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2010 to 2015 Strategy Guidance Letter A-101 Food Security

United Way Windsor-Essex County
300 Giles Blvd. East, Windsor, ON N9A 4C4

A. Priority Area: Supporting basic needs and independence.

B. Strategic Area of Focus: Food security. **Strategy Definition:** Innovative and integrated approaches to enhance food security: Increased access to food co-op opportunities; identification of new sustainable partnerships; Strategies that increase the overall supply and access to fresh, nutritious, culturally sensitive food; Strategies that teach people how to shop, prepare and preserve fresh foods; and Strategies that strengthen the network of food security programs by ensuring equitable access to food.

C. Priority Population

All strategies that receive funding must serve the following population (s):

- o Individuals and families experiencing low income.

D. Intended Outcome: Individuals and families experiencing low income have a) increased access to nutritious and culturally sensitive food, and b) increased knowledge relating to nutrition c) improved cooking skills

Outcome Definition: a) There is a relationship between increased knowledge of and access to nutritious and culturally sensitive food and improved physical and mental health, b) Individuals and families experiencing low income who increase their shopping and cooking skills also benefit from improved physical and mental health and increased social networks. The intended outcome focuses on *Sustenance* as described by Torjman's (2007) Resilience Framework.

E. Strategy Paths

To be considered for funding, strategies must address **Path A** and/or **Path B**, as indicated below:

Strategy paths	Potential results
Path A: Coordinated food security network	<ul style="list-style-type: none"> • Consistent eligibility and access requirements • Equitable and efficient distribution of food • Improvement in the quality of food available



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<p>Path B: SERVICE DELIVERY: Increased awareness and knowledge of nutrition and food preparation</p> <p>Increased and improved food-related skills</p> <p>Increased consumption of fresh fruits and vegetables</p> <p>Increased social networks</p>	<ul style="list-style-type: none"> • Number of knowledge building activities on nutrition and food preparation • Number of participants in the knowledge building activities that indicate they have increased their knowledge • Number of cooking , food preservation, and shopping activities • Number of participants in the cooking and food preservation activities that indicate they have increased their cooking, food preservation and shopping skills • Number of participants that indicate they were able to consume fresh fruit and vegetables all year round • Number of participants that indicated they have been able to decrease their monthly spending on food while increasing their consumption of healthier food • Number of participants that self-report they are meeting the recommended guideline of 5 servings of fruits/vegetables a day • Number of participants that indicate they were able to consume fresh fruit and vegetables all year round • Number of participants that indicate they are more connected in their neighbourhood/community • Number of participants that participate in other neighbourhood/community initiatives
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F. Preferred Strategy Components

In addition to the required components, preference will be given to those strategies that are able to demonstrate Preferred Strategy Components, as indicated below:

	Preferred Strategy Components— (policies, practices and/or activities)	Examples
Path A-specific	Include an assessment of the existing food security programs in the community and how this initiative will build on those programs to address gaps as identified by the community	<ul style="list-style-type: none"> • Initiatives build on the existing food security assets in the neighbourhood/community, • The initiative is connected to identified needs of residents and/or identified priorities/gaps as indicated in community plans etc.
Path B-specific	Includes more than one food security strategy in the initiative	<ul style="list-style-type: none"> • Comprehensive food security initiatives can include but are not limited to: food cooperatives, container gardening, community gardens, community kitchens, cooking and food preservation classes, nutrition education, community supported agriculture, neighbourhood markets and community distribution of excess food products
Paths A and B	<p>Involve residents in the planning, implementation and evaluation of the food security initiative</p> <p>Involve a range of community partners in the implementation of the initiative</p>	<ul style="list-style-type: none"> • Initiatives include a component that engages residents and builds leadership skills of local residents to maintain involvement in the initiative • Sustainability is increased when there is more than one partner involved in the project • Partners can include but are not limited to: other not-for-profit organizations, local food businesses, resident organizations, farmers, growers associations, churches etc.



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	<p>Address potential barriers to participation in the food security initiative</p> <p>Integrated with and/or enhances other community development/building initiatives</p> <p>Includes an evaluation of potential outcomes as outlined under the strategy paths</p>	<ul style="list-style-type: none">• Individuals and families experiencing low income often have barriers that prevent their participation in initiatives, e.g., transportation, child care and cultural differences• Description of how the food security initiative is a potential catalyst and/or linked to other community development/building initiatives such as: physical activity programs, location for community arts presentations, literacy, etc.• Residents/participants are included in the evaluation of the project.• The evaluation includes various methods to measure outcomes as outlined in the strategy paths• The initiative will participate with other partners in the learning communities
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F. (cont'd) Preferred Strategy Components for all strategies

Preferred Program Components for all strategies	Examples
Staff/volunteers are trained and well-prepared	<ul style="list-style-type: none"> • Staff and volunteers have relevant training, knowledge and skills • Staff keep up-to-date with current developments in the field, including promising and evidence-based practices • Volunteers are provided with strong supervision including screening, orientation and recognition.
Client-centered	<ul style="list-style-type: none"> • Active efforts to be inclusive and to connect with client populations in program planning, delivery, evaluation • Services provided are determined by participant needs and priorities • Operate from an accessible, identifiable location that facilitates access to other participant opportunities.
Diversity is acknowledged and respected	<ul style="list-style-type: none"> • Sensitive to issues of diversity, transportation and childcare • Staff must be culturally competent and aware of diversity issues. • Staff and volunteers reflect the community
Monitor progress and evaluate outcomes	<ul style="list-style-type: none"> • Conduct ongoing program evaluations to ensure program effectiveness • The evaluation includes various methods for measuring potential results as outlined in the strategy paths • Willing to participate in organized learning communities with other strategy partners.



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Maintaining success	<ul style="list-style-type: none">▪ Measures will be taken to encourage continue positive results after initial implementation▪ E.g., by offering “booster” sessions; providing follow-up resources; tying the strategy with activities of other relevant community groups & programs.
Demonstrate effective collaboration and partnerships	<ul style="list-style-type: none">• Involve a range of community partners• Leverage resources and support from an array of stakeholders, e.g., other not-for-profit organizations, private or public sector organizations, and other groups.• Written memoranda of understanding with other organizations to ensure that roles and responsibilities are clear.
Integrated and coordinated approach	<ul style="list-style-type: none">• Strategy is linked with other community services, group, and initiatives in an effort to enhance services.

Recommended Resources:

DASH B.C. (2008). *MEIA Cooking and Skill building Project: Final Evaluation*.

Peterborough County-City Health Unit (2007). *Food Security Community Partnership Project: An overview of 2006-2007 activities and recommendations for continuation*.

World Hunger Year (2007). *Going beyond emergency food: a guide for providers*.

www.foodnetontario.ca