



FOOD PETER-MCGILL DISTRICT
Montreal 2016 **SYSTEM**



dispensary



FOOD PETER-MCGILL DISTRICT Montreal 2016 SYSTEM



Founded in 1879, the Montreal Diet Dispensary is Quebec's leader in social nutrition for pregnant women in difficulty. Each year, the Dispensary helps on average 1,500 of these women in the Greater Montreal to give birth to healthy babies and to foster optimal development of their children. Our innovative interventions in nutrition counselling, perinatal and social support, and community development help families feel empowered.

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PREAMBLE

It is important to mention with gratitude at the outset that the work that led to this document was largely guided by the document entitled **Système Alimentaire Lachinois** developed by Le Groupe de travail en sécurité alimentaire de Lachine and La table de concertation jeunesse de Lachine.

(Groupe de travail en sécurité alimentaire de Lachine & Table de concertation jeunesse de Lachine, 2014)

INTRODUCTION

Food is a basic right for every human being. Despite this obvious fact, not everyone has access to nutritious food. Barriers to eating a healthy and balanced diet may include low income, lack of knowledge or limited food supply. As several studies suggest, a healthy food environment facilitates the adoption of healthy eating. (Bertrand, Thérien, Goudreau, & Fournier, 2013)

OBJECTIVES

Food Security Committee of the Families Downtown network aims to provide a portrait of Peter-McGill's economic situation as well as an inventory of actions supporting food security taken by different organizations in the neighbourhood. This project falls within the Families Downtown objective of implementing a food security strategy.

- **Create a common language**
- **Provide a portrait of local actions in food security**
- **Inform community workers on the situation of food security in the area**
- **Improve collaboration between different organizations**
- **Highlight challenges of this area**
- **Suggest potential solutions**

STATUS REPORT

(Paquin, 2016)

(Centraide du Grand Montréal, 2013)

6 POPULATION

- 29 340 people, an increase of 8.3% compared to 2006.
- Young people of less than 15 years of age account for 5.8% of the population.
- People of 65 years of age or more account for 15.4% of the population.
- 33.1% of the residents live alone.

FAMILIES

- 2355 families.
- 28.2% of the families with children are single-parent families
- 27% of the 3 700 children that live with their parents are under 6 years old.
- 57.1% of the families have only one children at home.
- 44% of the people living below the low-income threshold are children aged between 0 to 5 years old.

IMMIGRATION, LANGUAGE AND RELIGION

- 44% of the population is immigrant.
- 46.2% of the residents belong to a visible minority.
- 46.7% of the population is allophone.
- Among the important religions of Peter-McGill, Muslims represent the largest growth with an increase of 42.2% since 2001

EDUCATION AND EMPLOYMENT

- 61% of the population have a university degree and 38% of them hold a post-secondary degree obtained in another country.
- Only 3.6% of the population do not have a high school diploma.
- The employment rate is 48.8% compared to 56.9% in Montreal. The proportion of people working part-time is slightly higher in Peter-McGill (23.5%) than in Montreal (19.6%).
- The unemployment rate is 12.8%, compared to 10% in Montreal.



CITIZEN MOBILIZATION

Citizen mobilization is a challenge due to:

- 61% of households have moved in the past 5 years compared to 43% in Montreal.
- 16% of immigrants have recently arrived in the area.
- The lack of community infrastructures and public facilities.

INCOME

- The average total income of the residents before taxes amounts to \$43 050 for 2010, compared to \$33 859 in Montreal.
- After paying taxes, more than four in ten residents (45.3%) live with a low income. However, the presence of students must be taken into account.

DISPARITIES BETWEEN THE NORTH AND SOUTH NEIGHBORHOOD OF PETER-MCGILL		
DISPARITY	NORTH	SOUTH
LOW INCOME	25 %	54 %
SENIORS LIVING ALONE	36 %	54 %
SINGLE-PARENT FAMILIES	27 %	32 %
RECENT IMMIGRANTS	48 %	65 %

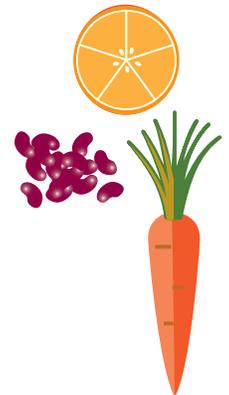
TO RESUME

- 42% of the population lives below the low-income threshold.
- 44% of the population is immigrant. The countries of origin are varied, but the majority immigrated from China and several Arab countries.
- 13% of seniors live below the low-income threshold and in the southern portion of the district.
- There is a large presence of students in the district.
- The population of the district is mostly educated.
- There is a large gap between the population living in the northern and the southern portions of the district.
- Citizen mobilization is a big challenge in Peter-McGill.

Food Consumption

Between the years 2002 and 2007, according to La Direction de la santé publique de Montréal, among the Montreal population:

- 30% consume fruits and vegetables 5 times or more per day
- 36% consume milk and cheese 2 times or more per day
- 52% consume whole wheat grains once or more per day
- 59% consume legumes once or more per week (Bertrand, Thérien, Goudreau & Fournier, 2013)



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Economic Access to Food in Montreal

In January 2016, the Montreal Diet Dispensary estimated the cost of a nutritious food basket for \$8.70 per person per day for a family of two adults and two children aged 9 and 14 years old. (Dispensaire diététique de Montréal, 2016)

GEOGRAPHIC ACCESS TO HEALTHY FOODS FOR VILLE-MARIE-PETER-MCGILL DISTRICT

(Bertrand & Goudreau, Étude sur l'accès aux aliments santé à Montréal- Regard sur le territoire du CSSS de la Montagne, 2014)

ON THE TERRITORY OF CSSS DE LA MONTAGNE

- 23% of residents of the territory have nil or negligible access to fruits and vegetables within 500 meters of their home.

- 68% of residents of the territory benefit from an excellent access to fresh fruits and vegetables.

IN THE AREA OF PETER-MCGILL

- The dissemination areas included in the neighborhoods of Metro-East offer an excellent access to fruits and vegetables to their population.
- The most disadvantaged dissemination areas are mainly located in the neighborhoods of Metro-Centre, providing nil or negligible access to fresh fruits and vegetables. It should be noted that this area is home to a student population whose incomes are undoubtedly low.

For more details on the boundaries of the territory, refer to Appendix II.

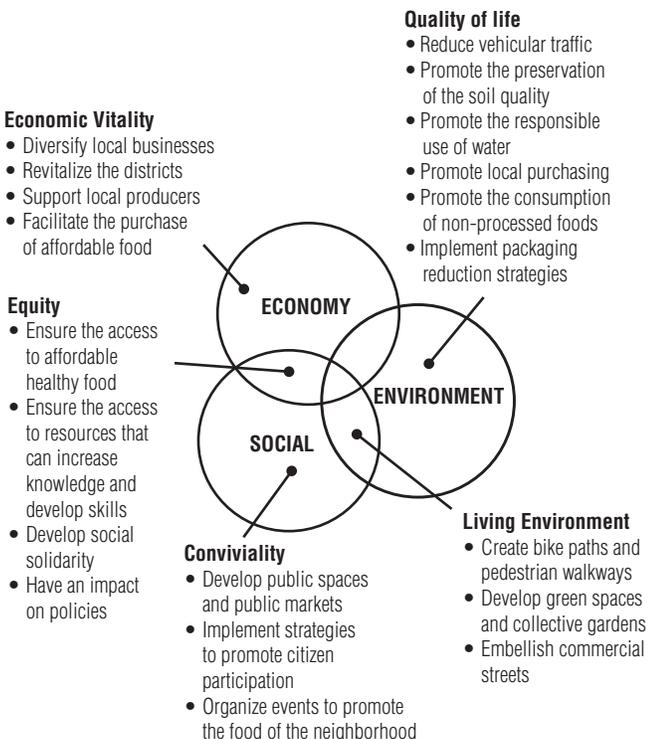
MEDIAN ACCESS TO FRESH FRUITS AND VEGETABLES (FV) WITHIN 500 M, POPULATION BELOW THE LOW-INCOME THRESHOLD (LICO) AND NIL OR NEGLIGIBLE ACCESS							
	POPULATION	DISSEMINATION AREA	MEDIAN ACCESS TO FV	PEOPLE LIVING BELOW LICO		LICO AND NIL OR NEGLIGIBLE ACCESS	
	N	N	PI ²	N	%	N	%
CLSC METRO	53 435	78	1 840	16 505	30,9	2 956	17,9
1- METRO-EAST	8 646	14	2 404	3 502	40,5	0	0,0
2- METRO-CENTRE	26 276	34	1 864	10 900	41,5	2 036	18,7
3- WESTMOUNT	18 513	30	907	2 103	11,4	920	43,8

THE FOOD SYSTEM OF PETER-MCGILL

8 It is important to ensure the complementarity of actions to ensure a sustainable development. The development of a sustainable food system involves the integration of social, economic and environmental components. (Marier & Bertrand, 2013). A local food system is a system in which the production, processing, distribution and food consumption are interrelated to improve the level of environmental, economic, social and nutritional resources of a territory defined as a community of shared interests. (Pelatan, 2006).

A FOOD SYSTEM WITH A VIEW TO SUSTAINABLE DEVELOPMENT (Marier & Bertrand, 2013)

This food system model to ensure a sustainable development has been modified to adapt to possible interventions or actions that may apply to Peter-McGill. This system involves three components: social, environmental and economic. This diagram demonstrates that the withdrawal of one component deprives the access to a sustainable food system and that the three components are complementary. Thus, by following this principle, actions can be recommended in order to improve the food situation of Peter-McGill's residents.



Social, Environmental and Economic Actions

SOCIAL ACTIONS

Emphasize the importance of a healthy and balanced lifestyle for the population of Peter-McGill, which encourages healthy eating and active living. The actions may aim to:

- Develop food knowledge and enforce it within households.
- Provide activities to promote healthy eating and physical activity.
- Provide resources to citizens to allow the development of culinary and budgetary skills.
- Meet the needs of citizens in order to reduce food insecurity in the area.

ENVIRONMENTAL ACTIONS

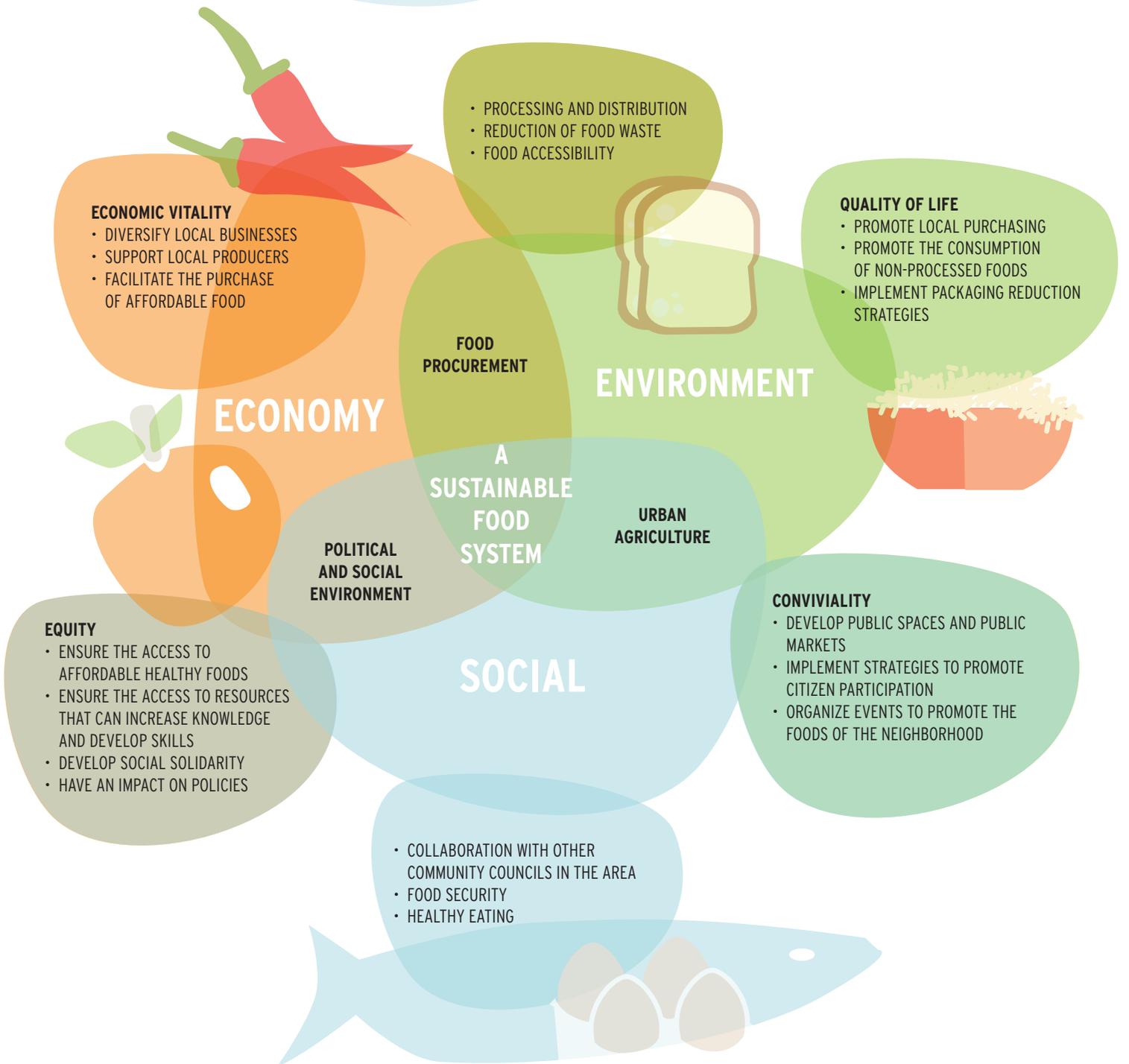
Provide to Peter-McGill's population an environment that facilitates the adoption of healthy eating and an active lifestyle. The actions should include:

- Make healthy foods more accessible and affordable, especially in areas where access to fresh fruits and vegetables is nil or negligible.
- Promote urban agriculture and make it accessible to citizens.
- Inform and increase the awareness of citizens that actions to reduce food waste can be taken.

ECONOMIC ACTIONS

Use innovative strategies to reduce food insecurity by promoting the accessibility of healthy and affordable foods:

- Establish public policies that promote the adoption of healthy eating: employment opportunities to help increase household income, landscaping projects to promote access to healthy foods, etc.
- Facilitate the purchase of affordable food. (Marier & Bertrand, 2013)
- Support Peter-McGill's citizens by informing them of the available services offered by the different organizations of the neighborhood: emergency foods, Good Food Box, Christmas and back to school baskets, collective kitchens, etc.



2 PROCESSING AND DISTRIBUTION

Processing: The transformation of a raw material into ready-to-eat products.

Distribution: The place and the method by which organizations sell and give the food to citizens.

3 URBAN AGRICULTURE

The agriculture performed in the city. It includes community and collective gardens and can be done in backyards, on rooftops, on balconies, etc.

4 HEALTHY EATING

It consists of eating a variety of foods and gives priority to foods of high nutritional value in terms of frequency and quantity. In addition to nutritional value, food has a gastronomic, cultural or emotional value. (Santé et Services sociaux Québec, 2015)

1 FOOD PROCUREMENT

The location of the supply and sale of food products for organizations.

THE 9 DETERMINANTS OF THE FOOD SYSTEM

9 POLITICAL AND SOCIAL ENVIRONMENT

The influence of the organizations on social and government actions supporting food security.

5 REDUCTION OF FOOD WASTE

When food that was intended for human consumption is, at some point in the food chain, discarded, lost or degraded. (Ministère de l'Écologie, du Développement durable et de l'Énergie, 2012)

8 COLLABORATIONS WITH OTHER COMMUNITY COUNCILS IN THE AREA

Communicate with other community councils to be better informed about the actions on food security in the area. (Groupe de travail en sécurité alimentaire de Lachine & Table de concertation jeunesse de Lachine, 2014)

7 FOOD ACCESSIBILITY

Access for all citizens to healthy foods. This takes into account the availability and the cost of foods, the proximity of markets and the household income. (Groupe de travail en sécurité alimentaire de Lachine & Table de concertation jeunesse de Lachine, 2014)

6 FOOD SECURITY

When all people, at all times, have a physical and economic access to safe and nutritious food in sufficient quantity to cover their needs and their food preferences and to enable them to lead a happy and healthy life.

SURVEY

The Families Downtown network has only 3 years of existence and there is no food security council in the neighborhood. The recent Food Security Committee of Families Downtown sent an online survey through Survey Monkey to 52 organizations in Peter-McGill in order to have an overall understanding of the food system of the territory. 24 organizations replied. Here is a brief summary of the results. To see the detailed results, please refer to Appendix I. The information available on the websites of the organizations that have not answered the survey was added in order to improve the information presented in this table.

To know who responded to the survey and who abstained, please contact the Montreal Diet Dispensary.

1. FOOD PROCUREMENT

Food procurement of the organizations is mainly from grocery stores and supermarkets. A proportion of the food also comes from food banks. There is no buying group in the neighborhood.

2. PROCESSING AND DISTRIBUTION

Most of the organizations prepare ready-to-eat foods, snacks and lunch boxes. People get the food on site by walking, by car or by public transportation. In some cases, meals are distributed at home and in elementary schools.

3. URBAN AGRICULTURE

Organizations of the neighborhood offer, with the support of the Éco-quartier, the opportunity to acquire gardening skills by providing learning workshops and by raising the awareness around urban agriculture.

4. HEALTHY EATING

Several organizations hold workshops on healthy eating. There are also collective kitchens, culinary workshops and nutritional counselling. Some organizations also provide grocery store tours and participate in the nutrition month.

5. REDUCTION OF FOOD WASTE

A little less than the quarter of the organizations practice the composting of food waste. Several activities for reducing food waste are offered, such as buying cheap food items approaching their expiry date, transformation of foods near their expiration date, workshops on meal planning and grocery shopping lists, etc.

6. FOOD SECURITY

Several initiatives to reduce food insecurity are available. Some organizations provide emergency food; others give vouchers and Christmas baskets. There are collective kitchens, soup kitchens, free meals or meals offered at low cost, meals for children and meals on wheels. However, there is no food counter in the area. Par contre, il n'y a pas de comptoir alimentaire d'urgence offerte sur le territoire.

7. FOOD ACCESSIBILITY

There are also initiatives to increase food accessibility such as the distribution of organic and local vegetable bins, community meals and pickup points for food delivery program such as the Good Food Box. In order to improve the knowledge of citizens, activities are also provided to help plan and monitor personal and family budget/expenses.

8. COLLABORATIONS WITH OTHER COMMUNITY COUNCILS IN THE AREA

Not all organizations are part of a community council. Those who do either participate in the Peter-McGill Community Council or in the Families Downtown network. Some organizations work in partnership on the following projects: urban agriculture, practices with respect to recycling and composting, food security, healthy eating and the improvement of food accessibility.

9. POLITICAL AND SOCIAL ENVIRONMENT

Only a handful of organizations hold actions related to the political and social environment such as developing public campaigns, participation in public consultations, publishing reports and advocacy. Many organizations think that actions are required to improve the access to information and resources, the education, the income and the civic and citizen responsibility.

DISCUSSION

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The Peter-McGill district can be divided in two ways. First, the North and South of Sherbrooke Street exhibit high income gaps, where citizens of the southern sector have a much lower income than those in the northern one. There is also a higher number of vulnerable individuals, such as seniors living alone, single-parent families and recent immigrants. Second, there are also the Metro-Centre and Metro-East neighborhoods which do not have the same accessibility in fruits and vegetables. This can be a determinant of the quality of people's intake. Metro-East provides good access to fresh fruits and vegetables while Metro-Centre provides a nil or negligible access. (Bertrand & Goudreau, *Étude sur l'accès aux aliments santé à Montréal- Regard sur le territoire du CSSS de la Montagne*, 2014) **For a map of the territory, please refer to Appendix II.** However, it should be noted that the data used in this report regarding the access to fruits and vegetables in Metro-East and Metro-Centre is from 2010. Due to the constant emergence of new businesses in the downtown area, one should question the relevance of the data at this point. Despite the availability of fruits and vegetables in Metro-East, the economic access to these foods is also an important factor that can influence people's consumption of fruits and vegetables. Moreover, Metro-Centre offers more affordable fruits and vegetables with the presence of PA supermarket and Adonis, the latter which was settled in the area about a year ago. In short, the availability of fruits and vegetables does not mean that they are affordable and even if they are, it does not necessarily imply that people consume these foods.

In other words, we know that the availability of fruits and vegetables is good in some sectors of the territory. However, it is not clear whether or not the citizens consume fruits and vegetables, and for the ones who don't, what is the reason for not consuming any? Having the answers to these questions would be relevant before we decide to implement actions that may not meet the needs of the population.

In the literature, no study discusses the presence of food swamps in the area. Food swamps are areas of low socioeconomic status where a high geographical accessibility to non-nutritious foods and food that are

high in fat and calories is observed. (Santé Canada, 2013) However, this leads us to believe it is the case and it would be relevant to do a study on the subject.

Citizen mobilization is a major issue of the territory. The feeling of insecurity, the lack of infrastructure and the high residential mobility are all reasons that may explain why citizens do not feel a sense of belonging to their neighborhood. It would be beneficial to take advantage of the large presence of students, who are usually deeply involved in the projects that interest them. It is a matter of making them understand their role and impact on the life of their district. The creation of the Families Downtown network as well as the integration of Youth Committees in the Peter-McGill Community Council are promising actions for the future of the district.

The results from the survey show that there are multiple initiatives in Peter-McGill working to decrease food insecurity. We can ask ourselves if these initiatives are really well known to citizens. Also, the organizations would greatly benefit to work together to alienate their actions in order to reach a wider and a more vulnerable population. The fact that it was difficult to obtain survey responses from various organizations can reinforce the greater need for coordination at the district level. This can lead us to think that there may be a lack of communication within initiatives and actions at the level of food security. It is important to note that most of the organizations deal with lack of resources and funding, which can slow down some of the initiatives and the participation rate in councils.

The results from the survey show that there are multiple initiatives in Peter-McGill working to decrease food insecurity.

ISSUES AND POTENTIAL SOLUTIONS

Following the work of the Committee of Food Security, the results obtained from the survey and the information currently available, we offer potential solutions to overcome existing issues and challenges on the territory.

GENERAL ISSUES RELATED TO SEVERAL DETERMINANTS	POTENTIAL SOLUTIONS
There is a lack of resources and funding.	Highlight the needs of citizens to allow organisations to receive more funding.
The initiatives offered in the district may not respond to the needs of the citizens.	Highlight the needs of citizens by conducting focus groups and surveys.
Unawareness of community workers on food security initiatives in the district.	Be sure to use the right tools for the transfer of information in order to improve the knowledge of community workers on the initiatives present in the district.
Unawareness of citizens on food security services offered in the district.	Develop a pamphlet containing all the available resources in the area.
There is a language barrier in the area due to the large presence of immigrants.	Break the isolation created by the language barrier by offering translation services and promoting citizen participation.

SPECIFIC ISSUES	POTENTIAL SOLUTIONS
1. FOOD PROCUREMENT	
The organizations get their supplies on their own; therefore they have no purchasing power.	Develop partnerships with local businesses. Develop buying groups for organisations. Use existing initiatives, such as Second Life, to get fruits and vegetables at low cost. Be part of the existing buying group of Moisson Montréal.

2. PROCESSING AND DISTRIBUTION	
Refer to general issues above.	

3. URBAN AGRICULTURE	
There is still a lack of knowledge regarding urban agriculture, both at the organizational level and at the level of citizens.	Be sure to continue to improve the information provided to organizations and citizens.
Lack of resources and funding to Éco-Quartier in order to continue its work in promotion and awareness.	Highlight the needs of citizens to allow organisations to receive more funding.
Obstacles in urban agriculture such as municipal regulations, represent a potential challenge for citizens, organizations and companies.	Continue to innovate with the different varieties of urban agriculture, especially those requiring limited space, such as balcony gardens. Continue to work together with elected officials.

SPECIFIC ISSUES	POTENTIAL SOLUTIONS
4. HEALTHY EATING	
<p>Several organizations offer workshops on healthy eating as well as collective kitchens, however:</p> <ul style="list-style-type: none"> - Is the information provided relevant and reliable? - Are they adapted to the needs of a multi-ethnic population? - Is there a need for more collective kitchens? 	<p>Resort to nutritionists in order to accompany community workers in the verification of information and the development of workshops. Integrate the discovery of the foods mainly available in Quebec. Provide additional collective kitchens to promote healthy eating.</p>
<p>Lack of resources and funding for collective kitchens and workshops.</p>	<p>Highlight the needs of citizens to allow organisations to receive more funding.</p>
<p>We can observe a large presence of fast food in the neighborhood, which can influence the eating behaviour of the population of Peter-McGill.</p>	<p>Include in the workshops information related to the impact of fast food as well as the promotion of a healthy lifestyle.</p>
5. REDUCTION OF FOOD WASTE	
<p>There are a few organizations practicing composting.</p>	<p>Train the workers on waste management.</p>
<p>Lack of knowledge and awareness regarding food waste.</p>	<p>Promote the use of websites, applications, existing tools, etc. Build on existing initiatives found in different neighborhoods such as to collect food near their expiry date, Fridge for All, etc</p>
<p>Several workshops promoting waste reduction exist, but are citizens aware of the issue?</p>	<p>Increase the awareness of citizens about actions that can be taken to reduce food waste. (workshop on expiry dates, on purchases management, etc.).</p>
6. FOOD SECURITY	
<p>No food counter to meet the short-term and urgent needs of citizens.</p>	<p>Establish an initiative responding to emergency food needs based on existing models. Encourage the involvement of citizens to ensure the sustainability of resources and results, such as a community grocery store.</p>
<p>Food security resources are only available to certain categories of the population.</p>	<p>Ensure that this new initiative meets the needs of all citizens.</p>

SPECIFIC ISSUES	POTENTIAL SOLUTIONS
7. FOOD ACCESSIBILITY	
Is the content of the workshops regarding budget control and low cost grocery reliable and complete?	Be sure to use the best available tools to accompany community workers in the verification and development of workshops.
Geographic disparity of people living below the low-income threshold and the nil or negligible access to fruits and vegetables for them.	<p>Develop a seasonal market in the area paired with a program of social rehabilitation.</p> <p>Encourage the participation of convenience stores to make healthy foods accessible.</p> <p>Create a buying group for citizens.</p> <p>Ensure the implementation of initiatives where there is a shortage.</p>
8. COLLABORATIONS WITH OTHER COMMUNITY COUNCILS IN THE AREA	
There is no food security council in the area; therefore, the information that is shared between organizations is limited.	<p>Invite organizations to be members of the existing committees or councils of the neighborhood.</p> <p>Use this document to highlight the current issues of the district and to convince organizations of the importance of working collectively.</p>
9. POLITICAL AND SOCIAL ENVIRONMENT	
Lack of knowledge of the organizations regarding the food system.	Distribute this document to all potential individuals with the aim to fill the gaps regarding the lack of knowledge.
Lack of awareness of the organizations regarding food security and its importance on promoting local economic development.	Use the necessary tools to make food security a priority.



CONCLUSION

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Stronger collaboration and communication regarding food security would allow organizations to align their actions and their strengths in order to address the current challenges of the territory. By empowering citizens during the implementation of new actions or the improvement of existing ones, we can ensure that the decisions taken meet their needs. Food security is a pressing issue; let us therefore take advantage of this opportunity to work together and make some changes. This document is a first step in the important work that needs to be done in the district to improve the lives of all citizens, regardless of their origin, age or gender.

“The presence of citizens mobilized around projects that have an impact on their environment can help ensure a balance in the social mix, develop a sense of belonging and improve the quality and the living conditions of the population”

(Centraide du Grand Montréal, 2013)

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APPENDIX I

DETAILED PORTRAIT OF THE PETER-MCGILL FOOD SYSTEM

ACTION	ORGANIZATION
1. FOOD PROCUREMENT	
Buyer's Club	LaSalle des petits Daycare
Direct Purchase from Producers	Santropol Roulant
Possession of a Farm	Santropol Roulant
Frigo Vert	Concordia Greenhouse
Farmer's Market	Concordia Food Coalition
Receive Foods from a community garden in downtown area	Chez Doris
2. PROCESSING AND DISTRIBUTION	
Snacks distribution to members registered to the program	The Montreal Children's Library
Distribution to camps coffee shops, restaurants and to farmer's markets Production of lettuce, honey and grows	Concordia Greenhouse
Distribution of meals to McGill's students	The Yellow Door
Distribution of meals to homeless and to disadvantaged clientele	The Open Door Chez Doris
Distribution of meals and snacks to elementary and high school students, to seniors and to the disadvantaged clientele. Distribution in private residences, seniors' centers and corporate housing.	Centre Greene
Ready to eat dishes	Centre Greene
Distribution of meals and snacks to homeless people	Milton Park Recreation Association
Distribution of food and frozen meals to seniors, to disadvantaged clientele and to individuals with reduced mobility and autonomy in seniors' centers, cooperative housing, private residences and farmer's markets.	Santropol Roulant
Distribution of snacks and meals Lunch boxes to schools and individuals	YMCA Residence Y des femmes de Montréal
Distribution of meals to elementary and high school students, daycares, homeless people, families and seniors.	LaSalle des petits Daycare Innovation Youth
Snacks	CLSC Métro, CIUSSS du Centre-Ouest de l'île de Montréal
Distribution of meals to parents and children participating in their "jeux parenthèse"	CLSC Métro, CIUSSS du Centre-Ouest de l'île de Montréal
Distribution of ready to eat meals and snacks to Concordia University student parents	Concordia University Student Parents Centre

APPENDIX I

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ACTION	ORGANIZATION		
3. URBAN AGRICULTURE			
Distribution of information pamphlets	The Montreal Children's Library	Centre Greene Santropol Roulant	
Awareness activities	The Montreal Children's Library Milton Park Recreation Association	Concordia University Student Parents Centre	Santropol Roulant
Education	Centre Greene Santropol Roulant	Concordia University Student Parents Centre Milton Park Recreation Association	
Awareness by website, emails and Facebook	Peter-McGill Community Council		
Gardening projects and promotion of urban agriculture	The Yellow Door		
Introduction to gardening	The Yellow Door Native Women's Shelter of Montreal	Concordia Food Coalition Centre Greene Santropol Roulant	Carrefour jeunesse-emploi Montréal Centre-ville
Urban agriculture project coordination	The Yellow Door Concordia Food Coalition	Éco-Quartier Peter-McGill Santropol Roulant	Concordia Greenhouse Chez Doris
Community gardens	Native women's Shelter of Montreal Concordia Food Coalition Éco-Quartier Peter-McGill	The Open Door Santropol Roulant Innovation Youth	Y des femmes de Montréal People's Potato Midnight Kitchen
Gardens on campus	Concordia Food Coalition		
Collective gardens	Concordia Food Coalition	Éco-Quartier Peter-McGill	Concordia Greenhouse
Balcony gardens	Santropol Roulant	Éco-Quartier Peter-McGill	Concordia Greenhouse
Rooftop food production	Concordia Greenhouse		
4. HEALTHY EATING			
Workshops on healthy eating	Concordia Greenhouse The Open Door The Montreal Children's Library The Montreal Diet Dispensary	Concordia Food Coalition Native women's shelter of Montreal Y des femmes de Montréal Chez Doris	The Yellow door CLSC Métro, CIUSSS du Centre-Ouest de l'île de Montréal
Visits to farmer's market	Concordia Food coalition YMCA Residence	Innovation Jeunes The Montreal Diet Dispensary	Carrefour jeunesse-emploi Montréal Centre-ville
Visits to the grocery store	YMCA Residence Innovation Youth	Carrefour jeunesse-emploi Montréal Centre-ville	Chez Doris
Cooking workshops	Concordia Food Coalition Native Women's Shelter of Montreal YMCA Residence	Innovation Youth Carrefour jeunesse-emploi Montréal Centre-ville Chez Doris	Centre Greene Concordia University Student Parents Centre The Montreal Diet Dispensary
Collective kitchens	Y des femmes de Montréal Chez Doris	YMCA Residence Innovation Youth	Carrefour jeunesse-emploi Montréal Centre-ville
Nutrition counselling	CLSC Métro, CIUSSS du Centre- Ouest de l'île de Montréal	The Montreal Diet Dispensary	Concordia University Student Parents Centre Chez Doris
Distribution of healthy recipes	The Yellow Door		
Distribution of healthy eating pamphlets and of the Canadian Food Guide	Milton Park Recreation Association		
Annual 5 à 7 during the Month of nutrition	Peter-McGill Community Council		

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ACTION	ORGANIZATION		
5. REDUCTION OF FOOD WASTE			
Buy Cheap Foods near their expiry date	Concordia Greenhouse Innovation Youth	The Montreal Diet Dispensary	Y des femmes de Montréal Éco-quartier Peter-McGill
Compost	Concordia Greenhouse The Open Door Milton Park Recreation Association	Centre Greene Concordia University Student Parents Centre	Santropol Roulant The Yellow Door The Montreal Diet Dispensary
Transformation of foods near their expiry date	Concordia Greenhouse The Open Door Santropol Roulant	Innovation Youth Y des femmes de Montréal	Éco-quartier Peter-McGill Chez Doris
Workshops on planning shopping lists	The Montreal Diet Dispensary		
Workshops on expiry dates	Innovation Youth	Y des femmes de Montréal	Éco-quartier Peter-McGill
Activities on awareness of reducing food waste	Innovation Youth	Y des femmes de Montréal	Éco-quartier Peter-McGill
Distribution of Information pamphlets	Innovation Youth Y des femmes de Montréal	The Montreal Children's Library	Éco-quartier Peter-McGill
Cooking workshops on the topic of reducing food waste and leftovers	Innovation Youth Y des femmes de Montréal		Éco-quartier Peter-McGill
Paper reduction and elimination of plastic items	Fondation Ressources-Jeunesse		
6. FOOD SECURITY			
Emergency food	The Open Door The Montreal Diet Dispensary Chez Doris	The Yellow Door Y des femmes de Montréal Concordia University Student Parents Centre	People's Potato
Christmas basket	The Open Door The Montreal Diet Dispensary Société de Saint-Vincent de Paul		
Soup kitchen	The Open Door Chez Doris	YMCA Residence People's Potato	Midnight Kitchen
Low cost meals to people living Alone and families	Centre Greene		
Meals for children	Native women's shelter of Montreal	Concordia University Student Parents Centre	
Donation bank	Milton Park Recreation Association The Open Door		
Monthly barbecue	Concordia university student parents centre		
Meals on wheels	Santropol Roulant		
Provide vouchers to purchase from grocery stores	CLSC Métro, CIUSSS du Centre-Ouest de l'île de Montréal		
Inform people about food cccessibility in the district	The Montreal Children's Library		
Low cost fruits and vegetables to students and to the community	Concordia Greenhouse		

APPENDIX I

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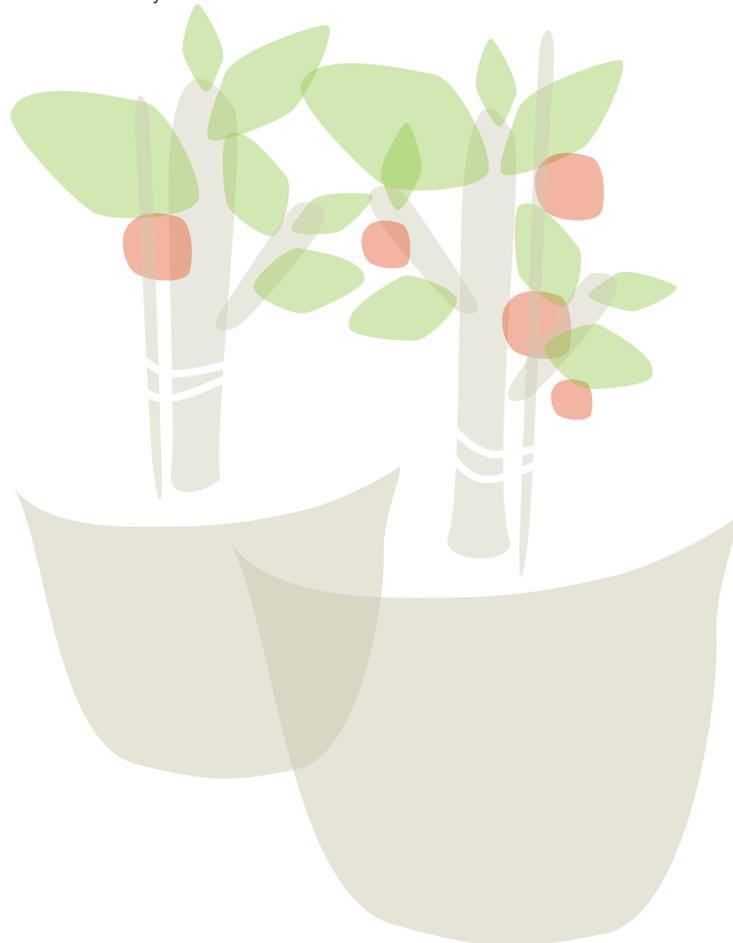
ACTION		ORGANIZATION	
7. FOOD ACCESSIBILITY			
Distribution of bins of organic and local vegetables		Éco-Quartier Peter-McGill	
Purchasing advices (use of flyers)		Y des femmes de Montréal	
Community meals	The Open Door Centre Greene Association des familles du parc Percy-Walters YMCA Residence	Carrefour jeunesse-emploi Montréal Centre-Ville The Yellow Door Milton Park Recreation Association Y des femmes de Montréal	Concordia University Student Parents Centre Chez Doris Salvation Army
Delivery of free or low-cost meals		Centre Greene Santropol Roulant	
Volunteer service assistance for grocery shopping		YMCA Residence The Yellow Door	Santropol Roulant
Services aimed to facilitate a balanced and controlled personal or family budget (budgeting consultations, payment plans, etc.)		Y des femmes de Montréal Concordia University Student Parents Centre Native women's Shelter of Montreal	CLSC Métro, CIUSSS de Centre-Ouest de l'île de Montréal The Montreal Diet Dispensary
Pickup points Good Food Box		Chez Doris Innovation Youth	Y des femmes de Montréal People's Potato
Referrals to other organizations working in this field		The Montreal Diet Dispensary	

8. COLLABORATIONS WITH OTHER COMMUNITY COUNCILS IN THE AREA

Developing activities on healthy eating	Éco-Quartier Peter-McGill Benedict Labre House	Concordia Greenhouse Chez Doris	Centre Greene Concordia University Student Parents Centre
Developing projects for better food accessibility		CLSC Métro, CIUSSS de Centre-Ouest de l'île de Montréal	Benedict Labre House Concordia Greenhouse
Developing projects on food security	CLSC Métro, CIUSSS de Centre-Ouest de l'île de Montréal	Y des femmes de Montréal The Montreal Diet Dispensary Montréal	Centre Greene Milton Park Recreation Association
Developing urban agriculture projects	Éco-Quartier Peter-McGill Innovation Youth	Concordia Greenhouse Santropol Roulant	The Open Door
Better practices in recycling and compost	Éco-Quartier Peter-McGill Association des familles du parc Percy-Walters	YMCA Residence Santropol Roulant	Concordia University Student Parents Centre

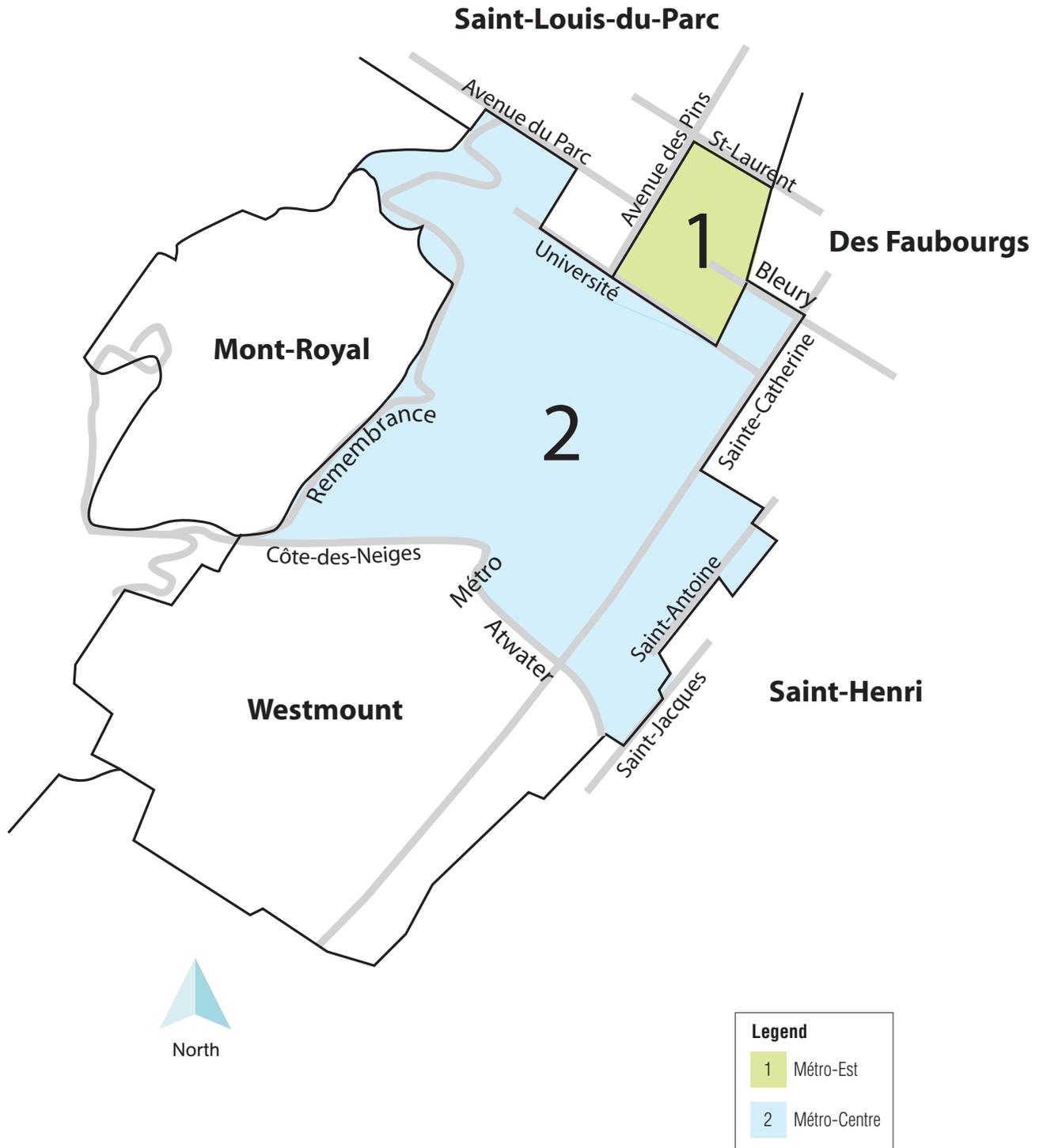
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ACTION	ORGANIZATION		
9. POLITICAL AND SOCIAL ENVIRONMENT			
Access to information	Éco-Quartier Peter-McGill Association des familles du parc Percy-Walters CLSC Métro, CIUSSS de Centre-Ouest de l'île de Montréal	Y des femmes de Montréal Peter-McGill Community Council Chez Doris The Montreal Children's Library Native Women's Shelter of Montreal	Concordia Greenhouse Centre Greene Concordia University Student Parents Centre
Access to resources	Éco-Quartier Peter-McGill Association des familles du parc Percy-Walters Chez Doris Fondation Ressources-Jeunesse The Montreal Diet Dispensary	CLSC Métro, CIUSSS de Centre-Ouest de l'île de Montréal Y des femmes de Montréal Benedict Labre House Peter-McGill Community Council The Montreal Children's Library	Concordia Greenhouse Native Women's Shelter of Montreal Santropol Roulant The Open Door Concordia University Student Parents Centre
Education	Éco-Quartier Peter-McGill Association des familles du parc Percy-Walters CLSC Métro, CIUSSS de Centre-Ouest de l'île de Montréal Y des femmes de Montréal	Peter-McGill Community Council Centre Greene LaSalle des petits Daycare The Montreal Children's Library Concordia University Student Parents Centre	Native Women's Shelter of Montreal Santropol Roulant Milton Park Recreation Association
Civic responsibility	Association des familles du parc Percy-Walters Y des femmes de Montréal Innovation Youth	The Montreal Children's Library Centre Greene Native Women's Shelter of Montreal	Milton Park Recreation Association Concordia University Student Parents Centre
Disposable income	CLSC Métro, CIUSSS de Centre-Ouest de l'île de Montréal Y des femmes de Montréal Chez Doris Peter-McGill Community Council	YMCA Residence The Montreal Diet Dispensary The Montreal Children's Library Native Women's Shelter of Montreal	Centre Greene Concordia University Student Parents Centre Santropol Roulant



APPENDIX II

DELIMITATIONS OF THE TERRITORY





Dreamstime



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Founded in 1879, the Montreal Diet Dispensary is Quebec's leader in social nutrition for pregnant women in difficulty. Each year, the Dispensary helps on average 1,500 of these women in the Greater Montreal to give birth to healthy babies and to foster optimal development of their children. Our innovative interventions in nutrition counselling, perinatal and social support, and community development help families feel empowered.