



# Connecting Circles

VIRTUAL CONVERSATIONS

## Food Insecurity

Monday May 3rd, 2021, 7PM



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The Guelph Neighbourhood Support Coalition is a network of neighbourhood groups, sponsoring agencies and program partners. These three groups work together to share resources, ideas, and answer questions as well as help each other work toward a strong neighbourhood group coalition in Guelph. Members of the neighbourhood groups meet quarterly to share successes and discuss difficulties, working together to solve problems and bring ideas back to their own neighbourhood groups. Likewise, partner organizations that are part of the GNSC meet quarterly to talk about different ways to support the needs of the neighbourhood groups, allocating resources such as financial support, training, and more as needed. Five members from each group come together to help form the Board of Directors which governs the GNSC.

On Monday May 3rd we discussed food insecurity with Brendan Johnston from GNSC and Barb McPhee from the North End Harvest Market. Their inspiring work and true dedication to our community inspired participants to take food security into their own hands.



Our Future Matters.  
We inspire possibility & make change happen - now!

Thank you to our program partners:



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# IN SUMMARY

We began with a statistic: 13.2% of people in Guelph are suffering from food insecurity. But 13.2% was the pre-pandemic number and food insecurity has shifted and increased during Covid-19. (13-15% is in line with recent data). Brendan Johnston introduced the important work being done by the [Guelph Neighbourhood Support Coalition \(GNSC\)](#), and their four overarching mandates: 1. Create equity of access to resources, services, supports and celebrations; 2. Support neighbourhood centred action; 3. Amplify community voices; 4. Support innovation. The GNSC works with people in our community, instead of for people in our community.

We were then introduced to Barb McPhee from the [North End Harvest Market \(NEHM\)](#), which is a free food market for families in the north end of Guelph. Run out of a school portable at Waverley Drive Public School, the NEHM has seen a 250% increase in food needs since the beginning of the pandemic.

There are so many ways to support these organizations and programs. You can donate money, sponsor an entire week of the program, donate home grown food, volunteer your time, email your City Councillor to advocate that Food is a Right, support a guaranteed basic income and buy your groceries from a farmers market, CSA, the SEED, and neighbourhood groups. We all shared that food is a human right and we must not stop fighting for that until there is no one in our communities suffering from food insecurity.

## "FOOD IS A RIGHT!"

### RESOURCES

Local Food Organizations:

- [Groceries from the SEED](#)
- [Chalmers Community Services Centre](#)
- [Food 4 Kids](#)

[Article: How outdoor community fridges are changing life for those facing hard times](#)

[Article: Portland's 'Hygiene Hub' Goes Way Beyond Free Showers](#)

[Become a 10C Member](#)

[Become a Friend of 10C](#)

### BREAKOUT ROOM THOUGHTS

- Guaranteed Basic Income was impossible, until the pandemic hit and the government provided Guaranteed Basic Income.
- Follow [@PaulTayloTO](#), the [Executive Director](#) of Food Share Toronto, who is running for political office and advocating for Food Rights.
- Food 4 Kids hit a roadblock when they couldn't access schools to deliver food to kids in need. They pivoted and are now providing gift cards for families to buy food.

### DONATE FOOD TO NEHM!

Tuesdays and Wednesdays 10:00am-4:00pm for food drop off at 140 Waverley Drive. Most needed: beans, peas, tomatoes, radishes, herbs and kale.

Contact: Barb - [oldbatchat@yahoo.ca](mailto:oldbatchat@yahoo.ca)

If you would like help finding free/affordable seeds or seedlings to grow for NEHM you can check out the [Guelph Seed Library](#) or contact [paigeb@10carden.ca](mailto:paigeb@10carden.ca)