

Food Security

Food security is defined as the ability to identify and access nutritious food that will contribute to a healthy lifestyle. Food security takes into account the cost of food, access to nutritious food, use of traditional foods, and the relationship of food to one's health.

Indicators:

Cost of Food

Cost of Food

no indicators proposed

Cost of Healthy Food

no indicators proposed

Food Subsidies

1 – availability and use of food programs

2 – incentives to carry healthy food

Competitive Retailing

3 – level of retailer competition

Availability & Quality of Food

Competitive Retailing

4 – food delivery times

5 – delayed or lost shipments

6 – availability of fresh vs unhealthy food

7 – food received in poor/unfit condition

8 – compensation for unfit shipments

Traditional Foods

9 – levels of hunting and fishing

10 – traditional food availability

Nutrition Education

11 – nutrition education programs

12 – cooking classes

Food Programs

13 – snack programs at schools/events

Collective Action

14 – bulk food ordering/purchasing

15 – Good Food Box program

16 – food programs

Food Security

Food Security >> Cost of Food >> **Cost of Food**

Issues Identified: *Cost of food in all categories in northern communities is high, especially in relation to income levels.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
	None proposed	<p>Local survey required – suggested measures found at:</p> <p>A) Refer to the DIAND Alternative Northern Food Baskets publication (listed in references). Calculating the cost of a northern food basket involves complex calculations.</p> <p>B) Healthy Food Costing Assessment - Healthy Food Costing Assessment (Community Vitality Monitoring Partnership Process project). Involves detailed calculations.</p>

Data Sources:

A) Lawn, Judith and Hill, Frederick. 1998. Alternative Northern Food Baskets. Ottawa: Minister of Indian Affairs and Northern Development

B) Community Vitality in Northern Saskatchewan. Third Annual Report of the Community Vitality Monitoring Partnership Process 2001.
 Find source at: http://www.northern.gov.sk.ca/docs/publications/annualReport00_01.pdf

Food Security

Food Security >> Cost of Food >> **Cost of Healthy Food**

Issues Identified: *Cost of healthy foods (typically fresh & perishable) is high in relation to other foods available and income levels, resulting in low consumption.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
	None proposed	<p>Local Survey required – suggested questions and measures found at:</p> <p>A) Healthy Food Costing Assessment: Healthy Food Costing Assessment (Community Vitality Monitoring Partnership Process project). Involves detailed calculations.</p> <p>B) Health Canada: Alternative Northern Food Baskets - Refer to Health Canada and the Alternative Northern Food Baskets publication (listed in references). Note: this is quite an involved calculation/ process.</p> <p>C) Food Quality in Labrador survey: - What is keeping you from buying more fresh fruit and vegetables? (List includes the option “they cost too much”) - Since this time last year, how has the price of fresh fruit and vegetable in your community changed?</p> <p>D) Nutrition and Food Security in Kugaaruk survey: - If you cannot get country food, can you tell me why? (List of answers includes “Gas too expensive” and “Repairs too expensive” - Some families might say “We couldn’t afford to eat healthy meals”. In the last 12 months did this happen often, sometimes, or never for your household? - Some families might say, “We could only feed our children less expensive foods because we were running out of money to buy food”. In the past 12 months did this happen often, sometimes, or never for your household?</p>

Data Sources:

A) Community Vitality in Northern Saskatchewan. Third Annual Report of the Community Vitality Monitoring Partnership Process 2001. Find source at: <http://www.northern.gov.sk.ca/NorthernMines/Publications/CommunityVitality/CVitalityAnnualReport01.pdf>

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B) Lawn, Judith and Hill, Frederick. 1998. Alternative Northern Food Baskets. Ottawa: Minister of Indian Affairs and Northern Development

C) Food Quality in Six Isolated Communities in Labrador – Questions 7/8 (Retailer survey questions 6/7)

Find source at: http://www.ainc-inac.gc.ca/ps/nap/air/survfoo2001_e.PDF

D) Nutrition and Food Security in Kugaaruk, Nunavut – Questions 403/602/603

Find source at: http://www.ainc-inac.gc.ca/ps/nap/air/rep2003/KugaRep03_e.pdf

Food Security

Food Security >> Cost of Food >> **Food Subsidies**

Issues Identified: *There is a lack of food subsidy programs – the existing Food Mail program is not widely known or understood and is not directly accessible by community members. Incentives do not exist to encourage stores to carry healthy food products.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
1	# and use of food programs	Local survey required – suggested questions: A) Food Quality in Labrador study (retailer survey): If the quality of fresh fruit and vegetables improved in your store, do you think you would sell more of these foods? B) Nutrition and Food Security in Kugaaruk survey: Where do you usually buy most of your food? From the Coop, from Yellowknife by Food Mail, or from the south by air cargo?
2	Incentives for stores to carry healthy food items	Local survey required – suggested questions: B) Food Quality in Labrador study (retailer survey): - If the quality of fresh fruit and vegetables improved in your store, do you think you would sell more of these foods? - If the quality of fresh food improved, would you: increase prices because customers would be willing to pay more? Lower prices, because you would have less spoilage? Continue to charge the same price?

Data Sources:

A) Nutrition and Food Security in Kugaaruk, Nunavut. – Questions 500
 Find source at: http://www.ainc-inac.gc.ca/ps/nap/air/rep2003/KugaRep03_e.pdf

B) Food Quality in Six Isolated Communities in Labrador. – Questions 6/7
 Find source at: http://www.ainc-inac.gc.ca/ps/nap/air/survfoo2001_e.PDF

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Food Security

Food Security >> Cost of Food >> **Competitive Retailing**

Issues Identified: *Food costs were reduced in communities where there was competition between retailers.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
3	# of food retailers in the community for specific commodities	Local survey required

Data Sources:

No indicator/survey source at this time

Food Security

Food Security >> Availability & Quality of Food >> **Food Transportation**

Issues Identified: *Transporting food to northern communities affects the cost, quality and availability of food for community members. Nutritious perishable foods are expensive to ship and vulnerable to damage from poor handling. As a result, store shelves are stocked with more easily transported, but less nutritional convenience foods. Transportation inefficiencies and poor handling procedures cause spoilage and delayed or lost shipments, resulting in increased cost and poorer food quality for northern residents. As well, community members feel there is a lack of respect by food handlers and distributors toward food destined to the north.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
4	Length of time for food to be delivered	Local survey required
5	# of delayed or lost shipments	Local survey required
6	Amount of nutritious fresh food available for purchase vs. less nutritious foods	Local survey required

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Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
7	% of perishable food received in poor condition or not fit for consumption	<p>Local survey required – suggested questions:</p> <p>A) Food Quality in Labrador study (retailer survey):</p> <ul style="list-style-type: none"> - How would you describe the quality of the following kinds of food sold in your community? (List of fresh fruits/vegetables to choose from) - Since this time last year, has the quality of food in your community improved a lot, improved a little, stayed the same, become worse? - When do you find the quality of food to be best and worst? - How often do you get complaints from customers about food quality? - What do you think is the main cause of the problems you have with the quality of fresh food at this time of the year? (list of reasons...) - How much of the following foods have you thrown out because of poor quality or spoilage in a typical week? During the past three months? (list and amounts provided) - Can you list the foods where you have the greatest problem with quality? - Compensation information source: food handler company.
8	Compensation provided for food lost or received in condition not fit for consumption	Local survey required

Data Sources:

A) Food Quality in Six Isolated Communities in Labrador. (Retailer survey questions 1/45/8/9/10/11)
 Find source at: http://www.ainc-inac.gc.ca/ps/nap/air/survfoo2001_e.PDF

Food Security

Food Security >> Availability & Quality of Food >> **Traditional Foods**

Issues Identified: *Making use of local food resources such as fish and wild game provides healthy food and ensures food is not subjected to transportation problems.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
9	Levels of hunting and fishing	<p>Local survey required – suggested questions and existing data found at:</p> <p>A) CBM Adult survey:</p> <ul style="list-style-type: none"> - Where do you usually get your caribou meat? (List includes answer: "I hunt myself") - Did you go hunting for geese/ducks in the last year? - Did you go on the Fall hunt to [place name] this last Fall? - How many times have you taken a youth caribou hunting in the last year? - How many traps did you set in the past 6 months? <p>A) CBM Youth survey:</p> <ul style="list-style-type: none"> - How many traps did you set in the past 6 months? - Did you go hunting for geese/ducks in the past 6 months? - Did you go out to make dry-fish in the past 6 months? - Did you go on the Fall hunt this past fall? <p>B) EAGLE Health Project Survey:</p> <ul style="list-style-type: none"> - Does ____ do any fishing? <p>C) http://www.statscan.ca >> (English / French) >> Community Profiles >> 2001 Aboriginal Peoples Survey Community Profiles or 2001 Aboriginal Population Profile >> Choose a community</p>
10	Traditional foods available by season	Local survey required

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Data Sources:**A) CBM: Community-Based Monitoring Project**

Find source at: http://www.wkss.nt.ca/HTML/08_ProjectsReports/pdf/CBMFinal2002.pdf

Page 23: adult survey – Questions 14/21/23/27/20c

Page 34: youth survey – Questions 14/15/16/17

B) EAGLE Project Survey – Question 28; Section G

Find source at: http://www.chiefs-of-ontario.org/eagle/tool_11.pdf

C) Statistics Canada: 2001 Community Profiles. Find source at: <http://www12.statcan.ca/english/profil01/PlaceSearchForm1.cfm>

Food Security

Food Security >> Availability & Quality of Food >> **Nutrition Education**

Issues Identified: *Access to nutritional information is seen as important to assist community members in making informed and healthy food choices. Demand for healthy food can mean more healthy food is available for purchase.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
11	# of nutrition education programs and attendance	Local survey required
12	# of cooking classes & attendance	Local survey required

Data Sources:

No indicator/survey source at this time

Food Security

Food Security >> Availability & Quality of Food >> **Food Programs**

Issues Identified: *Community food programs that provide nutritious food at schools and events are seen as a direct way of ensuring that community members are eating healthy.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
13	# and quality of snack programs in school / at events	Local survey required

Data Sources:

No indicator/survey source at this time

Food Security

Food Security >> Availability & Quality of Food >> **Collective Action**

Issues Identified: *Communities who act strategically and cooperatively to address food issues can reduce the cost and improve the quality of the food available.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
14	Bulk ordering and purchase of food	Local survey required
15	Good Food Box program and participation	Local survey required
16	# of community food programs and participation	Local survey required

Data Sources:

No indicator/survey source at this time

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