



## Barriers to Food Security

### Insufficient resources:

- Low income
- Time
- Transportation
  - Store locations
  - Cost and limitations of public transit
- Child care
- Knowledge

### Personal circumstances:

- Health issues
- Lack of kitchen facilities
- Personal emotions and constant worry



## Ideas to Improve Food Security

### Increase personal resources:

- Learning opportunities:
  - Cooking
  - Budgeting
  - Time and crisis management
  - Food selection
  - Identifying and expressing needs
- Share skills and personal resources
- Develop support connections

### Develop community resources:

- Adopt client-centred approach based on respect and human dignity
- Expand flexibility and responsiveness (e.g. hours of operation and frequency for food programs)
- Provide healthy, nutritious food
- Have soup kitchens in all communities
- Develop more community gardens
- Develop and widely distribute a calendar of where and when food programs are available
- Organize volunteer drivers and delivery service
- Advocate for systemic changes to end poverty



## Focus Groups Explore Food Security Issues in Hastings and Prince Edward: Thoughts and Ideas from Community Participants

Members of the FSN Community  
Capacity Building Sub-Committee



For further information or to receive a copy of the full report, contact the Food Security Network at [foodsecurity@hpechu.on.ca](mailto:foodsecurity@hpechu.on.ca)

2012

Food  
Security  
Network



HASTINGS &  
PRINCE EDWARD  
COUNTIES

Food security means that all people have access to an adequate supply of safe, affordable and nutritious food without social or economic barriers.

## Food Security Network

The Network includes individuals and representatives from agencies and programs concerned about food security.

**Goal:** to work toward food security for everyone in Hastings & Prince Edward counties

**2011 research:** 6 focus groups with 53 participants in Hastings & Prince Edward

**Research purpose:** to explore food security issues, e.g. sources of food, worries, barriers, resourcefulness, and suggestions for change

## Key Findings



## Places People Get Food

- Grocery stores
- Family and friends
- Food banks
- Soup kitchens
- Student nutrition programs
- Good Food Boxes
- Gardens
- Hunting



## Worries About Food

### Affordability

- Many healthy foods are too expensive, e.g.
  - Meat
  - Fresh fruit
- Cheaper stores lack quality and variety
- Lack storage for and ability to preserve foods they could get on sale or grow in gardens
- Peanut-free foods in school are very limiting

### Availability

- Food banks may have limited selection
- Some foods, e.g. specialty items, are difficult to find
- Adults can't get milk at food banks

### Transportation

- Hard to get to grocery stores
- Good Food Box too heavy to carry
- Need to go to different stores to get bargains
- Difficult to shop with a child in a stroller



## Times of Struggle and How People Manage

### Times of Struggle

- Middle of the month, between cheques
- Beginning of the month when bills are due
- End of the month when counting pennies
- Before Thursday sales
- Beginning of the school year
- Summer:
  - Kids are home
  - Meal programs stop
  - Cost of summer programs
- Winter:
  - Travel costs more
  - Fresh produce costs more
  - Seasonal employment ends
- Holiday occasions (e.g. Christmas, Thanksgiving)

..... a **CONSTANT STRUGGLE** to have enough food

### How People Manage

- Personal resourcefulness
- Accessing community food programs
- Doing without food

