

# Ontario Food and Nutrition Strategy

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A Plan for Healthy Food and Farming

September 30, 2013

Ontario Collaborative Group on Healthy Eating and Physical Activity (OCGHEPA)

# Ontario Food and Nutrition Strategy<sup>1</sup>

## Rationale for a Comprehensive Ontario Food and Nutrition Strategy

Poor nutrition is a strong risk factor in the alarming health, economic and social burden of chronic disease in Ontario. A comprehensive food and nutrition strategy is needed to address these challenges and to develop a healthy, diverse and resilient food system in Ontario that will contribute to an equitable and prosperous economy. The Ontario Food and Nutrition Strategy provides the strategic direction and priorities to improve health and well-being and reduce financial burden. The Ontario Food and Nutrition Strategy is intended to work across government fostering an inter-ministerial and multi-stakeholder coordinated approach to food policy development.

## Goals and Strategic Directions

The Ontario Food and Nutrition Strategy is a cross-government, multi-stakeholder coordinated approach to food policy development. The vision is for a productive, equitable and sustainable food system that supports the health and well being of Ontarians. It is a plan for healthy food and farming in Ontario.

### Goals

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

### 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 environment 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.

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<sup>1</sup> Prepared by the Ontario Food and Nutrition Design Team, September 2013, For more information on the Ontario Food and Nutrition Strategy visit: <http://sustainontario.com/initiatives/ontario-food-and-nutrition-strategy>

## Key Requirements

### **1. Coordinated provincial mechanism to address food and nutrition policy and programming**

- a. The provincial mechanism must be cross-government in nature and incorporate a wide range of important stakeholders representing the food system, agriculture, health, education, industry, and civil society
- b. The mechanism will provide advice to the government on planning, implementing and monitoring effective, equitable and evidence-informed food and nutrition policies and programs
- c. The mechanism will enable and ensure that clear, effective and timely communication occurs at all levels and among all players with respect to food system decision making

### **2. Systematic approach to monitoring, measurement and analysis of key indicators**

- a. Traditional and non-traditional population health indicators need to be captured, including health, social, economic, environmental, food and agricultural indicators
- b. Dissemination of key indicators to measure progress of the Ontario Food and Nutrition Strategy

### **3. Sufficient capacity and resources to support all elements of the Ontario Food and Nutrition Strategy**

- a. Funding for the coordinated provincial mechanism and a food and nutrition advisory council including key stakeholders
- b. Investment in initiatives aimed at achieving Ontario Food and Nutrition Strategy expected outcomes, through reallocation of funds and savings from inter-ministerial collaboration.
- c. Research, innovation and knowledge exchange to advance the goals of the Ontario Food and Nutrition Strategy

## Achievements to Date

- 2009 - The Ontario Collaborative Group on Healthy Eating and Physical Activity (OCGHEPA) identified the need for an Ontario Food and Nutrition Strategy
- 2009-2011 – Research for strategy; captured in two reports: [Development of an Ontario Food and Nutrition Strategy – Background Document](#) and [A Collaborative Inter-ministerial Approach to Developing a Food and Nutrition Action Plan for Population Health – Discussion Paper](#).
- 2011 - Two rounds of consultation with relevant ministries and some provincial food, health and farming groups: stakeholders meetings #1 and #2 (June 23 and November 28)
- 2011 – Creation of a “Design Team” to write a draft strategy and design a consultation process
- 2012 – 1st round online open consultation (April – May) – 233 participants; 126 submissions – across Ontario
- 2012 – June 18th stakeholders meeting #3
- 2012 - August to Sept - recommendations for Local Food Act and Healthy Kids Panel (Childhood Obesity Panel)
- 2012 - Draft strategy and action plan released to stakeholders (December)
- 2013 - 2nd round online open consultation (to Feb 2013) – 78 submissions
- 2013 – Inter-ministerial meeting: briefing on draft Ontario Food and Nutrition Strategy and discussion of ministerial involvement in existing food and nutrition programming and policies (Feb 4)
- 2013 – Revised Draft Strategy and furthering consultations with First Nations, Métis and Inuit; food industry; and others

## What still needs to be done...

- Find support for on-going infrastructure needs
- Identify resources and enablers
- Establish indicators
- Identify research priorities
- Inform other government initiatives
- Develop and implement communication and engagement strategy

## Ontario Food and Nutrition Strategy Design Team

### Design Team – Co-Leads

- Brendan McKay – Sustain Ontario
- Lynn Roblin – Dietitians of Canada
- Rebecca Truscott - Cancer Care Ontario

### Organizations Represented

- Cancer Care Ontario
- Canadian Cancer Society
- Canadian Diabetes Association
- Canadian Environmental Law Association
- Centre for Addiction and Mental Health/Ontario Tobacco Research Unit
- Christian Farmers Federation of Ontario
- Dietitians of Canada
- Heart and Stroke Foundation
- Ontario Federation of Agriculture
- Ontario Medical Association
- Ontario Public Health Association – Nutrition Resource Centre
- Ontario Society of Nutrition Professionals in Public Health
- Organic Council of Ontario
- Public Health Ontario
- Ryerson University
- Sustain Ontario
- Toronto Food Policy Council
- University of Guelph
- University of Toronto
- University of Waterloo
- Wilfred Laurier University
- York University

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# Ontario Food and Nutrition Strategy

## Purpose

A cross-government, multi-stakeholder coordinated approach to food policy development.

A plan for healthy food and farming in Ontario.

## Goals

1. To promote health through healthy eating and access to healthful food for all Ontarians.

2. To reduce the burden of obesity and chronic disease on Ontarians and the Ontario health care system.

3. To strengthen the Ontario economy and environment through a diverse, healthy and resilient food system.

## 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.**

## Vision

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

## 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.

## Key Requirements

1. Coordinated provincial mechanism to address food and nutrition policy and programming
2. Systematic approach to monitoring, measurement, and analysis of key indicators
3. Sufficient capacity and resources to support all elements of the Ontario Food and Nutrition Strategy

Prepared by the Ontario Food and Nutrition Design Team, Sept 2013. For more information on the Ontario Food and Nutrition Strategy visit: <http://sustainontario.com/initiatives/ontario-food-and-nutrition-strategy>

# Action Plan

Priorities	Actions Needed	Linkages to ON Government Programs (referenced from Ministry Results Based Plans)	Resources and Enablers (who should be involved)	Indicators (To be developed)
<b>Strategic Direction 1: 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	<p>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, seniors care, public transportation, education and training, and employment.</p> <p>1.1.2 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 Diet Allowance payouts.</p>	<p>Poverty Reduction Strategy</p> <p>Social assistance review</p> <p>Seniors Strategy</p> <p>MAA: Aboriginal Healing and Wellness Strategy /Children and Youth action plan</p> <p>MCSS: Social assistance rates</p> <p>MAH: Municipal Affairs and Housing - Long-term affordable housing strategy in partnership with other ministries and stakeholders, which will complement Poverty Reduction Strategy, MAH 2012</p> <p>MOHLTC: Special Diet Allowance/ Ontario Public Health Standards (Nutritious Food Basket)</p>	<p>Dietitians of Canada – food security workgroup</p> <p>OSNPPH (Ontario Society of Nutrition Professionals in Public Health) – food security workgroup</p> <p>OPHA Ontario Public Health Association – food security workgroup</p> <p>Academics – U of T/Ryerson/Wilfrid Laurier U</p> <p>Public Health - Nutritious Food Basket</p>	
1.2 Increase access to safe,	1.2.1 Increase the availability of healthy and local food in	MOHLTC: Special Diet Allowance MEDU: Day Nurseries Act	Dietitians of Canada	

<b>Priorities</b>	<b>Actions Needed</b>	<b>Linkages to ON Government Programs</b> (referenced from Ministry Results Based Plans)	<b>Resources and Enablers</b> (who should be involved)	<b>Indicators</b> (To be developed)
healthy, local and culturally acceptable foods, especially for vulnerable populations	<p>childcare, preschools, schools, colleges, universities, long term care facilities, hospitals, recreation centres, workplaces and other public facilities.</p> <p>1.2.2 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>1.2.3 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> <p>1.2.4 Conduct research that looks into the effect of subsidizing nutritious ingredients, beverages and foods.</p>	<p>MEDU/OMAFRA/DC: Fresh from the Farm: Healthy Fundraising for Ontario Schools (September-November 2013)</p> <p>MCYS: HBHC – Healthy Babies Healthy Children</p> <p>MOHLTC/OMAFRA: Northern Fruit and Vegetable Program</p> <p>MCI: Citizenship and Immigration – the outcomes of immigrants will be improved through enhanced and expanded programs and services, better coordination, more local participation and enhanced consultation (MCI, 2012)</p> <p>MCSS: Community and Social Services – help vulnerable people with immediate support and longer-term support to become more independent (MCSS, 2012)</p>	<p>Propel Centre - UofWaterloo; Uof Guelph; Wilfred Laurier U; York U; Ryerson U.</p>	
1.3 Increase utilization of Ontario food each year by government institutions	<p>1.3.1 Develop local and sustainable food procurement targets for public sector institutions.</p> <p>1.3.2 Provide incentives and</p>	OMAFRA- Local Food Act		



<b>Priorities</b>	<b>Actions Needed</b>	<b>Linkages to ON Government Programs</b> (referenced from Ministry Results Based Plans)	<b>Resources and Enablers</b> (who should be involved)	<b>Indicators</b> (To be developed)
	training to enable public sector institutions to meet the local and sustainable procurement targets.			
1.4 Increase distribution and promotion of healthy and local foods	<p>1.4.1 Support farmers and processors to deliver healthy products in demand.</p> <p>1.4.2 Market and promote local and sustainable food.</p> <p>1.4.3 Market, promote and support culinary tourism.</p>	<p>OMAFRA: Foodland Ontario Agri-Food/Healthy Eating Program</p> <p>MTCS: Ministry of Tourism, Culture and Sport - Pan Am Games promote healthy food and beverages</p>	<p>The Alliance of Ontario Food Processors <a href="http://www.aofp.ca/">www.aofp.ca/</a></p> <p>Ontario Fruit and Vegetable Growers <a href="http://www.ofvga.org">www.ofvga.org</a></p> <p>Ontario Greenhouse Vegetable Growers Association <a href="http://www.ontariogreenhouse.com">www.ontariogreenhouse.com</a></p> <p>Local Food Plus</p> <p>Ontario Culinary Tourism Association</p> <p>Heart and Stroke</p>	
1.5 Reduce intake of non-nutritious, high calorie beverages and 'snack' foods	<p>1.5.1 Implement policies in public facilities to reduce the availability of non-nutritious, high calorie beverages and 'snack' foods</p> <p>1.5.2 Conduct research that looks into the effect of taxing non-nutritious ingredients, beverages and foods.</p>	<p>MEDU: Healthy Food for Healthy Schools Act / Trans Fat standards regulations/ PPM 150 School Food &amp; Beverage Policy</p> <p>MCYS: Student Nutrition Program</p>		

<b>Priorities</b>	<b>Actions Needed</b>	<b>Linkages to ON Government Programs</b> (referenced from Ministry Results Based Plans)	<b>Resources and Enablers</b> (who should be involved)	<b>Indicators</b> (To be developed)
1.6. Integrate food access into city and regional land use policies and community planning	<p>1.6.1 Connect with municipal and regional planning departments in planning for food access.</p> <p>1.6.2 Support the development and implementation of community-based land use management plans for food access, in addition to production</p> <p>1.6.3 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>1.6.4 Fund the development and implementation of municipal and regional food councils to advise on food access and policy development. Support the replication of current municipal/regional food councils that are models for successful practices.</p>	<p>Provincial Policy Statement</p> <p>The Greenbelt Plan (2005) <a href="http://www.mah.gov.on.ca/Page189.aspx">http://www.mah.gov.on.ca/Page189.aspx</a></p> <p>Oak Ridges Moraine <a href="http://www.mah.gov.on.ca/Page322.aspx">http://www.mah.gov.on.ca/Page322.aspx</a></p> <p>MEDU: Healthy Food for Healthy Schools Act /Trans Fat standards regulations/PPM 150 School Food &amp; Beverage Policy</p> <p>MCYS: Student Nutrition Program</p> <p>MOHLTC: Healthy Kids Strategy</p> <p>MTCS: Ministry of Tourism, Culture and Sport – Pan Am Games</p>	<p>Ontario Professional Planners Institute: Planning for Food Systems in Ontario <a href="http://ontarioplanners.ca/PDF/Healthy-Communities/2011/a-call-to-action-from-oppi-june-24-2011.aspx">http://ontarioplanners.ca/PDF/Healthy-Communities/2011/a-call-to-action-from-oppi-june-24-2011.aspx</a> /</p> <p>PLANNING BY DESIGN: a healthy communities handbook /</p> <p>“Planning for growth” legislation</p> <p>Golden Horseshoe Agriculture and Agri-Food Strategy 2012</p> <p>Nishnawbe Aski Nation - Northern Food System Strategy</p> <p>Regional, municipal, county, city governments – to support local food policy councils</p> <p>Academics – Waterloo, Guelph, Ryerson</p>	
1.7 Increase access to safe and good-quality foods	1.7.1 Ensure that food safety, quality and sustainability systems are in place, clearly documented, and that food	OMAFRA		

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	<p>quality is promoted.</p> <p>1.7.2 Ensure that transportation, processing, and distribution capacities are adequate and secure for perishable and non-perishable products.</p>			
<b>Strategic Direction 2. Ontarians have the information, knowledge, skills, relationships and environment to support healthy eating and make healthy choices where they live, work, learn and play.</b>				
<p>2.1 Increase public understanding of healthy eating practices and skills for making healthy food choices through the lifecycle</p>	<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 Increase marketing of healthy foods, particularly to children, youth and parents of young children.</p> <p>2.1.3 Provide access to free nutrition information and education about healthy eating [e.g. EatRight Ontario]</p>	<p>MOHLTC: Ontario Public Health Standards Chronic Disease Prevention– Child Health/Reproductive Health /Healthy Kids Strategy /EatRight Ontario (ERO)</p> <p>MEDU: curriculum, Day Nurseries Act/all day learning</p> <p>OMAFRA: Community Food Advisors (formerly at Nutrition Resource Centre)</p> <p>MTCS: After School Program (original obesity strategy)</p>	<p>Public Health Units</p> <p>CPNP-Canadian Prenatal Nutrition Program Federal Program)</p> <p>Best Start – Ontario <a href="http://www.beststart.org/index_eng.html">www.beststart.org/index_eng.html</a></p> <p>Dietitians of Canada/ EatRight Ontario (ERO)</p> <p>School Boards – community use of schools</p> <p>Cancer Care Ontario – Colour It Up (formerly Nutrition Resource Centre)</p> <p>Ontario Agri-food Education Inc.</p>	

<b>Priorities</b>	<b>Actions Needed</b>	<b>Linkages to ON Government Programs</b> (referenced from Ministry Results Based Plans)	<b>Resources and Enablers</b> (who should be involved)	<b>Indicators</b> (To be developed)
	<p>2.1.4 Ensure widespread promotion and support for the provision of pre- and post-natal nutrition education, breastfeeding and infant feeding programs</p> <p>2.1.5 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>2.1.6 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>2.1.7 Provide opportunities for individuals and households to develop food selection, food preparation and food safety skills in school and community settings.</p> <p>2.1.8 Support public health and community-based healthy eating and food literacy programs (planning, shopping, cooking,</p>	<p style="font-size: 48px; color: #FFD700; opacity: 0.5;">DRAFT</p>	<p><a href="http://www.oafe.org/">www.oafe.org/</a></p> <p>Sustain Ontario</p> <p>Boys and Girls Clubs YMCA</p> <p>The After School Collaborative <a href="http://activeafterschool.ca/ontario/after-school-collaborative">http://activeafterschool.ca/ontario/after-school-collaborative</a></p>	

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	<p>preparation, preservation, food storage and food safety) in schools and community settings (e.g. Community Food Advisors, Colour It Up, community kitchens, community food centres and community gardens)</p> <p>2.1.9 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 Ontarian’s 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 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</p>	<p>MTCS/MAA: CARA – Community Aboriginal Recreation Activator</p> <p>MTCS: After School program</p> <p>MCYS: support 107 Ontario Early Years Centres – which offer informal and formal programs and services such as parenting and nutrition workshops (MCYS, 2012)</p> <p>OMAFRA: Community Food Advisors (formerly at Nutrition Resource Centre)</p>	<p>Public Health Units</p> <p>Dietitians of Canada + ERO</p> <p>School Boards – community use of schools</p> <p>Boys and Girls Clubs</p> <p>YMCA</p>	

<b>Priorities</b>	<b>Actions Needed</b>	<b>Linkages to ON Government Programs</b> (referenced from Ministry Results Based Plans)	<b>Resources and Enablers</b> (who should be involved)	<b>Indicators</b> (To be developed)
	<p>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>			
<p>2.3 Increase access to public information about healthy eating through retailers and food service</p>	<p>2.3.1 Require food manufacturers, retailers and food services to provide consistent, clear and visible nutrition information available about the foods they 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</p>	<p>MOHLTC: Healthy Kids Panel /EatRight Ontario (ERO)</p>	<p>Health Canada – Food Labelling</p> <p>Dietitians of Canada + ERO</p> <p>Public Health Units/Eat Smart (formerly Nutrition Resource Centre)</p> <p>OSNPPH</p>	

<b>Priorities</b>	<b>Actions Needed</b>	<b>Linkages to ON Government Programs</b> (referenced from Ministry Results Based Plans)	<b>Resources and Enablers</b> (who should be involved)	<b>Indicators</b> (To be developed)
	Centre, EatRight Ontario, Dietitians of Canada's Eatracker and Eatwise and private, voluntary initiatives			
2.4 Protect children (under 13) from targeted advertising of unhealthy food and beverages (e.g. high in saturated fats, trans-fatty acids, free sugars, and sodium)	<p>2.4.1 Restrict marketing, advertising and promotion of food and beverages targeted 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>	DRAFT	<p>Dietitians of Canada</p> <p>OPHA</p> <p>OMA</p> <p>Food industry advertising to kids collaborative</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 through</p>	<p>MAA: Tri-Lateral First Nation Health Senior Official Committee</p> <p>MOHLTC: Ontario Public Health Standards Chronic Disease Prevention- Child Health/Reproductive Health / Healthy Kids Strategy</p> <p>MCYS: Healthy Babies Healthy Children</p>	<p>Public Health Units</p> <p>SCREEN (Seniors in the Community Risk Evaluation for Eating and Nutrition)</p> <p>NutriSTEP® – University of Guelph</p> <p>Dietitians of Canada</p> <p>Canadian Society for Exercise Physiology</p>	

<b>Priorities</b>	<b>Actions Needed</b>	<b>Linkages to ON Government Programs</b> (referenced from Ministry Results Based Plans)	<b>Resources and Enablers</b> (who should be involved)	<b>Indicators</b> (To be developed)
	<p>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> <p>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</p>	<p style="font-size: 48px; color: #FFD700; opacity: 0.5; transform: rotate(-45deg);">DRAFT</p>	(CSEP)	



<b>Priorities</b>	<b>Actions Needed</b>	<b>Linkages to ON Government Programs</b> (referenced from Ministry Results Based Plans)	<b>Resources and Enablers</b> (who should be involved)	<b>Indicators</b> (To be developed)
	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>				
<b>Agri-Food Production</b>				
3.1 Ensure Ontario's farms are economically viable and can support sustainable livelihoods	<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>3.1.3 Update programs with promising practices to enable farmers to mitigate the impacts of climate change.</p> <p>3.1.4 Maintain programs that mitigate market risks</p> <p>3.1.5 Develop and support regulations for programs that make local and sustainable food more readily available.</p>	<p>MAH: and their education contribution</p> <p>OMAFRA: Foodland Ontario promotion of local foods /Rural Economic Development program/ Environmental Farm Plan Program</p> <p>Partnership on Bobolink Round table</p> <p>Manage for sustainable fishing</p> <p>Recreation: Encouraging reintroduction of fish studies? For prevention an aquaculture strategy</p> <p>Retail Sector – traditional food industry</p> <p>MCSS: Accessibility Agenda</p> <p>Municipal Affairs and Housing: Greenbelt/ Provincial Policy – preserves farmland, private lands – promotes community gardens</p> <p>MEDU/OMAFRA/DC: Fresh from the</p>	<p>Lending institutions like Bioenterprises</p> <p>Extension organizations (FarmON, Ecological Farmers Association of Ontario)</p> <p>Community organizations</p> <p>OMAFRA</p> <p>Colleges, Universities and schools</p>	

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		<p>Farm: Healthy Fundraising for Ontario Schools (September-November 2013)</p> <p>MEDT: Economic Development, Trade and Employment- support strong innovative economy and good jobs</p> <p>MTCS: Culture &amp; Sport – culinary tourism</p> <p>MNR: Natural resources – provide leadership and delivery in the management of Crown lands, water resources and non-renewable resources; forest management, protection of endangered species</p>		
<p>3.2 Protect and preserve farmland and food producing land from commercial or residential expansion</p>	<p>3.2.1 Adapt the Provincial Policy Statement to clearly direct the protection and preservation of viable farmland.</p> <p>3.2.2 Legislate clear and enforceable arrangements for the conservation of productive farmlands and to ensure that farmland remains affordable</p> <p>3.2.3 Support the creation of viable succession plans to support farmland preservation</p> <p>3.2.4 Develop city and regional land use policies and community planning for food production</p> <p>3.2.5 Promote the efficient use of available urban land for food production</p>	<p><b>DRAFT</b></p>		

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3.3 Ensure that there is a skilled workforce that is able to meet the needs of the food and farming sector	<p>3.3.1 Ensure that succession planning tools and mentoring programs are available to encourage generational farm transfers and new entrants.</p> <p>3.3.2 Ensure that there is training and education available to farming and food enterprises to enable implementation of human resources best practices and training.</p> <p>3.3.3 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>3.3.4 Invest in education and training in food production and processing to promote careers in the food industry.</p>	MEDT: Economic Development, Trade and Employment- support strong innovative economy and good jobs		
3.4. Ensure the production of healthy and safe food	3.4.1 Support farmers and processors to produce healthy and safe products in demand.			
<b>Food System Performance</b>				
3.5 Ensure that regulations and	3.5.1 Work with food businesses to identify challenges presented	MOE(Environment): research, monitoring, inspection, investigations and		

<b>Priorities</b>	<b>Actions Needed</b>	<b>Linkages to ON Government Programs</b> (referenced from Ministry Results Based Plans)	<b>Resources and Enablers</b> (who should be involved)	<b>Indicators</b> (To be developed)
their enforcement support a safe, environmentally sound, healthy, robust, and growing food and farming sector	by regulations and their enforcement and develop solutions that continue to protect the public interest.  3.5.2 Improve education and awareness of regulations and compliance requirements for farms and food providers.	enforcement activities to achieve Ontario's goals (MOE, 2012)		
3.6 Enable innovative financing for the food and farming sector	3.6.1 Work with farmers, food businesses, and financial institutions to develop new financing approaches, for beginning and re-strategizing farmers and food businesses.	OMAFRA	Farm Start	
3.7 Ensure there is adequate infrastructure to support the continued growth of the food and farming sector	3.7.1 Ensure that resources used as farm and food production input supplies are readily available at competitive prices.  3.7.2 Ensure that leading edge communications technology is available across Ontario.	DRAFT		
3.8 Ensure that Ontario food products are preferred in all markets	3.8.1 Maintain an identifiable standard for Ontario food products.  3.8.2 Ensure that Ontario is recognized as a leader in environmentally sustainable food production.			

<b>Priorities</b>	<b>Actions Needed</b>	<b>Linkages to ON Government Programs</b> (referenced from Ministry Results Based Plans)	<b>Resources and Enablers</b> (who should be involved)	<b>Indicators</b> (To be developed)
<b>Environmental Protection</b>				
3.9 Reduce waste throughout the food system	<p>3.9.1 Provide education and incentives to reduce waste in food growing, processing, distribution, retail, and food service.</p> <p>3.9.2 Implement infrastructure which facilitates the efficient storage and transportation of perishable goods.</p> <p>3.9.3 Ensure that consumers are knowledgeable on food handling and preservation methods.</p> <p>3.9.4 Provide education, incentives and enabling policies for composting.</p>	MOE: Environment – promote and increase waste diversion while ensuring residual wastes are appropriately managed (MOE, 2012)		
3.10 Use resilient farming practices to protect and conserve farmland, soil and water from environmental degradation for future generations	<p>3.10.1 Encourage production practices that enhance soil organic matter and health, increase the use of renewable resources, and enhance agri-ecological diversity</p> <p>3.10.2 Engage in and support research in how to achieve these outcomes</p> <p>3.10.3 Provide incentives for producers and processors towards environmentally sustainable practices.</p>	MOE: supports government water strategy to make Ontario the North American leader in water protection and innovations, and to sustain Ontario’s water resources for future generations/ Working on climate change strategies, policies and research to meet Ontario’s aggressive targets to reduce greenhouse gas emissions (MOE, 2012)		

<b>Priorities</b>	<b>Actions Needed</b>	<b>Linkages to ON Government Programs</b> (referenced from Ministry Results Based Plans)	<b>Resources and Enablers</b> (who should be involved)	<b>Indicators</b> (To be developed)
3.11 Ensure fisheries are sustainable and safe	3.11.1 Ensure a sustainable supply of fish through fisheries conservation measures and replenishment initiatives.  3.11.2 Protect watercourses to ensure sustainable and safe fisheries.  3.11.3 Encourage reintroduction of fish studies to inform an aquaculture prevention strategy	MNR: species at risk fund  MOHLTC and OMAFRA: species at risk fund for farmers		
3.12 Protect and manage forest and freshwater food systems to provide a sustainable source of food	3.12.1 Protect existing wild lands from development and degradation for the purpose of enabling wild foods procurement	MNR manages permits on hunting and fishing		
3.13 Recognize and reward ecosystem goods and services provided by the food chain	3.13.1 Develop quantification techniques to accurately value ecological services from farmland and ecological farming activities.  3.13.2 Develop tracking mechanisms and third party certification of the value of ecological services  3.13.3 Provide support to farmers to contribute to endangered species preservation and biodiversity enhancement.  3.13.4 Engage the farm community in becoming effective managers of		Extension orgs  Food research on processing  Mitigate climate change	

<b>Priorities</b>	<b>Actions Needed</b>	<b>Linkages to ON Government Programs</b> (referenced from Ministry Results Based Plans)	<b>Resources and Enablers</b> (who should be involved)	<b>Indicators</b> (To be developed)
	<p>restoration sites important for environmental wellness.</p> <p>3.13.5 Encourage and champion programs that take a “multi-functionality” approach to delivering ecosystem goods and services</p> <p>3.13.6 Take a whole farm approach to evaluating ecological services.</p>			
<b>Key Requirement 1. Coordinated provincial mechanism to address food and nutrition policy and programming</b>				
<p>1a. The provincial mechanism must be cross-government in nature and incorporate a wide range of important stakeholders representing the food system, agriculture, health, education, industry, and civil society</p>	<p>Secure commitment from the Ontario government to pursue a coordinated approach to the development of food policy for Ontario</p> <p>Create a mechanism to monitor internal government progress and a multi-stakeholder, independent food and nutrition advisory council</p> <p>Coordinate and encourage regions and municipalities to bring stakeholders from across the food system together to promote food systems linkages</p> <p>Bring together provincial ministries, local governments and provincial and local stakeholders to identify opportunities to create a</p>	<p style="text-align: center; font-size: 2em; opacity: 0.5;">DRAFT</p>	<p>All relevant ministries, jurisdictions and diverse stakeholders to collaborate in order to support a productive, equitable and sustainable food system</p> <p>A newly formed Ontario Food Policy Council could be the independent food and nutrition advisory council?</p> <p>Regional, municipal, county and local food policy councils</p> <p>Local Food Act</p>	

<b>Priorities</b>	<b>Actions Needed</b>	<b>Linkages to ON Government Programs</b> (referenced from Ministry Results Based Plans)	<b>Resources and Enablers</b> (who should be involved)	<b>Indicators</b> (To be developed)
	stronger economy and a healthier province through food			
1b. The mechanism will provide advice to the government on planning, implementing and monitoring effective, equitable and evidence-informed food and nutrition policies and programs	<p>Require food systems approach to policy development Support community outreach and engagement initiatives that focus on food system planning and action</p> <p>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 nutritious food. (see strategic directions 1 and 2 above)</p> <p>Ensure that Ontario and it's regions, municipalities and counties have policies and legislation that support healthy citizens and advance an equitable, economically viable and environmentally sound food system</p> <p>Ensure that the food policy decisions are grounded in an integrated analysis of the food system, and not siloed thinking.</p>	DRAFT		



<b>Priorities</b>	<b>Actions Needed</b>	<b>Linkages to ON Government Programs</b> (referenced from Ministry Results Based Plans)	<b>Resources and Enablers</b> (who should be involved)	<b>Indicators</b> (To be developed)
1c. The mechanism will enable and ensure that clear, effective and timely communication occurs at all levels and among all players with respect to food system decision making	<p>1c-1. Ensure that Ontarians are actively engaged in making decisions about their food system.</p> <p>1c-2. Ensure open communication and dialogue between ministries, the food and nutrition advisory council, non-governmental partners and the public</p>			
<b>Key Requirement 2. Systematic approach to monitoring, measurement and analysis of key indicators</b>				
2a. Traditional and non-traditional population health indicators need to be captured, including: health, social, economic, environmental, food and agricultural indicators	<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</p>		For future determination	

<b>Priorities</b>	<b>Actions Needed</b>	<b>Linkages to ON Government Programs</b> (referenced from Ministry Results Based Plans)	<b>Resources and Enablers</b> (who should be involved)	<b>Indicators</b> (To be developed)
	agricultural sector by farm income, rather than export volume. 2a-3(1) Set net income targets for farmers, craft strategies to attain those targets, and report on success.			
2b. Dissemination of key indicators to measure progress of the Ontario Food and Nutrition Strategy	2b-1 Create and implement Health impact assessment tools			
<b>Key Requirement 3. Sufficient capacity and resources to support all elements of the Ontario Food and Nutrition Strategy.</b>				
3a. Funding for the coordinated provincial mechanism and a food and nutrition advisory council including key stakeholders	Secure commitment of funding from Ontario Government to develop a coordinated approach to the development of food policy for Ontario  Secure secretariat support for the Food and Nutrition Advisory Council through government, stakeholders and others.  Create effective planning and management systems for the implementation of all elements of the Ontario Food and Nutrition Strategy (See phase 1 document recommendations)			
3b Investment in initiatives aimed at achieving Ontario	3b-1. Ensure that financial transfers are made to support the Ontario Food and Nutrition			

<b>Priorities</b>	<b>Actions Needed</b>	<b>Linkages to ON Government Programs</b> (referenced from Ministry Results Based Plans)	<b>Resources and Enablers</b> (who should be involved)	<b>Indicators</b> (To be developed)
<p>Food and Nutrition Strategy expected outcomes, through reallocation of funds and savings from inter-ministerial collaboration</p>	<p>Strategy</p> <p>3b-2. Make health promotion a provincial priority with a clear mandate and funding at no less than 0.5% of the provincial budget.</p> <p>3b-3 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> <p>3b-4. Ensure that there are adequate human resources to support implementation of the Ontario Food and Nutrition Strategy</p> <p>3b-5 Provide adequate resources to meet the needs of rural and Northern Communities</p> <p>3b-6 Provide adequate nutrition resources and Registered Dietitians at provincial, regional and local level to support policy and program development, implementation, monitoring, evaluation.</p>	<p style="font-size: 48px; color: #FFD700; opacity: 0.5;">DRAFT</p>		

<b>Priorities</b>	<b>Actions Needed</b>	<b>Linkages to ON Government Programs</b> (referenced from Ministry Results Based Plans)	<b>Resources and Enablers</b> (who should be involved)	<b>Indicators</b> (To be developed)
<p>3c. Research, innovation and knowledge exchange to advance the goals of the Ontario Food and Nutrition Strategy</p>	<p>3c-1 Increase research to identify programs and policies that impact food security and effective monitoring and evaluation of current programs</p> <p>3c-2 Conduct a cost-benefit analysis of universal and targeted healthy and local food subsidies</p> <p>3c-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>3c-4 Study the impact of policies and programs aimed at reducing poverty, food insecurity, and other barriers to accessing healthy foods.</p> <p>3c-5. Facilitate knowledge exchange and capacity building in food system planning and policy development (See phase 1 document recommendations).</p>	<p style="text-align: center; color: yellow; font-size: 48px; opacity: 0.5;">DRAFT</p>		

## Acronyms

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### Ontario Government Ministries

- [Aboriginal Affairs](#) (MAA)
- [Agriculture, Food and Rural Affairs](#) (OMAFRA)
- [Children and Youth Services](#) (MCYS)
- [Citizenship and Immigration](#) (MCI)
- [Community and Social Services](#) (MCSS)
- [Economic Development](#), Trade and Employment (MEDT)
- [Education](#) (MEDU)
- [Environment](#) (MOE)
- [Health and Long Term Care](#) (MOHLTC)
- [Municipal Affairs and Housing](#) (MAH)
- [Natural Resources](#) (MNR)
- [Research and Innovation](#) (MRI)
- [Tourism and Culture and Sport](#) (MTCS)

### Programs & Stakeholders

CSEP – Canadian Society for Exercise Physiology  
DC – Dietitians of Canada  
ERO – Eat Right Ontario  
EFAO – Ecological Farmers Association of Ontario  
OMA – Ontario Medical Association  
OPHA – Ontario Public Health Association  
OSNPPH - Ontario Society of Nutrition Professionals in Public Health  
YMCA – Young Men’s Christian Association (although no longer identified this way)

## Definitions

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**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

**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-environ-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/pol/exsum-som-healthy-sains-environ-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)

**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

**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>

**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

**Rescue System - Food rescue**, also called **food recovery**, is the practice of safely retrieving edible food that would otherwise go to waste, and distributing it to those in need. Organisations that encourage food recovery, food rescue, sharing, [cleaning](#) and similar waste-avoidance schemes come under the umbrella of [food banks](#), food pantries or [soup kitchens](#). Retrieved from [http://en.wikipedia.org/wiki/Food\\_rescue](http://en.wikipedia.org/wiki/Food_rescue) June 2013

**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*

**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", including but not limited to Ontario’s First Nations, Metis and Inuit populations.

Source: *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>

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