest and Freshwater Foods (FFWF) include plants, animals and fungi found in our natural environment and obtained by hunting, fishing and foraging. Many Northern Ontarians obtain food from our forests and lakes with our vast tracts of public land and low population density. Of the 100,000 memberships in the Ontario Federation of Anglers and Hunters, 6600 reside within Greater Sudbury (OFAH pers. comm.) and over 100 ice hut registrations were requested by residents of Greater Sudbury since 2014 (MNRF pers. comm.). With over 330 lakes within Greater Sudbury and swaths of natural forest in our surrounding region, hunting, fishing and foraging are popular activities in the area and have an economic impact in the community. There are suggestions to enhance the opportunities around other FFWF such as fiddleheads, high value fungi and wild rice through education for local chefs, health and safety guides for entrepreneurs and FFWF access for restaurateurs. Thunder Bay, has been very active in their promotion and awareness of FFWF, developed the Ontario Nature's Forage North Program which aimed to enhance harvesting and production capacity of FFWF, and to ensure that edible wild plants are identifiable and more widely available to consumers.

Wild blueberries are one of the most recognized wild foraged plants in the community and can play an important role in public education of FFWF. Blueberries have been celebrated for over 30 years in Greater Sudbury through the annual Sudbury Blueberry Festival and are often sold along roadsides during the harvest season. Sustainable management and protection of blueberries can have a cascading effect on other harvested foods as harvesting zones may be selected and sustainable foraging is promoted. The Sudbury Forest Management Plan (developed by The Vermilion Forest Management Company Ltd.) can play an important role as it can increase recognition of FFWF values and address the impact from activities such as aerial pesticide spraying and ecosystem fragmentation.

The cultural significance of our FFWF lies mostly within the regional Indigenous community, where traditional Anishinaabe knowledge provides a strong connection between the health of the land and the health of the people. Many opportunities may be available to help share the knowledge to a broader audience that will raise awareness of the importance of ecological stewardship, provide economic benefits and increase community pride. These opportunities may not only be through our indigenous community centres but through schools, daycares and other youth outreach programs.

The ecological footprint of the mining history of Greater Sudbury is still easily recognizable on the landscape with areas still barren, semi-barren or with young patches of planted or naturally recovering trees. The regrowth of the natural environment will significantly affect future foraging opportunities, benefiting some species while becoming more difficult for others. Blueberries prefer open land with slightly acidic soil while fiddleheads prefer moist soil with shade from overstory trees. As our forests grow and mature and as climate change creates seasonal changes, some species may become more dominant than others. A proper Forest and Freshwater Food Resource Management and Enhancement Strategy will help determine the needs, gaps and opportunities for the future for both the land and water.



Greater Sudbury has much to offer and much to lose if the natural environment is not protected and maintained properly. The FFWF opportunities in the community include tourism around fishing, maple syrup and blueberries, culinary workshops on FFWF cooking, and youth camps integrating traditional knowledge. Enhancing awareness and protecting the ecosystem will provide a stronger future for the FFWF in Greater Sudbury.





Opportunities of Forest and Freshwater Food in Greater Sudbury

Shkagamik-Kwe Youth Hunt Camp

The Youth hunt camp is a land-based program that connects youth with Anishinaabe food systems by learning the traditional teachings and ceremonies while practicing safe hunting techniques.

Chelmsford Fish and Game Association

For the past twenty-three years, The Chelmsford Fish and Game Association focused its efforts on Walleye culture and the restocking of local lakes and streams. This association works hand in hand with the MNRF, Laurentian University Living with Lakes Centre and Collège Boréal to ensure that the projects meet and exceed all their standards.

Laurentian Outdoor Centre

Laurentian Outdoor Centre provides opportunities for tourists, students and residents to explore our natural environment. Equipment rentals include canoes and snowshoes that can offer a fishing experience for students, residents and tourists.


Water First

Water First is a charity that collaborates with Indigenous communities in Canada to address boil water advisories and environmental water challenges through education and training. They also have a school education program, GUSH, which offers hands-on workshops to students to help solve current real-world First Nations water issues.

FOOD RETAIL, SERVICE AND TOURISM

There are more jobs and businesses in the food service and retail sectors than generally thought. The City of Greater Sudbury benefited from 7,393 jobs across the 516 businesses in these sectors in 2016, and those numbers have grown by 12% and 14% respectively since 2011 (EMSI 2017.1). Greater Sudbury has many opportunities to enjoy food through restaurants, retail stores, and directly from the producers themselves. Food culture and tourism does not have to focus solely on visitors from out of town since residents of Greater Sudbury also appreciate the opportunities to enjoy local dining establishments. Indigenous communities are underrepresented in our food service sector, as they rediscover and provide unique offerings of traditional foods in new themed restaurants in other communities in Ontario.





Food retail establishments, whether large grocery stores or specialty shops, are located throughout Greater Sudbury and are major employers for the community. Sudbury spends over half a billion dollars on food each year, according to Statistics Canada. With a fiercely competitive market, these businesses strive to differentiate themselves in many ways such as pricing, product selection, location, branding or atmosphere. Non-traditional grocers continue to enter the market including large players such as Walmart Canada, as well as online delivery options. Increasing consolidation of major grocers has contributed to constant pressure on staff wages, and on the prices offered to their suppliers.

Battistelli's Independent Grocer in Lively is an interesting example in pioneering the offering of free fruit for kids visiting the store instead of the usual free cookie. The idea went viral on social media and has since been taken up as an option by Loblaws nationally and beyond. Some large grocers are also being creative in combining marketing with community service through offering cooking classes and free shuttle services for seniors to increase access to their businesses.

Eat Local Sudbury Co-operative is a great example of a community-driven solution to making locally-grown foods more accessible. As a multi-stakeholder co-operative made up of more than 500 farmer and "eater" members, Eat Local Sudbury operates a small-scale grocery store in downtown Sudbury where customers can purchase a wide-variety of locally-grown foods. As a non-profit organization, Eat Local Sudbury has worked over the past 10 years to grow the local food (locavore) culture in Sudbury through educational workshops, marketing campaigns featuring local growers and events that celebrate the local harvest. With more than \$3 million dollars in sales to date, Eat Local Sudbury has been an important player in Sudbury's food system.

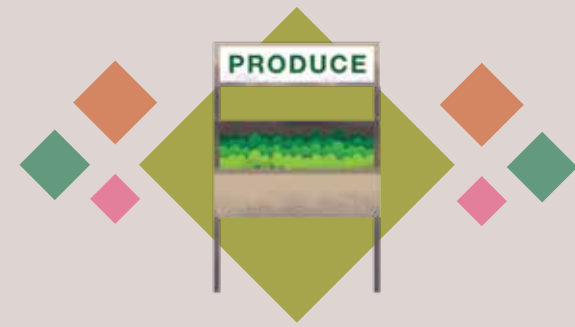
The challenges of operating an independent restaurant are many, from stiff competition from chain outlets, to ever more discerning consumers, the rising cost of ingredients and the shortage of skilled labour. Many communities are developing local associations of independent restaurants to work together and market their unique dining experiences. Asheville, North Carolina has a very vibrant and active group called Asheville's Independent Restaurant Association (AIR) with a user-friendly website with events, a restaurant passport and training opportunities. Independently-owned restaurants in Greater Sudbury are also trying to work together to address challenges and change the culture around food in the community. Several restaurants have come together as the Sudbury Hospitality Association of Restaurant Entrepreneurs (S.H.A.R.E.) to help promote Sudbury's vast independently owned restaurant community and to bring attention to the value of supporting local businesses. S.H.A.R.E. helps promote local chefs and create food destinations, a valuable asset in driving culinary tourism in Greater Sudbury. With an annual Localicious event, they encourage tourists and residents to eat at S.H.A.R.E. restaurants in order to raise money for local charities.

Food destinations can also be specific to neighbourhoods such as the Kathleen Street area in the Donovan and the Downtown area. Sudbury's main downtown area sees food as one of its key strengths, and is looking to build up creative events and partnerships to further develop this opportunity. Many excellent approaches from other communities could readily be adopted, in which businesses take more advantage of existing downtown events, or create new food-related events involving themed tasting or tours of multiple businesses in the downtown.

Culinary tourism helps encourage people to seek out memorable eating and drinking experiences, not just the typical tourism attractions of activities and sights. Greater Sudbury can certainly attract attention with independently owned restaurants, a microbrewery, local food markets and an upcoming distillery. Local talent can be found in chef challenges, the Indigenous community and within upcoming graduating classes of post-secondary programs.

After the closure of the Cambrian College Culinary Arts Department in 2012, which offered programs like Chef Training, Baking and Pastry Arts and Hotel and Restaurant Management, post-secondary educational training opportunities focused on College Boreal's Culinary Arts Fundamentals program. It started in September 2011 and aspires to make use of local ingredients such as local fish, game and mushrooms. Since the program opening in Sudbury in 2011, it has expanded and is now offered at the Timmins Collège Boréal's campus. The program also has a license to cut wild meat for educational purposes. In the winter of 2016-2017, the program hosted evening community classes which have proven to be successful. The culinary program has also undertaken waste management efforts by composting everything from the restaurant and using the finished compost in landscaping and gardening.

One of the main challenges for the food retail, service and tourism sector may lie in finding fresh, local, unique ingredients at affordable prices that fit consumers' changing tastes. Through collaborative buying and sourcing of local or fresh food, restaurants and institutions can reduce their costs and supplies while providing new culinary experiences that were prohibitive in the past. Partnerships between hotels, event organizers and restaurateurs can provide outstanding tourism experiences and will enhance the economy in Greater Sudbury.



Interested in starting or growing a food related business in Sudbury?

The Regional Business Centre is poised to assist food and beverage related entrepreneurs in the City of Greater Sudbury and Manitoulin Region. Filling an important gap in the industry, they work with start-up and early stage food manufacturing, retail, restaurant and farming entrepreneurs, providing access to vital information that will guide decision making and go-to-market process, while helping navigate the entrepreneurial ecosystem. Whether you are looking to start, operate or grow a food product or service venture, the Regional Business Centre can provide access to information, mentorship and resources that will help you succeed.

- ▶ one-on-one consultations that review and provide feedback on a business plan
- ▶ market research that informs the decision making process in a strategic approach
- ▶ business registration and licensing
- ▶ access to industry specific experts through a collaboration network

Not there yet? Feel free to drop into one of their regular seminars on Small Business Basics where they cover topics related to starting, operating or growing a small business.



Agriculture and Food Processing

Greater Sudbury has had an active agriculture industry for the past 120 years, with most farms concentrated in fertile pockets of land within the communities of Valley East, Blezard Valley, Chelmsford and Hanmer (Cummings and Associates 2009, Saarinen 2013). An important part of the local economy, gross farm sales in Greater Sudbury were reported as \$10.65 million in the 2016 Census of Agriculture, an increase from \$9.58 million in 2011. With renewed interest in sourcing locally-grown foods and relatively low prices for farmland, opportunities for agriculture in Sudbury are on the rise.

Greater Sudbury's food system is not limited within the boundaries of the City. There is a significant market for food from Manitoulin through to Verner that results in a wider regional food system. This helps encompass nearby communities that provide or can potentially provide a large portion of the daily food for Greater Sudbury residents. Opportunities to buy local food are becoming more widespread in Greater Sudbury through food markets, food stores (e.g. Eat Local Sudbury Cooperative), restaurants and farm gate sales. There is still room to expand the marketing of local food through education campaigns, awareness and youth engagement.

Farming in the Greater Sudbury area can have several challenges due to the distance from Southern Ontario services, as well as more kilometers between local communities. For example, specialized farm equipment maintenance and repair services are not locally available and producers are paying to transport their tractors south when they break down. The alternative is to request for a technician to come north, but that results in travel and accommodation charges. Either way, this results in additional costs to the farmers. A collaborative approach to accessing services could help reduce cost and has proven successful for Nipissing District where Roche Court Farms attempted such an endeavour and subsequently won an OMAFRA Premier's Award for Agri-Food Innovation Excellence for their efforts.

Transportation costs are another economic challenge in Northern Ontario since shipping product to markets or processors significantly increases the price of product compared to other regions. For example, it's an extra \$40 per tonne to ship cereals to the closest grain elevator in Verner and \$50 per tonne more to purchase fertilizer. This puts farmers and food processors in the region at a competitive disadvantage. Evaluating the feasibility and options for more crop storage and processing capacity is needed.

Road safety is very important to the farming community. Tractors and farm equipment are a common sight on rural roads in Greater Sudbury as farmers move them from field to field. Drivers coming upon slow moving tractors and equipment need to be patient and careful. It has been suggested that installing larger more visible tractor road signs and training enforcement staff and residents on safety measures around farm equipment on the road would help enhance everyone's safety.

The region could also benefit from increased food processing capacity. With the Chicken Farmers of Ontario's new Artisanal and Niche Market Programs, farmers can now grow and market more than 300 chickens per year; however, farmers have expressed that there is limited access to inspected meat processing facilities in the area. Furthermore, the lack of inspected egg grading stations in the area limits the sale of locally produced eggs to the farm gate, meaning farmers cannot sell at markets.



Collège Boréal has recognized the importance of farm sustainability in Greater Sudbury and to assist in the continuation of farms flourishing in the region and across the province, Collège Boréal has recently introduced a new Agricultural Techniques program. This new program will help educate youth, help grow the agricultural potential and aid in increasing the average age of farm operators in the region, which is equally important to preserving the land itself.

Farmland and soil protection within Greater Sudbury and the surrounding areas is also worth highlighting especially as our climate is changing, affecting frost, growing season and precipitation. The Top Soil Removal and Site Alteration By-law (By-Law 2009-170) aims to protect the fertile soil for the farming community; however, landowners must continue to see the value of protecting and keeping farmland for agricultural use. According to the 2016 Census of Agriculture, farmland in Northern Ontario decreased by 20,000 acres over the past few years. A common reason for this significant decrease is the sale of farmland and the conversion from agricultural to residential use. Stricter land development controls can greatly support agricultural viability and farmland preservation. It must also be noted that although Northern Ontario has witnessed a decrease in land being farmed over the past few years, an increase of 1,200 acres in the rural areas surrounding Greater Sudbury have been cultivated, giving an optimistic outlook for the future of farming and local food production in the community.



Promoting Local Food in Greater Sudbury

Local food can be promoted in many ways in Greater Sudbury.

Existing initiatives to build upon:

- ▶ **Local food in restaurants** - some members of S.H.A.R.E. are integrating local flavours while examining future opportunities through shared resources
- ▶ **Farmer's markets** - such as The Market and pop-up markets
- ▶ **Local food maps** - such as Earth Care Sudbury's Food Access Map where farmers and food processors can request to have their business added
- ▶ **Community shared agriculture (CSA)**
- ▶ **Local product displays** in grocery stores

New ideas to develop:

- ▶ Smartphone application with seasonal availability of various products throughout the year
- ▶ Shuttle service to farm gate sales
- ▶ Farm tours

Local food in Greater Sudbury can include eggs, meat, produce, grains and more. If there is a greater awareness of the possible food coming from local producers, there will be a greater demand and increased interest to improve the accessibility of the product. Greater Sudbury has a lot to offer and opportunities to discover.

IMPLEMENTATION STRATEGIES

Developing a community strategy is the first step to building a stronger and more equitable food system. The recommendations put forward in this strategy [Appendix A] require community partnerships, citizen engagement, communication and commitment. With a City of Greater Sudbury Council endorsement, many of the recommendations will have the required support and influence to be moved forward.



Community leaders in government, education, private industry and community organizations must take the next steps to prioritize these recommendations and begin the implementation of this plan. Our community is looking for innovative solutions to barriers and strong partnerships to develop and execute new programs or support and grow existing ones.

Measuring the success of the Greater Sudbury Food Strategy will lay within the implementation of the recommendations and monitoring the indicators provided as well as other evaluation tools developed. Members of the GSFPC and committed partners hope to develop a Food System Report Card for Greater Sudbury that will include results indicators and will be reviewed regularly to establish an accountability framework.

Through the working groups developed to create this strategy as well as the strength of the partnerships within the Greater Sudbury Food Policy Council, there are many stakeholders already engaged in our regional food system. They are committed to embark on new initiatives, grow existing ones and support future initiatives to help Greater Sudbury have a strong and resilient food system.



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Centre de santé communautaire du Grand Sudbury - www.santesudbury.ca

Chelmsford Fish and Game Association <https://www.facebook.com/Chelmsford-Fish-Game-Association-1705794279663352/>

College Boreal Agricultural Techniques Program - www.collegeboreal.ca/programmes/agricultural-techniques

College Boreal Culinary Art Fundamentals Training - <http://continue.collegeboreal.ca/programmes/culinary-arts-fundamentals-training-2/>

EarthCare Sudbury - www.greatersudbury.ca/earthcare

Eat Local Sudbury - <http://eatlocalsudbury.nationbuilder.com>

Flour Mill Community Farm - <https://www.facebook.com/thefourmillcommunityfoodcentre/>

Good Food Box Program - <http://www.goodfoodboxsudbury.ca/>

Greater Sudbury Food Access Map and Community Garden Map - www.greatersudbury.ca/communitygardens

Greater Sudbury Food Policy Council - www.sudburyfoodpolicy.com

Greater Sudbury Green Cart Program - <https://www.greatersudbury.ca/live/garbage-and-recycling/composting/green-cart-program/>

Greater Sudbury Seed Library - <http://www.sudburylibraries.ca/en/booksmuchmore/Seed-Library.asp>

Healthy Kids Greater Sudbury - <http://sudburyfamilies.ca/healthykids/>

Laurentian Outdoor Centre - <http://luoutdoorcentre.com/>

MyPick - www.farmersmarketsontario.com/mypick

Regional Business Centre - www.regionalbusiness.ca

Shkagamik-Kwe Health Centre - <https://www.skhc.ca/>

Smith's Markets - <http://www.smithsmarkets.ca/>

Social Planning Council of Sudbury - www.spcsudbury.ca

Sudbury & District Health Unit - www.sdhu.com

Sudbury and District Beekeepers Association www.sudburybeekeepers.com

Sudbury Blueberry Festival - www.blueberryfestival.ca

Sudbury Gardening Festival - <http://sudburygardeningfestival.ca/>

Sudbury Horticultural Society - www.sudburyhorticulturalsociety.ca

Sudbury Hospitality Association of Restaurant Entrepreneurs (S.H.A.R.E) - <http://sharesudbury.com/>

Sudbury Shared Harvest - www.sudburysharedharvest.ca

The Foodshed Project: Sudbury District Community Garden Network - www.foodshedproject.ca

The Market - www.greatersudbury.ca/play/the-market

Three Forks Farms - www.threeforksfarms.com

Towneplace Suites - <http://www.towneplacesuitessudbury.com/>

Vermilion Forest Management Company Ltd. - <http://www.sudburyforest.com/>

Ward 1 Community Garden - <https://www.facebook.com/ward1garden/>

Water First - <http://waterfirst.ngo/>

APPENDIX A GREATER SUDBURY FOOD STRATEGY RECOMMENDATIONS WITH GOALS AND ACTIONS

1.0 Healthy Food Access and Literacy		
Goal		Action
Increased food knowledge and skills opportunities within Greater Sudbury	1.1	Form a Food Literacy Network.
	1.2	Conduct a community assessment that will identify gaps, potential partnerships and opportunities for food literacy/food skills programming such as after-school cooking programs and specialty cooking workshops.
	1.3	Provide or enhance food literacy/food skills opportunities for community members across their lifespan such as cooking series for children and community kitchens for older adults.
	1.4	Explore opportunities to become a Baby Friendly Community such as supporting businesses and organizations to create welcoming atmospheres for breastfeeding.
Increased access to healthy food within Greater Sudbury	1.5	Utilize community food environment core indicators developed by the Association of Public Health Epidemiologists in Ontario and other tools to increase understanding of gaps in access to healthy food and beverages.
	1.6	Explore and pursue innovative ways to increase healthy and culturally appropriate food retail in neighbourhoods where it is limited such as pop-up-markets and healthy food available in corner stores.
Strengthened advocacy to reduce incidence of individual and household food insecurity	1.7	Work with local stakeholders and partners to advocate to all levels of government for adequate incomes through initiatives such as basic income, adequate minimum wage and social assistance rates, living wage, and measures to address precarious employment.

Strengthened procurement policies and opportunities to include healthy and local food in institutional and public settings	1.8	Conduct a community assessment to measure the percentage of healthy, local food that is procured for publicly funded venues such as CGS arenas and parks.
	1.9	Review policies and explore opportunities for publicly funded facilities to increase the percentage of healthy, local food purchased.
	1.10	Provide training to food services institutions and businesses on how to work with fresh seasonal foods.
	1.11	Work with provincial programs to support training for procurement managers on their contracts, and/or provide funding support for consultation with agencies on their existing contracts.
2.0 Growing Food (not for profit)		
Goal		Action
Increased opportunities and support for food and gardening organizations	2.1	Increase collaborative initiatives to improve opportunities and support for food and gardening not-for-profit organizations.
	2.2	Encourage and promote more neighbourhood events such as seasonal picnics and community garden harvest lunches.
	2.3	Explore opportunities and develop a pilot project to divert organic waste to community gardens through partnerships with businesses, institutions or CGS.
	2.4	Develop guidelines and policies that can be applied consistently for community gardens.
Increased household food production within Greater Sudbury	2.5	Evaluate options for updating city by-laws to reduce barriers for home-based food raising (homesteading) activities.
	2.6	Build support for gardening skills and food production programs for youth and families.
	2.7	Promote the practice of edible landscaping for home owners and businesses.
	2.8	Identify potentially productive urban growing sites and implement a “Yes in My Backyard” project of sharing back and front yards and rooftops with individuals lacking growing spaces.
Increased visibility and promotion of community gardens, farms and food forest	2.9	Implement a Community Garden logo in signs at each community garden and implement directional signage on nearby streets.
	2.10	Provide workshops and learning experiences at community gardens that include classes for food preservation and cooking skills.

Improved urban environment to increase food production	2.11	Increase awareness of the importance of pollinators for our food sources and encourage the protection of their habitat by participating in the Bee City Canada program and initiating pollinator friendly approaches to urban settings.
	2.12	Encourage local seed saving through workshops and awareness to increase the availability of locally adapted and open-pollinated seeds for food.
3.0 Forest and Freshwater Foods (FFWF)		
Goal		Action
Increased public awareness of the cultural, health, ecological and economic value of FFWF	3.1	Develop an interactive mapping initiative for identifying FFWF zones. Incorporate the Ontario Nature foraging app and Rainbow Routes trail maps.
	3.2	Showcase and enhance local fishing opportunities and stocking programs through tourism opportunities and local fish and game organizations, highlighting Greater Sudbury's reputation as a global leader in ecological restoration.
	3.3	Develop or adopt a local plant and fungus foraging guide that includes sustainable harvesting best practices and safe identification guidelines.
	3.4	Support the development of a guide for traditional (Anishinaabek) hunting, fishing and foraging protocols.
	3.5	Develop and expand FFWF-themed interpretive trails and guided walks.
	3.6	Develop a food-themed daycamp and childcare programs featuring a FFWF component.
	3.7	Develop and support FFWF programming and curriculum materials for schools and childcare centers.
Increased FFWF commercial opportunities	3.8	Conduct a community assessment of the need and opportunities for a FFWF distribution hub to enable greater access to FFWF for restaurateurs, entrepreneurs, local harvesters, childcare centers and school food programs.
	3.9	Investigate food safety barriers and opportunities related to FFWF.
	3.10	Develop a guide for FFWF food safety and commerce regulations for restaurants and FFWF entrepreneurs.
	3.11	Support the development of an education, outreach and advocacy campaign on FFWF culinary skills.

Protection and Restoration of a healthy FFWF ecosystem	3.12	Develop and implement a forest and freshwater food resource management and enhancement strategy.
	3.13	Establish 2-5 designated FFWF harvesting zones on public lands, such as food forest projects, where access will not conflict with conservation priorities.
	3.14	Incorporate FFWF zones, wildlife corridors, and access trails into development plans through stronger partnerships and communication.
	3.15	Continue the CGS Regreening Program’s native edible tree and shrub planting initiative and examine opportunities to integrate more FFWF principles into municipal tree planting policies.
	3.16	Identify opportunities to reduce human pressures on fish populations unrelated to catch limits such as habitat enhancement, protection, and pollution reduction.
	3.17	Advocate for the Sudbury Forest Management Plan to increase recognition of FFWF values and address the impact from activities such as aerial pesticide spraying and ecosystem fragmentation.
4.0 Food Retail, Service and Tourism		
Goal		Action
Enhanced Food Culture and Culinary Tourism Opportunities in Greater Sudbury	4.1	Develop and implement a Culinary Tourism Strategy for Greater Sudbury.
	4.2	Expand culinary and chef training opportunities and partnerships in Greater Sudbury such as post-secondary full-time, continuing education and co-operative placement programs.
	4.3	Develop a culinary marketing campaign and events such as chef competition events, food tours, recognition regional FFWF and media that increase pride in local chefs, farmers, regional FFWF and food entrepreneurs.
	4.4	Engage downtown restaurants in promoting the downtown as a food destination.
Increased business competitiveness and partnerships within our food system	4.5	Reduce food and organic waste in local institutions, restaurants and retailers through new partnerships to divert waste, new business management practices, or organics programs.
	4.6	Increase support to Greater Sudbury restaurant collaborations to enhance shared marketing and events, build training partnerships and coordinate local food procurement.
	4.7	Create and encourage use of business training programs for food entrepreneurs such as financial, human resource management, developing new products, or finding operational efficiencies.
	4.8	Organize regular networking opportunities to bring together chefs, farmers, retailers, processors.

Increased innovation and market access within our food system	4.9	Advocate for the provincial meat inspection system to be recognized by chain grocery stores, restaurants and institutions.
	4.10	Evaluate options for updating City bylaws to reduce barriers to mobile food vendors to encourage entrepreneurship and innovation in the sector and meet consumer demand.
	4.11	Encourage government programs to support alternative distribution models that increase retail markets for local food, whether through farmer or consumer co-operatives, food hubs or group procurement efforts.
5.0 Agriculture and Food Processing		
Goal		Action
Increased opportunities and appreciation for local food producers in Greater Sudbury	5.1	Use regional branding to allow customers and retailers to better identify authentic local products, including farm products. Celebrate and promote food grown and processed in the area through various avenues such as local food events, marketing campaigns and branding.
	5.2	Increase accessibility, prioritization and visibility of local food producers at The Market and encourage participation in MyPick Program.
	5.3	Promote a regulatory environment that supports and considers local, small-scale producers through food safety regulations, by-laws and policies.
	5.4	Provide more training for local producers on alternative employee models and employee recruitment and retention.
	5.5	Increase awareness and exposure of farming career opportunities to youth through secondary school volunteer programs and career fairs.
	5.6	Enhance programs that recruit, train, and provide assistance to both new and established farmers.
	5.7	Conduct a community assessment of the need and opportunities for co-operative marketing between local producers to better service wholesale, retail, institutions and restaurants.

Improved infrastructure and efficiencies for local food producers	5.8	Increase knowledge and communication about municipal drain construction and maintenance including concerns and solutions with landowners, local producers and regulatory staff through regular meetings and information brochures.
	5.9	Identify farm services and equipment needs and explore options to access services locally such as annual equipment maintenance clinics.
	5.10	Explore options to connect livestock sellers with local buyers in economical and effective ways such as through online auctions and exchanges.
	5.11	Increased awareness of tractor road signage and safety measures for farm vehicles and equipment on the road through larger signs and training of enforcement staff and residents.
	5.12	Conduct a community assessment of the need and opportunities for increased regional food infrastructure such as abattoirs, crop storage, egg grading stations.
	5.13	Facilitate networking amongst producers for co-operative transportation to reduce prohibitive shipping costs.
	5.14	Participate in consultations for the Ministry of Transportation's Northern Ontario Multimodal Transportation Strategy.
Protection of agricultural land for future generations	5.15	Explore opportunities to expand and protect the Agricultural Reserve based on new data, climate change scenarios and community input.
	5.16	Promote option for land owners to request to have their land added to the Agricultural Reserve.
	5.17	Promote agricultural practices that protect the soil, water, air and biodiversity of the environment for future generations.

6.0 Implementation Strategies		
Goal		Action
Enhanced support and implementation of the Greater Sudbury Food Charter	6.1	Encourage and resource the Greater Sudbury Food Policy Council to coordinate the implementation and measurement of the Food Strategy, through continuing and expanding it's stakeholder working groups.
	6.2	Encourage letters of commitment from organizations and businesses within the city to participate in the implementation of the Food Strategy.
	6.3	Develop a Food System Report Card for Greater Sudbury that would include results indicators, be reviewed regularly and establish an accountability framework for community partners.
	6.4	Establish (a) Food Strategy Coordinator position(s) within existing Sudbury organization(s) that would be charged with facilitating the implementation of the Strategy.



APPENDIX B

Greater Sudbury Food Charter retrieved from https://sudburyfoodpolicy.files.wordpress.com/2015/07/13_05_foodcharter_eng_and_french.pdf

City of Greater Sudbury Food Charter - Final Version, June 2004 Passed by the Sudbury & District Board of Health, the City of Greater Sudbury, the municipalities of Killarney and of St. Charles, and also by the Township of Tehkummah on Manitoulin Island, as of September 15, 2004.

Given that access to safe, affordable, nutritious food is a basic human right of individuals and communities, and connects us to our families, our cultures, and our traditions;

And that community food security is a comprehensive approach that includes all components of the food system, from producers to consumers, and promotes regional food self-reliance;

And that having a food secure community is the foundation of population health, social justice, community-based economic development, and a sustainable environment;

Therefore, the Food Security Network of the Sudbury and Manitoulin Districts, including The City of Greater Sudbury, the Social Planning Council of Sudbury, and the Sudbury & District Health Unit, will work towards the development and implementation of a community food security mandate that supports research, policies, and programs that will endorse:

1) Population Health and Wellness:

- ▶ Individual and household food security as a determinant of health;
- ▶ Adequate income, employment, housing, and transportation policies that ensure food accessibility and availability to all citizens; and
- ▶ Nutritional education and healthy food choices in schools, businesses and public places.

2) Community Development:

- ▶ An annual community food security report card;
- ▶ Food self-reliance through community-based food programs, such as community gardens, fresh food box programs and collective kitchens;
- ▶ Multi-cultural food festivals and cultural events;
- ▶ An emergency food preparedness plan; and
- ▶ The involvement of the community in developing food security solutions.

3) Investment in the Regional Food System:

- ▶ A regionally-based and community-driven food system;
- ▶ The viability of agricultural and rural communities;
- ▶ The development of regional value-added agricultural production, food processing and distribution systems; and
- ▶ The promotion of regional food products at farmer's markets, farm-gate sales, and local food outlets.

4) The Development of a Sustainable Food System:

- ▶ Public and institutional education on the interdependence between the food system and a sustainable environment;
- ▶ Scientifically proven best management agricultural practices and regional crop varieties;
- ▶ The development and implementation of renewable technologies in the expansion of the regional food system;
- ▶ The reduction of persistent toxic chemicals that can accumulate within the food chain;
- ▶ Sustainable waste management practices; and
- ▶ Support for initiatives that minimize the loss of biodiversity, resource depletion, and climate change, and that raise the awareness of global environmental issues.

APPENDIX C

The community engagement process included surveys, public meetings, events and one-on-one discussions with more than 800 people contributing to the ideas found in this strategy. A selection of these comments and results are mentioned below:

"It is very important for people to understand risks (e.g. mushroom picking). Also, management must come before building up general interest in foraging, otherwise overharvesting and impact on wildlife will be an issue. I think the focus should first be on protection of traditional hunting/fishing/foraging rights of First Nations before opening it up."

"Staff will be needed to implement the strategy"

"Consider importance of breastfeeding support in the community too"

"Healthy foods don't only come from stores and markets. Wild foods need to be part of this strategy too."

"I really love the idea of pop-up markets. I find Sudbury is a city where if you don't a vehicle, you are limited due to different factors of the public bus transportation system- so pop-up markets could help relief this issue."

"I am in arena's all the time because of my kids hockey schedules. Arena's and the hockey culture (always treats after games, selling junk food for fundraising) is making it so challenging for healthy eating. I usually pack healthy food and bring it to the arena's because of lack of access to healthy food choices. This is not just in our arenas. I know the city makes lots of money on the all that junk food and money always seems to trumps health so I don't see the city stepping up and doing the what is right for our children. Let's face it, that soft drink and fry is paying to keep the arena open and ice time affordable but at what cost? You ever see a fruit tray in a hockey dressing room? That's what we need! We need healthy choices and we need change that culture that is sugar coated to embrace healthy choices and not always reward with sugar."

"I would like to see cooking classes included in education curriculum before and in all highschools. This would require more than one educator to be done safely with hands-on learning about making simple, cost efficient healthy foods."

"Provide free transportation to local farmer's market."

"Would love to see healthy options at arenas, summer programs, beaches. Would also like to see work done with sports and rec leagues as they often hand out snacks to children (i.e. after soccer games, cupcakes at [skating]) and I think this is not necessary."

"The increased costs are much more than inflation. I would love to see more local foods. And really targeting low income communities since a lot of people who access community gardens and whatnot are not necessarily those who are worst off. Helping co-ops start community gardens. Facebook posts with healthy lunch ideas. Extra help with veggie costs and travel is needed in winter but I don't know what that might look like."

Growing a Sustainable Food Culture

GREATER SUDBURY FOOD SYSTEM

REFERENCES

- 1 Statistics Canada Census of Agriculture, 2016
- 2 Community Garden Network, 2017
- 3 Sudbury Food Bank, 2014
- 4 Statistics Canada Canadian Community Health Survey, 2011/12
- 5 City of Greater Sudbury, 2011

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