

HASTING-SUNRISE COMMUNITY FOOD NETWORK

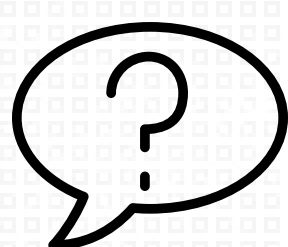


Since the year 2012, Hasting-Sunrise Community Food Network (HSCFN) has been working on their mission to increase accessibility to affordable food and achieve **food security** in the area^[1]

THE ISSUE?

- Assessing the impact of food literacy workshops at Hastings Sunrise Food Community Network
- Increasing food literacy** and sustainability of network amongst its 5 communities

WHY IT MATTERS



- Develop **food literacy** skills among HSCFN participants
- Address **food insecurity** in the neighbourhood
- Expand outreach and engagement to build community capacity

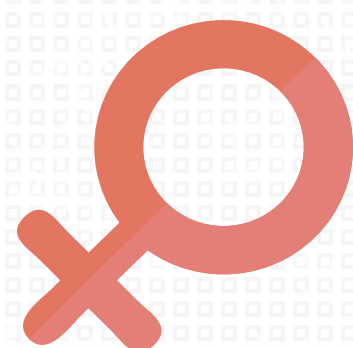
OUR APPROACH

30

participants responded to our surveys

- 5 site visits within 3 months
- Conducted 2 nutrition literacy workshops
- Collected data through surveys and observations

WHAT WE FOUND



GENDER

90%

participants identified as female



MEAL SOURCE

94%

participants cook at home



ACCESS TO FOOD

87%

participants believe they have enough access to affordable food, which is a component of food security^[2]

NEW KNOWLEDGE

87%

learned something **new** from our nutrition workshop on sugar consumption

sugar

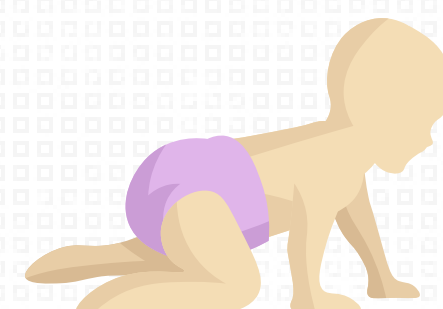
Topics include:

- hidden sugar in everyday food
- comparison between food items
- alternatives/ substitutes



Room for Improvement:

- Participants found it hard to concentrate on presentation while taking care of their children during family drop-in session
- Some participants did not benefit from the presentation due to language barriers



TAKE-HOME MESSAGE

To increase participants' engagement and food literacy for the food network:

Plan for Childcare



Increase Language Diversity



Get Other Family Members Involved

