

2019

Spring Council Roundtable

WEDNESDAY JUNE 25, 2019

11:00 AM – 1:00 PM

PACI AUDITORIUM (3RD FLOOR)

THUNDER BAY AND AREA FOOD STRATEGY

PREPARED BY VICTORIA PULLIA

Attendees

Amy Cizmar	Karen Kerk
Amy Coomes	Karli Nummikoski
Andreas Zailo	Lauri Jones
Angela Martin	Leanne Johnson
Anita Muggeridge	Leslie McEachern
Anne-Marie Calonego	Lucy Kwiaton
Annet Maurer	Mario Koeppel
Barbara Parker	Meagan Owen
Brittany Hoddle	Paula Haapanen
Cathleen Larsen	Ryan Moore
Courtney Strutt	Sandra Henderson
Dan Munshaw	Silva Sawula
Erin Beagle	Stacey Platt
Hannah Gelling-vandenBrand	Sue Hamel
Heather Spence	Susan Rogers
Ivan Ho	Tracey MacKinnon
J.W	Vanessa Sprull
Jennifer Bean	Victoria Pullia
Jessica McLaughlin	Vincent Ng

Land Acknowledgment

I would like to acknowledge the original custodians of this land and pay my respect to the Elders—past, present, and future... for they hold the memories, the traditions, the culture, and the hopes of Indigenous peoples.

I would also like to recognize that we are on the traditional land of the Fort William First Nation—signatory to the Robinson Superior Treaty of 1850. We also acknowledge the political representatives of Indigenous Nations in northern Ontario: the Anishinabek Nation, Grand Council Treaty #3, Nishnawbe Aski Nation, and independent First Nations. The region also contains many Metis historic settlements.

11:00 AM Welcome and Overview

Kristen Oliver welcomed all attendees and reviewed the agenda. She discussed the structure of the TBAFS including two staff members, Coordinator Karen Kerk and Administrative Coordinator Victoria Pullia. Kristen welcomed Tracey MacKinnon to begin the smudging ceremony.

11:20 AM Food Strategy Updates & Highlights

Strategic Priorities and Actions 2019-2022

Strategic Priorities and Actions will direct the work of TBAFS and realize the vision of the organization. These priorities will inform a larger Strategic Framework of planning to be used to create working group and staff work plans. This process will be ongoing throughout 2019 with the Executive Committee, broader Food Strategy council and community.



Figure 1 Executive Committee members on June 17, 2019 engaging in the Strategic Planning Session facilitated by SCC Consulting.

Embody principles and practices of social and environmental justice and Indigenous sovereignty.

Commit to an interconnected systems approach to our work.

Build a viable and inclusive organizational model.

Connect communities, amplify diverse voices and celebrate successes.

Advocate for policies that reflect local and regional food system needs.

Support research, innovation and sharing regional knowledge and experience.

Support efforts that encourage inclusion and decrease food and economic insecurity.

Indigenous Food Circle



Jessica McLaughlin presented updates on the Indigenous Food Circle including the three focus areas they will work on from their Needs Assessment completed in 2018; networking and intergenerational collaboration, food advocacy knowledge and sharing cultural safe space and settler awareness training.

Jessica also reviewed the Understanding Our Food Systems Gathering project that was a partnership with the TBDHU. To view current videos and links to their collective work please click here to follow the [Sustainable Food Systems Lab](#) webpage or the [Thunder Bay and Area Food Strategy](#) website .



Figure 2 Indigenous Food Circle members at the 2019 Understanding Our Food Systems Gathering

Communications, Events and Projects

Karen reviewed the Food Strategy's Communications which focus on "bringing everyone to the table to work together" through our monthly e-newsletter, social media and engagement with council members. Expect a fresh new format for our monthly newsletter to come out in Fall 2019!

The Northwest Nosh is an annual publication which promotes various aspects of our local food system. The second edition launched in May 2019 with bigger and wider distribution! A [survey](#) is open for the public to add comments for the third edition to be released in 2020.



Figure 3 'Meat' Your Match event 2019 held at the Finlandia Club.

Karen reviewed the 'Meat' Your Match event held in March 2019 was a speed networking event for buyers and sellers of local food. The event was a huge success bringing in 60+ attendees from all areas of the food scene from producers, restaurants, distributors and institutions.

There are plans to make this an annual event. Additional interest in smaller scale events for Institutional level suppliers and Indigenous owned businesses (harvesters and operators) are being explored for 2019/20.

Nourish Initiative



Karen reviewed Nourish, a National Initiative. Over the past two years, 25 Nourish Cohorts have been working to shape the future of food in health care with a focus on [Hospital Food Service](#) (1 minute video). Nourish identified and has been advancing five major national food initiatives; *Indigenous Foodways, Policy for Health, Sustainable Menus, Value Based Procurement and Measuring Patient Food Experience*. Nourish assisted in production of two videos including the [Indigenous Foods & Sioux Lookout Meno Ya Win Health Centre \(SLMC\)](#) (9 minute video). Work is underway testing two new procurement tools, Forward Contracts and NRFP's

Figure 4 Example of a hospital meal served at the Nourish Conference 2019

enabling hospitals to buy the *right* foods. Thunder Bay's efforts are on the map thanks to the amazing procurement initiatives Dan Munshaw is heading with the Forward Contracts!

"The word Miichim is an Ojibwe word, and it means food."

School Food Environment's Report

Karen reviewed the School Food Environments current report and activities throughout the past year. The report, *School Food Environments in Thunder Bay: An Inventory Project of Food Programs and Initiatives in Elementary and High Schools* was released in May 2019 and was a comprehensive review of school food environments in the region. Results were shared with school boards and the public. The working group is currently reviewing next steps with local partners and school boards including looking at developing food philosophies, amending food & beverage policies, procurement opportunities, etc.



Figure 5 The Report was released on May 29th at Kingsway Public School

The Working Group also joined the National Coalition for Healthy School Food in 2019 and will be involved in Federal Election campaigns pushing for a National School Food Program.

Membership is open for the School Food Environment Working Group, please share your interest with Karen Kerk by emailing her at foodstrategy@ecosuperior.org.

11:40 AM Roundtable

Food Initiative Updates from the Food Strategy Council facilitated by Jessica McLaughlin

Amy Coomes – EarthCare Sustainability Coordinator, City of Thunder Bay

The Thunder Bay and Area Food Strategy is one of EarthCare's 11 pillars of their Sustainability Plan.

Andreas Zailo – ASM Innovations

Build greenhouses in Northern Communities that don't have the gathering spot and platform for growing food. He wants to provide a platform to communities on how to make growing food a financial gain. Works in partnership with Roots to Harvest.

Angela Martin – Director of Hospitality, Urban Abbey

Interested to hear what is going on in the food scene and how the Urban Abbey can play a part in food access for those who are under privileged.

Anita Muggeridge – Thunder Bay Multicultural Association

Currently works with newcomers to Thunder Bay and recognizes food as an important factor for newcomers and their culture. Food and love are what makes them feel welcome. Interested in programs she can encourage them to join and be aware of is helpful.

Anne-Marie Calonego – Prime Gelato

“I am here with my team and we believe in food sustainability and buying local; all our dairy and flour is from town, blueberries are from Aroland and strawberries are from Gem. We like to include local producers as much as we can.”

Annet Maurer – Manager, Thunder Bay Country Market

“About 1 in 3 of our vendors are related to food, either growing or making, with lots of expansion because of the support of ‘Buy Local’ has.”

Barbara Parker – Lakehead University, SFE Working Group Member

Teaches Sociology classes on food. Was the one of the primary members involved in School Food Environments Inventory Report. Currently working on student food insecurity at Lakehead with lots of other interests in the city relating to food and Indigenous food sovereignty.

Cathleen Larsen – Health Promoter, Anishinaabe Mushkiki

Courtney Strutt – Project Support, Indigenous Food Circle; Master of Education Student, LU

Assisted with the Indigenous Food Circle Understanding Our Food Systems Gathering and focuses on climate change and food within her Masters’ program.

Dan Munshaw – Manager Supply, City of Thunder Bay; Nourish Cohort Member; TBAFS Exec Member

Oversees procurement of city and very active in trying to encourage sustainable and local foods in various areas. Focuses on food as medicine as Nourish cohort representative, “how do you drive that through the health care system as it heals the mind body and soul and trying to drive that through policy and change across country?” Pushing for Thunder Bay successes with regional economic development and institutional food procurement. “If we can move those monies for growers we can do some cool things.”

Erin Beagle – Roots to Harvest, TBAFS Exec Member, SFE Working Group Member

Uses food as a tool to work with people. “Roots to Harvests’ work focuses on the intersections where food, culture, access and land come together, and we actively make space for that to happen. We are privileged to partner with lots of people around the city in public and private sectors. We also recently revamped the mission, vision and priorities around the same time as the TBAFS and are excited to share that release with the community very soon. We are excited about our work confronting discrepancies and racism in our food system and building more avenues.”

Heather Spence – Psychotherapist

“Lots of the clients I serve have issue with food security and it directly impacts the work I do with clients”

Ivan Ho – Registered Dietitian at TBDHU, Indigenous Food Circle Member

Focuses on food insecurity, food literacy and healthy food environments.



Jennifer Bean – Community Manager, Anishinawbe Mushkiki

Lots of work with clients with diabetes. Looking to increase connections with Elders and Traditional teachings and medicines, such as using Labrador tea. Believes we need to make stronger community connections using traditional practices.

Karli Nummikoski – Nutrition Student, TBDHU

Here to learn more about local food system issues.

Lauri Jones – Creighton Youth Services.

Very interested in learning how to prevent type 2 diabetes with young people. Also interested in the broader food community in Thunder Bay.

Leanne Johnson – Dietetic Intern, Northern Ontario School of Medicine.

Always interested in the local food system. She's noticing the Food Strategy's reach getting bigger and more prominent with noticeable change in Thunder Bay. Very interested in Indigenous food sovereignty issues and institutional food procurement.

Leslie McEachern – Director of Planning, City of Thunder Bay.

Lucy Kwiaton – Northern Development Advisor, Ministry of Energy, Northern Development and Mines.

Interested in the rural economic development side of agriculture and how to support local businesses and organizations.

Mario Koepfel – Sociology Student, Lakehead University, part of School Food Environments working group, member of on-campus Indigenous Sovereignty committee at LU, as well Meal Exchange.

Looking to bring awareness of student food insecurity issues to the campus and community.

Paula Haapanen – Francophone Cooperation Council of Ontario.

We help community minded organizations if they want to start businesses. Was formerly in immigration and sees a strong link between new immigrants and food businesses to bring economic stability and community connection.

Ryan Moore – Community Economic Development Commission.

Work with food entrepreneurs, and sees it as a growing industry in our region.

Silva Sawula – Manager, TBDHU.

People who work in our area at TBDHU focus on health, physical activity and nutrition. The team also works on food policy partnering with the City around issues such as transportation, school policies, etc.

Stacey Platt – Thunder Bay Multicultural Association.

Responsible for local integration partnerships for NWO, using food as an opportunity for language development (for example food safety certifications in English). TBMCA has been chosen for the Northern Rural Immigration for the area increasing diversity of food in the area.

Sue Hamel – Seek and Adventure Tours.

Launched a local business Seek & Adventure Tours with the intention of offering walking food tours and guided outdoor experiences with forest therapy, etc. Also, a plug for the Empty Bowls Caring Hearts initiative coming up in October. It is the biggest fundraising event for Shelter House.

Tracey MacKinnon – Board Member, Stand-Up for Clean Up.

Sees the potential for lots of greenspaces to be utilized in different ways, some to grow food. Ran for city council and her platform was based on more community gardens planning and engaging elders in the community.

Vanessa Spurrll – Epidemiologist.

Very concerned about the long-term sustainability of the food supply in the north. Has done a lot of personal experimentation in locally sourced naturally occurring foods like dandelions and plantain greens and making them edible for our highly refined palates. Also uses food as medicine, healed a food intolerance and diabetes during her third pregnancy and resolved that attribute that to her diet. Very interested in sustainability and what we need to be more independent.

Vincent Ng – Public Health Nutritionist, TBDHU

Most of the work relates to community level programs and policies related to health.

12:00 PM LUNCH

Presented by Willow Springs. Judi Vinni introduced her team. Chad summer student, Amy who is their head stock and bread maker, Roxanne is the food service manager and lead gardener, Dale summer student.

Judi – Willow Springs' mission is to promote growth through creative expression, and community development. All food programs are employment training programs for adults with disabilities: soup and bread, pizza and salad, market in the summers (July to September 3-7pm Fridays).

Soup & Bread catered by Willow Springs Creative Center; Judi Vinni

- Freshly made focaccia and wild rice cranberry bread
- Minestrone stoup (vegan)
- Pea soup with local ham
- Sparkling rhubarb juice

12:40 KEYNOTE Leslie

“How the City of Thunder Bay’s Official Plan Supports the Food Strategy” by Leslie McEachern, Director of Planning, City of Thunder Bay

Used the Food Strategy document to inform the City of Thunder Bay’s Official Plan, which was approved by the Provincial government (March 2019) and adopted locally in March 2018. Several of the Food Strategy pillars are supported by the plan. Many partners have contributed to the plan including the TBDHU which has resulted in a stronger plan. The city has heard the call of the Food Strategy, responded, and included solutions and responses in their official plan. They are still seeking support from the community on how to implement specific actions.

1:00 PM Thank You & Adjourn

CONTACT US

Karen Kerk, Coordinator

Thunder Bay and Area Food Strategy
562 Red River Road, Thunder Bay, ON P7B 1H3
(807) 624-2147
(807) 683-6129 (text)
foodstrategy@ecosuperior.org

Victoria Pullia, Administrative Coordinator

Thunder Bay and Area Food Strategy
562 Red River Road, Thunder Bay, ON P7B 1H3
(807) 624-2147
(807) 472-8910 (text)
foodstrategyadmin@ecosuperior.org



For any issues or concerns regarding the information in this document, please email Victoria Pullia at foodstrategyadmin@ecosuperior.org.