

# The Ontario Food and Nutrition Strategy

## A Plan for Healthy Food and Farming

Draft 2, December 2012

# Ontario Food and Nutrition Strategy Strategic Plan 2012 to 2017

## Mission

To establish and implement a cross-sectoral Ontario Food and Nutrition Strategy to promote and support healthy Ontarians and a diverse, healthy and resilient food system.

## Vision

A productive, equitable and sustainable food system that supports the health and wellbeing of all Ontarians.

## Strategic Directions:

**1. Ontarians have access to and the means to obtain safe, healthy, local and culturally acceptable food.**

**2. Ontarians have the information, knowledge, skills, relationships and environments to support healthy eating and make healthy choices where they live, work, learn and play.**

**3. Ontario has a diverse, healthy and resilient food production system that contributes to an equitable and prosperous economy.**

## Expected Outcomes

- Healthy and local foods available everywhere
- Increased demand for and production of healthy and local foods
- Increased consumption of healthy and local foods
- Reduced reliance on rescue systems
- Improved eating behaviours and health outcomes
- Safe and sustainable food production
- Strengthened economy through a diverse, healthy and resilient food system.

## Goals

1. To promote health through healthy eating and access to healthful food for all Ontarians.
2. To reduce the burden of chronic disease and obesity on Ontarians and the Ontario health care system.
3. To strengthen the Ontario economy and environment through a diverse, healthy and resilient food system.

## Key Supports/Recommendations

1. Coordinated provincial mechanism to address the complex food system – cross government + multi-stakeholder (food system, agriculture, health, education, industry, civil society)
2. Ongoing monitoring, measurement, analysis and dissemination of key health, social, economic, environmental, food and agriculture indicators.
3. Policy, legislation, regulation and programming to support healthy Ontarians and a diverse, healthy and resilient food system.
4. Capacity and resources are provided to support all elements of the Ontario Food and Nutrition strategy.
5. Clear, effective, timely communication occurs at all levels and among all players with respect to food system decision making.

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## Definitions

**Capacities areas defined by CDPAC** - planning and management, research and innovation, knowledge exchange and capacity building, goal and objective setting, advocacy and policy development, communications, financial transfers, human resources, evaluation and learning and surveillance, performance monitoring and accountability.

Source: Chronic Disease Prevention Alliance of Canada's "Primary Prevention of Chronic Diseases in Canada: A Framework for Action". 2008. Garcia, J. and Riley, B. for Chronic Disease Prevention Alliance of Canada. Available from: <http://www.cdpac.ca/media.php?mid=451>.

**Environmentally Responsible** - addressing environmental implications and minimizing practices that may adversely affect the environmental, economic, health or social well being of future generations

Source: Piotr Mazurkiewicz, Corporate Environmental Responsibility

**Equitable** - results in human well-being and access to opportunity for all people

Source: Building an Equitable Green Economy: Forum for Sustainable Development

**Food access** - having sufficient economic, physical, and relational resources, to obtain appropriate foods for a nutritious diet.

Source: Adapted from World Health Organization Glossary, <http://www.who.int/trade/glossary/story028/en/>

**Food availability** - the availability of sufficient quantities of food of appropriate quality

Source: Adapted from FAO Agricultural and Development Economics Division, World Food Summit, 1996 [ftp://ftp.fao.org/es/esa/policybriefs/pb\\_02.pdf](ftp://ftp.fao.org/es/esa/policybriefs/pb_02.pdf)

**Food Security** – exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life

Source: FAO Agricultural and Development Economics Division, World Food Summit, 1996 [ftp://ftp.fao.org/es/esa/policybriefs/pb\\_02.pdf](ftp://ftp.fao.org/es/esa/policybriefs/pb_02.pdf)

**Food Security (Community)** – exists when all community residents obtain a safe, personally acceptable, nutritious diet through a sustainable food system that maximizes healthy choices, community self-reliance and equal access for everyone

Source: Adapted from Hamm MW, Bellows AC. Community food security and nutrition educators. J Nutr Educ Behav 2003;35:37-43. Cited in Dietitians of Canada Community Food Security Position Paper, 2007 <http://www.dietitians.ca/Downloadable-Content/Public.cfs-position-paper.aspx>

**Food System** - includes cultivated and non-cultivated food production and procurement, food processing, food distribution, food access, food consumption, farmland preservation and stewardship, food skills and education, and waste management.

Sources: Wikipedia – Food System; Joachim von Braun and Mary Ashby Brown. "Ethical Questions of Equitable Worldwide Food Production Systems." *Plant Physiology*: Vol. 133. November 2003, OFNS Feedback

**Local Food** - food that has been grown or caught, processed and distributed as near to the point of consumption as possible. This can include the community; municipality; bio-region; province; or country where the food is consumed. Source: Adapted from Local Food Plus [www.localfoodplus.ca](http://www.localfoodplus.ca)

**Local Food System** - a chain of activities and processes related to the locally-organized production, processing, distribution and consumption of food in an effort to build more locally-based, self-reliant food economies to enhance economic, environmental and social health

Sources: Feenstra, G. (2002) Creating space for sustainable food systems: lessons from the field. *Agriculture and Human Values*. 19(2). 99-106; Gail Feenstra and Dave Campbell. "Steps for Developing a Sustainable Community Food System," *Pacific Northwest Sustainable Agriculture: Farming for Profit & Stewardship*. Winter 1996-97. 8(4): pp. 1-6. <http://www.farmingthecity.net>

**Healthy Food** – healthful and nutritious, provides essential nutrients as described by Canada's Food Guide. "Healthy foods" should not contain excess amounts of saturated fats, *trans*-fats, sugar or salt (these amounts have not been defined). Our definition of "healthy food" is not limited to the nutrients that a food contains. "Healthy food" comes from a food system where food is produced, processed, transported, and marketed in ways that are environmentally sound, sustainable and just. Source: Adapted from Prevention Institute <http://www.preventioninstitute.org/>

Note: There is no consensus among health professionals, industry, consumers and government on a definition of "healthy foods and beverages" or standardized criteria for categorizing foods as "healthy" and "less healthy".<sup>1 2</sup> Our definition was created by the Ontario Food and Nutrition Strategy Design Team and incorporated a definition from the Prevention Institute in the United States.<sup>3</sup>

Sources: 1. Health Canada – Defining "Healthy" Foods - Environmental Scan of the Situation in Canada (2009) [www.hc-sc.gc.ca/fn-an/nutrition/pol/exsum-som-healthy-sains-enviro-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/pol/exsum-som-healthy-sains-enviro-eng.php), 2. DC Position Paper – Advertising of Food and Beverages to Children – Dec 2010. [www.dietitians.ca/Downloadable-Content/Public/Advertising-to-Children-position-paper.aspx](http://www.dietitians.ca/Downloadable-Content/Public/Advertising-to-Children-position-paper.aspx), 3. Prevention Institute, Setting the Record Straight – Nutrition and Health Professionals Define Healthy Food [www.preventioninstitute.org/component/jlibrary/article/id-58/127.html](http://www.preventioninstitute.org/component/jlibrary/article/id-58/127.html)

**Healthy Eating OR Healthy Diet OR Healthy Eating Pattern** – having the amount and type of food recommended by Canada's Food Guide. Following the eating pattern in Canada's Food Guide will help people get enough vitamins, minerals and other nutrients, reduce the risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis, and achieve overall health and vitality.

Source: Health Canada, *Eating Well with Canada's Food Guide – A resource for educators and communicators* (2007). [www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php)

**Nutritious** – providing nourishment, especially to a high degree; nourishing; healthful.

Source : <http://dictionary.reference.com/browse/nutritious>.

OR- [nourishing](#), [beneficial](#), [wholesome](#), [healthful](#), [health-giving](#), [nutritive](#)

Source: [Collins Thesaurus of the English Language](#) – Complete and Unabridged 2nd Edition. 2002 © HarperCollins Publishers 1995, 2002

**Resilient** - the ability of a system (person, community, ecosystem) to absorb shock, stresses and changes while maintaining its essential function.

Source: Tay, S., Penner, J. (2012) *Community Food Resiliency: Envisioning Our Food System in 2040*. Retrieved 11-08-12 <http://www.museumofvancouver.ca/programs/blog/2012/04/10/community-food-resiliency-envisioning-our-food-system-2040>

**Sustainable** - does not compromise the environmental, economic, health or social well being of present and future generations

Source: *Growing Food Security in Alberta/SELRS Pillars*

**Healthy or Sustainable Food System** - food produced, harvested, processed, distributed and consumed in a manner which maintains and enhances the quality of land, air and water for future generations, and in which people are able to earn a living wage in a safe and healthy working environment by harvesting, growing, producing, processing, handling, retailing and serving food.

Source: *Food Secure Canada*

**Vulnerable Populations** - Groups of people "made vulnerable by their financial circumstances or place of residence; health, age, or functional or developmental status; or ability to communicate effectively...[and] personal characteristics, such as race, ethnicity, and sex."

Source: Defined in the Final Report of the President's Advisory Commission on Consumer Protection and Quality in the Health Care Industry) IOM Health Literacy Roundtable, Washington, DC November 10, 2010 <http://iom.edu/~media/Files/Activity%20Files/PublicHealth/HealthLiteracy/2010-NOV-10/Bettigole.pdf>

# Action Plan

Strategic Priorities (List our key targets/objectives)	Actions Short term → Long term	Who should be involved	Resources & Enablers	Indicators (To be developed)
<b>Strategic Direction 1: All Ontarians have access to and the means to obtain safe, healthy, local and culturally acceptable food.</b>				
1.1 Increase individual and household food security	1.1.1 Support policies to improve individual and household income to enable low income residents to afford healthy food e.g. adequate minimum wage and social service allotment, affordable housing, affordable childcare, public transportation, education and training, and employment.			
1.2 Increase access to safe, healthy, local and culturally acceptable foods, especially for vulnerable populations	1.2.1 Ensure access to nutritious food for all Ontarians by using the cost of the Nutritious Food Basket (calculated annually by each Public Health Unit) in determining the rates for social assistance and the minimum wage and in the formation of ODSP/Social Assistance payouts.			

Strategic Priorities (List our key targets/objectives)	Actions Short term → Long term	Who should be involved	Resources & Enablers	Indicators (To be developed)
	<p>1.2.2 Increase the availability of healthy and local food in childcare, preschools, schools, colleges, universities, long term care facilities, hospitals, recreation centres, workplaces and other public facilities.</p> <p>1.2.3 Provide a student vegetable and fruit program in all public schools as part of the proposed elementary school snack program (as per Liberal platform – e.g. Northern Fruit and Vegetable program in all schools).</p> <p>1.2.4 Support community food access solutions that promote the availability and affordability of fresh, locally or regionally grown foods and create opportunities to scale these up throughout the province (e.g. fresh vegetable and fruit boxes and community gardens).</p>			

Strategic Priorities (List our key targets/objectives)	Actions Short term → Long term	Who should be involved	Resources & Enablers	Indicators (To be developed)
1.3 Increase production and promotion of healthy foods	<p>1.3.1 Work with food system stakeholders to help in the production, processing, promotion and distribution of healthy, local foods.</p> <p>1.3.2 Increase marketing of healthy foods, particularly to children, youth and parents of young children.</p> <p>1.3.3 Support farmers and processors to provide healthy products in demand.</p>			
1.4 Reduce intake of non-nutritious, high calorie beverages and 'snack' foods	<p>1.4.1 Implement policies in public facilities to reduce the availability of non-nutritious, high calorie beverages and 'snack' foods</p> <p>1.4.2 Conduct research that looks into the effect of taxing non-nutritious ingredients, beverages and foods and/or subsidizing nutritious ingredients, beverages and foods.</p>			

Strategic Priorities (List our key targets/objectives)	Actions Short term → Long term	Who should be involved	Resources & Enablers	Indicators (To be developed)
<p>1.5. Integrate food access into city and regional land use policies and community planning</p>	<p>1.5.1 Involve municipal and regional planning departments in planning for food access.</p> <p>1.5.2 Support the development and implementation of community-based land use management plans for food access and production</p> <p>1.5.3 Conduct a policy review of Ontario regulations to identify contradictory regulations, encourage community planning, zoning and funding which supports healthier food choices, develops and promotes the local food sector, and reduces access to unhealthy food choices particularly to low-income communities.</p> <p>1.5.4 Fund the development and implementation of municipal and regional food councils to advise on food access and policy development. Support the replication</p>		<p>OPPI document</p> <p>Built environment</p> <p>“Planning for growth” legislation</p> <p>Greenbelt Oakridges</p> <p>Golden Horseshoe Agriculture &amp; Agri-Food Strategy 2012</p>	



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	of current municipal/regional food councils that are models for successful practices.			
<b>Strategic Direction 2. Ontarians have the information, knowledge, skills and relationships to support healthy eating and make healthy choices where they live, work, learn and play.</b>				
2.1 Increase public understanding of healthy eating practices and skills for making healthy food choices through the lifecycle	<p>2.1.1 Provide funding to increase healthy eating knowledge through an ongoing marketing &amp; promotion campaign in collaboration with Public Health and EatRight Ontario Dietitians of Canada, Nutrition Resource Centre, Media &amp; Communications Media Network for Healthy Eating, Active Living Program Training &amp; Consultation Centre (PTCC) Cancer Care Ontario, OMAFRA</p> <p>2.1.2 Provide access to free nutrition information and education about healthy eating [e.g. Eat Right Ontario]</p> <p>2.1.3 Ensure widespread promotion and support for the</p>			

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	<p>provision of pre- and post-natal nutrition education, breastfeeding and infant feeding programs</p> <p>2.1.4 Promote healthy eating for preschoolers and young children - at home and daycares, etc. through parent and daycare provider nutrition education, food skills and cue based feeding training</p> <p>2.1.5 Include evidence-based food literacy, education about nutrition, food, growing and producing food, and food skills development as a mandatory part of the curriculum at all grade levels (including adult high school, ESL, FSL, LINC) and provide support for professional development/teacher training.</p> <p>2.1.6 Provide opportunities for individuals and households to develop food selection, food preparation and food safety skills in school</p>			

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	<p>and community settings.</p> <p>2.1.7 Support public health and community-based healthy eating and food skills programs (planning, shopping, cooking, preparation, preservation, food storage and food safety) in schools and community settings (e.g. Community Food Advisors, community kitchens, community food centres and community gardens)</p> <p>2.1.8 Provide urban dwellers and rural gardeners with easy access to education and information about how to grow food.</p>			
<p>2.2 Provide resources to help build Ontarians capacity to eat well where they live, work, learn and play</p>	<p>2.2.1 Support development of nutrition education resources and programs for use in preschools, schools, workplaces, community, and recreation facilities.</p> <p>2.2.2 Expand EatRight Ontario to include more motivational</p>			

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	<p>behavioural counseling and tracking to assess impact on making dietary changes for healthy eating and healthy weights [track users to move to a more equitable accessing of this service across different communities including low income and racialized populations.]</p> <p>2.2.3 Increase access to Registered Dietitians in public health, family health teams, community health centres, hospitals, mental health programs, and other community programs.</p> <p>2.2.4 Provide nutrition education programs and counseling to employees at workplaces and include Registered Dietitian counseling in insured services.</p>			
2.3 Increase access to public information about healthy eating through retailers and food service	2.3.1 Require food manufacturers, retailers and food services to provide consistent, clear and visible nutrition information available about the foods they		Ministry of Health to coordinate multiple food labeling initiatives to make it less confusing to the consumer.	

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	<p>sell to enable consumers to make informed and healthy food choices, and to align their efforts with existing groups working on this issue</p> <p>2.3.2 Implement a nutrition communications strategy and education program to increase awareness and educate the public on the menu labeling and making healthier choices when eating out.</p> <p>2.3.3 Support access to nutrition information and programs about food labeling and making healthy food choices through publicly available means such as Public Health, Nutrition Resource Centre, EatRight Ontario, Dietitians of Canada's eatracker and eatwise and private, voluntary initiatives</p>			
2.4 Protect children (under 13) from targeted advertising of unhealthy food and	2.4.1 Restrict marketing, advertising and promotion of food and beverages targeted			

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beverages (e.g. high in saturated fats, trans-fatty acids, free sugars, and sodium)	<p>at children and youth under 13 years of age</p> <p>2.4.2 Continue research that clarifies the links between food advertising to children and children's food habits.</p> <p>2.4.3 Create an expert group at the provincial level that can advise on ways to regulate food advertising to children with the aim of developing provincial or federal regulations</p>			
2.5 Enhance services to identify, refer and treat people with unhealthy lifestyle behaviours and those at early risk of chronic disease or obesity	<p>2.5.1 Provide integrated, effective and non-stigmatizing screening, referral and intervention tools for health care professionals across the province for early identification and treatment of overweight/obesity and adequate resources for referrals</p> <p>2.5.2 Ensure adequate resources for intervention for toddlers and preschoolers identified as high-risk</p>			

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	<p>through NutriSTEP® screening across the province</p> <p>2.5.3 Adopt/implement NutriSTEP® screening program across the province to identify children 18 months and 3 to 5 years of age who are increased risk of poor nutrition and activity/sedentary behaviours. Expand the screening program to include local or provincial strategies for high-risk children, or incorporate NutriSTEP into existing programs and data collection (e.g. Healthy Babies Healthy Children, 18 month expanded visit, kindergarten registration and others) for intervention at this age.</p> <p>2.5.4 Develop, evaluate and implement a screening and referral protocol for children (5 and over), youth and adults at various life stages</p>			

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	2.5.5 Provide sufficient resources so that all Ontarians identified by screening can access multidisciplinary health care teams, including Registered Dietitians, CSEP certified personal trainers, exercise physiologists, social workers, mental health and other allied professionals not just those rostered with Family Health Teams, Community Health Centres and other multidisciplinary practices			
<b>Strategic Direction 3. Ontario has a diverse, healthy and resilient food production system that contributes to an equitable and prosperous economy.</b>				
3.1 Ensure Ontario's food chain is diverse, healthy and resilient	<p>3.1.1 Ensure that existing and new programs and policies support the economic viability of farms including family farms, and support sustainable livelihoods</p> <p>3.1.2 Increase public and private investment in food research and development.</p>		<p>Lending institutions like Bioenterprises</p> <p>Extension orgs. (FarmON, EFO)</p> <p>Community orgs</p> <p>OMAFRA</p> <p>Colleges, Universities and schools</p>	



Strategic Priorities (List our key targets/objectives)	Actions Short term → Long term	Who should be involved	Resources & Enablers	Indicators (To be developed)
	<p>3.1.3 Provide extension services, training, incentives and support to ensure healthy food production, farm resiliency, the economic viability of farms, and sustainable livelihoods enable and encourage farmers to implement best management practices.</p> <p>3.1.4 Invest in education and training in food production and processing to promote careers in the food industry.</p> <p>3.1.5 Keep programs resilient to enable farmers to mitigate the impacts of climate change.</p> <p>3.1.6 Maintain programs that mitigate market risks</p>			
3.2 Use resilient farming practices to protect and conserve farmland, soil and water for future generations	3.2.1 Encourage production practices that enhance soil organic matter and health, increase the use of renewable resources, and enhance agri-ecological diversity			

Strategic Priorities (List our key targets/objectives)	Actions Short term → Long term	Who should be involved	Resources & Enablers	Indicators (To be developed)
	3.2.2 Engage in and support research in how to achieve these outcomes			
3.3 Recognize and reward ecosystem goods and services provided by the food chain	<p>3.3.1 Develop quantification techniques to accurately value ecological services from farmland and ecological farming activities.</p> <p>3.3.2 Develop tracking mechanisms and third party certification of the value of ecological services</p> <p>3.3.3 Provide support to farmers to contribute to endangered species preservation and biodiversity enhancement.</p> <p>3.3.4 Engage the farm community in becoming effective managers of restoration sites important for environmental wellness.</p> <p>3.3.5 Encourage and champion programs that take a “multi-functionality” approach to delivering EG&amp;S</p>		<p>Extension orgs</p> <p>Food research on processing</p> <p>Mitigate climate change</p>	

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	3.3.6 Take a whole farm approach to evaluating ecological services.			
3.4 Ensure fisheries are sustainable and safe	<p>3.4.1 Ensure a sustainable supply of fish through fisheries conservation measures and replenishment initiatives.</p> <p>3.4.2 Protect watercourses to ensure sustainable and safe fisheries.</p>			
3.5 Reduce waste throughout the food system	<p>3.5.1 Provide education and incentives to reduce waste in food growing, processing, distribution, retail, and food service.</p> <p>3.5.2 Implement infrastructure which facilitates the efficient storage and transportation of perishable goods.</p> <p>3.5.3 Ensure that consumers are knowledgeable on food handling and preservation methods.</p> <p>3.5.4 Provide education, incentives and enabling policies for to composting.</p>			

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3.6 Protect and manage forest and freshwater food systems to provide a sustainable source of food	3.6.1 Protect existing wild lands from development and degradation for the purpose of enabling wild foods procurement			
3.7 Increase utilization of Ontario food each year by government institutions	3.7.1 Develop local and sustainable food procurement targets for public sector institutions.  3.7.2 Provide incentives and training to enable public sector institutions to meet the local and sustainable procurement targets.			
3.8 Ensure that consumers are aware of local and sustainable food	3.8.1 Market and promote local and sustainable food.  3.8.2 Ensure that food safety, quality and sustainability systems are in place, clearly documented, and that food quality is promoted.  3.8.3 Develop and support regulations for programs that make local and sustainable food more readily available.		Local Food Plus  Ontario Culinary Tourism Association  Heart and Stroke	

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	3.8.4 Market, promote and support culinary tourism.			
3.9 Ensure that Ontario food products are preferred in all markets	<p>3.9.1 Maintain an identifiable standard for Ontario food products.</p> <p>3.9.2 Ensure that Ontario is recognized as a leader in environmentally sustainable food production.</p>			
3.10 Ensure that there is a skilled workforce that is able to meet the needs of the food and farming sector	<p>3.10.1 Ensure that succession planning tools and mentoring programs are available to encourage generational farm transfers and new entrants.</p> <p>3.10.2 Ensure that there are training and education available to farming and food enterprises to enable implementation of human resources best practices and training.</p>			
3.11 Ensure there is adequate infrastructure to support the continued growth of the food and farming sector	3.11.1 Ensure that resources used as farm and food production input supplies are readily available at competitive prices.			

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	<p>3.11.2 Ensure that leading edge communications technology is available across Ontario.</p> <p>3.11.3 Ensure that transportation, processing, and distribution capacities are adequate and secure for perishable and non-perishable products.</p>			
3.12 Ensure that regulations and their enforcement support a safe, environmentally sound, healthy, robust, and growing food and farming sector	<p>3.12.1 Work with food businesses to identify challenges presented by regulations and their enforcement and develop solutions that continue to protect the public interest.</p> <p>3.12.2 Improve education and awareness of regulations and compliance requirements for farms and food providers.</p>			
3.13 Protect and preserve farmland and food producing land	3.13.1 Adapt the Provincial Policy Statement to clearly direct the protection and preservation of viable farmland.			

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	<p>3.13.2 Legislate clear and enforceable arrangements for the conservation of productive farmlands and to ensure that farmland remains affordable</p> <p>3.13.3 Efficiently utilize available urban land for food production</p> <p>3.13.4 Support the creation of viable succession plans to support farmland preservation</p>			
3.14 Enable innovative financing for the food and farming sector	3.13.1 Work with farmers, food businesses, and financial institutions to develop new financing approaches, for beginning and re-strategizing farmers and food businesses.			
<b>Key Support 1. Coordinated provincial mechanism to address complex food system – cross government + multi-stakeholder (food system, agriculture, health, education, industry, civil society).</b>				
1a. Enable all relevant ministries, jurisdictions and diverse stakeholders to collaborate in order to	1a-1 Create a mechanism to monitor internal government progress and a multi-stakeholder,			

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support a productive, equitable, and sustainable food system	<p>independent advisory council</p> <p>1a-2 Coordinate and encourage regions and municipalities to bring stakeholders from across the food system together to promote food systems linkages</p> <p>1a-3 Bring together provincial ministries, local governments and provincial and local stakeholders to identify opportunities to create a stronger economy and a healthier province through food</p>			
1b. Ensure that Ontarians are actively engaged in making decisions about their food system	1b-1 Support community outreach and engagement initiatives that focus on food system planning and action			
1c. Increase collaborative efforts to reduce chronic disease and obesity	1c-1 Work across levels of governments and ministries to address the social and environmental factors that affect chronic disease and obesity such as socioeconomic status, and food affordability and accessibility to			



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	nutritious food. (see strategic directions 1 and 2 above)			
<b>Key Support 2. Ongoing monitoring, measurement, analysis and dissemination of key health, social, economic, food and agriculture indicators.</b>				
2a. Ensure that common indicators and baseline data are tracked consistently	<p>2a-1 Identify measurable and robust indicators and fund the development of indicators and system to measure these</p> <p>2a-2 Measure the health of the population using common indicators</p> <ul style="list-style-type: none"> <li>• 2a-2(1) Set health targets to be measured consistently (e.g. annually or every 5 years?)</li> <li>• 2a-2(2) Support access to these measures by researchers and policymakers</li> <li>• 2a-2(3) Support research evaluating the effectiveness of policies</li> </ul> <p>2a-3 Measure the health of the agricultural sector</p>			

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	by farm income, rather than export volume. <ul style="list-style-type: none"> <li>2a-3(1) Set net income targets for farmers, craft strategies to attain those targets, and report on success.</li> </ul>			
2b. Provide tools and support for decision-makers to enable policies and decisions to be reviewed using a health-impact lens	2b-1 Create and implement Health impact assessment tools			
<b>Key Support 3. Policy, legislation, regulation and programming to support healthy Ontarians and a diverse, healthy and resilient food system.</b>				
3a. Ensure that the province of Ontario has policies and legislation that support healthy Ontarians and advance an equitable, economically viable and environmentally sound food system				
3b. Ensure that Ontario regions and municipalities have policies and legislation that support healthy citizens and advance an equitable, economically viable and				

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environmentally sound food system				
3c. Adopt a food systems approach to policy development	<p>3c-1 Ensure that the food policy decisions are grounded in an integrated analysis of the food system, and not siloed thinking.</p> <p>3c-2 Require food systems approach to policy development.</p>			
<b>Key Support 4. Capacity and resources are provided to support all elements of the Ontario Food and Nutrition strategy.</b>				
4a. Create effective planning and management systems for the implementation of all elements of the Ontario Food and Nutrition Strategy	See phase 1 document recommendations			
4b. Facilitate research and innovation to advance the goals of the Ontario Food and Nutrition Strategy	<p>4b-1 Increase research to identify programs and policies that impact food security and effective monitoring and evaluation of current programs</p> <p>4b-2 Conduct a cost-benefit analysis of universal and targeted healthy and local food subsidies</p>			

Strategic Priorities (List our key targets/objectives)	Actions Short term → Long term	Who should be involved	Resources & Enablers	Indicators (To be developed)
	<p>4b-3 Conduct research to improve understanding of agricultural subsidies and pricing policies on costs and affordability of highly processed or less healthy food versus healthy food.</p> <p>4b-4 Study the impact of policies and programs aimed at reducing poverty, food insecurity, and other barriers to accessing healthy foods.</p>			
4c. Facilitate knowledge exchange and capacity building in food system planning and policy development	4c-1 See phase 1 document recommendations			
4d. Ensure that there are adequate human resources to support implementation of the Ontario Food and Nutrition Strategy	<p>4d-1 Provide adequate resources to meet the needs of rural and Northern Communities</p> <p>4d-2 Provide adequate nutrition resources and Registered Dietitians at provincial, regional and local level to support policy and program development, implementation, monitoring, evaluation.</p>			
4e. Ensure that financial transfers are made to support the	4e-1 Make health promotion a provincial priority with a clear			

Strategic Priorities (List our key targets/objectives)	Actions Short term → Long term	Who should be involved	Resources & Enablers	Indicators (To be developed)
Ontario Food and Nutrition Strategy	<p>mandate and funding at no less than 0.5% of the provincial budget.</p> <p>4e-2 Provide funding to expand healthy eating and food policy and program initiatives (e.g. programs to increase food access, healthy eating and food skills education across the province (see sections 1 and 2 above)</p>			
<b>Key Support 5. Clear, effective and timely communication at all levels and among all players with respect to food system decision-making.</b>				
5a. Ensure open communication and dialogue between ministries, the food and nutrition advisory council, non-governmental partners and the public	5a- 1 Establish a communication mechanism for information gathering, knowledge exchange, and decision making on food related policies and programs			