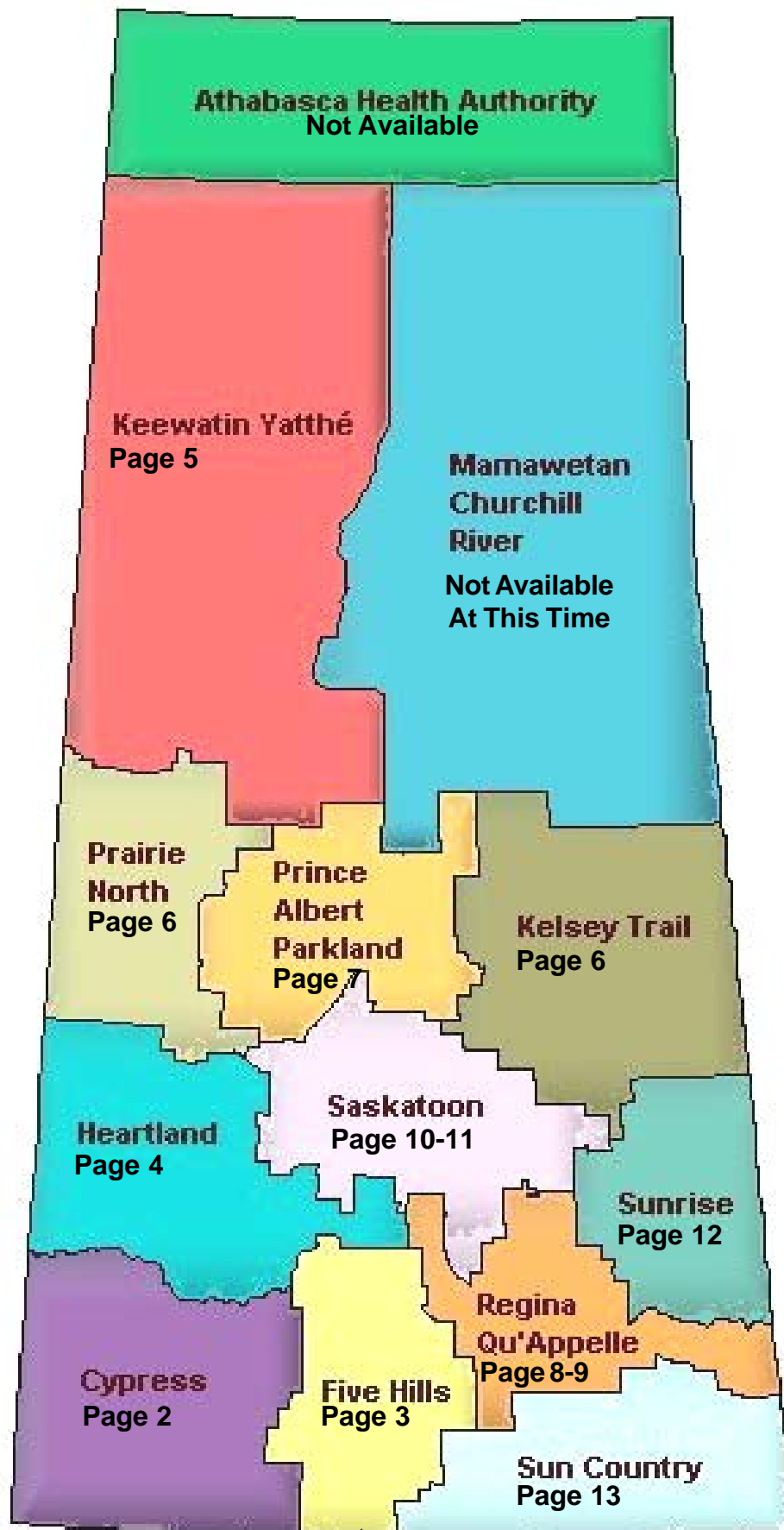


Saskatchewan Food Security Initiatives Inventory

as compiled by health regions (31/08/07)



Cypress Trail Regional Health Authority

Cathy Knox

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Short term relief

- Food Banks
 - Maple Creek
 - Swift Current
- School Breakfast Programs
 - Fairview
 - Irwin
 - SC Comp. High
 - Maverick
 - Shaunavon Public
 - [Central \(Swift Current\)](#)

Emergency Lunch Program

- [Waldeck](#)
-
- School Lunch Program
 - Swift Current
 - 4 elementary
 - 1 pre-k
 - 3 middle school years
 - 2 high school years
 - Maple Creek
 - College
 - School
 - Frontier School
 - Shaunavon Public School
 - Climax
- CMHA Breakfast and Lunch Program
 - Swift Current
- Hot Lunch Program
 - Maple Creek
 - Swift Current
- Emergency Food Relief
 - Churches
- Special Occasion Food Hampers (Christmas/Easter, etc)
 - Churches
 - Shaunavon Knights of Columbus

Skill building

- Community Kitchen – Swift Current
- Kids in Kitchen – Swift Current
- Baby Food Making Workshop – Swift Current, [Ponteix](#)

Community building

- Families & School Together (FAST) – Swift Current
 - Breastfeeding Support (BFI) – region wide
 - [Regional Food Security Committee](#)
- [Good Food Box pilot project in Maple Creek.](#)

School Nutrition Program

- [Eastend](#)
- [St. Patrick's \(Swift Current\)](#)
-

System change

- Food Charter in progress
- School Food Policy in progress
- Breastfeeding Friendly Initiative (BFI) in progress

Five Hills Health Region

Melanie Warken

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Short term relief

- Meals provided by churches
- After School Program
 - Hunger in Moose Jaw, offers snacks
- School Lunch Program
 - Hunger in Moose Jaw
- School Breakfast, Lunch, and/or Snack Programs
- School Christmas Hampers
- Salvation Army Christmas Hampers
- Kids First
 - Vitamin supplements for prenatal
 - Weekly supply of dairy products
 - Good Food Boxes
- Moose Jaw District Food Bank
 - Serves clients 7 times per year
- Salvation Army Food Bank
 - Assiniboia, serves clients on a monthly basis
- Head Start Preschool
 - Snack Program

System change

- Farmer's Market
- PHNSWG (provincial)
 - Nutrition Guidelines for Schools
 - Food Costing Project
- Policy development for healthy food choices in schools initiated
- Development of a Regional Food Charter initiated
- Strategizing around the development of a Health Region Nutrition Policy
- Regional Breastfeeding Policy (in draft)

Skill building

- Nutrition Workshops for Schools/Teachers
- Nutrition Workshops for Community Schools
- Community Gardens Workshops
- Food Preparation Tips through Good Food Box Newsletter
- Community Kitchens – through Hunger in Moose Jaw and other partners
- Kids in the Kitchen program
 - Community Schools
- Breastfeeding Classes and Support Group
 - Moose Jaw Public Health
- Patient Education Centre, Moose Jaw Union Hospital
 - Group and individual diet counselling

Community building

- Farmer's Market
- South Central Food Network
- Saskferco Community Gardens
 - Moose Jaw
- Good Food Box program through Hunger in Moose Jaw
 - Serves clients 2 times per month
 - Open to all income levels to avoid stigma

Heartland Health Region

Monique Harmon

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Short term relief

- Rosetown Food Bank
- Outlook Food Bank
- Kindersley Food Hampers
- Rosetown Christmas Hamper Program
- Davidson Church food closet
- Kerrobert Food Bank
- Cando Community School
- Kerrobert Christmas Hampers
- Biggar Food Bank
- Outlook School Feeding Program
- Kindersley School Feeding Program
- Wilkie Food Bank
- Unity Food Bank
- Unity Secret Santa Program

Skill building

- Biggar Collective Kitchen
- Kindersley Community Garden
- Rosetown Kids in the Kitchen
- Elrose Kids in the Kitchen
- Kindersley Kids in the Kitchen
- Coleville Kids in the Kitchen
- Outlook Kids in the Kitchen
- Perdue Kids in the Kitchen
- Kerrobert Kids in the Kitchen
- Unity Kids in the Kitchen
- Biggar Kids in the Kitchen
- Cando Kids in the Kitchen
- Kids Cooking Club – Lucky Lake (targeted)

Community building

- Grocery stores sell local produce
 - Rosetown
- Rosetown Farmer's Market
- Kindersley Food Security Working Group
- Eston Farmer's Market
- Rosetown Food Security Working Group
- Kindersley Family & Schools Together Program
- Kindersley Farmer's Market
- Biggar Farmer's Market

System change

- Health Region Food & Nutrition Policy
- Baby Friendly Initiative Committee
- National Community Food Security paper review for local use

Keewatin Yatthe Health Region

Carla Bodnarus

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Short term relief

- Ile-a-la-Crosse CPNP Food Hamper at Christmas
- Kids First Emergency Relief
- CPNP milk coupons and Good Food Box to participants (Kids First too)
- Buffalo Narrows Community Fellowship Church Food Hamper
- Buffalo Narrows Food Hamper at Christmas

Skill building

- CPNP Cooking Classes in Ile-a-la-Crosse & La Loche & Infant Mortality Risk Reduction Cooking Classes in Jans Bay/Cole Bay & Buffalo Narrows
- Diabetes cooking classes/workshops
- Baby Food Making Workshops in Ile-a-la-Crosse & La Loche
- Culture camps/schools – Ile-a-la-Crosse, Buffalo Narrows,

Community building

- Good Food Boxes in Ile-a-la-Crosse, La Loche, Beauval, & Buffalo Narrows
- Traditional Feast (Ile-a-la-Crosse)
- School Nutrition Programs

System change

- KYRHA Food Policy (in process)
- Breastfeeding Policy for KYRHA (in process)

Prairie North Health Region

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Short term relief

Food Vouchers

- CPNP & Kids First Meadow Lake
- CPNP, Battlefords Tribal Council & Kids First North Battleford
- Meadow Lake Tribal Council

Food Bank

- Lloydminster
- Meadow Lake
- North Battleford

Food Drives

- North Battleford

Soup Kitchens

- Meadow Lake
- North Battleford

School Breakfast, Lunch and/or Snack

Programs

- Various throughout the region

Skill building

- Community Kitchens
 - Region
- Baby Food Workshops
 - Region
 - Battlefords Tribal Council
 - Meadow Lake Tribal Council
- Breastfeeding Support
 - Lloydminster
 - Meadow Lake
 - North Battleford

Community building

- Farmer's Markets
 - Battleford
 - Lloydminster
 - Meadow Lake
 - North Battleford
- Good Food Box
 - Lloydminster
 - Meadow Lake
 - North Battleford
 - Meadow Lake Tribal Council
- Cooking on a Budget, Cooking with Youth & Cooking for Daycares
 - Meadow Lake Tribal Council
- Community Kitchen
 - Regional
- Community Garden
 - Meadow Lake
 - North Battleford
 - Meadow Lake Tribal Council
- Baby Food Workshop
 - Regional

System change

- Healthy Food Policies
 - Health Region Facilities and Events
- Nutrition Guidelines for Schools
 - Provincial
- BFI
- Health Region Breastfeeding Policy
- Food Costing
- Participate in Food Secure Saskatchewan
- Pop. Health Prom. Strategy (Accessible Nutritious Food)
 - Region

Prince Albert Parkland Health Region

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Prince Albert, SK S6V 5K1
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Short term relief

- Nutrition programs in schools
- Share a meal (individual) (soup kitchen)
- Food bank
- Second Harvest (redistribution of ready prepared foods)
- Soup pot (St. Paul's Presbyterian)
- Care and share (Calvary United hamper)
- Youth Activity Centre
- Bread Depots
 - NCC
 - Riverside School
 - Westview School
 - Bernice Sayese Community Centre
- Salvation Army
- Mobile Crisis
- The Nest – Canadian Mental Health Assoc. (hot lunch)
- Summer Snack Program in Playgrounds (partially funded by 2 School boards)
- Children's Haven
- Bernice Sayese Community Center

Skill building

- "Food for Thought" Program – School Nutritionist
- School-based Nutrition programs
- Smart Families Food Coop-Newsletter
- Cooking classes
 - Kids First
 - Community Schools
 - Aboriginal Headstart
 - Mighty Muchies – Parents cooking with kids in the classroom
- "Parent Talk" Baby food Making Workshops
- Community Service Centre – Budgeting
- Youth Activity Centre Supper
- The Nest Lunch
- Collective Kitchen Leadership Training
- Community Kitchens
- Community Gardens- Share-A-Meal/Food Bank
- "Healthy Choices for Kids" Committee
 - Develops resources and programming
- Children's Haven

Community building

- "Food for Thought" Project – School Nutritionist
- "Healthy Choices for Kids" Programming
- Smart Families Food Coop
- Friendship Centre Snack
- "The Nest" Lunch- CMHA
- Community Kitchen
- Community Gardens
- PA Farmer's Market
- Transportation Co-op – Westview
- Children's Haven
- School Nutrition Programs
- GFBox Programs– PA, Big River & community schools
- Cooking classes
 - Kid's First
 - Community schools
 - Aboriginal Headstart
 - Kids Cooking
 - Mighty Munchies – Parents cooking with kids in the classroom
- Youth Activity Centre Supper

System change

- PA Food Coalition
- Food Charter – City of PA
- PA Baby Friendly Implementation Committee (Breastfeeding)
- "Healthy Choices for Kids" Committee
- "Food for Thought" School Nutritionist
- P.A. Catholic School Division Nutrition Policy
- Thought About Food? Workshops
- Food Secure SK Conferences- 2006, 07
- PAPHR Population Health Promotion Strategy
- School-based Nutrition Programs
- GFBox Programs – PA, Big River & community schools
- Transportation Coop – Westview Community School, Bernice Sayese Community Center
- Food Costing Report – PHNSWG
- Healthier foods for vending machines Project
- Participation in Food Secure SK
- Participation in Food Secure Canada

Regina Qu'Appelle Health Region

Population & Public Health Services

Regina, SK S4P 2E3

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Adine Enns/Helen Flengeris (on leave) – Phone: 766-7420 (fax – 7410)

Internet: adine.enns@rqhealth.ca

Short term relief

- Regina & District Food Bank
- Regina Education & Action on Hunger
 - REACH into Parks
 - Food Buying Co-op
 - Kid's Cooking
- Emergency Food Support
 - Salvation Army
 - Soul's Harbour/Rescue Mission
 - Carmichael Centre
- Regina Food For Learning Program, which provides services in Regina schools and neighbourhoods
- Chili For Children Program
- Four Directions - Healthiest Babies Possible (CPNP program) – milk, food, nutritional supplements, light meal provided with all programming (approx. 4 x week), transportation to food bank
- Al Ritchie
 - Baby's Best-Start Program provides milk vouchers & food for each program about twice/week
 - Bread donations from local bakery – provider for community members
 - Seniors lunch
 - Community Lunch (Lunch Brunch Every Thursday)
 - Christmas Hampers to various churches and organizations
 - Food Bank orders
- Rainbow Youth
- RQHR public school food programs & separate school food programs
- Home Economics for Healthy Living (HELP)
 - Lunch and Learn summer lunch and snack preparation program
 - Nutrition info and snack at Summer Fun Spots/playground programs
- Boys & Girls Clubs
- Catholic Family Services
- Socialization, Communication & Education Problems (SCEP)
- YMCA
- Families & Schools Together
- Core Community Association
- Daycare Feeding Programs (for eg)
 - Kids First Daycare
 - Circle Project Daycare
 - Open Door Society Daycare

Skill building

- Regina & District Food Bank
- Al Ritchie
 - Community Kitchens
 - Community Gardens
 - Baby's Best Start Prenatal Classes with emphasis on Breastfeeding
- REACH
 - Community Kitchens
 - What's Cooking
 - Healthy Living, Healthy Eating Workshops
- Four Directions Community Health Centre cooking classes
 - Parenting group
 - Prenatal group
 - Diabetes information group
- HELP classes on request for:
 - Cooking skills, shopping skills and healthy food choices selection
 - Budgeting, and making the budget work
 - Diabetic cooking
 - English as a Second Language food and preparation classes
 - Seniors healthy food choices and preparation based on *Living Simply* book
 - Food fact sheets, cook books, resources for persons with low literacy and/or beginning stages of dementia
- North Central Community Association
- Ranch Erhlo Community Services
- Circle Project
 - Pre-employment, employment & lifeskills programs
- Regina Food for Learning
 - cooking classes

Community building

- REACH
Child Feeding Program providing funding and supports to community groups, schools and organizations
 - The Good Food Box
 - The Family Basket
 - Convenience Meals
 - R Mobile Stores
 - Community Kitchens
- Al Ritchie
 - Food For Life Community Store
 - Transportation – have bus tickets and taxi available to go to food bank or doctor’s appointments or programs
 - Community Kitchens
 - Community Gardens

System change

- Reps on *Saskatchewan Child Nutrition Network (SCNN)* leading to Food Security Roundtables – *SCNN* renamed *Food Secure SK*
- Reps on National Food Security Projects Advisory Committees (federally funded) leading to
 - development of tools such as *Thought About Food* workbook and video, training, and participatory food costing for use in Saskatchewan
 - National CPNP Food Security strategies
- Rep on Dietitians of Canada committee to develop *DC Community Food Security Position Paper*
www.foodsecuresaskatchewan.ca (new resources)
- Provincial Food Costing leading to *Cost of Healthy Eating Report in SK* available at www.rqhealth.ca (programs: food security)
- Regina Food for Learning – volunteers, helpers & fundraisers
- Regina Core Neighbourhood Sustainability Project – food security partnership
- Advocacy work on Food & Nutrition policy for the RQHR (poster presentation)
- Early Childhood nutrition programs/kits
- School nutrition programs/school food policies/indicator development
- Rep on Breastfeeding partnerships
 - Saskatchewan Breastfeeding Committee
 - RQHR Breastfeeding & Baby Friendly Initiative Advisory Committee
- Breastfeeding & Baby Friendly Policy development for RQHR & implementation
- HSURC funded Food Security Research in Regina: posters on different phases of the research presented at National Food Security Assembly in Waterloo; DC in Toronto; CPHA in Saskatoon ...
 - “*Voices on Food Insecurity*” report summary copies available at: www.rqhealth.ca (programs: food security)
- REACH
 - Food Audit report
 - Food Security project partnership
 - RQHR Health Promotion Rep on Board
- Forum on Building a Food Charter in Regina, City Hall
- Food Inc.: Coalition of groups to ensure food security in the North Central Community
- RQHR Population Health Promotion Strategy – Accessible Nutrition
 - Supporting Community Food Security Partnership eg. Al Ritchie Community Food Store

Saskatoon Health Region

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Jacki Veregin
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(Food for Thought)
(Healthy Mother/Healthy Baby)
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Short term relief

- School Programs (Saskatoon, Duck Lake, Humboldt, Rosthern, Beardy's First Nation, Dundurn, Lanigan)
 - CHEP
 - Breakfast for Learning
 - Cooking Programs
- Milk Coupons
 - HMHB
 - Saskatoon
- Food Vouchers
 - Churches
 - Saskatoon
 - A number of rural communities
- Food Banks
 - Saskatoon
 - Humboldt
 - Wynyard
 - Wadena
 - Lanigan
 - U of S
 - Kelsey Institute
 - Nokomis
 - Watrous
- Soup Kitchens – Emerg. Food
 - Salvation Army
 - Westside Community Clinic
 - EGADZ
 - Friendship Inn
- Meals on Wheels
- Beard's First Nations
- Saskatoon Health Region
- Humboldt
- Lanigan
- Rosthern
- Wadena
- Wakaw
- Wynyard

Skill building

- Beardy's First Nation cooking program
- Parent Mentoring program - Rosthern
- Food for Thought
 - CPNP
 - Saskatoon
- Collective Kitchens
 - Saskatoon
 - Osler
 - Rosthern
 - Aberdeen
 - Warman
 - Kids First – Saskatoon
 - Westside Community Clinic Diabetes program
 - White Buffalo Youth Lodge, weekly cooking program
- Community Training
 - Collective Kitchens
 - Healthy Eating Active Living
 - Peer Leader
 - Nobody's Perfect
 - Grass Roots
 - Kids Cooking
 - Making baby food from scratch

Community building

- CHEP
- Gardening
- Good Food Box
- Collective Kitchens
- Community Forums
- Kids First
- Families and Schools Together (FAST)
- Nutrition Positive
- Station 20 West – New Food Store
- Healthy Mother Healthy Baby (HMHB)
- Grassroots Centre Kitchen
- Core Neighbourhood Youth Coop
- Rainbow Community Center (50 yr +)

System change

- Saskatoon Food Charter
- Saskatoon Health Region Food Charter
- PHS Policy for Food And Beverages
- Nutrition Food Policy (PHNWGS)
- Anti-Poverty Coalition
- CHEP Policy & Mandate (i.e. buying local)
- Oxfam
- Saskatoon Food Coalition
- Food Costing
- Nutrition Positive
- Steep Hill Coop Policy

Sunrise Regional Health Authority

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Short term relief

- Yorkton Food Bank
- Yorkton Soup Haven
- Christmas Hampers
 - Salvation Army Soup Haven
- School Feeding Programs – Community Schools
 - Yorkton
 - Dr. Brass
 - St. Marys
 - Kamsack Victoria School
- Yorkton Tribal Council
- CPNP
- Kids First
 - Prenatal supplements & coupons
- Headstart
 - Preschool
 - Breakfast and snack
 - Noon and snack
- PPEP
 - Langenburg (parent & preschool education program)
 - Snacks
- Healthy Beginnings
 - Esterhazy
 - Churchbridge
 - Langenburg
- PPEP
 - Esterhazy (parent & preschool education program)
 - Snacks

Skill building

- After school cooking programs
- Kids First
 - Home visiting
- Community Kitchens
 - Yorkton
 - Melville (planning in progress)
- Community cooking classes Sturgis

Community building

- Farmer's Market
 - Yorkton
- Community Schools – parent involvement
- Good Food Box – (folded)
- F.A.S.T. Program
 - Yorkton Schools

System change

- H.R. Food/Nutrition Policy
- BFI – draft
- Advocating for ensuring nutritional adequacy of food in Long Term Care (clinical nutrition manager hired – portfolio includes adequacy of menus LTC)
- PHP Strategy
- Accessible Nutritious Foods
- Support for School Food Policies

Sun Country Health Region

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Short term relief

- Food Banks
- Community Gardens

Skill building

- Grocery store tours (on request)

Community building

- Healthy Community Food Coalition
- Community Gardens
- Farmers Markets (Weyburn and Estevan)

System change

- Breastfeeding Implementation Committee
- Food Nutrition Policy – Health Region
- Development of Healthy school food policy