

TOWARDS a WINNIPEG FOOD STRATEGY

Policy Scan and Recommendations



FOOD MATTERS
MANITOBA



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Introduction

The formation of the Winnipeg Food Council (WFC) is a monumental step towards an equitable and sustainable municipal food system. The WFC can play a significant role in fulfilling the vision and goals set by OurWinnipeg particularly in promoting food security, sovereignty, public health, and literacy. A cross-Canada survey carried out by MacRae and Donahue (2013) found 64 local and regional municipalities in Canada that are working to improve the food system.

The WFC is now tasked with developing a food strategy for the City of Winnipeg. Thankfully, a good amount of work has been done already, including several reports and recommendations for a Winnipeg Food Strategy. This report offers little analysis or direction for a Winnipeg Food Strategy. However, it does provide ample amount of valuable information for doing so. It includes a scan of relevant municipal and provincial policies and planning directives that impact food in Manitoba, a summary of recommendations from a number of food studies in Winnipeg, and a compilation of promising practise and accomplishments of municipal food councils in North America.

OurWinnipeg: Food-Related Planning Directives

Winnipeg City Council adopted “OurWinnipeg Plan” (By-law 67/2010) in 2011. Since the plan is required by the City of Winnipeg charter, all development plans, procedures, and policies are guided by the principles set by the document. With a 25-year vision, OurWinnipeg is a guiding document that provides a long-term strategy in terms of delivering city services, and supporting growth and development. Food related planning directives can be found in the city’s guiding document ‘OurWinnipeg’ (City of Winnipeg, 2011c). These directives play an important role in providing a vision to the city on food related issues.

City of Winnipeg envisions a city that offers “opportunities for local food production” and believes that connections to food can be seen as a “part of vital and healthy neighbourhood”. The city believes that the benefits exceed the edible good generated from gardens, farmers’ markets and community kitchens; it creates “a sense of belonging and the notion of personal involvement in the health of our communities is what attracts and retains most participants. Direction 8 of OurWinnipeg states that the city wants to work through community partnerships, and respond to food needs as identified by communities by:

- “Collaborat[ing] on local food opportunities that are part of community development initiatives.
- Includ[ing] food in planning for neighbourhood revitalization strategies.
- Within the City’s mandate, pursue opportunities to support local food production.
- Develop[ing] planning tools to manage the sustainability of existing community gardens and to enable the creation of new permanent or temporary gardens.
- Maintain[ing] an inventory of City properties suitable for food production”.

OurWinnipeg Direction Strategy: A Sustainable Winnipeg

Direction 4 of ‘A Sustainable Winnipeg’ aims to “establish partnerships with communities, businesses and other public sector agencies to achieve joint goals towards a sustainable Winnipeg” by “partner[ing] with non-governmental organizations, business and other levels of government to access or develop tools that

strategically enhance the technical and social capacity of individuals and organizations interested in enhancing Winnipeg's sustainability. These enhancements could be in areas such as sustainable procurement, local food opportunities, addressing poverty, literacy, green energy, education and awareness, sustainable design, water and energy efficiency." (City of Winnipeg, 2011a)

OurWinnipeg Direction Strategy: Complete Communities

Direction 3 of Rural and Agricultural Areas from 'Complete Communities' aims to support local food production by "encourag[ing] the establishment of specialized agricultural operations in the vicinity of Winnipeg in areas where urban development unlikely in the near future, particularly where the operation will benefit from the close proximity of a large market." (City of Winnipeg, 2011b)

OurWinnipeg Direction Strategy: Sustainable Water and Waste

Policy 2 of the 'Solid Waste Management Support Policies' from Sustainable Water and Waste aims to "investigate promising, cost effective, efficient alternative waste diversion technologies, followed by piloting and optimizing programs that have been selected for implementation". The City aims to "support work by stakeholders (food establishments, food processors, retailers and residents) to promote and educate the public on Source Separated Organics. The City will work with stakeholders to set objectives and targets for the diversion of organics from the residential solid waste stream." (City of Winnipeg, 2011c)

Food-Related By-Laws

In addition to OurWinnipeg planning directives, WFC members will benefit significantly if they have an understanding of by-laws related to food, including, but not limited to farmer's market, community gardens, beekeeping, temporary food establishments, and operating businesses in Winnipeg.

Winnipeg Zoning By-law (200/2006)

"This By-law applies to all areas of the city outside of the Downtown Winnipeg [Zoning Bylaw 100/04](#) boundaries. Its intention is to promote the orderly use and development of property and structures, supports the health, safety and general welfare of the City and to implement the provisions of *OurWinnipeg* and the adopted Secondary Plans included in Schedule A" (City of Winnipeg, 2017c).

Winnipeg Zoning By-law (200/2006) defines:

- farmer's market as "an occasional or periodic market held in an open area or in a structure where groups of individual sellers offer for sale to the public such items as fresh produce, seasonal fruits, fresh flowers, arts and crafts items, and food and beverages dispensed from booths located on-site"
- community gardens as "a public use of land for the cultivation of fruits, flowers, vegetables, or ornamental plants by more than one person or family".

Section 48 deals with Beekeeping. This section was amended to accommodate Urban Beekeeping in October 2017.

Winnipeg Downtown Zoning By-law (100/2004)

“By-law No. 100/2004 is intended to advance Plan Winnipeg [OurWinnipeg] downtown policies and the vision articulated in CentrePlan - in particular to support and enhance the unique and distinctive neighbourhoods, functional districts, character areas, and focal points that combine to form a diverse, vibrant downtown. **By-law 100/2004 applies to the downtown area only**” (City of Winnipeg, 2017b). The Winnipeg Downtown Zoning By-law govern development in Downtown Winnipeg. If there are any overlapping or conflicting by-laws with the City of Winnipeg, the provision with the more restrictive or higher standards prevail.

- Subsection 200(12) of the Winnipeg Downtown Zoning By-law regulates the usage of bees in the Downtown region. In February 2016, the Winnipeg Downtown Zoning By-law was updated to support apiaries in the Downtown region (City of Winnipeg, 2017b).
- Subsection 200 (5) categorizes the usage of natural areas and community gardens under “Parks and Park-related Uses” (City of Winnipeg, 2017b).

Food Service Establishment By-law (5160/89)

This by-law governs the usage of food establishments. Administered by Public Health Inspector or Medical health Officer, this by-law is important for owners, operators and person in charge of food establishments because violation of these rules can attract penalty. This bylaw governs the usage of food supplies, protection, storage and transportation. This by-law also governs the distribution of license related to food service establishment.

This bylaw defines "Food Service Establishment" as “any place where food is kept, handled, manufactured, packaged, stored or prepared. The term shall include any such place regardless of whether consumption is on or off the premises and regardless of whether there is or is not a charge for the food, and includes delicatessen-type operations, restaurants, catering establishments, commissaries, hotels, beverage rooms, dairy bars, milk bars, ice-cream parlors, canteens, mobile food units and temporary food service establishments, but shall not include private homes where food is prepared or served for individual family consumption, retail food stores, producer markets, food vending machine and food supply vehicles” (City of Winnipeg, 2017a).

Manitoba Acts and Regulations Dealing with Food

The provincial government has multiple legislations that deal with food and apply to the City of Winnipeg.

The Dairy Act (1996)

The Dairy Act is “the enabling legislation for dairy farm and dairy processor to produce quality dairy products within Manitoba”. The Dairy Act lists the regulations and licensing requirements to operate a dairy plant. It also sets rules on enforcement and penalties to ensure that the law is followed properly. The Dairy Act empowers food inspectors to seize dairy products if the inspector believes on reasonable grounds that the products are being used or produced in a way that do not meet the regulations set out in the legislation (Province of Manitoba, 1996).

Livestock and Livestock Products Act (1997)

Livestock and Livestock Products Act deals with animal operation in Manitoba. It deals with honey regulations, poultry products regulation, on-farm safety regulations, and safe livestock and livestock products regulation. It also sets livestock transportation requirements. The law sets penalties if there are any breaches with the regulations (Province of Manitoba, 1997)

The Public Health Act (2006)

Public Health Act is the legislation that deals with food and food handling establishments in the province. This legislation governs the Food and Food Handling Establishments Regulation and the Water Supplies Regulation. The legislation also stipulates guidelines on how public health advisories can be issued. It also empowers a medical officer to issue a Health Hazard order in relation to a food handling establishment (Province of Manitoba, 2006).

Recommendations for a Winnipeg Food Strategy

Below is a description of several documents that contain recommendations for a Winnipeg Food Strategy, based on community consultations, assessment, and research.

Small Scale Food Manitoba Report

Small Scale Food Manitoba Working Group (2015) produced a report which highlighted the recommendations of small scale farmers who had a limited land base. “Over 62 per cent of Canada’s 205,000 farms have gross receipts of less than \$100,000 and 78 per cent have less than \$250,000”. Small Scale Food Manitoba Working group’s main recommendations focused on overwhelming regulatory issues, and poor access to traditional distribution chains and retail grocery stores. They also believe that their voices were not being represented properly. (Small Scale Food Manitoba Working Group, 2015)

The Future of Food in Winnipeg

Food Matters Manitoba and partners organized the *Future of Food in Winnipeg*, a forum for Winnipeggers to discuss their vision for food in the city. More than 100 representatives from 50 sectors including, local business, transportation, First Nations groups, educational institutions, healthcare, anti-poverty groups, farmers, food processors and distributors, community organizations, and various levels of government including city officials and staff, attended to examine the state of food in Winnipeg and share ideas on how food can be used as a tool in building a more vibrant city (Food Matters Manitoba, 2015). The report from Future of Food in Winnipeg focuses on:

- Growing food in Winnipeg: Upgrading community infrastructure
- Getting food in Winnipeg: Increasing investment in local food access
- Food skills in Winnipeg: Upgrading community food facilities



Community Food Assessments

Food Matters Manitoba has carried out food assessments in St. Vital (2012), Downtown (2013), Inkster (2014), and the North End (2010). Community food assessments play a significant role in understanding the challenges community members face in their daily lives. Improving economic and physical access to food, equitable public transit, increase in EIA rates, supporting the local community to promote community gardens, and promoting food literacy were identified as the top recommendations in all four assessments.

North End (2010): Food Matters Manitoba's first community assessment was carried out in the North End to examine the state of food security. There is a much higher Aboriginal population in the North End. With a higher rate of poverty and unemployment, North End's food assessment identifies unique aspects within and between the neighborhoods that make the North End.

St. Vital (2012): St. Vital is similar socioeconomically and demographically to the City of Winnipeg as a whole and much of the recommendations and the problems that were identified in St. Vital is likely applicable to other regions of the city. 10% of Winnipeg's population lives in St. Vital.

Downtown (2013): Downtown's food challenges go well beyond geographic considerations. Many people downtown live with limited incomes and face economic barriers to accessing food. As a consequence, hunger and poor nutrition are an unfortunate reality for some downtown residents.

Inkster (2014): Inkster is a community characterized by divisions and disparities. The community's geographic isolation and disconnected neighbourhoods have resulted in a number of food security challenges related to poor public transportation and food access, while the demographics of its population show large disparities in income and health. Inkster is home to some of Winnipeg's lowest income neighbourhoods. Over half of Inkster West residents are visible minorities, the highest rate in the city. Many recent immigrants to Canada, the majority from the Philippines, call Inkster home.

Summary of Recommendations

The priority of the WFC should be to develop a Winnipeg Food Strategy

- based on an analysis of the recommendations from the above documents and summarized below
- informed by promising practices in municipal food policy
- that builds upon existing initiatives, and
- identifies where the city can support an equitable and sustainable food system

The top five priority areas identified are access and equity, local and regional food, urban agriculture, land-use and long-range planning, and food education and food literacy. Below are summaries of each area. See Appendix A for detailed recommendations.

Access and Equity

Making food accessible and equitable requires a holistic approach. According to the most recent analysis in Winnipeg (Slater, J, Epp-Koop, S, Green, 2017), the total number of people living in a food desert in the Winnipeg Health Region is 64,574 (9%). A food desert is an urban low-income neighborhood where the nearest full-service grocery store is not within walking distance. Food deserts can have a potentially

negative effect on the quality and quantity of food consumed. People living in food deserts may be highly dependent on convenience stores with limited selection and higher prices. In this case, a food desert is also a food swamp: or an urban area with high concentrations of low-quality foods.

Newcomers and Indigenous peoples (especially those migrating from Northern and remote communities) often face additional geographic and social barriers in accessing culturally appropriate or preferred foods, which are less commonly available and often sparsely distributed. Affordable and accessible transportation can play an important role in making food more accessible. Improving bus routes and introducing shuttle services to increase access to grocery stores can improve access to food.

An increase in Employment and Income Assistance Rates can play an important role in removing economic barriers to food security. While this is not within the jurisdiction of the municipality, the Winnipeg Food Council and Winnipeg City Council should advocate for increased EIA rates that meet the food budget needs of people in Winnipeg. In 2016, 61,914 Manitobans relied upon a food bank each month to make ends meet — a 53 per cent increase since 2008. Of these users, an unacceptable 42.9 per cent are children (Food Banks Canada, 2016).

Local and Regional Food:

Highlighting local foods, establishing year-round fresh food markets, and encouraging farmers markets can play an important role in supporting local and regional food. Supporting local food production can help farmers and revitalize both provincial and municipal economies. It will particularly help small and medium farm owners who are forced to supplement their farm income with second jobs.

Urban Agriculture:

Although urban agriculture can play an important role in reducing pressure on agricultural land, its main value lies in connecting people to the land. Community gardens play a significant role in bringing communities together. Many seniors, school children, and newcomers rely on community gardens as a source of recreation. It is important to provide resources to the local community to support and expand community gardens. Increasing garden space would require support from the community.

Land Use and Long-Range Planning:

Efficient land-use and long-range planning can play an important role in promoting nutritious and affordable food. Healthy school zones, upgrading community garden infrastructure, and affordable housing can play an important role in promoting food security.

Food Education and Food Literacy:

Educating people about emergency food programming, cooking lessons for youth and newcomers, learning about gardening and composting can help promote food literacy. Teaching newcomers about food handling can also help integrate newcomers better. Renovating community kitchens can help improve community infrastructure.

Promising Practices for Municipal Food Councils

Food Councils play an important role in bringing food issues to the mainstream. They have the potential to raise awareness on issues related to food access, and food insecurity. They can foster communication between the government and the civil society. Food Councils in Canada and the US have been successful in working with local governments in developing policies to support food initiatives. Municipal food councils in North America commonly:

- Identify problems related to food access and recommend policies to their local government
- Raise awareness amongst policymakers, educational institutions and the public
- Help develop strong partnerships between the government and the civil society.

Food Policy Councils: Lessons Learned (Harper et al., 2009)

The following objectives were taken verbatim from the above-sourced report and are based on a review of relevant literature and data from interviews with 48 food policy council representatives in the United States.

- Potential to address public health through food access, hunger and food insecurity, and quality of food
- Potential to affect national and state level policy debates
- Potential to bring local food policy into the mainstream
- Potential to address poverty and inequality
- Potential to boost local economies
- Act as a forum for food issues, fostering communication between sectors, communities and different groups within the food system
- Raise public awareness, coordinate between issue sectors, and integrate issues of food, health, transportation and economic development
- Generate locally appropriate policy to change the context for agriculture, hunger, health and other local issues;
- Formulate programs that implement local solutions to the most pressing failures of our current food system

Municipal Food Policy Entrepreneurs (MacRae & Donahue, 2013)

The following objectives were taken verbatim from the above-sourced report and are based on a review of relevant literature and data from a cross-Canada survey conducted by the authors.

- Identifying problems that could be addressed through policy.
- Creating visions and overarching policy directions for food systems
- Educating a broader public about food policy issues

- Developing policy proposals for government units and other organizations
- Lobbying for funding or implementation of specific proposals
- Participating in the regulatory process, as advocates, drafters, or consultants
- Endorsing other organizations' or institutions' policies or programs
- Advocacy, coalition-building, and providing a nexus for food system analysis and interventions
- Provision or organization of expert testimony to decision makers program design

Best Practices in Local Food (The Ontario Municipal Knowledge Network, 2013)

Toronto Food Policy Council (TFPC) has played a significant role in empowering community organizations because of its position within the City Council. It has put forward various proposals before the Board of Health, and other government departments so that it could be considered by entire City Council. TFPC has also addressed policy issues across government departments and community organizations by promoting better connections and communication between city staff and stakeholders across the food system. TFPC advocates for a holistic change in food policy by having meeting with community organizations and the public.

TFPC has played a crucial role in developing the Toronto Food Strategy, Toronto Food Charter, Environmental Plan, Urban Agriculture Action Plan, the Golden Horseshoe Food and Farm Action Plan and the City of Toronto Strategic Plan by providing feedback and direction for the documents. TFPC has increased awareness among departments working for the City and agencies related to food policy changes; it has also helped form coalitions of stakeholders for newer food projects and has lobbied for changes in legislation related to rooftop gardens and local food procurement.

Food Policy Councils: Does Organizational Type Matter?

Notable achievements in government-embedded food councils documented by Di Guilio (2017) are summarized below.

Austin Travis County Sustainable Food Policy Board (Texas)

Austin Travis County Sustainable Food Policy Board has advocated for an increase in funding for Sustainable Nutrition Assistance Program (SNAP) outreach and enrollment. Their main goal is to end health disparities and promote food justice. It has also advocated for an increase in funding for the SNAP “double dollars” program at the Food Market and has helped in updating the city’ Urban Farm ordinance. The Board is identifying means to improve the local food economy and helps evaluate the outreach and education efforts.

Cass Clay Food Commission (Minnesota)

Cass Clay Food Commission was formed in 2014 by the Joint Powers Agreement. Prior to the commission being formed, the group existed as a food systems initiative. The Commission has approved blueprints for community gardens and bees and is reviewing policy on raising urban chickens. Their top priorities are

discussing issues related to food production, purchasing, and healthy food production. The main goal of the commission is to increase access to safe, nutritious, and affordable food.

City of Hartford Advisory Commission of Food Policy (Connecticut)

City of Hartford Advisory Commission of Food Policy (HACFP) was formed in 1991 to implement the recommendations of the Mayor's Task force on hunger. Their main goal is to eliminate hunger and ensure that a wide variety of safe and nutritious food is available to the residents despite the economic status of location. They work on issues related to food production, healthy food access and hunger. Their biggest success was the creation of a bus route which linked Hartford residents with Copaco Centre in Bloomfield. Members of the HACFP worked with officials from transit to improve bus routes to make food more accessible for residents of Hartford.

Denver Sustainable Food Policy Council (Colorado)

The Denver Sustainable Food Policy Council was formed in 2010. Their main goal is to promote a healthy, equitable, and sustainable food system. The Denver Sustainable Food Policy Council has worked with the City Council to pass two ordinances. The first ordinance allowed the community living in Denver to sell garden-grown produce and cottage foods from their residences. The second ordinance allows Denverites to keep up to eight hens and two dwarf goats.

Homegrown Minneapolis Food Council (Minnesota)

Homegrown Minneapolis Food Council was formed in 2011 with a vision to create a vibrant food system that enhances the health of residents, increases economic vitality and improve food security. They have successfully advocated for various policy changes related to Honeybee ordinance amendment, Pollinator-friendly city resolution, Mobile grocery ordinance, Staple food ordinance, and Cottage Food Law sales expansion. The Food council engages with diverse stakeholders to improve the food system and acts as a platform for other community groups to come together for a collaborative and coordinate action.

New Haven Food Policy Council (Connecticut)

The New Haven Food Policy Council was formed in 2015. Their main goal is to build a food system that nourishes people in a fair and sustainable manner. The Food Council was successful in securing \$2.8 million from the state in Commodity Supplemental Food Program, an initiative that brings staple food to senior citizens. They have also been successful in securing a commitment of \$115,000 towards a Food Systems Director position over a two-year period.

Philadelphia Food Policy Advisory Council (Pennsylvania)

Philadelphia Food Policy Advisory Council was formed in 2011 to develop policies that promote culturally appropriate, nutritionally sound, and affordable food that is grown locally through environmentally sustainable practices. They have helped develop a guide to food resources in Philadelphia like food pantries, soup kitchens, senior meal sites, and farmers' markets. The Philadelphia Food Advisory Council also hosted a forum to engage members of the public and Philadelphia mayoral candidates on food policy issues.

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Appendix A: Table of Recommendations

Priority Areas	Small Farms Report	The Future of Food in Winnipeg	St. Vital Community Food Assessment	Downtown Community Food Assessment	Inkster Community Food Assessment	North End Community Food Assessment
Access and Equity		<ul style="list-style-type: none"> • Increase healthy and affordable food access in all neighbourhoods for all income levels. • Increased healthy food options in public spaces (community centres, arenas, etc.). • Sale of affordable, fresh produce in grocery/corner stores in Winnipeg neighbourhoods. • Encourage private food businesses to invest in healthy school lunch and snack programs. • Better access to markets through urban active transportation planning • Bus Rapid Transit (BRT) can support existing and future local food markets. 	<ul style="list-style-type: none"> • Explore opportunities for pocket markets in areas underserved by grocery stores and where a farmers' market may not be viable. • Explore feasibility of a monthly or biweekly shuttle to grocery stores and an occasional shuttle to St. Norbert Farmers Market for people with low incomes or no vehicle. • Implement programs to increase access to healthy food for people with low incomes, such as the Good Food Box. Community organizations can become a drop off location to enable their clients to participate in the program. 	<ul style="list-style-type: none"> • Initiate and promote buying clubs for popular cultural food products that could be purchased in bulk and divided among families at a lower cost than regular prices. • Encourage students to bring ethnically diverse foods for lunch and ensure there are provisions to allow foods to be heated. • Create opportunities for employment, training, and mentorship in the food sector. • Initiate and promote buying clubs for popular cultural food products that can be purchased in bulk and divided among families at a reduced cost. 	<ul style="list-style-type: none"> • Increase access to affordable, fresh, and healthy food. • Community organizations can work with food retail outlets in close proximity to schools to ensure stores carry healthy, affordable food options. • Develop a Healthy Corner Store initiative based on existing models in North America to increase access to fresh, healthy food. • Establish a fresh food market that provides affordable, fresh, healthy food in Weston, Brooklands, and Shaughnessy Park. 	<ul style="list-style-type: none"> • Offer transportation services to larger grocery stores. Transportation might be in the form of a North End shuttle or a NECRC van that is part of a community enterprise. • Provide a food security welcome wagon to new residents which could include specials, list of people who will provide transportation, busses, location of local grocery stores, list of other food option etc. • Encourage community restaurants to participate in the community by hiring local young people as part of a pre-employment experience.



Priority Areas	Small Farms Report	The Future of Food in Winnipeg	St. Vital Community Food Assessment	Downtown Community Food Assessment	Inkster Community Food Assessment	North End Community Food Assessment
Access and Equity (continued)		<ul style="list-style-type: none"> • Tax incentives for more urban commercial kitchen spaces (e.g., under the social enterprise strategy). • A city that recognises the preventative power of food in health outcomes and celebrates increases in city support through: <ul style="list-style-type: none"> – An active, resourced, and progressive municipal food policy council. – A city official or staff person responsible for food security policies, implementation, and related community engagement. • Ensuring / enforcing price ceilings on produce and nutritious food • Guaranteed annual income that allows for healthy food and activities for low-income families. 	<ul style="list-style-type: none"> • Increase Employment and Income Assistance (EIA) rates to ensure that all people have an adequate income and can afford necessities such as food, housing, clothing, etc. Index EIA rates to the cost of living to ensure that people on EIA do not lose their purchasing power as prices rise. • The Localized Improvement Fund for Tomorrow (LIFT) program can be used to support a variety of food-related initiatives of relevance to people with low incomes. • Community organizations, faith groups, or other organizations could establish low-cost public meal programs that enable seniors to access a healthy meal while bringing people together. 	<ul style="list-style-type: none"> • Increase support for breakfast, lunch, and snack programs in schools through the provision of expertise and finance. • Expand existing shuttles and increase awareness of the services available. • Develop a Healthy Corner Store initiative based on existing models to increase access to fresh, healthy food. • Improve access to fresh, healthy and affordable food through a full-service grocery store downtown. • Promote access to healthy, fresh, affordable food by becoming a drop-off location for a Good Food Box program. • Expand existing bus routes in order to include stops at grocery stores. 	<ul style="list-style-type: none"> • Develop more efficient bus routes that include stops at grocery stores and community organizations used by Inkster residents. • Increase the minimum wage in order to ensure that working individuals have an adequate income in order to be able to afford basic necessities such as food, housing, clothing, and transportation. • Increase EIA rates in order to ensure that individuals have an adequate income in order to be able to afford basic necessities, such as food, housing, clothing, and transportation. • Ensure that food retail outlets in close proximity to schools carry healthy, affordable food options. 	<ul style="list-style-type: none"> • Establish good food box program (West Broadway Community Organization: Possible partner). • Explore delivery options at local chain grocery stores and Neechi foods. • Develop a central food security HUB on Selkirk Avenue.

Priority Areas	Small Farms Report	The Future of Food in Winnipeg	St. Vital Community Food Assessment	Downtown Community Food Assessment	Inkster Community Food Assessment	North End Community Food Assessment
Access and Equity (continued)			<ul style="list-style-type: none"> • Businesses can make more ethnic foods available for sale, particularly in regions of St Vital with high newcomer populations. 	<ul style="list-style-type: none"> • Increase EIA rates and minimum wage to ensure that individuals have an adequate income to afford necessities, such as food, housing, clothing, and transportation. • Encourage the development of housing that is affordable and meets the needs of the population of Winnipeg. • Community organizations can establish an indoor fresh food market close to seniors' residences, providing a space for purchasing affordable fresh produce, and socializing with neighbours. 		

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Local and Regional Food	<ul style="list-style-type: none"> ● Government and the food industry should continue to act together to highlight local foods. ● Develop a collaborative industry-government navigator approach to assist small scale entrepreneurs; create a “1-800” mindset. ● Develop an ongoing consultative opportunity between government and the small scale food processing sector, to problem solve early in the policy and regulation-making process. ● Explore options for small scale producers and processors within the supply managed industries. ● Dedicate a portion of MAFRD and FDC expertise to the small scale food sector. 	<ul style="list-style-type: none"> ● Reduction in red tape for community food markets. ● Community-integrated, year-round food production opportunities (i.e. co-op greenhouses). ● Increase Investment in Local Food Access. ● A city that recognises the preventative power of food in health outcomes and therefore celebrates the diversity of food cultures and traditions <ul style="list-style-type: none"> – Newcomers have access to land to grow their traditional foods and easily process, prepare and sell in local markets. – Local food festival to celebrate local food businesses and food production options within the city. 	<ul style="list-style-type: none"> ● Establish a year-round fresh food market that prioritizes local food sources and vendors. ● Explore the feasibility of developing a farmers’ market in St Vital, preferably in a location that will not be a detriment to existing local food vendors. ● Local farmers can explore growing exotic foods to meet the needs of the growing ethnic food market in Winnipeg. 			<ul style="list-style-type: none"> ● Work with Neechi if possible to open a farmers market by community members. ● Continue to expand the farmer’s market. ● Encourage a social enterprise to coordinate ordering and delivery of groceries and / or farm products (Ma Mawe: possible partner).

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Local and Regional Food (continued)	<ul style="list-style-type: none"> ● Develop and identify facilities for innovation and start-up food processors. ● Foster mentorship opportunities, both formal and informal. ● Match the right set of business development tools to meet the goals of the individual operation. ● Explore ways to make crop and livestock insurance programs accessible to small scale producers. ● Foster the development of collaborative marketing models in the small scale food sector. ● Clarify the terms for direct marketing and distribution through a collaborative marketing venture. ● Facilitate a process to allow small scale producers to organize themselves. 	<ul style="list-style-type: none"> ● Provide municipal incentives (e.g., waived fees or low-cost market space). The Downtown Biz did not require vendors to pay a cost for using the Manitoba Hydro location in its first year and a small fee for vendors in its second year. This helped create a positive and successful market that now has high demand from vendors and customers. ● Partner with existing businesses located in different parts of the city to increase space for selling local food, including mobile farmers markets. ● Ease parking restrictions and provide parking assistance, including blocking off parking space the night before and day of market day. 				

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Local and Regional Food (continued)	<ul style="list-style-type: none"> ● In conjunction with stakeholders, develop a strategic policy document to advance the small scale food sector. ● Strengthen government’s pivotal role in sector intelligence and strategic planning by including the small scale food sector. ● Develop local food programs and policies within public institutions wherever practical. 	<ul style="list-style-type: none"> ● Create a link between municipal and market websites to provide virtual advertising at no cost. ● Advocate for better access to markets through urban active transportation planning, such as Bus Rapid Transit (BRT) corridors. ● Create an easy to understand, how-to guide to assist groups and businesses interested in starting a local food market with necessary zoning and licensing by-laws. <ul style="list-style-type: none"> – Explore the potential to change by-law no. 200/2006 to extend the dates for markets to be open beyond from April 1st until October 31st. This would support the opportunity for year-round markets. 				

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Urban Agriculture		<ul style="list-style-type: none"> • Supports the growth of urban agriculture by: <ul style="list-style-type: none"> – Promote urban infill to reduce pressures on agricultural land. – Encourage planting edible landscapes (annual plants and fruit trees) instead of ornamental landscapes on city property. – Increase the number of community gardens and municipal services support for community gardens. – Change by-laws to enable residential chicken-raising and beekeeping 	<ul style="list-style-type: none"> • Organizations can work with newcomers interested in growing food to establish new community garden spaces or connect newcomers with existing gardens. • Facilitate yard-sharing between newcomers and home owners. This has successfully occurred in other regions of Winnipeg. • Community organizations can promote the concept of yard sharing, including the use of tools such as sharingbackyards.com • Explore opportunities for school and community gardens on school yards. As school is not in session during much of gardening season, this could be done with a community organization to provide stability and participation during the summer. 	<ul style="list-style-type: none"> • Initiate and promote a garden tool library to enable newcomers to garden in downtown backyards. • Connect retirement complexes and senior centres to existing community gardens. • Schools can allocate a portion of green space for growing a garden, allowing children to experience first-hand where their food comes from and how it grows. <p>Community organizations with the expertise can help connect retirement complexes and senior centres to existing community gardens.</p>	<ul style="list-style-type: none"> • Providing support for neighbourhood residents to develop garden spaces on private yards. • Increase opportunities for community gardening and food celebrations. • Schools can allocate a portion of their green space to growing a garden, allowing children to experience first-hand where their food comes from and how it grows. • Community organizations can support neighbourhood residents to establish garden spaces in private yards to reduce vandalism. <p>Providing support for neighbourhood residents to develop garden spaces on private yards.</p>	<ul style="list-style-type: none"> • Develop local expertise and resources on gardening that can be made available to community gardeners and that is culturally appropriate. • Continue to expand community gardens and include a traditional and medicinal component at each garden site. • Partner with other agencies such as graffiti gallery to incorporate art and creative expression in the garden as a healing activity (for example: Spiral Garden in Toronto). • Engage local elders in the planning and mentoring at all garden projects.

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Urban Agriculture (continued)		<ul style="list-style-type: none"> ● Increased city support: <ul style="list-style-type: none"> – A city official responsible for facilitating a network for existing community garden and their expansion and upkeep. – Neighbourhood local food enhancement programs that develop garden spaces, fruit tree orchards, etc. 	<ul style="list-style-type: none"> ● Community organizations and seniors' residences could develop gardens for seniors. Organizations could explore options for raised bed gardening to address the needs of seniors with mobility issues. ● Community organizations with expertise in community gardening can share expertise with other community organizations interested in community gardening. ● Explore opportunities for small scale container gardening that would work well particularly in situations where space or mobility is limited. ● LIFT funding can be used to develop community gardens, with the partnership of local organizations. 			

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Land Use and Long-Range Planning	<ul style="list-style-type: none"> Establish a set of metrics for measuring the impacts of the small-scale food sector. Entrepreneurs in the small-scale food sector, especially new entrants, often feel overwhelmed by the number and scope of regulations at all levels of government. Many who are establishing a small-scale food enterprise are not fully aware of all the regulations that apply. 	<ul style="list-style-type: none"> Take steps to act upon Our Winnipeg plan. Food and community fabric considered in all city planning and architectural decisions (i.e. active transportation routes, waste/recycling, pollution, urban agriculture, etc.) New building codes that provide space for food sales, rooftop apiaries, and greenhouses. Significant reduction in food bank usage by transitioning into co-ops and social enterprise Review of regulation around procuring, preparing, and selling wild game Upgrading community garden infrastructure. 	<ul style="list-style-type: none"> Develop, or support community organizations interested in developing, community garden spaces in St. Vital (i.e. by providing expertise, land, inputs). Develop, or to require the development of, community garden spaces as part of new land use plans for former municipal golf courses. Protect existing community garden spaces. Protect St. Vital's prime agricultural land south of the Perimeter Highway from development, to maintain the community's ability to be a local source of food for the city. 		<ul style="list-style-type: none"> The City of Winnipeg can work with schools to implement zoning by-laws that encourage Healthy Schools Zones. Encourage the development of housing that is affordable and meets the needs of the population of Winnipeg. Provide financial support to establish an Inkster Business Improvement Zone (BIZ), which can help promote the growth of food-related businesses. 	

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Food Education and Food Literacy	<ul style="list-style-type: none"> • Develop a plain language guidebook to assist new entrants in the small-scale food sector and to provide an overview of what business owners need to consider. • Develop/adopt training tools to explain the regulatory requirements for food safety. • Promote practical certification programs (Food producer certification and Food processor certification) for small scale producers and processors as important delivery mechanisms for extension information. 	<ul style="list-style-type: none"> • More city programs that incorporate good food education (gardening, composting, cooking with local foods, nature education, etc.) • Renovate community centres with licensed commercial kitchen spaces for food processors, after school programming, and community groups. • More good food education included in city programming (food prep skills, food safety basics, nutrition awareness, etc.) • Provide food education for people of all ages. 	<ul style="list-style-type: none"> • Develop intergenerational food programs that not only teach food skills but also provide opportunities to reduce social isolation and build community cohesion. • Address the food skills deficit in St Vital through new community kitchens and community cooking classes. • Community organizations can partner with a volunteer or student intern to offer cooking demonstrations at food banks. • Provide cooking classes and other services to increase food skills for seniors, particularly those managing chronic diseases or who have less experience cooking. 	<ul style="list-style-type: none"> • Provide new food skills through after-school programming and classes. • Promote universal access to food skills and knowledge by providing classes on how to prepare healthy, low-cost meals. • Provide healthy eating information at community events and food markets, • Provide information and programming to allow people to make the most of emergency food provisions. • Provide youth programs that integrate traditional Aboriginal recipes and food into classes and snacks. • Incorporate more Aboriginal teachings of food and health in schools. • Facilitate shared cooking and meal events for adults. 	<ul style="list-style-type: none"> • Incorporate multi-cultural or specific ethno-cultural themed food programming. • Provide opportunities for newcomers to take food handlers' training and certification with appropriate EAL learning techniques. 	<ul style="list-style-type: none"> • Gather input from residents on what they want to learn through intergenerational community engagement, sharing circles, information sharing, workshops, and event evaluations. • Develop a database of workshops, facilitators, experts and community members with expertise in food security related projects for the North End. • Integrate Indigenous language and teachings so that Indigenous youth realize that their culture is rooted in food security, sovereignty and justice; that they are the future of their communities; and that they can engage in food security and social enterprise initiatives. • Promote community gardens by offering North End garden tours.

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Food Education and Food Literacy (continued)			<ul style="list-style-type: none"> • Community organizations can develop simple recipe cards to provide along with unfamiliar foods offered at food banks. • Develop garden spaces, compost projects, and food skills programs in schools to enable young people to learn about food production, cooking, and healthy eating. 	<ul style="list-style-type: none"> • Provide opportunities for newcomers to take food handlers' training and certification with appropriate EAL learning techniques. • Create a resource guide that provides schools with information on how to provide healthy options for eating and learning about food. • Establish cooking classes or workshops on how to prepare easy, low-cost, healthy meals for seniors. • Create opportunities for employment, training, and mentorship in the food sector • Model IRCOM's balcony growing initiative by teaching container gardening to newcomers who have balconies in other apartment buildings. 		<ul style="list-style-type: none"> • Provide education and training workshops at local childcare centres, schools and agencies. • Develop more learning kitchen opportunities so that families can cook together. • Develop local garden expertise and resources that are culturally appropriate and available to community gardeners • Contribute to the success of community kitchens through kitchen leader trainings • Facilitate trainings (i.e. food handlers) to promote job readiness in the food service industry and food programs in the North End. • Encourage groups to talk about accessing food in programs other than food security groups.

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Nutrition and Public Health	<ul style="list-style-type: none"> Continue to strengthen the relationship between MAFRD and Manitoba Health to further harmonize the delivery of food safety inspection services. Improve access to provincially inspected abattoirs for poultry. 	<ul style="list-style-type: none"> All children with need will be provided a healthy breakfast at school. Dashboard of key food and social related indicators at neighbourhood level, with the city to create targets for change. 			<ul style="list-style-type: none"> Community organizations can hire more Aboriginal health workers to reach and support this population in Inkster. Provide health information and classes in different languages, such as Tagalog. Incorporate exercise into food programming for adults. 	
Waste Management and Environmental Sustainability		<ul style="list-style-type: none"> View waste as resource to combat environmental concerns Comprehensive composting / food waste program. City-wide curbside composting pick up. 	<ul style="list-style-type: none"> City wide composting implementation 			

