

Is Healthy Food on the table?: Evaluating the NHFI for Sustainability and Food Access

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OF MANITOBA

Outline

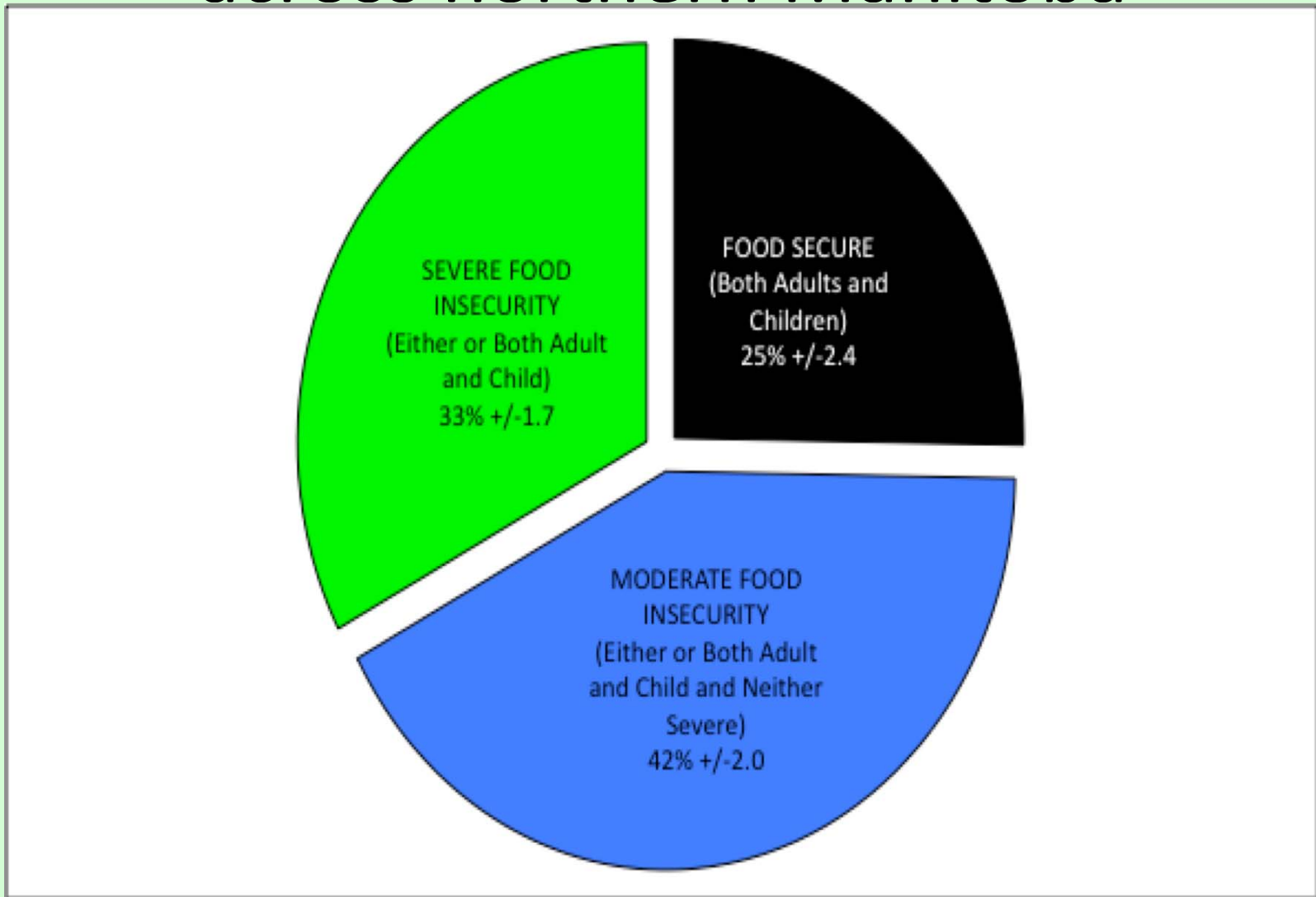
- Food Security
 - Methods, Findings, Conclusions
- Food Costing
 - Methods, Findings, Conclusions
- Participatory Research
 - Methods, Findings, Conclusions

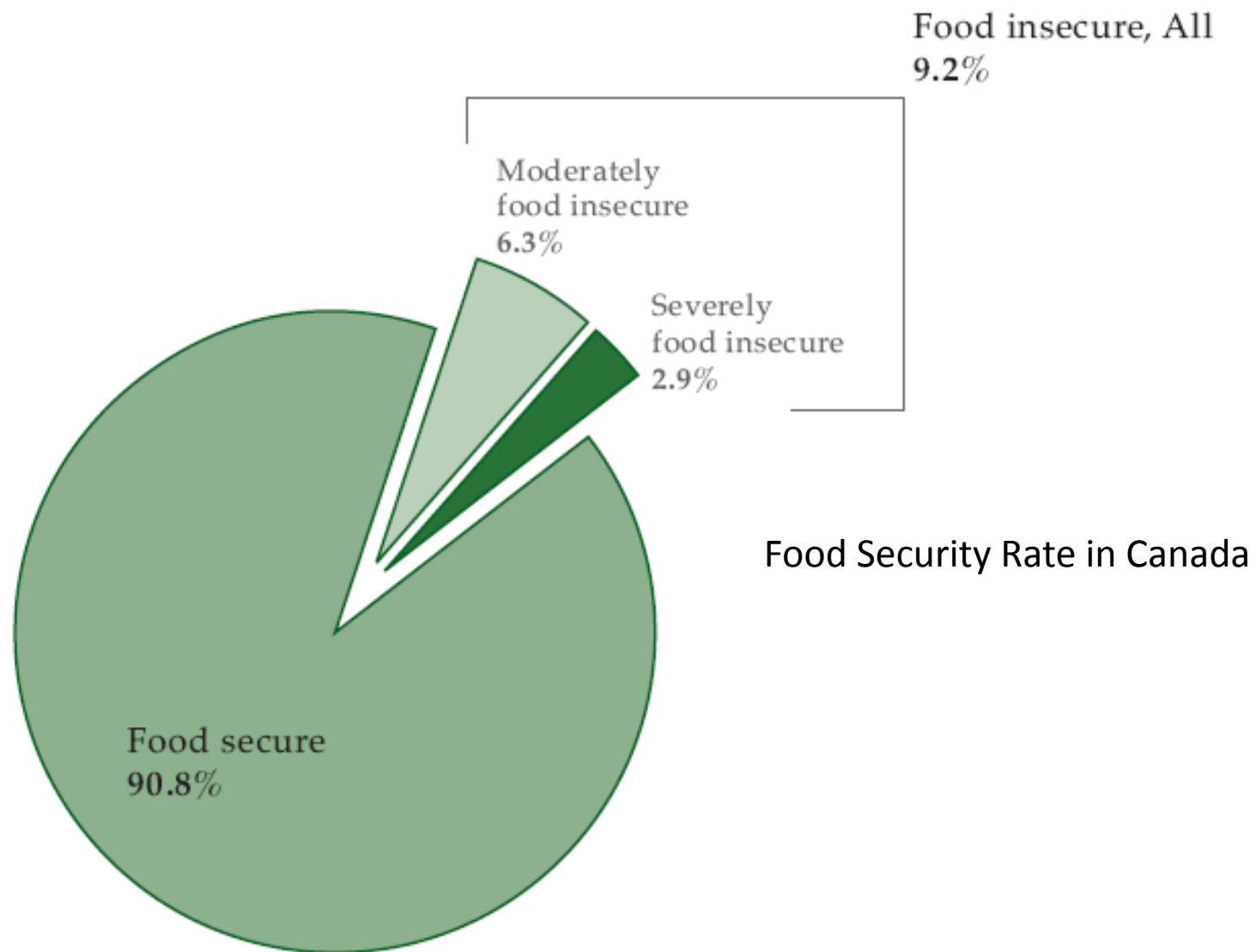
Food Security Methods

- Summer 2009, 14 Communities, 534 Households
- Household Food Security Survey
 - 10 adult- and 8 child-related questions
- Responses to each question divided by number of households that responded to each question
- Affirmative responses indicated level of food security
 - 0 to 1 affirmative indicates food secure
 - 2 to 5 for adults and 2 to 4 for children indicates moderate food insecurity
 - 6 to 10 for adults and 5 to 8 for children indicates severe food insecurity

Household Food Security Rate: 75%

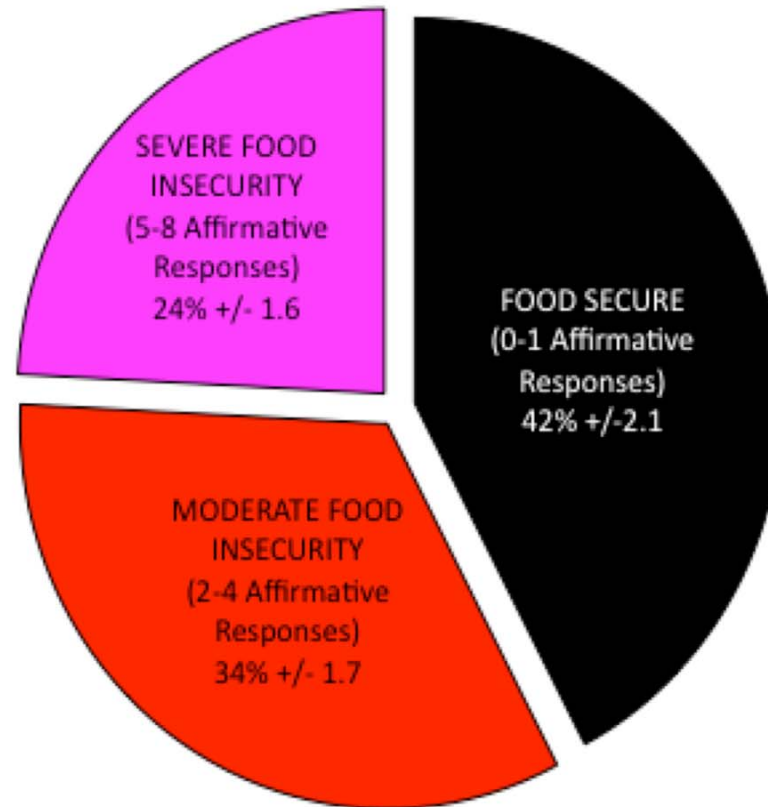
All households (534) in 14 communities
across northern Manitoba



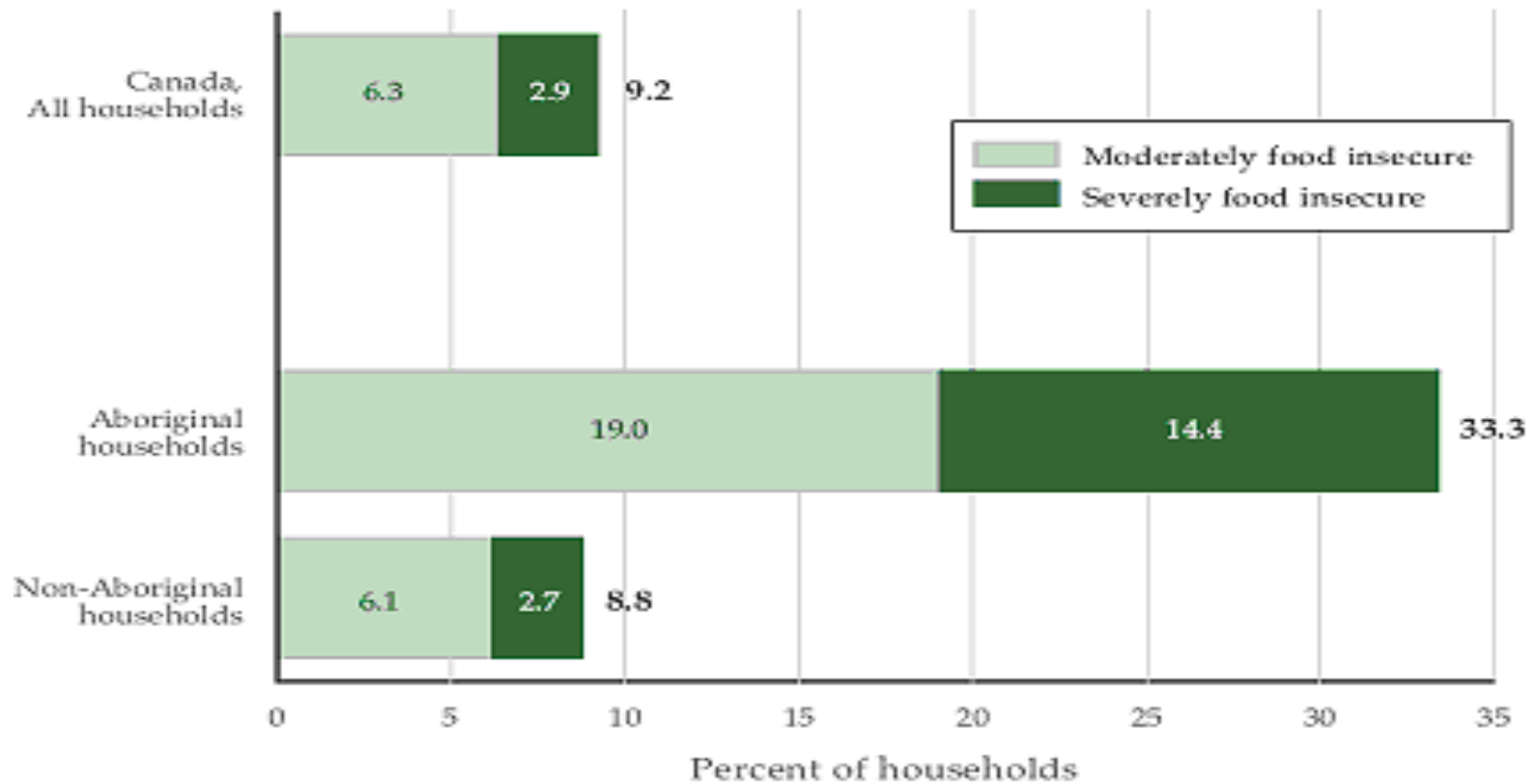


Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, 2004 – Share File, Household Weights

Household Food Security: 463 households with children in 14 communities across northern Manitoba

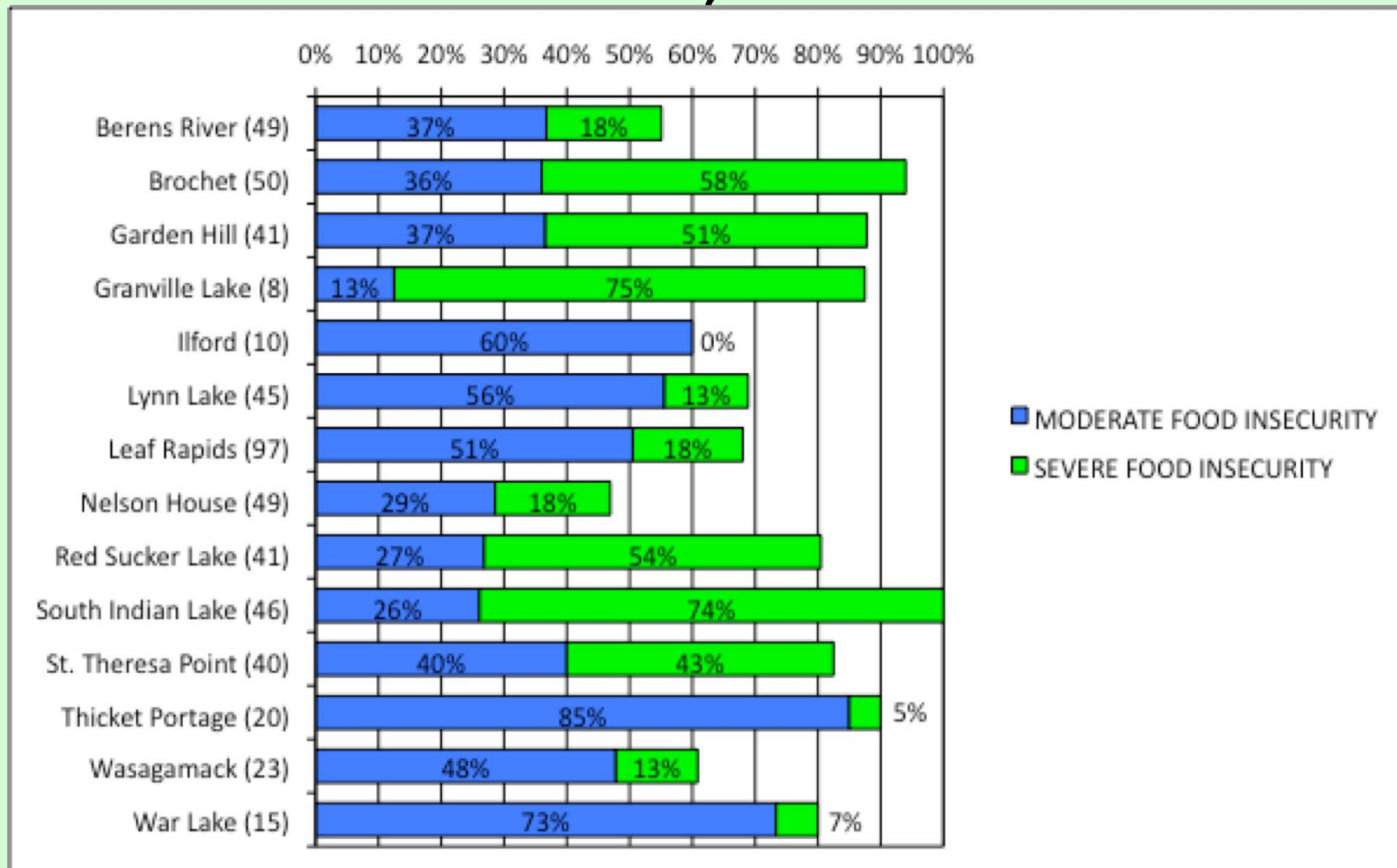


Income-related household food security status of Aboriginal and non-Aboriginal households in Canada, 2004

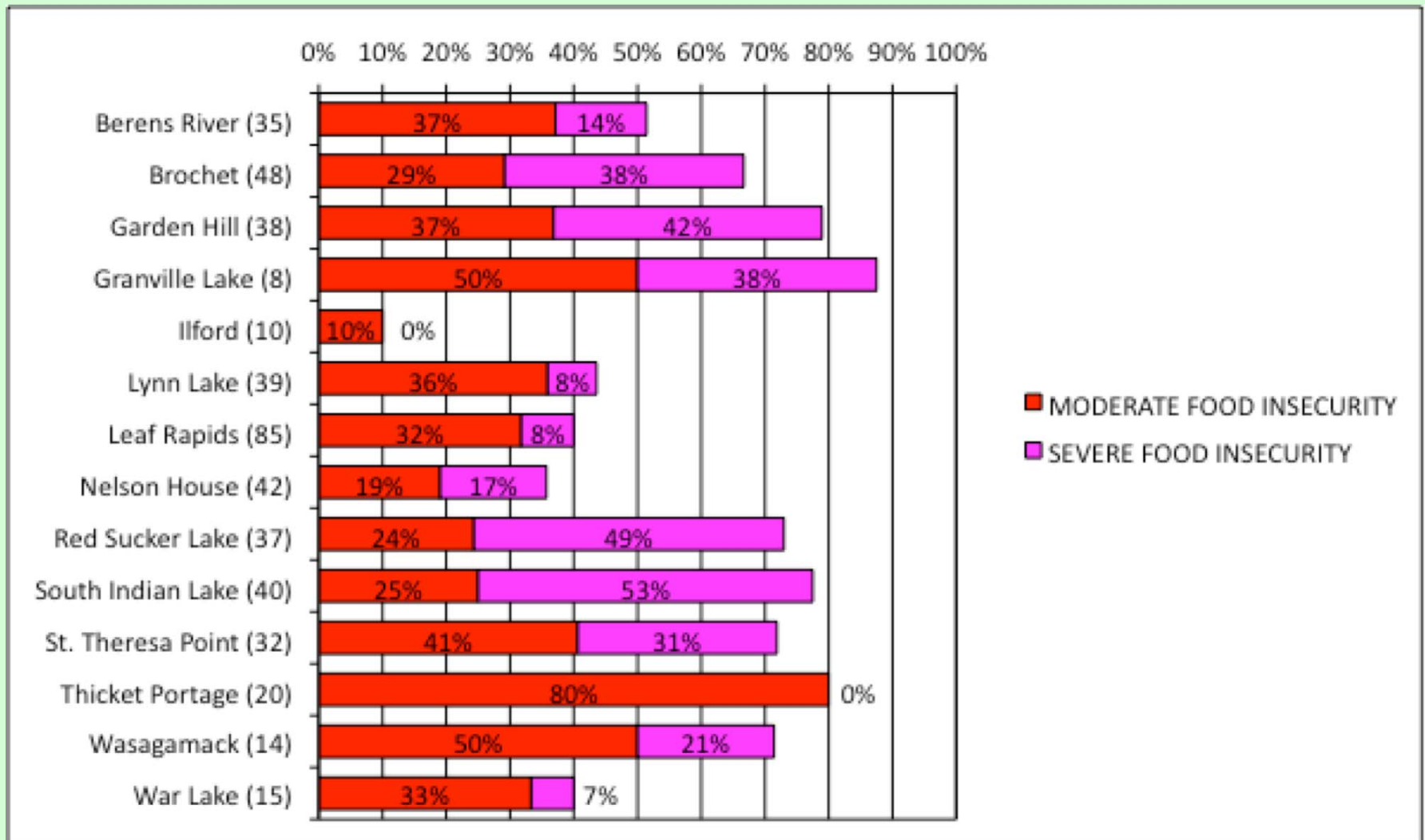


source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, 2004 - Share File, Household Weights

Food Insecurity Rate for in 14 Communities: Why is Nelson House doing better?, Ilford?

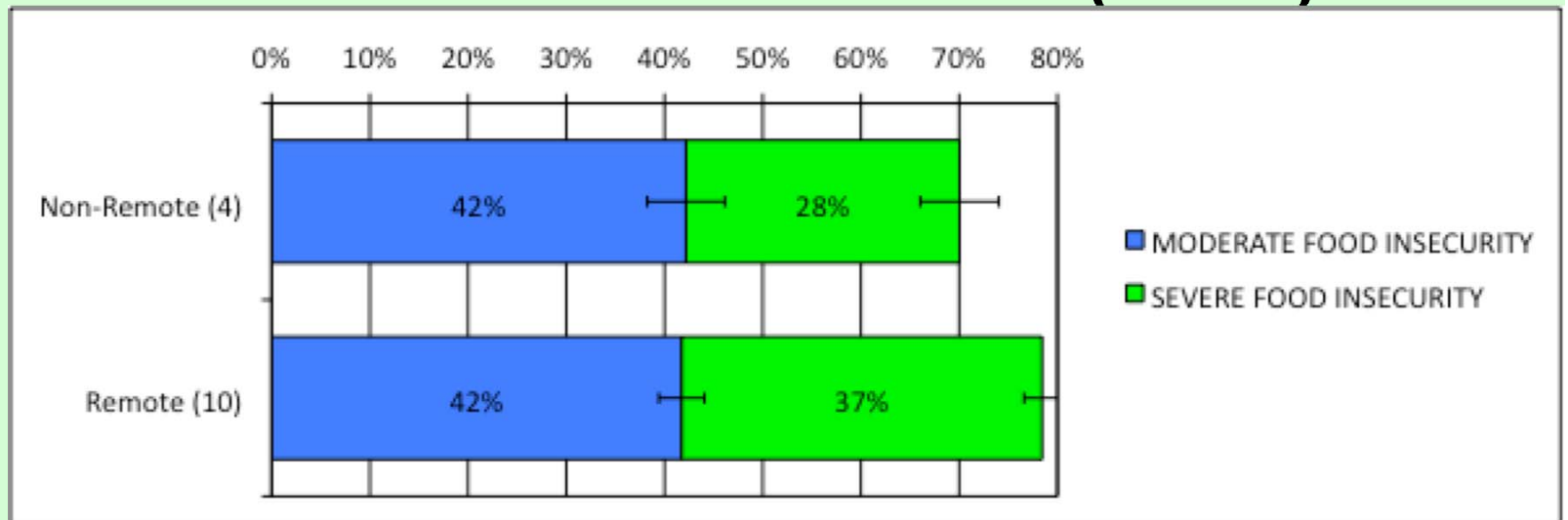


Food Insecurity Rates for Households with Children in 14 Communities:, Why are some doing better? Others worse?

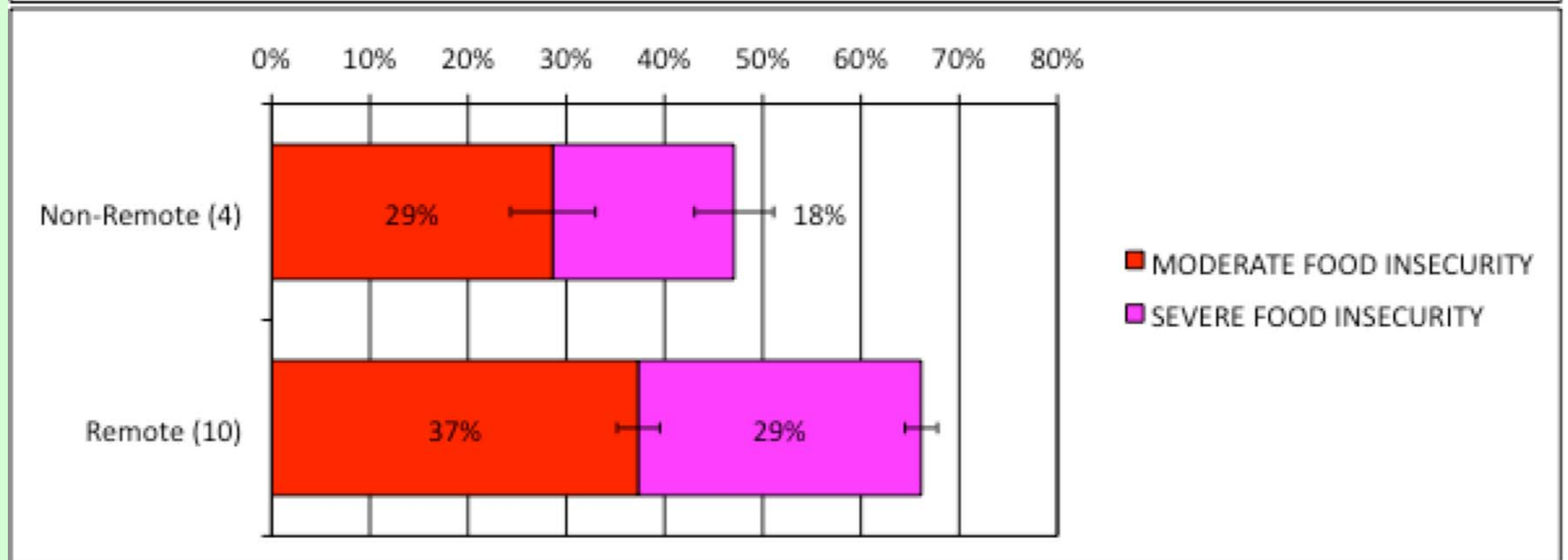


Food Insecurity in Remote (79%) and Non-Remote Communities (70%)

Households (adults and children)

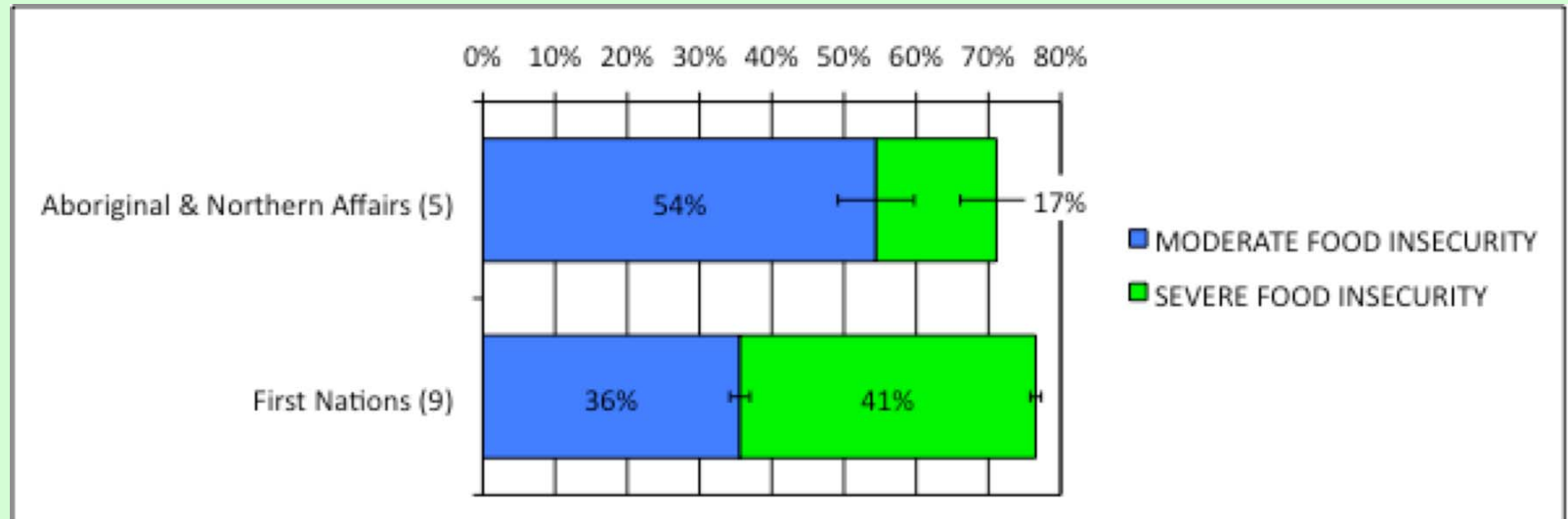


Children's food Security -- Households With children

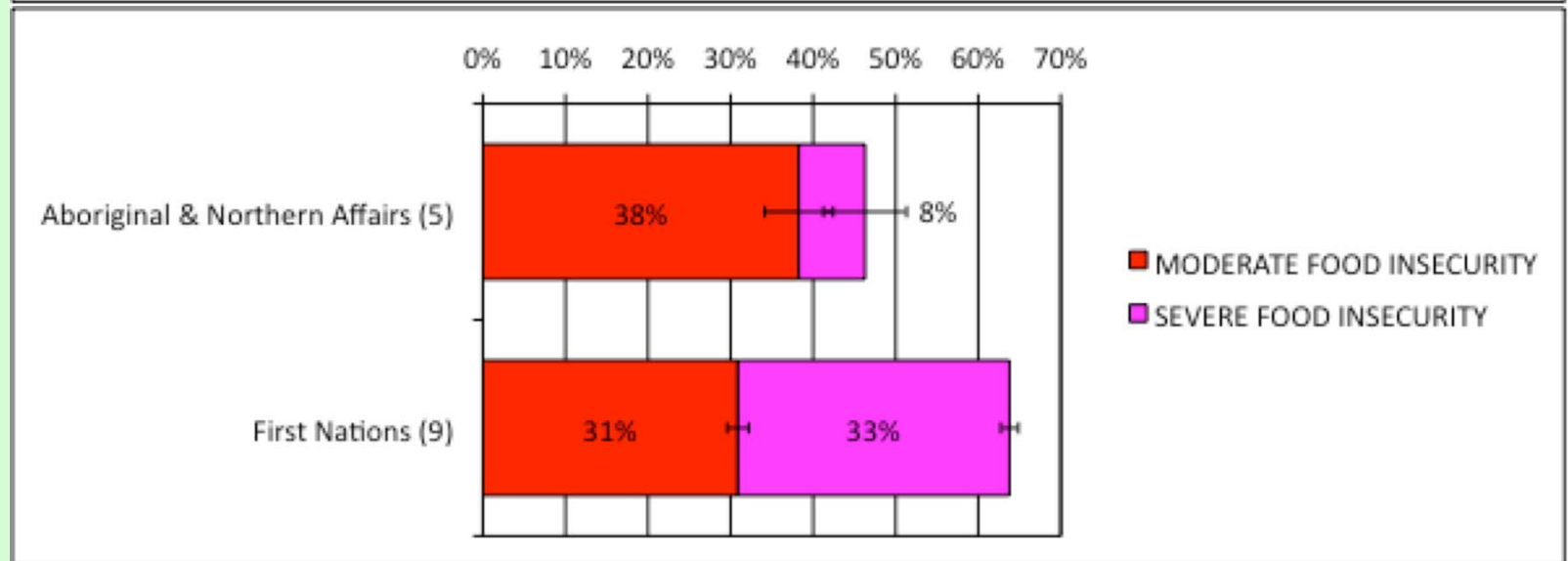


Food Insecurity in Communities administered by ANA (71%) and FN (77%)

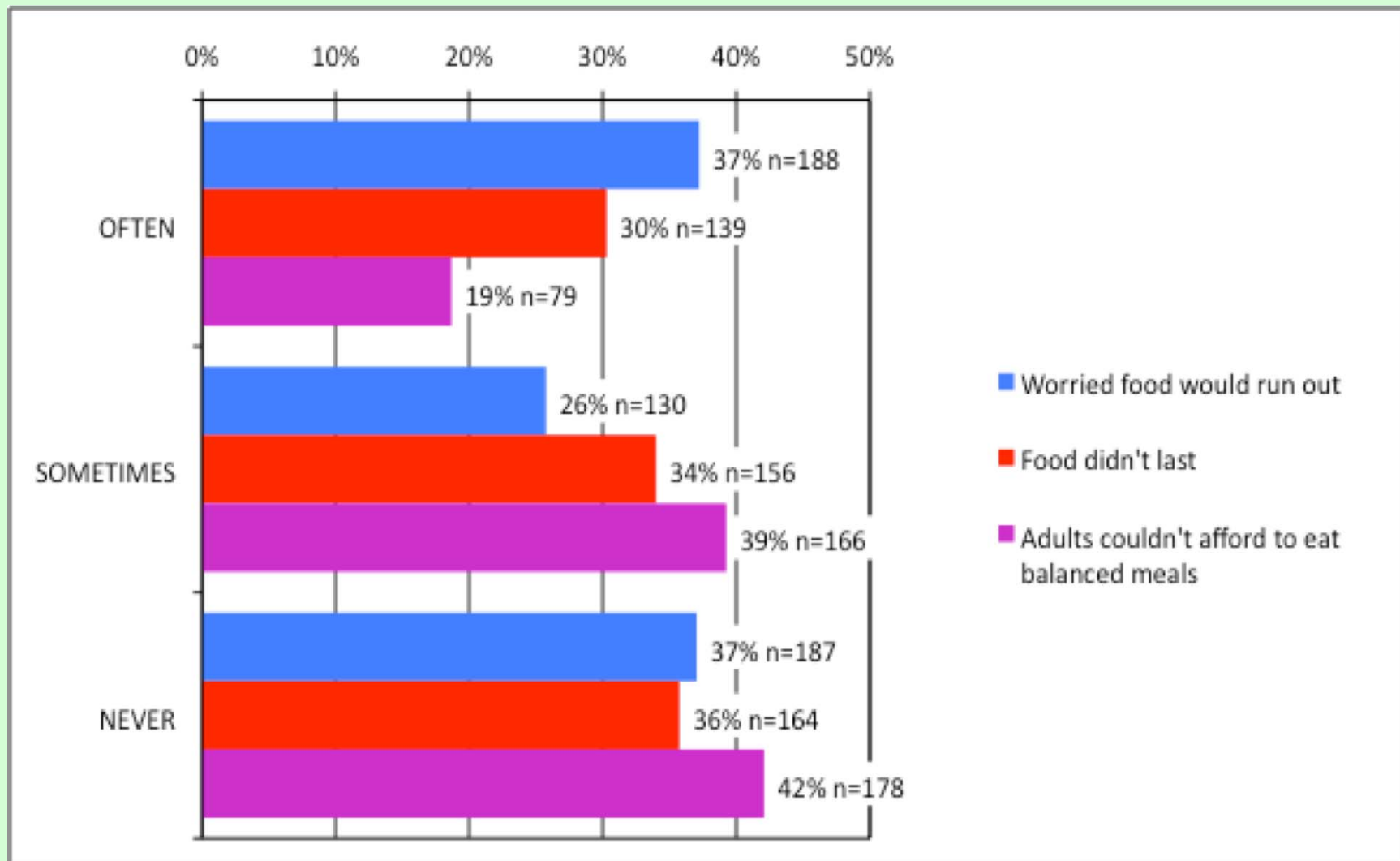
Households (adults and children)



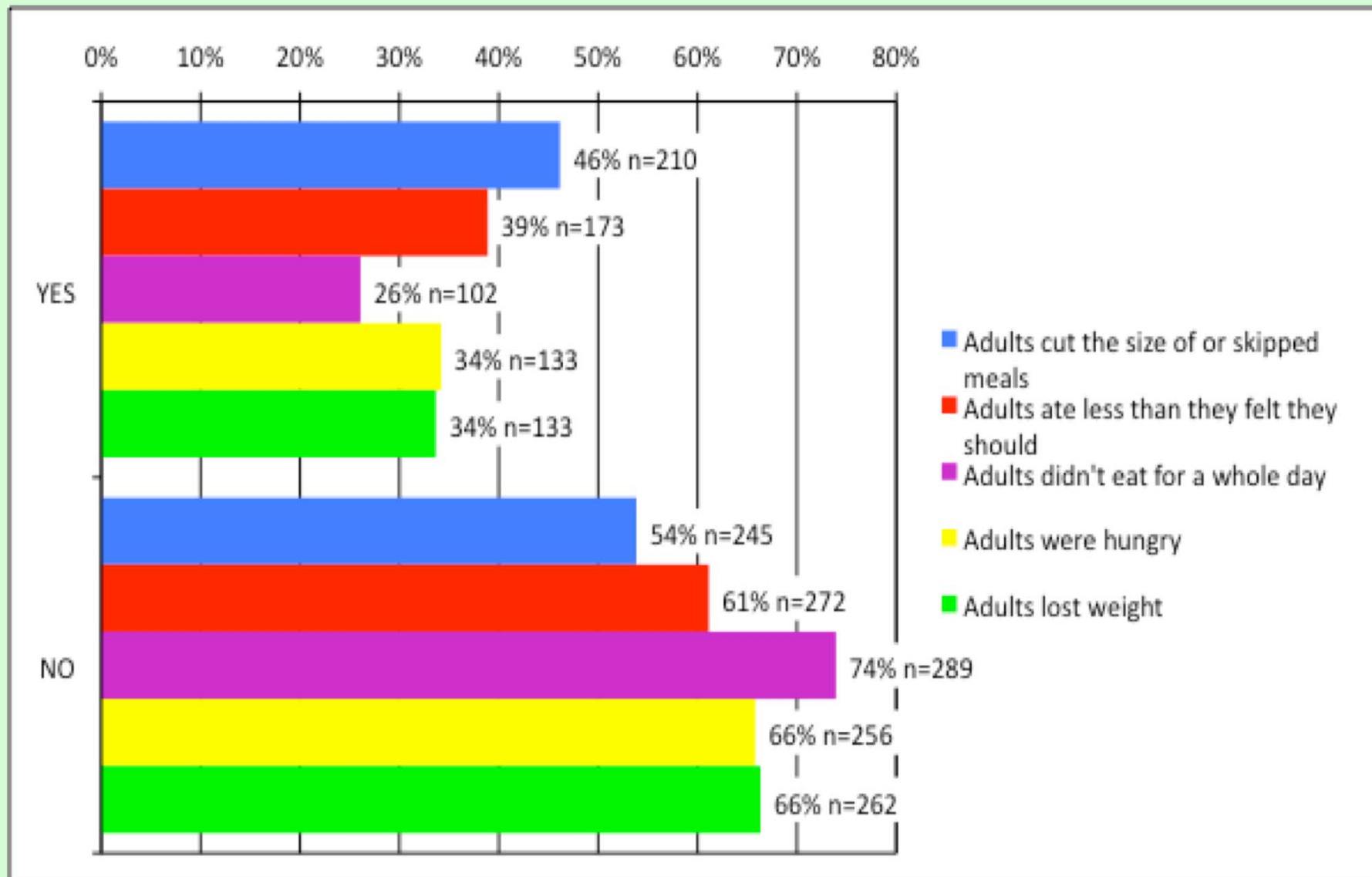
Households With children



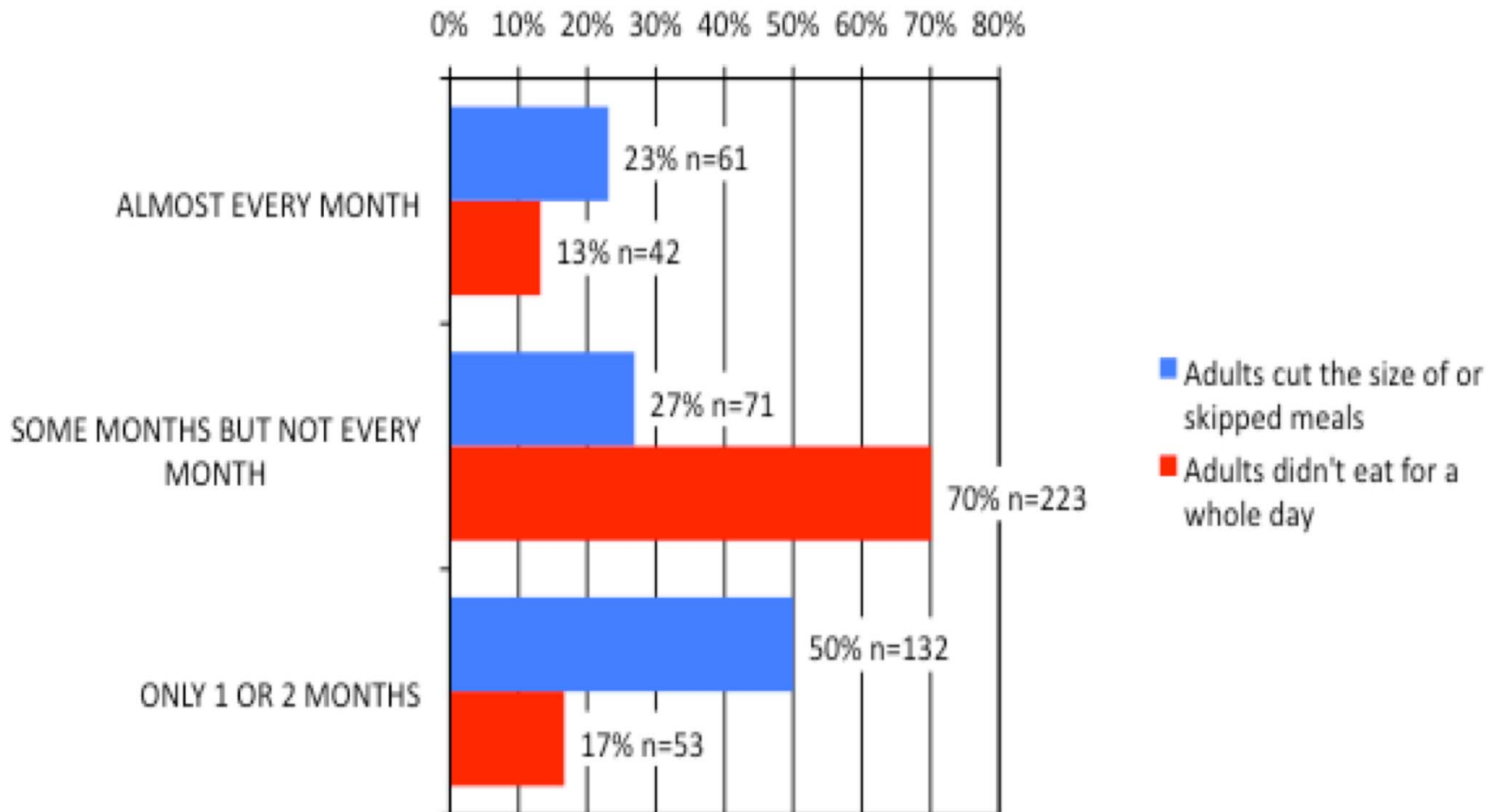
Households Ran Out of Food and Money in 2008 to 2009



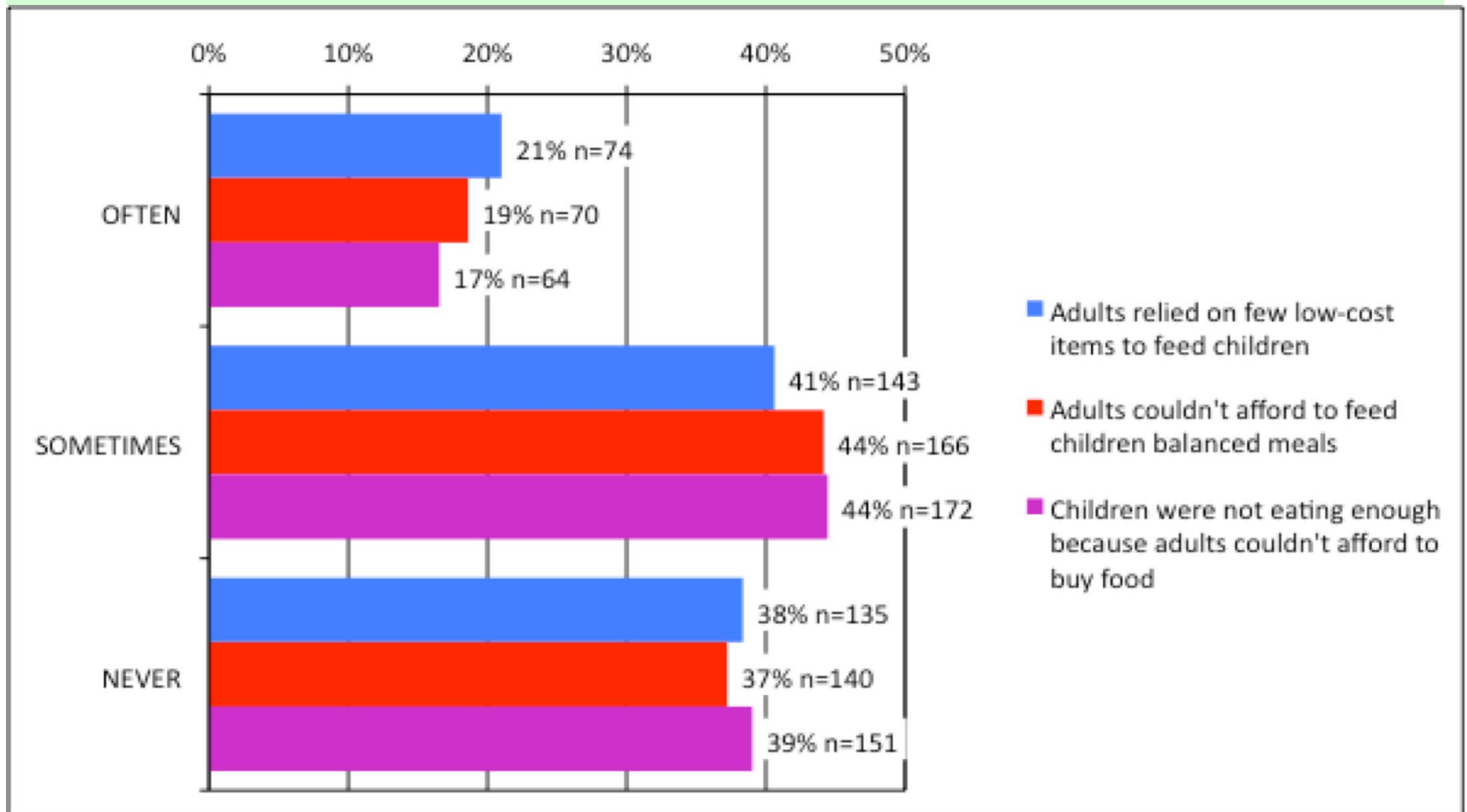
Households Where Adult's Food was Restricted in 2008 to 2009



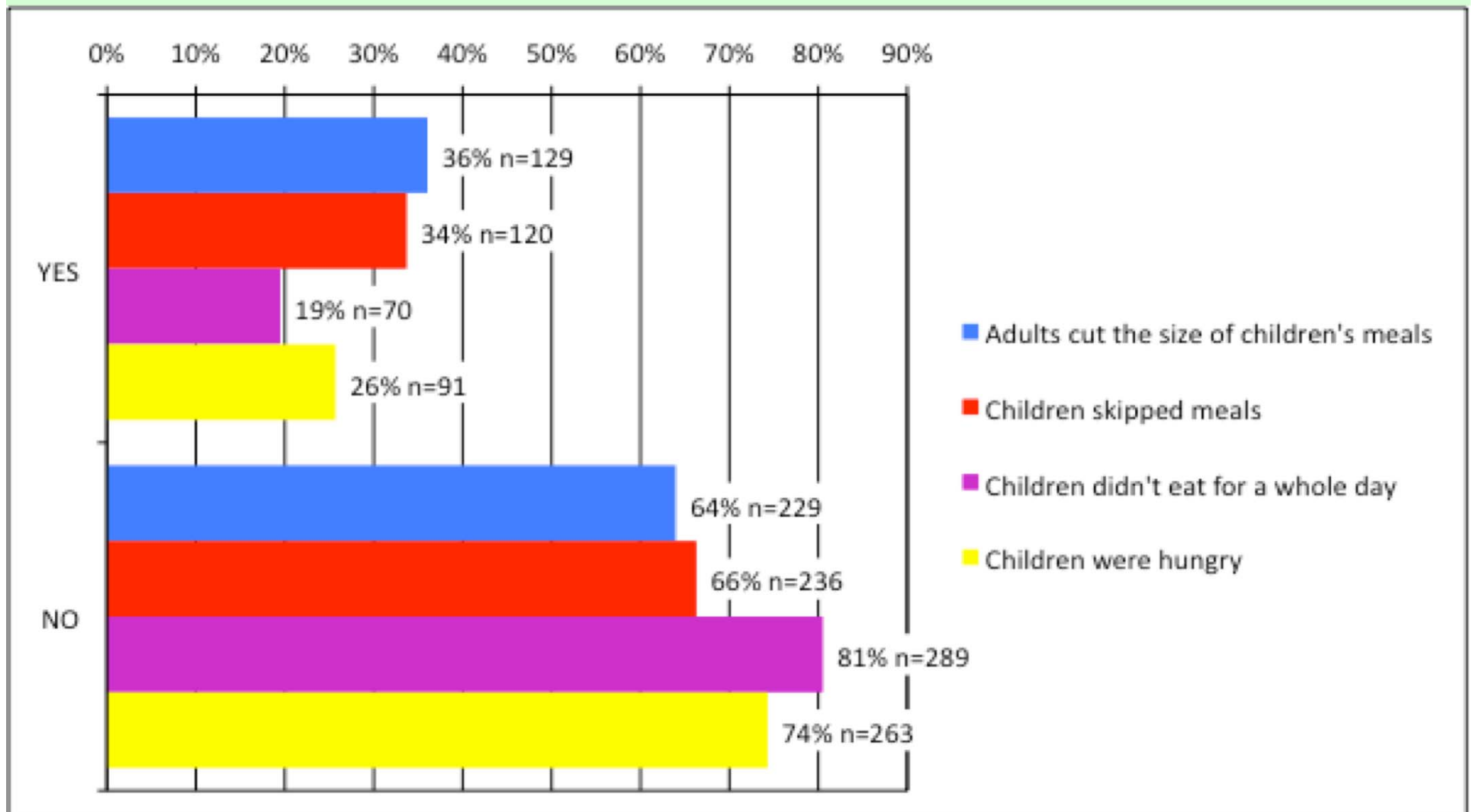
Households Where Adults Skipped Meals in 2008 to 2009



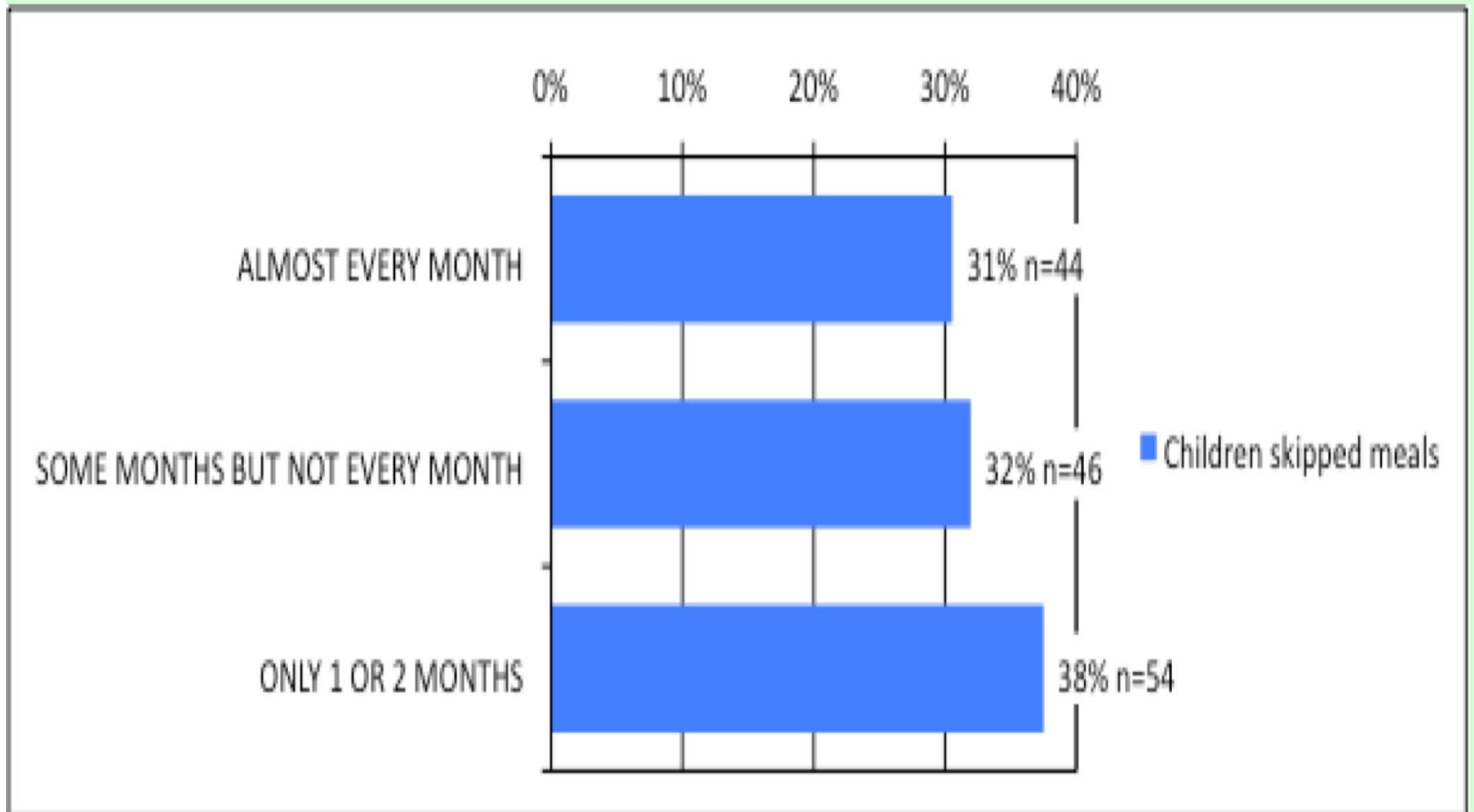
Households Couldn't Afford Food for Children in 2008 to 2009



Households Where Children's Food was Restricted in 2008 to 2009



Households Where Children Skipped Meals in 2008 to 2009



Conclusions – Food security crisis

- 75% of households in Northern Manitoba suffer food insecurity.
- Reduced food intake and disrupted food patterns or reduced quality or quantity of food.
- More than 8X the rate of food insecurity in Canada .
- Immediate attention needed and serious dedicated resources

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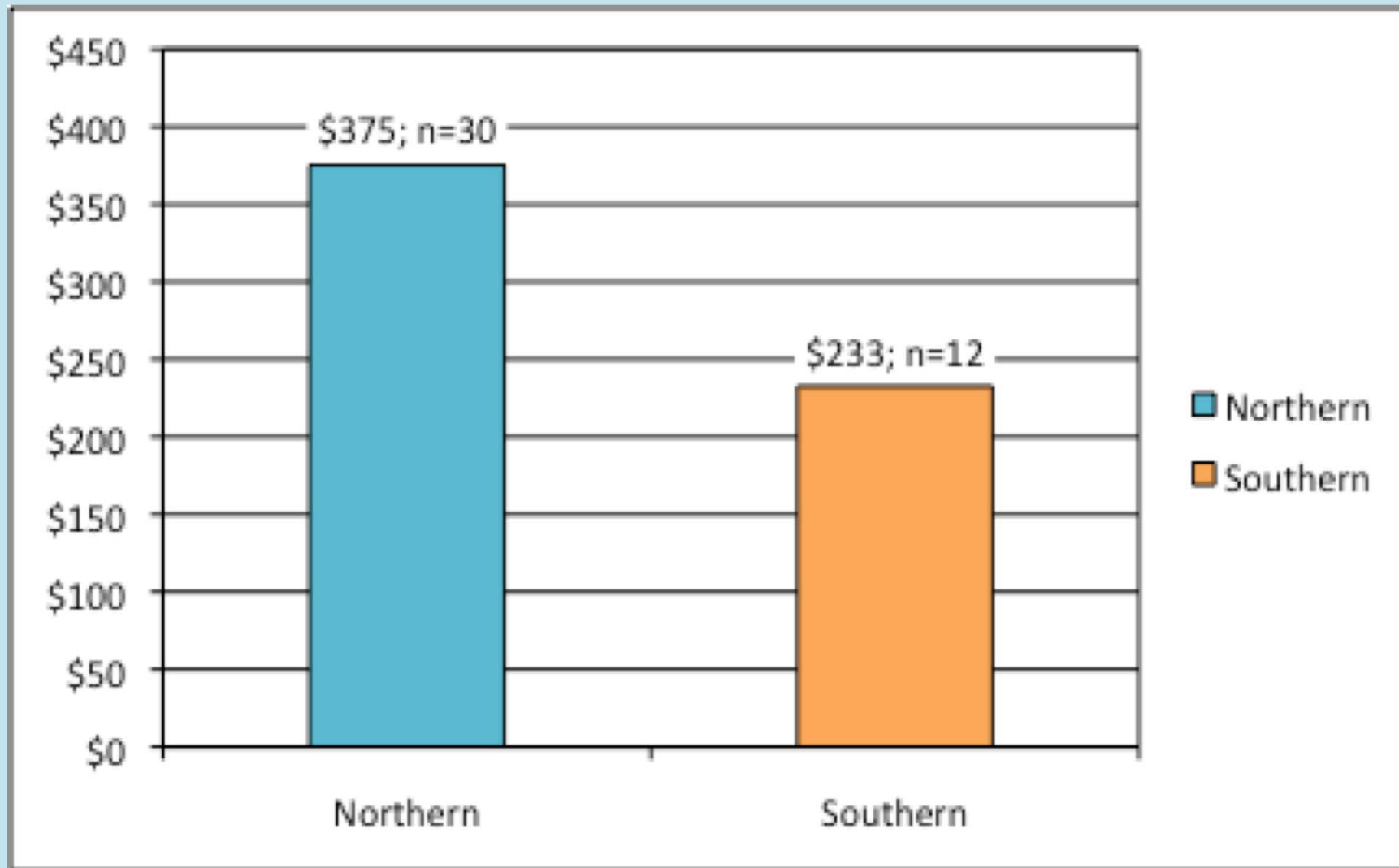
Healthy Food Basket Pricing



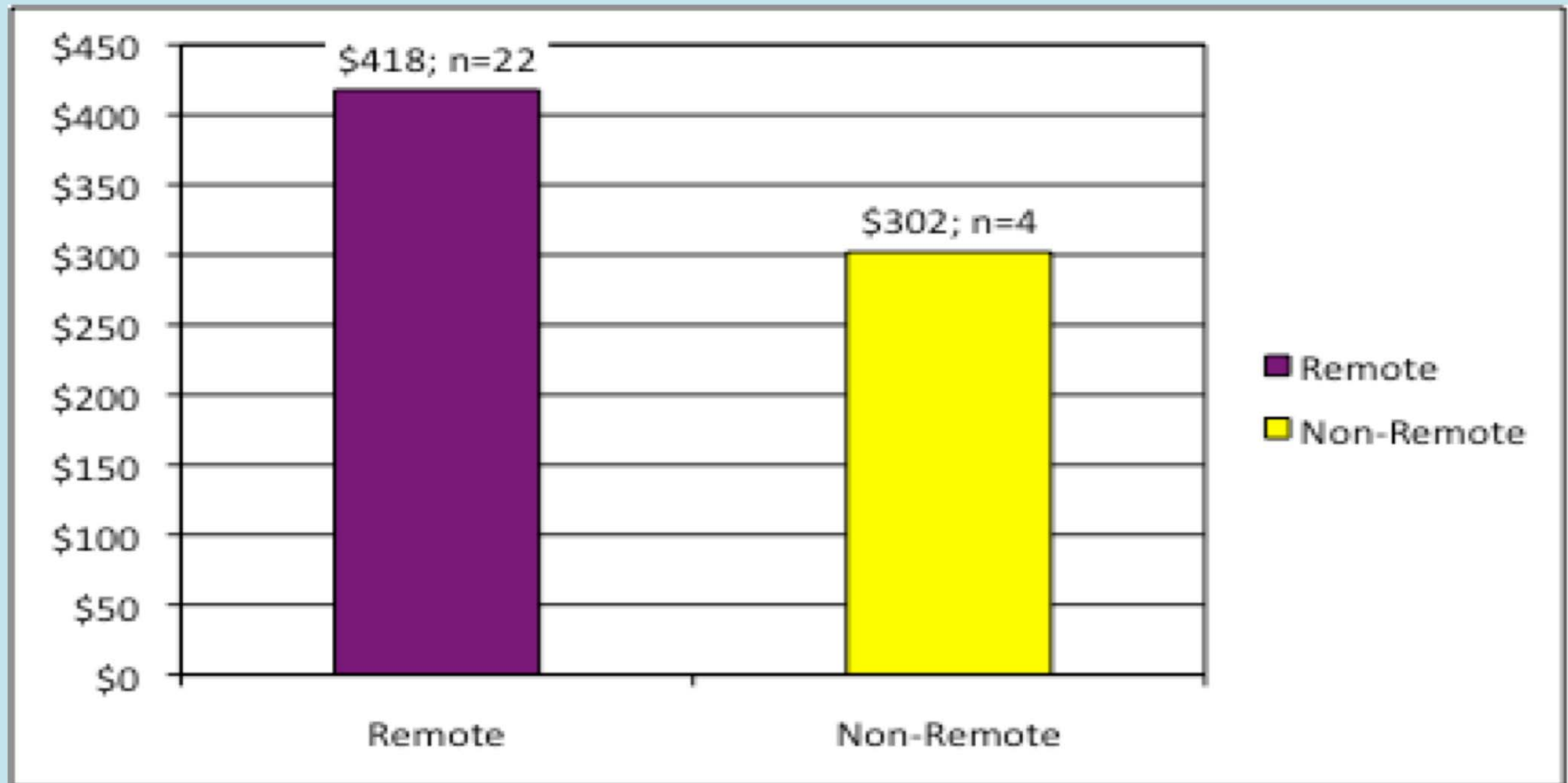
Food Costing Methods

- Recorded prices for 66 items of national nutritious food basket (NNFB) for each store in 14 communities and summed
- Determined the average difference for the NNFB and for a few key items between:
 - Northern and Southern communities in Manitoba
 - Remote and Non-Remote communities
- Across southern Manitoba 16 additional grocery stores were audited for comparison with 26 food stores in the 14 communities in this study
- Applied a Wilcoxon test using the Statistical Package for the Social Sciences (SPSS), version 16

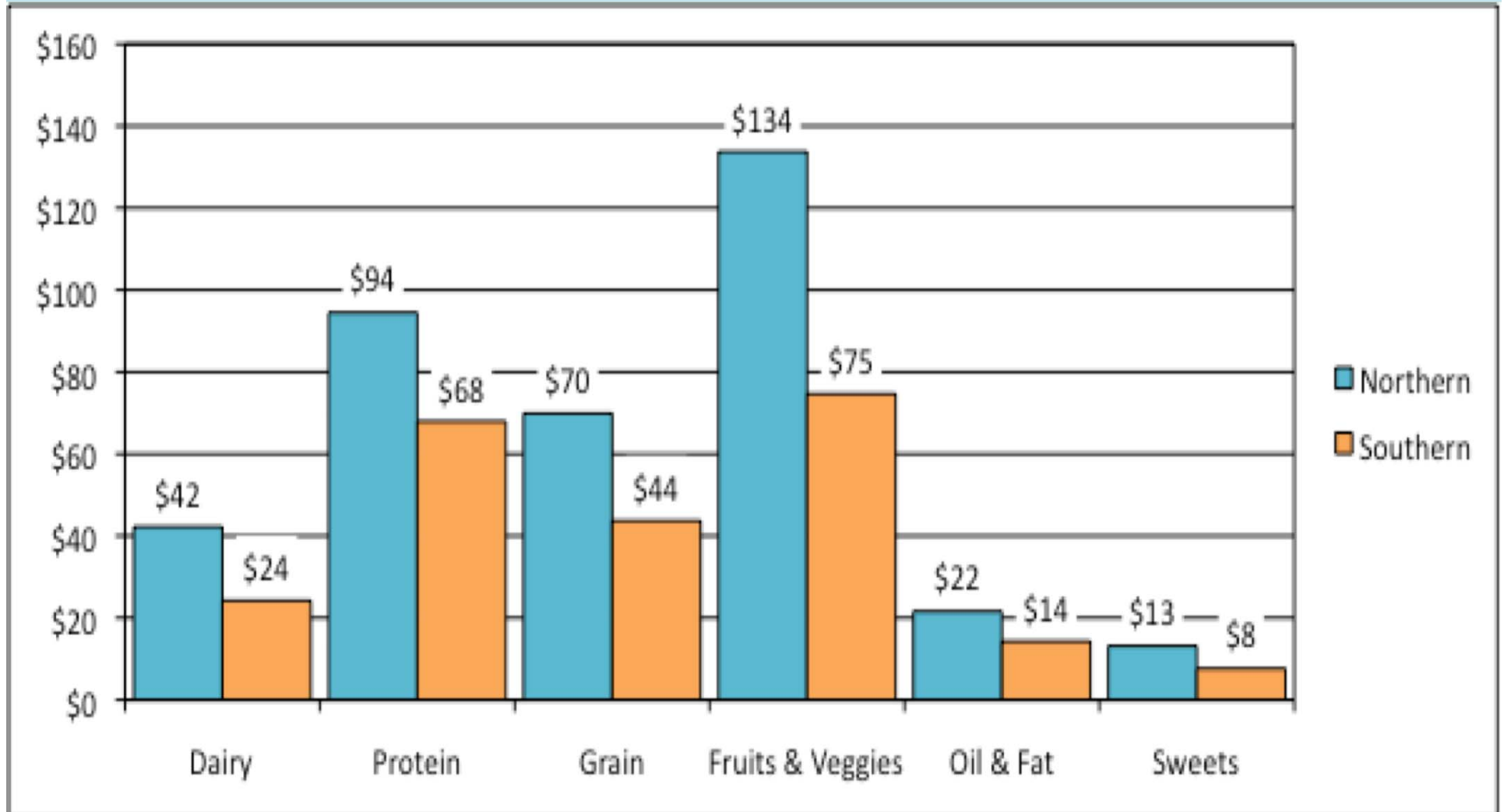
Food Basket prices higher in north –
60% higher than south ($p=0.000$)

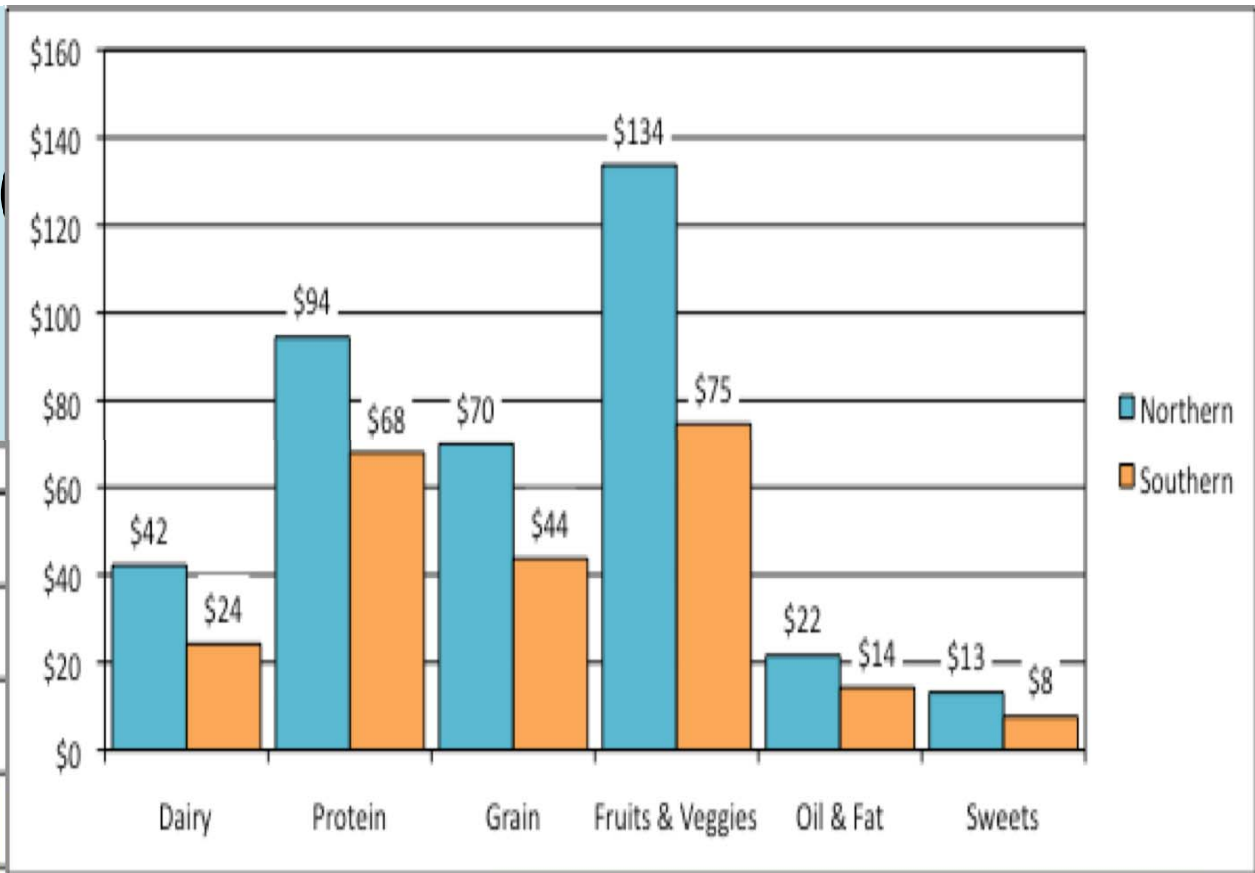


Food Basket in North \$418 in Remote communities – one-quarter higher than non-remote non-remote (p=0.000)



Categories: Fruits & Veggies 79% higher (p=0.000)

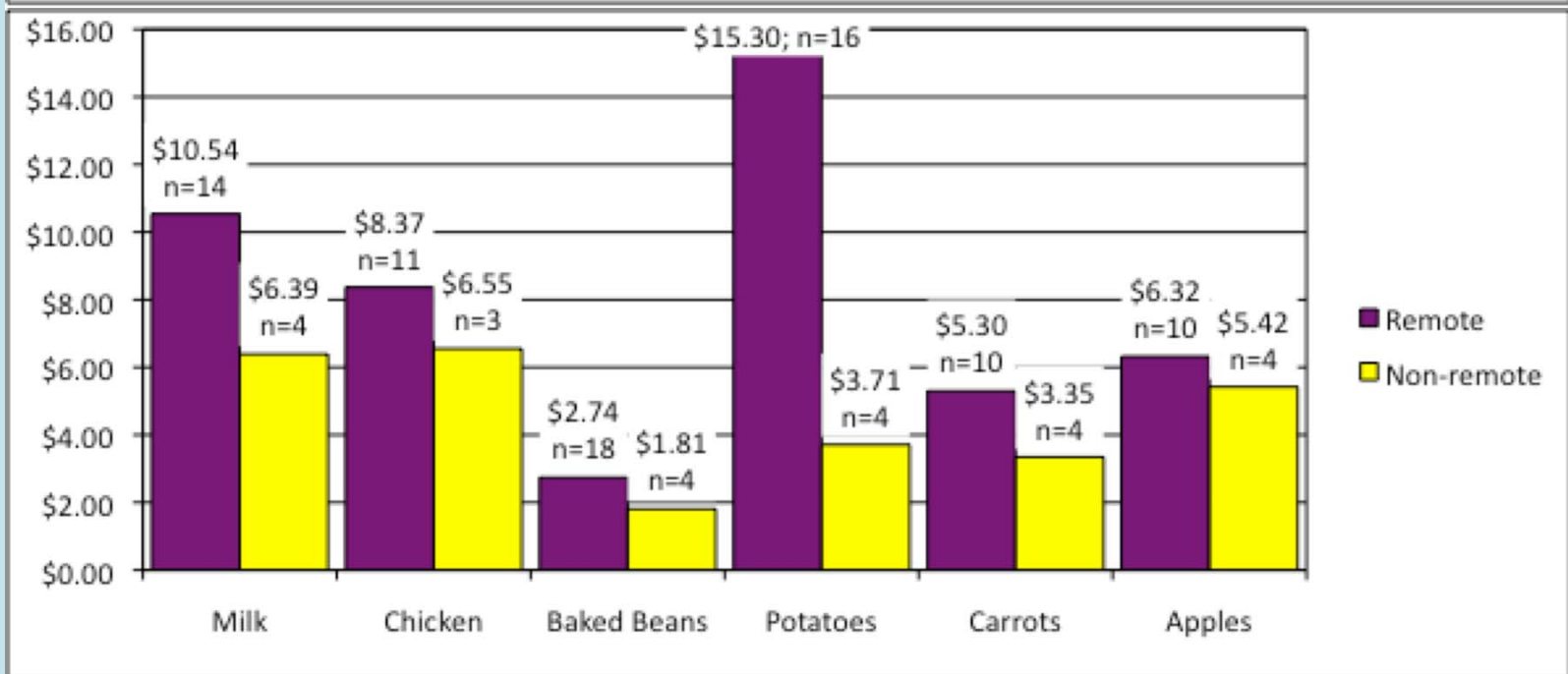
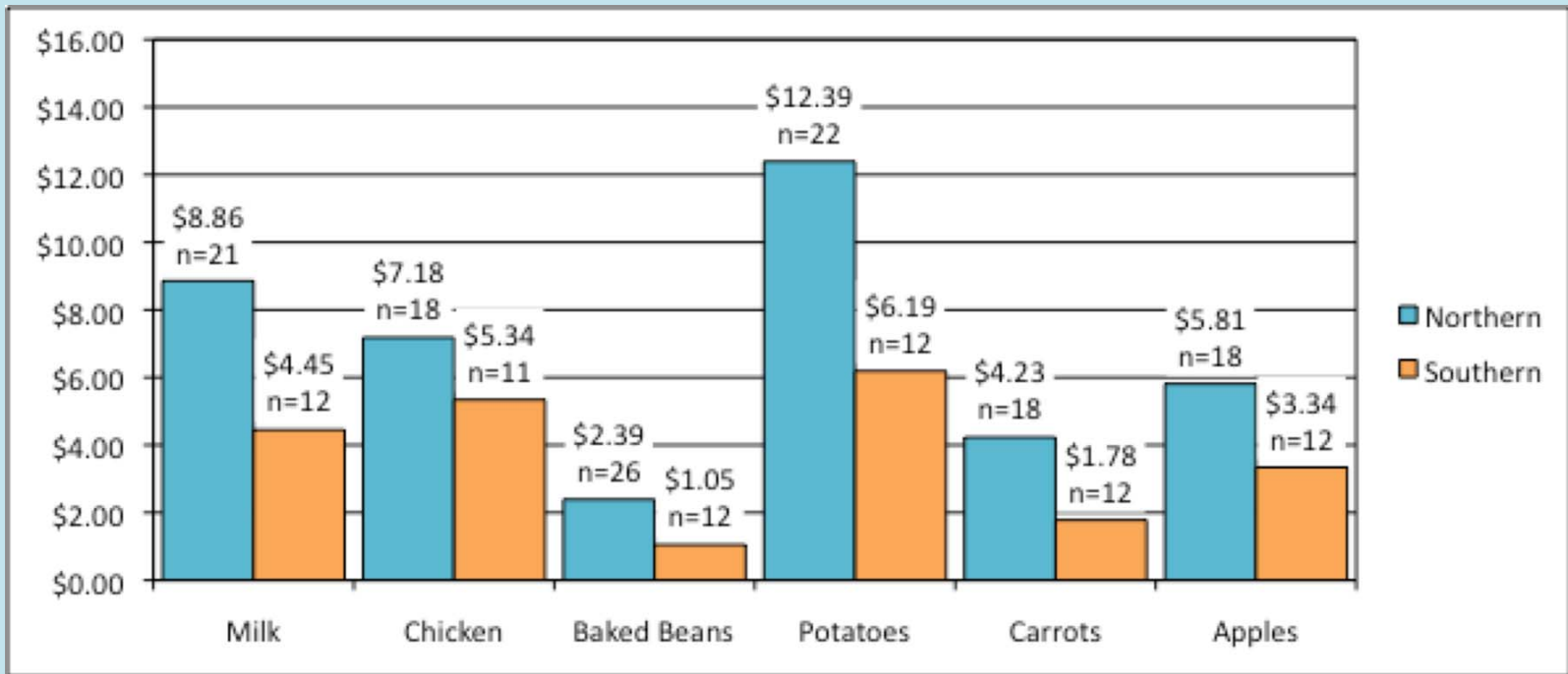




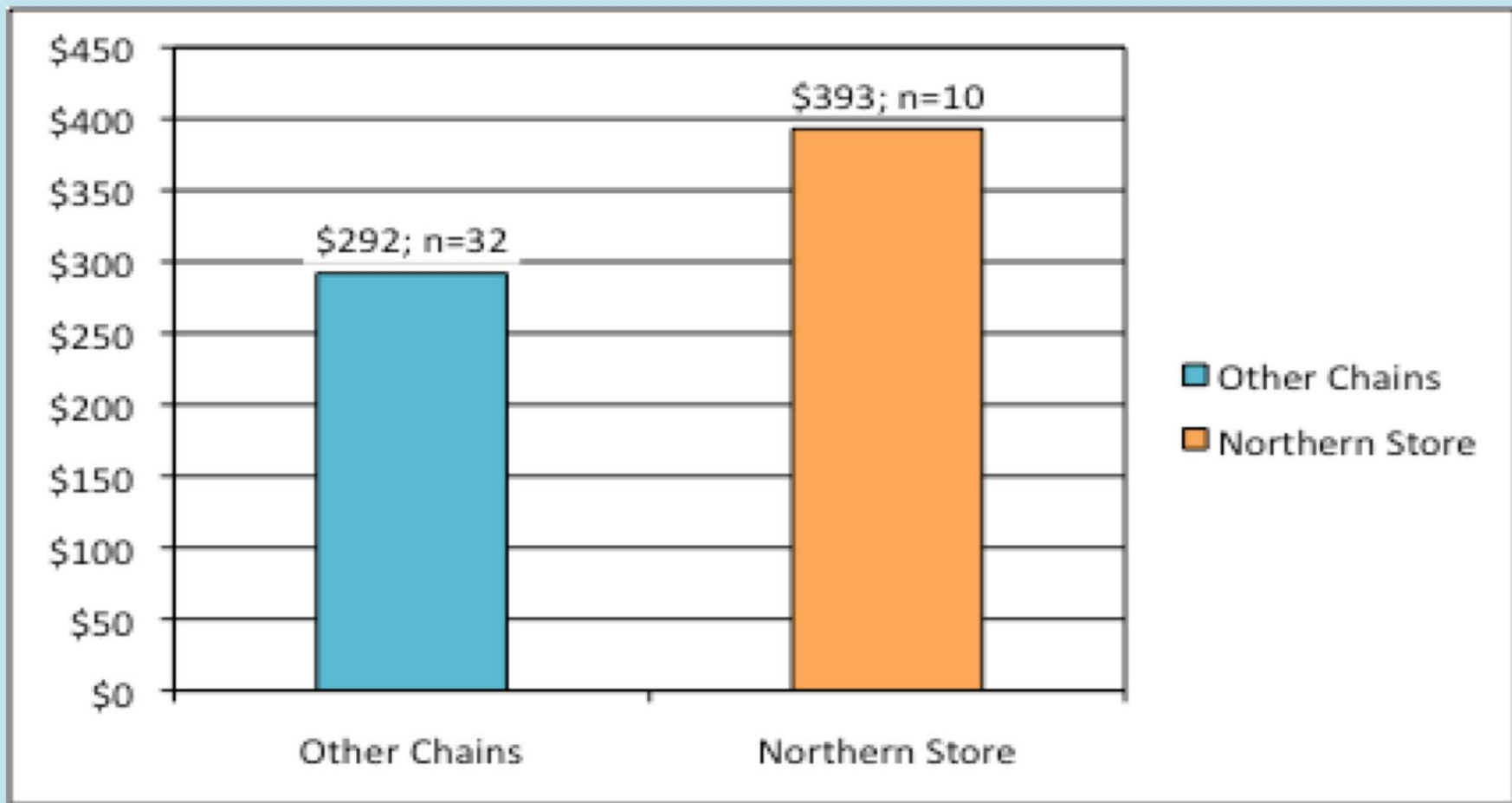
Remote
Non-Remote

Northern
Southern

Prices for Basic Foods



Compared other chain to Northern Stores for 42 Stores throughout Manitoba (p=0.001)



Food Costing Conclusions

- Northerners pay more than one-third more than southerners for NNFB (\$375.12 vs. \$232.52)
- Twice as much \$\$\$\$\$\$\$\$\$\$\$\$\$\$:
 - Fruits and Veggies (potatoes and carrots)
 - Milk
 - Baked Beans
- Remote communities pay one third more than non-remote northern communities for NNFB (\$413.67 vs. \$297.91)
- One-third more \$\$\$\$\$\$\$\$\$\$:
 - Fruits and Veggies (carrots)
 - Milk
 - Baked Beans
- Elevated prices due to freight costs.

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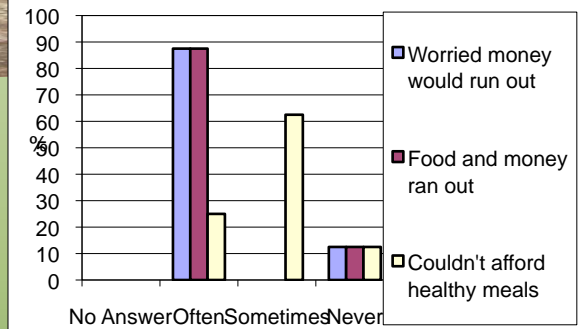
Granville Lake living healthy by growing, hunting and fishing to overcome remoteness

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50% of community households rely on low cost food for children.

88% of community households are often worried that they will run out of money to buy food.

Households Ran Out of Money for Food



Introduction

This study asked:
 - whether healthy food was accessible and affordable to people (Household food security survey)?
 - what are the barriers to putting healthy food on the table of Granville Lake community members?
 - what gardening and other traditional methods of harvesting food provide to Granville Lake?
 - what Granville Lake people wanted in order to eat healthier?

Methodology

A door to door household food security survey and interviews of 7 in Granville Lake households (random sample) was conducted in June 2009 by Asfia Gulrukh Kamal. The people interviewed ranged between 18 and 70 years of age. The survey findings were analyzed by Statistical Products and Survey Solution (SPSS). Open-ended qualitative interviews were conducted in order to get a holistic understanding of the issues and the solutions.

Findings

Prices for healthy food are too high: 88% of Granville Lake households said they are often worried that they would run out of money and not be able to buy food. They said, specially in winter, many households had hungry children because access to food is difficult as well as costly. The community members share a special bond and help each other when they run out of food, but the community members agreed that the cost of access to healthy food is one of the biggest barriers and they need gardening practice in summer and access to winter road during winter.

Survey Result

- ◆88% of community households are often worried that they will run out of money to buy food. Food is costly and income is limited.
- ◆88% of community households could not afford to buy food.
- ◆100% of community households wanted training in gardening.
- ◆100% of community households wanted training for youth to get food from land and promoting local food will help the situation.
- ◆100% of community households thought a winter road is needed for more frequent food supply in long winter.
- ◆88% households had children that didn't eat enough for a whole day during winter.
- ◆50% of household often and another 50% sometimes relied on low cost food for children.

What are people saying?

All of the households interviewed wanted to garden. All of the community members said that the community elders used have garden growing potatoes, carrots and some other kinds of root vegetables. Granville Lake resident spoke about the impact on land and water resources caused by Manitoba Hydro's dam of the Churchill River to their community. The hydro dam damaged trap locations and changed animal migration pattern. Transportation of food is especially difficult in the winter time since it has to be purchased in Leaf Rapids and transported for an extended period of time with much of the produce and food stocks freezing before they arrive in the community. There has been an attempt to deal with the issues by discussion of winter road, freezer program and community and family gardening. This past school term children did plant seedlings in the school that they have received from the veggie workshop organized in April 2009 by the Frontier School Division. In summer 2009 a community garden was started with support of Granville Lake community people, Frontier School, NACC and NHFI with University of Manitoba.

Background

Granville Lake is a remote and an isolated community with approximately 70 people located on a large lake of the Churchill River system. The community is basically built around a small two class room school. There are no medical services in the community for several years, no food store or any other commercial business. Travel is difficult and only available by snow-machine in the winter and by boat in the summer. There is a distance of approximately 60 kilometers to the nearest road of community of Leaf Rapids. Float plane is used when the water is open but that is usually too expensive to use. Granville's extreme remoteness and isolation has made this a pilot community addressing the serious issues of food security, nutrition and the cost of implementation.



Community elder Harriet Baker said, "It is a smaller community and I am really hopeful that with this community garden started we can grow our own potatoes and other vegetables."



Conclusion

Granville Lake people are trying to regain their tradition of gardening. This local food production is important as most community households cannot afford to buy healthy food with the high transportation cost. Gardening material and teachings about traditional land activities, food preservation and gardening and access to winter road are wanted. However, most people didn't know there was training, materials and programs that could make food production more sustainable and generate community development at Granville Lake.

Programs are by request, to help actions in communities. Contact for help and supplies:

1. Northern Healthy Food Initiative (NHFI), Manitoba Government funds groups like Northern Association of Community Councils (NACC), Bayline Regional Roundtable (BRRT), Four Arrows Regional Health Authority and Manitoba Food Charter to increase access to healthy food and to support food projects. Contacts: Jennell Majeran, Manager, Northern Healthy Foods Initiative Phone: (204) 677-6677 E-mail: jennell.majeran@gov.mb.ca and Jessica Paley, Northern Healthy Foods Initiative, (204) 945-0569 jessica.paley@gov.mb.ca. Programs in other communities include:
 - ◆chicken, turkey (with chicks and chicken food provided but not chicken coop) goat and other small livestock production,
 - ◆freezer loans for people to buy freezers to store healthy food,
 - ◆community or school greenhouse and households receiving plastic for building a greenhouse, and
 - ◆provision of vegetable seeds, berry and other bedding plants, and school grow lights.
 - ◆workshop in Thompson called Northern Harvest to provide free teaching to northern community members about food production and preservation.
2. Manitoba Agriculture, Food and Rural Initiatives (MAFRI's Brian Hunt: Phone: 204-856-9255/Fax: 204-745-5690, E-mail: brian.hunt@gov.mb.ca) provides gardening support to communities to give workshops on gardening and chicken production.
3. Northern Association of Community Councils (NACC at nacc@nacc.mb.ca or pnce@nacc.mb.ca/phone: (204) -947-2227) provides seeds, plants, gardening and loans tools for community and household gardens, as well as one community was supplied with chicken and goats.
4. Frontier school provides Veggie Adventure school activities and greenhouse and gardening expertise for northern climates through Chuck Stensgard (e-mail: chuckstensgard@hotmail.com/Phone: 204-473-2332).
5. For health issues in Granville Lake contact Beverly Baker, health representative in Granville Lake community (Phone: 204-473-6002) or you can call Burntwood Regional Health Authority who provides community visits of dietician to come and teach community people (particularly pregnant women and diabetes patient) on healthy diet and how to cook healthy meals (phone: 204-677-5300).

Acknowledgement: We would like to thank all the community members who participated in the interview. Thank you Chuck Stensgard, Frontier School Regional Gardening Coordinator. We are thankful to Harriet Baker, Brenda Anderson and William Anderson, Anna Marie Baker and Abel Bird for your support and enthusiasm during the survey and gardening workshop in Granville Lake.
 Funded by Canadian Institutes of Health Research Regional Partnerships Program (CHRR-PP)
 Photo credit: Asfia Gulrukh Kamal

People love gardening!!!
More training? Paid Ag Tech? Hands-on
demonstrations? Ploughs?
Gardening Work parties?



Greenhouses needed! School/community greenhouse/ grow lights? Training? Student employment – Green Team



Chicken and Turkey Production with BRRT

If interested in participating in the program they are required to build a chicken coop, but will otherwise receive all necessary materials including a poultry production manual, 60 chickens or ten turkeys, grain, feeders and chicken fencing.



Country food funding needed

“We are providing food to 1500 people out of 2500 and all of them are happy getting fresh meat and fish. It’s a good way to maintain traditional culture in a healthy manner and others should try to implement that too.”

- Charlie Hart, Program Coordinator



Training for Youth and Families in Country food



Recommendations: Country foods

- Provide country food freezer project and provide funding for people to undertake this labour and pay for costs.
- Organize traditional food gathering for Elders to teach the community and youth traditional ways of hunting, fishing and food preservation.
- Create reward programs for hunting and fishing such as a yearly fishing derby.
- Conserve spawning and calving areas and other habitats in northern communities.
- Monopoly of Freshwater Fish Marketing Corporation not working for northern people – result in wastage – need other opportunities and assistance to sell locally.
- Provide infrastructure for fishing and fish processing in the north.

Gardening and Food Preservation

What's needed

- Agricultural technician funding to hire and train a local person in each community.
- Train-the-trainer workshop to teach gardening, greenhouse and rototiller maintenance in spring – may supplement or replace Harvest Forum.
- Plastic distribution for personal greenhouses to foster greenhouse activities.
- Funding for effective use of season extenders like cold frames. Human resources should be provided in order to have proper maintenance of greenhouses and cold frames.
- Designate freezers an essential appliance and freezer loans should be expanded to all remote communities.
- Promote local composting program and train the local gardeners more on composting.
- Initiate a reward program for the community people, in which schools can participate, to inspire them in gardening and gardening education.
- Create garden work parties in each community with hands-on training.

- **Evaluation**

- Survey food prices in different northern communities regularly through Frontier school business or math class.
- Undertake regular food security surveys to monitor status.
- NHFI administration should include some measure of evaluation in the projects

- **Youth Programs**

- Train youth on cooking, gardening, fishing, hunting and traditional food preservation should be provided through garden clubs, summer camps and in-school activities.
- Implement achievement awards for youth in the communities in regards to gardening, hunting and fishing activities.

Input into the recommendations

- Call me collect at (204) 474-7170 or e-mail me at s_thompson@umanitoba.ca
- Feedback on the draft video – you are the editor.

Acknowledgements

- First Nation communities, including War Lake FN, South Indian Lake FN, Nelson House FN, Berens River FN, Red Sucker Lake FN
- Northern Affairs communities including Ilford, Cormorant, Wabowden, Leaf Rapids, Lynn Lake, Granville Lake and Thicket-Portage
- Interviewees
- Funding provided by CIHR
- Other funding by SSHRC