



# 2021-22 IMPACT REPORT



Nourish is a program of  
**YWCA**  
PETERBOROUGH  
HALIBURTON



## Nourishing local and global actions, one goal at a time...

2021/2022 was another challenging pandemic year. We continued to rely heavily on virtual connections rather than face-to-face ones. In last year's impact report, we gave you a taste of how participants experienced the year from their stories. This year we opted for a different approach. We decided to illustrate how our work bridges local and global issues by focusing on the Sustainable Development Goals or SDGs.

The SDGs have been gaining traction since they were first unveiled by the United Nations in 2015. 17 SDGs were identified with the explicit purpose to end poverty, protect the planet, and ensure peace and prosperity for all by 2030. Their central promise is to *Leave No One Behind*. Globally, these 17 SDGs include 169 targets and 232 performance indicators. While those points of reference are very international in nature, the framework itself resonates with our work. Our efforts are focused on fostering connections through food, and supporting marginalized community members in becoming civic leaders that push for new policies to address poverty, food insecurity, and equity in all its forms. We have provided a sampling of how our activities at Nourish boost some of these SDGs. Our work is grounded primarily among nine of them. Even within this menu of goals, we tend to be most focused on five core goals, with the first two being central to everything we do.

We hope that this brief overview will help you better understand our work and the ways in which it is part of a larger movement for social change.

Sincerely,

Joëlle Favreau, Nourish Manager

The content of this publication has not been approved by the United Nations and does not reflect the views of the United Nations or its officials or Member States.

Learn more about the Sustainable Development Goals at: <https://www.un.org/sustainabledevelopment>



## End poverty in all its forms everywhere



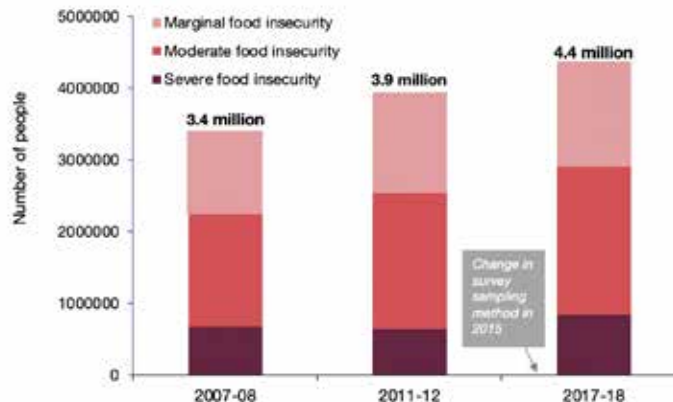
### HUNGRY FOR INCOME

Our Hungry for Income training reframes food insecurity as an issue of poverty.

All evidence suggests that charity-based approaches such as food banks and other emergency food programs do not impact food insecurity rates. The only effective methods to reduce these rates are income-based.

This is why we support a Basic Income Guarantee. The pandemic has made it abundantly clear that circumstances can change unexpectedly, and a more effective safety net is needed across Canada.

Number of People Living in Food-insecure Households in Canada 2007-2018



*"The most important learning I've gained from [the Hungry for Income] series is the whole thing about basic income."*

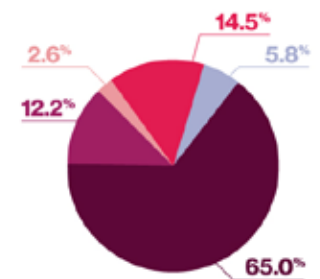
*Again, people's attitude may be that there are shelters and food banks so what do we want? But I learned about the dignity piece in accessing those services."*

*The cost of rent is high and people end up having to choose between rent and groceries. I have been hearing a lot about basic income and it was really nice to learn more about it."*

- Hungry for Income Participant

Food-insecure households' MAIN SOURCE OF INCOME

- Wages, salaries or self-employment
- Senior's income, including dividends and interest
- Employment Insurance or workers' compensation
- Social Assistance
- Other



Unfortunately, the majority of food insecure households are supported by working people.<sup>1</sup> A job is no longer enough to put food on the table.

To learn more about food insecurity research in Canada, visit: [PROOF](#)



## End poverty in all its forms everywhere

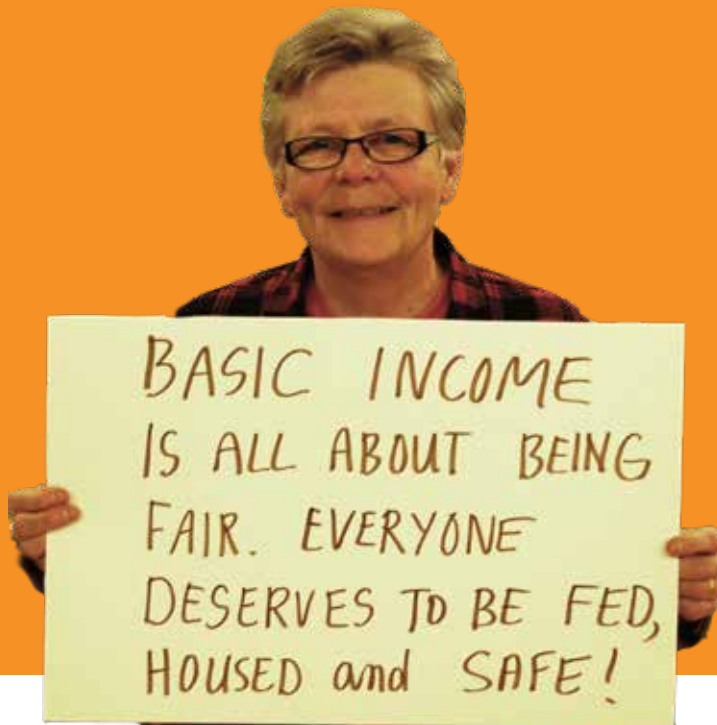


### BASIC INCOME CAMPAIGN

A Basic Income Guarantee seeks to provide an income sufficient to meet basic needs and live with dignity, regardless of work status.

Nourish has been campaigning for this essential policy since 2015.

To learn more about a basic income guarantee, visit: [Basic Income Canada Network<sup>2</sup>](#)



### HONORARIA

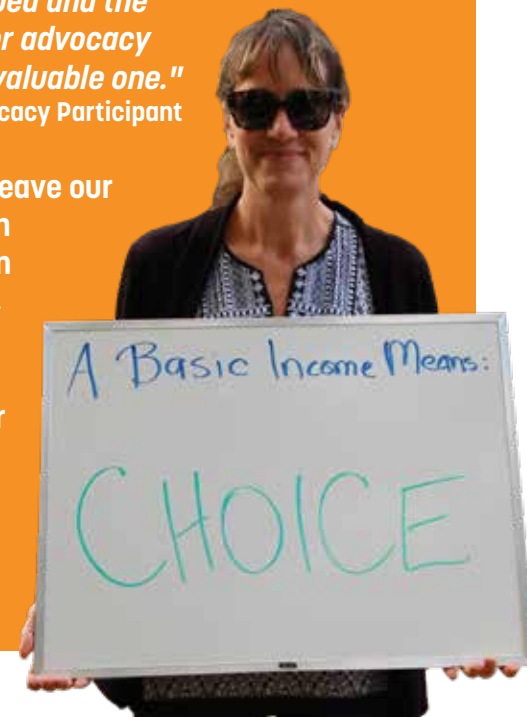
We invested \$12,160 in honoraria for participants in Nourish civic literacy programs to acknowledge their time and efforts.

Like food charity, these honoraria are not sufficient to reduce food insecurity rates, but participants were grateful for the funds.

*"Honoraria were much appreciated. They made input feel valued and the project of peer advocacy itself to be a valuable one."*

- Peer Advocacy Participant

Participants leave our programs with more money in their pockets, and the skills needed to work together for change.





2 ZERO HUNGER



End hunger, achieve food security and improved nutrition, and promote sustainable agriculture

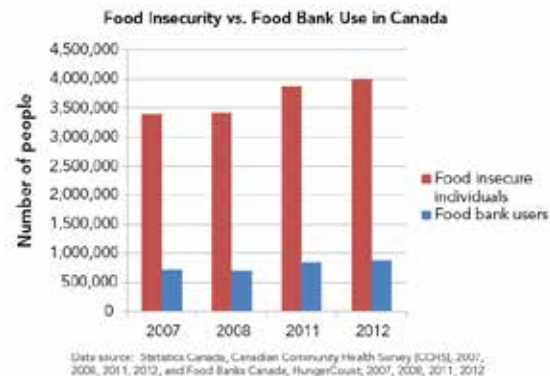


## NOURISH FOOD BOX

Nourish distributed 5909 affordable food boxes supporting 920 adults, and 489 children. Although these boxes don't change local food insecurity rates, they do provide dignified access to fresh produce.

A total of \$435 dollars in food stipends were given to Food Box members who participated in our evaluation of the program.

95% of surveyed Food Box members agree or strongly agree that the program helps people eat better. 70% agree or strongly agree that their involvement in the program feels different from accessing charity like food banks, and all felt they were treated with respect.



2 ZERO HUNGER



End hunger, achieve food security and improved nutrition,  
and promote sustainable agriculture



## NOURISH DOLLARS

Our Nourish Dollars program provides dignified access to food, while encouraging local spending.

Many healthcare providers are now giving the food vouchers to their clients, building on the success of the program and expanding its reach.

\$5960 in Nourish Dollars were redeemed in the 2021-22 year, supporting participants and producers alike. They can be used to purchase our Food Boxes, as well as food at local restaurants and markets.

About 36% of redeemed Nourish Dollars were spent at our Curve Lake Community Market, improving local food access in an area with otherwise limited options, while also supporting local producers throughout the growing season.

*"Without even realizing it, we have started eating 2-3 meals per week without meat because we have so many delicious veggie options."*

- Community Member



## COMMUNITY GARDENS

Nourish supports 44 community gardens and 405 plot-holding gardeners.

These spaces allow community members to improve their own nutrition, and engage directly in sustainable agriculture.

## FRUIT TREE PLANTING

20 trees and shrubs were planted, involving 16 meetings and a group of 30 active members.





## Ensure healthy lives and promote well-being for all at all ages



### FOOD & CHILDCARE

Nourish trained childcare workers in the preparation of seasonal foods for the children at Compass Early Learning Centre to promote healthy eating, as well as local procurement.



### GARDENING FOR MENTAL HEALTH

Numerous studies have shown that gardening has a positive impact on mental health.

According to one meta-analysis of over 20 studies, "the positive association with gardening was observed for a wide range of health outcomes, such as reductions in depression and anxiety symptoms, stress, mood disturbance, and BMI, as well as increases in quality of life, sense of community, physical activity levels, and cognitive function."<sup>3</sup>

*"Having a garden fights mental illness like depression and helps kids with autism stay social."*

- Community Gardener





## Ensure healthy lives and promote well-being for all at all ages



### MANAGING HEALTH CONDITIONS

Over 60% of surveyed Food Box members reported experiences of depression. Nearly 80% said the affordable produce they receive helps them manage a health condition. It's clear that food plays a critical role in our health.

### MARKET INCENTIVE PROGRAM

The Market Incentive Program<sup>4</sup> was created to make it easier for people with diet-related health challenges to access fresh fruits and vegetables. 35 participants were provided with a voucher for \$15-20 each week for 15 weeks to buy fresh fruit and vegetables at the Curve Lake Community Market, or through the Food Box.

### CURVE LAKE COMMUNITY MARKET

Improved access to produce in Curve Lake also impacts local children and sets them up for a lifetime of making healthy food choices.

*"My little one eats every cucumber we bring home from here. I have to get extra this week."*  
- Community Member

### FOOD BOX NEWSLETTER

Each Food Box newsletter includes about 6 recipes to give members healthy ideas of what to make with their fresh produce.

### KALE & APPLE SLAW RECIPE

#### Ingredients:

3/4 cup plain yogurt  
2 tsp honey  
1 tbsp vinegar  
2 cups kale torn into bite sized pieces  
1 apple peeled, cored and chopped  
3 tbsp onion, minced

#### Directions:

1. In a salad bowl, combine and whisk together the yogurt, honey and vinegar.
2. Add the kale, apple, and onion.
3. Mix well and serve chilled.

#### Cook's Tips:

Add toasted nuts, shredded carrot, celery, or grilled vegetables.





## Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all



### DIGITAL SMARTS

The Digital Smarts<sup>5</sup> training was originally designed by YWCA Canada and Media Smarts, and then customized by Nourish for seniors and piloted in 2021 on Zoom.

This was done in anticipation of distributing tablets to 60 seniors, which will happen in 2022 once we are able to set up internet connections in the common rooms of two low-income seniors' buildings. Seniors will soon receive tablets and digital literacy training.

### OUR STORIES OUR VOICES

This training was for women, trans women, Two-Spirit, and non-binary identities, who had experienced poverty, racialization, criminalization, disability, or substance use.

20 participants learned how to share their stories with the community and had the opportunity to connect with others.

14 stories were shared at 2 virtual events. 24 audience members heard their stories.

### PEER ADVOCACY

13 participants graduated from our Peer Advocacy series, developing leadership and advocacy skills with the instruction of 10 guest facilitators from different organizations.

Topics covered include: mindfulness, grief skills, trauma's effect on the brain, active listening, Indigenous issues, and 2SLGBTQIA+ issues.

These were chosen to equip participants with the necessary competency to understand and advocate for themselves and others.





## Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all



### GROWING WORKSHOPS

Nourish supported 488 participants with 60 growing workshops, including topics such as seed saving, and growing herbs indoors.

*"I wanted to send a gchi miigwetch for setting up the seed kits! They have been so much fun in our house and an opportunity for my daughter and me."*

- Growing Workshop Participant



### COOKING WORKSHOPS

Nourish offered 12 cooking workshops for 53 participants, many covering skills and ideas for seasonal cooking.

In response to participant needs, we decided to prioritize the Food Box program over our cooking workshops, so our offerings have been limited in comparison to previous years.

Chef Amanda continued to offer cooking tips via our monthly online newsletter, including the roasting tips to the right. Roasting is a particularly useful technique to apply to our local bounty of root crops.

### ROASTING TIPS FROM CHEF AMANDA

Here are the basic steps to always keep in mind when roasting vegetables.

Step 1: Cut the veggies all the same size. Keep everything as uniform as possible so that they all cook at the same speed.

Step 2: Place them all in a bowl and toss with oil, salt, and pepper. It may be tempting to just place the veggies straight on the roasting tray, and drizzle with oil, but I encourage you to get a big bowl out, and toss the veggies in oil, salt, and pepper first. As far as other seasoning goes - root vegetables are typically quite sweet - so you can contrast that sweetness with woody herbs like rosemary, thyme, or sage. You could also compliment it with sweeter spices like a garam masala blend or a pumpkin spice blend.

Step 3: Place them on a roasting sheet with lots of room in between. This ensures that the dry, hot heat of your oven can make its way around each cut of vegetable, creating that magical browning effect (known in French cooking techniques as the Maillard reaction) when carbohydrates and proteins are met with heat and become caramelized and delicious.



## Achieve gender equality and empower all women and girls



### CIVIC LITERACY PROGRAMS

Many of Nourish's civic literacy programs are specifically designed for women, trans-women, and non-binary folks, including the Our Stories Our Voices storytelling training, and the Peer Advocacy series. These specialized opportunities created safe spaces for gender-exploration, and several participants took advantage of the chance to test out non-binary they/them pronouns for the first time.

In the Peer Advocacy series, we explored issues relevant to furthering gender equality, including 2SLGBTQIA+ issues, and the concept of intersectionality.

Intersectionality is a term coined by feminist scholar Kimberlé Crenshaw<sup>6</sup>, referring to "how systems of oppression overlap to create distinct experiences for people with multiple identity categories."<sup>7</sup>

As a program of YWCA Peterborough, gender equality and anti-oppressive approaches are at the heart of our work. The vast majority of our participants across programs are women.

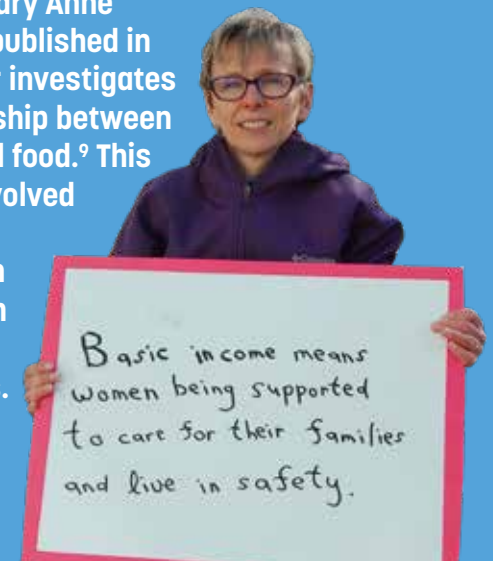


### WOMEN & FOOD WORK IN THE HOME

Over 86% of surveyed food box members are women, illustrating the often gendered nature of food work in the home. Women in Canada continue to do the bulk of household food work, even in dual-earner families.

Half of female lone parent families in Peterborough experienced food insecurity, compared to a quarter in Ontario according to the most recent available data (2011-2014).<sup>8</sup>

Research conducted locally by Mary Anne Martin and published in 2018 further investigates the relationship between mothers and food.<sup>9</sup> This research involved extensive consultation with Nourish and our participants.







## Achieve gender equality and empower all women and girls



### GIRLS CLIMATE LEADERSHIP CAMP

16 girls, aged 8-13, participated in GreenUP's Girls Climate Leadership Camp. Nourish offered the girls learning opportunities centred around urban agriculture, seed saving, seed starting, container gardening, and food security.

According to Plan International, "increasing access to quality education and age and gender responsive climate information is essential in enabling girls to become leaders in climate action and to participate in climate change decision-making."<sup>10</sup>

When women are involved in these decisions, the result is more sustainable policies. Community Foundations of Canada reports that, "a study of 90 nations found that countries with higher female parliamentary representation were more likely to set aside land as protected ecological areas."<sup>11</sup>

By providing tools, knowledge, and female role models, the Girls Climate Leadership Camp empowered participants and set them on track to do the critical work of protecting the environment.





## Reduce inequality within and among countries



### AMPLIFYING VOICES

The civic literacy arm of Nourish is critical in our work to reduce inequities. Amplifying the voices of participants who experience various forms of marginalization is key to making sure those voices are heard by decision makers.

At Nourish, we use the *Nothing About Us Without Us* approach, meaning the people we serve are involved in co-developing the programs they access. Participant needs are always reflected in our program design.

### TRAINING FOR NEW CANADIANS

We offered training to new Canadians on several topics through a partnership with the New Canadians Centre, always with an understanding that many participants were learning English as a second language.

We customized our approach to suit the unique needs of this group and were able to introduce them to the levels of government in Canada, as well as media literacy concepts that gave them the skills to think critically about what they read online.

*"At the New Canadians Centre, we've benefited from the experience and approach of Nourish staff."*

*Nourish has delivered several workshops to new Canadians, and it's clear that they understand how to make their programs accessible.*

*Participants with limited English language skills are accommodated, and leave with a greater understanding of the material, whether that's focused on Canada's government structures, or skills for gardening.*

*Nourish gets it!"*

- NCC Staff Member



**"EVERY ELECTION  
IS DETERMINED BY  
THE PEOPLE WHO  
SHOW UP."**

- Larry Sabato



## Reduce inequality within and among countries



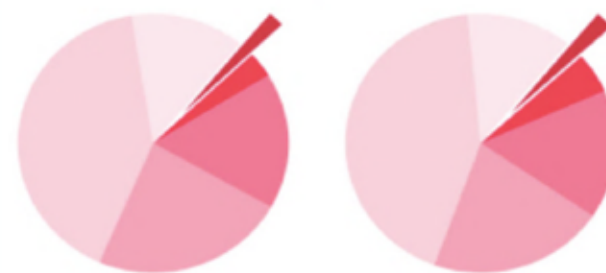
### SOCIAL MEDIA



Nourish shares articles daily which shed light on social issues like poverty, as well as other inequities.

One [CBC opinion piece](#) shared in December 2021 reached over 3000 people. It drew attention to the fact that cooking classes and emergency food will never be able to reduce food insecurity rates. We need public policies that directly boost the incomes of those living in poverty.<sup>12</sup>

Our Facebook page is often recognized as a source of essential news by our network, and we are working to improve digital equity by distributing tablets to seniors in 2022.



Food Secure

Food Insecure

- Don't know where to start when it comes to cooking
- Can do things such as boil an egg or cook a grilled cheese sandwich
- Can prepare simple meals but nothing too complicated
- Can cook more dishes if I have a recipe
- Can prepare most dishes
- Frequently prepare sophisticated dishes

Data Source: Statistics Canada, Canadian Community Health Survey (CCHS) Rapid Response - Food Skills, 2013

### CHALLENGING MISCONCEPTIONS

PROOF's research shows that very few people, whether food secure or insecure, do not know where to start when it comes to cooking. Both segments of the population share roughly the same level of cooking knowledge.





## Make cities and human settlements inclusive, safe, resilient and sustainable



### FOOD BOX VOLUNTEERISM

Our 36 Food Box volunteers make the program sustainable. They work hard, and develop strong relationships in the process. To build inclusiveness for volunteers, we match them with the activities that interest them most, address barriers to participation, and support them so that they feel connected to the program as well as the other volunteers.

A Food Box packing volunteer takes an average of over 9000 steps in a day to get boxes ready for our volunteer drivers to deliver.

Over 65,000 pounds of food were packed into Food Boxes and delivered right to members' doors, thanks to volunteers.



### COMMUNITY GARDEN VOLUNTEERISM

The community gardens are volunteer-driven, and could not exist without the efforts of the participants themselves. Their involvement creates inclusive and resilient spaces.

Nourish also appreciates the contributions of 27 volunteer community garden coordinators, who helped promote our safety protocols.

### PANDEMIC PROTOCOLS

When managing these inclusive green spaces, considerations around safety have become all the more important in light of the pandemic.

Nourish continued to work with Peterborough Public Health to ensure the safety of community gardeners on an ongoing basis. Protocols were continuously adapted to the changing circumstances of the health crisis.



## Make cities and human settlements inclusive, safe, resilient and sustainable



### ADDRESSING STIGMA

Our virtual storytelling events addressed stigmas around issues like disability, gender diversity, and poverty, building a more inclusive and accepting community.

Artist Tricia Hinshelwood created the artwork below in response to the shared stories.



### BUILDING BELONGING

Across our program areas, we are constantly working with the aim of building belonging. Our entire region benefits when community members feel they are seen, heard, and valued. We are always providing opportunities to connect, whether that is around shared experience, or across difference.

This has become more challenging during the pandemic, but we have seen that this is possible even in the context of virtual programming. In fact, virtual programming has made our work more accessible to many who would not otherwise be able to join us in person, for reasons including disability or lack of childcare.

### CREATING SAFE SPACES

The effectiveness of our community-building approach depends on the creation of spaces that feel safe to participants.

*"Thank you for welcoming me and making me feel like I could belong. What this group has done for me is amazing!"*

- Our Stories Our Voices Participant





## Ensure sustainable consumption and production patterns



### FOOD PROCUREMENT

To improve sustainable consumption and production patterns, Nourish prioritizes local food procurement.

Nourish spent over \$123,000 on food to supply our affordable food boxes and the weekly Curve Lake Community Market.

Over \$16,000 or 13% of our food spending went to local food, supporting 8 farms in our region.

Our food work is a benefit not only to participants, but to producers as well.



### URBAN AGRICULTURE

By participating in small scale urban agriculture, community gardeners are able to become more self-reliant, and less dependant on grocery store produce. In recent years, we have seen how precarious our supply-lines can be when in a crisis.

Local garden practices are also ecologically-sound and sustainable.





## Ensure sustainable consumption and production patterns



### LOVE YOUR LOCAL FOOD

15 participants enjoyed our Love Your Local Food series which we held virtually on Zoom. It emphasized seasonal cooking with locally produced ingredients.

### CANNING IN CURVE LAKE

In Curve Lake First Nation, 15 participants learned canning skills to preserve local foods. By canning locally grown tomatoes as salsa, or apples as applesauce, they are able to eat delicious local produce throughout the year, relying less on commercially produced foods through the winter.

### WATER CANNING BASICS

1. Always use a tried and tested recipe. Review and ensure you have all ingredients on hand.
2. Gather all required canning equipment.
3. Fill home canner with fresh water and bring to a boil. (It takes longer than you think!)
4. Wash all jars and equipment, inspecting for nicks or cracks.
5. Set screw caps aside, and place SNAP LID® closures in small pot of hot but not boiling water.
6. Set up your 'filling station' and have your funnel, ladle, and tongs ready.
7. Set up your 'resting station'. Set clean towels on counter near stove and canner.
8. Pre-measure as many of your ingredients as you can. Canning is time sensitive, so having ingredients ready is essential.
9. Fill jars with ingredients. Leave head space.
10. Place SNAP LID® on and turn rings on finger-tip tight (If they are on too tight, they can explode.)
11. Process ALL home canned goods in a water bath for time allotted in recipe.
12. After they are processed, remove jars (using tongs) and let sit.
13. Listen for popping noise to ensure they are sealed.



## Take urgent action to combat climate change and its impacts



### ECOLOGICAL PRACTICES

Local food production in community gardens is organic, and improves our sense of connection to the land, which is especially important in urban environments.

It emphasizes seasonality, and reduces food miles. Food miles are the distance food is transported from where it is harvested to where it reaches the consumer. These miles come with a carbon footprint. By growing our own food, or buying food from farms in our region, we significantly reduce the environmental impact of what we eat.

### SEED-SAVING GARDENS

Nourish supports 3 seed saving gardens at local community gardens. Seeds naturally adapt to the environments they grow in, which can make them more resilient to drought.

### VIRTUAL SEEDY SUNDAY

42 participants took part in 4 online workshops during our virtual Seedy Sunday, and were linked to regional seed sellers.







## Take urgent action to combat climate change and its impacts



### INDIGENOUS FOOD SOVEREIGNTY

According to La Via Campesina, an international farmers movement, "Food Sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems."<sup>13</sup>

Indigenous Food Sovereignty is an innovative, Indigenous-led, policy approach to end food insecurity in Indigenous communities.

In *Indigenous Food Systems: Concepts, Cases, and Conversations*, Dawn Morrison writes, "Food sovereignty is a deeply meaningful strategy for remembering our original instructions encoded within our kincentric relationships to the land, water, people, plants, and animals that provide us with our food."<sup>14</sup>

Remembering this connection is an important step towards protecting our environment.

Nourish has dedicated a session of Hungry for Income to exploring food sovereignty - and Indigenous food sovereignty in particular - and frequently promotes these concepts on social media as well.<sup>15</sup>







## Nourish is grateful for your support

The Nourish team extends our gratitude to all of our volunteers, supporters, and funders who contributed to our work over the course of the 2021-2022 year. We especially want to thank our home agency, YWCA Peterborough Haliburton, as well as all of our colleagues there, without whom this work would not be possible.

We also respectfully acknowledge that Peterborough is located on the Treaty 20 Michi Saagiig territory and in the traditional territory of the Michi Saagiig and Chippewa Nations, collectively known as the Williams Treaties First Nations, which include: Curve Lake, Hiawatha, Alderville, Scugog Island, Rama, Beausoleil, and Georgina Island First Nations. Our engagement in food work is an avenue to build right relationships with First Nations, Inuit, and Métis community members throughout our region. It is with immense appreciation that we live, work, and play on this land.





## References

<sup>1</sup> All Canadian food insecurity statistics and charts taken from University of Toronto's PROOF Food Insecurity Policy Research team: <https://proof.utoronto.ca/food-insecurity/>

<sup>2</sup> For more information on a basic income guarantee in Canada, visit: <https://basicincomecanada.org/>

<sup>3</sup> Quote taken from *Gardening is beneficial for health: A meta-analysis*: <https://www.sciencedirect.com/science/article/pii/S2211335516301401>

<sup>4</sup> For more information about the Market Incentive/Market Greens program, visit the Community Food Centres Canada website: <https://cfccanada.ca/en/Our-Work/Programs/MarketGreens>

<sup>5</sup> For more information about the original iteration of the Digital Smarts program, visit the Media Smarts website: <https://mediasmarts.ca/digital-media-literacy/e-tutorials/digitalsmarts>

<sup>6</sup> View a Ted Talk on *The urgency of intersectionality* by Kimberlé Crenshaw here: [https://www.ted.com/talks/kimberle\\_crenshaw\\_the\\_urgency\\_of\\_intersectionality?language=en](https://www.ted.com/talks/kimberle_crenshaw_the_urgency_of_intersectionality?language=en)

<sup>7</sup> Intersectionality definition taken from the Women's Centres Connect website: <https://womenconnect.ca/intersectoral-feminism/>

<sup>8</sup> Local female lone-parent statistic taken from: <https://www.peterboroughpublichealth.ca/wp-content/uploads/2020/01/2019-Limited-Incomes.pdf>

<sup>9</sup> Mary Anne Martin's research *Moms Feeding Families on Low Incomes in Peterborough and the Support of Community-based Food Initiatives* can be viewed on our website: <https://nourishproject.ca/document-library/document/moms-feeding-families-low-incomes-peterborough-and-support-community-based>

<sup>10</sup> Plan International quote taken from the GreenUP blog: <https://www.greenup.on.ca/empowering-youth-as-climate-action-leaders/>

<sup>11</sup> Community Foundations of Canada quote taken from their Vital Signs Report *Gender Equality in Canada: Planet*: [https://communityfoundations.ca/wp-content/uploads/2020/10/CFC-VS-National-Report\\_Planet\\_EN.pdf](https://communityfoundations.ca/wp-content/uploads/2020/10/CFC-VS-National-Report_Planet_EN.pdf)

<sup>12</sup> CBC opinion piece *They didn't need a recipe for lentil shepherd's pie. What I learned about fighting poverty at cooking class* available at: <https://www.cbc.ca/news/canada/calgary/poverty-groceries-income-miriam-bankey-1.6278078>

<sup>13</sup> La Via Campesina quote taken from Food Secure Canada's website: <https://foodsecurecanada.org/who-we-are/what-food-sovereignty>

<sup>14</sup> Dawn Morrison quote taken from *Indigenous Food Systems: Concepts, Cases, and Conversations*, published by Canadian Scholars: <https://www.canadianscholars.ca/books/indigenous-food-systems>

<sup>15</sup> TVO article *What are Indigenous knowledge systems — and how can they help fight climate change?* available at: <https://tinyurl.com/TV0093021>