

LET'S TALK FOOD LAMBTON

Community Food Assessment

INTRODUCTION

This report summarizes the Let's Talk Food Lambton Community Food Assessment. The first phase, Environmental Scan and the second phase Recommendations for Action.



Locally Lambton Food & Fun from the Farm, available at LocallyLambton.com

GOAL

The goal of the Community Food Assessment (CFA) is to create participatory, evidence-based recommendations for action to improve Lambton County's food system by identifying existing food assets and gaps and food related priorities. It aims to:

- Establish a baseline of knowledge of Lambton County's food system
- Raise awareness and understanding of food-related issues
- Improve program development and coordination
- Create positive change in public policy affecting the food system
- Increase community participation in shaping the food system
- Develop new and stronger networks and partnerships

Background

The Let's Talk Food Lambton CFA is one step in the process toward developing a healthy food system. A healthy food system integrates all of the pieces of the food system to enhance the environmental, economic, social and nutritional health of a community.¹



The Sarnia-Lambton Food Charter describes the community's vision of a healthy food system and was endorsed by Lambton County Council in 2013. At that time, the Healthy Living Lambton-Healthy Communities Partnership and Sarnia Lambton Food Coalition identified the need to complete a CFA. In May 2014, they collaborated to form the CFA Task Force representing sectors of Lambton County's food system.

CFA PROCESS

ENVIRONMENTAL SCAN

1

An environmental scan was completed to establish a baseline of knowledge of Lambton County's food system and its social, economic and environmental context.

SEPTEMBER 2015

RECOMMENDATIONS FOR ACTION

4

Ten supporting recommendations for action were identified. Specific actions for each recommendation are detailed in *Let's Talk Food Lambton Community Food Assessment Recommendations for Action 2016*.

NOVEMBER 2016

ASSET AND GAP ANALYSIS

2

Nine themes were identified:
Sustainable Agriculture
Urban Agriculture
Food Processing
Food Distribution
Access to Food Produced in Lambton
Access to Healthy Food
Food Knowledge and Skills
Food Waste Management
Food System Connection

OCTOBER 2015

COMMUNITY PRIORITY SETTING

3

Food system stakeholders identified four priorities:
Access to Food Produced in Lambton
Access to Healthy Food
Food Knowledge and Skills
Food System Connections

NOVEMBER 2015



VISION STATEMENT

ALL LAMBTON COUNTY RESIDENTS TO HAVE THE ACCESS, KNOWLEDGE AND SKILLS NEEDED TO EAT HEALTHY AND LOCAL FOOD.

RECOMMENDATIONS FOR ACTION

1.0 HEALTHY FOOD IN FOOD DESERTS

Encourage new and existing food retailers to offer healthy food in neighbourhoods where there is no healthy food source within walking distance

2.0 LOCAL FOOD AVAILABILITY

Increase availability of food that has been grown or caught, processed, and distributed as near to the point of consumption as possible.

3.0 HOUSEHOLD FOOD INSECURITY

Decrease the number of Lambton residents who have inadequate or insecure access to food because of financial restraints.

4.0 FOOD KNOWLEDGE AND SKILLS

Support learning opportunities that promote food knowledge and skills (including a combination of techniques, nutrition-related knowledge and planning ability).

5.0 AFFORDABLE HOUSING NEAR FOOD

Support availability of affordable housing that promotes access to healthy food.

6.0 HEALTHY AND LOCAL FOOD IN BROADER PUBLIC SECTOR

Increase the amount of healthy and local food offered in hospitals, schools, municipal buildings and other publicly funded organizations.

7.0 HEALTHY SCHOOL FOOD ENVIRONMENTS

Support school environments that support healthy eating among Lambton children and youth.

8.0 TRANSPORTATION TO ACCESS FOOD

Improve transportation options for accessing food retailers who offer healthy and local food.

9.0 VALUE LOCAL FOOD

Encourage a culture across Lambton County that values local food.

10.0 FOOD SYSTEM COLLABORATION

Enhance collaboration among those involved in growing, harvesting, transporting, processing, distributing, marketing, selling, preparing, consuming, and disposing of food.



Sarnia Farmers' Market

NEXT STEPS

Improving Lambton County's food system requires collective impact. The CFA Recommendations for Action lay the groundwork for achieving the vision that all Lambton County residents have the access, knowledge and skills needed to eat healthy and local food and creating a healthy food system that reflects the values of the Sarnia-Lambton Food Charter.

In order to transform this vision into a reality, stakeholders must collaborate across the food system to mobilize change. Initial community stakeholder support has been identified with various Recommendations for Actions as a starting point for community mobilization.

For more information on the CFA Recommendations for Action and to get involved, please visit www.LetsTalkFoodLambton.ca.

COMMUNITY STAKEHOLDER SUPPORT

Bluewater Health
 Canadian Red Cross
 Central Lambton Family Health Team
 City of Sarnia Planning and Building Department
 County of Lambton Long Term Care
 County of Lambton Planning and Development Services
 County of Lambton Social Services
 Foodland Bright's Grove
 Goodwill Industries Lambton
 Healthy Kids Community Challenge
 Inn of the Good Shepherd
 Lambton College
 Lambton Kent District School Board
 North Lambton Community Health Centre
 West Lambton Community Health Centre
 East Lambton Community Health Centre
 One Tomato
 Ontario Ministry of Agriculture, Food and Rural Affairs
 Rapids Family Health Team
 Sarnia Lambton Workforce Development Board
 Sarnia-Lambton Economic Partnership
 St. Clair Catholic District School Board
 Sunripe
 Tourism Sarnia-Lambton
 United Way Sarnia-Lambton



a Healthy Communities Partnership



**Lambton
Public Health**

1. Region of Waterloo Public Health. (2007). A Healthy Community Food System Plan for Waterloo Region. Retrieved August 27, 2014, from <http://bit.ly/1Jz3S2B>