



Kerns Public School Breakfast Program

VitalSigns



TTF

The
Temiskaming
Foundation

Many people in Temiskaming don't have access to healthy, affordable food - there are too many hungry people.

Food and health are closely connected. When healthy food is hard to find, or hard to afford, families must face hunger or depend on less healthy and less expensive food. A poor diet can have life long and often generational impact on individuals in our community.

TTF is taking action on Food Security!

We have supported:

- Local food banks with **\$13,000** from the *Food Forever Fund* in 2013.
- The Kerns Public School Breakfast Program through the *For Kids Sake Fund* in 2012.
- Local food banks with funding for freezers, through the *Community Fund*.
- The Neighbourhood Café to assist with the lunch drop-in program.

In an effort to reduce child hunger, a local church has teamed up with an elementary school in our region, to provide backpacks of food to children to take home on the weekend. Breakfast and lunch programs helped during the week, but now students have help over the weekend too.

What can you do?

- Educate yourself about the causes of poverty and hunger.
- Involve yourself in local efforts to support food security, like joining *Temiskaming Food Action* or volunteering at a food bank or school breakfast program.
- Speak up about issues that matter to you.

KEY FINDINGS

10

The percentage of Temiskaming students who said they have experienced hunger because of lack of food or money¹

472

People used local food banks in March 2013²

5.3

The percentage of people in Temiskaming who gave up food quality or ate less because of a lack of money³

¹The Temiskaming Health Unit. *Student Health Report: The Health of Temiskaming's Youth 2012*

² Food Forever Fund

³ Statistics Canada, CCHS 2007-2013 combined. Courtesy of Temiskaming Health Unit, interpret with caution as the sample size was small

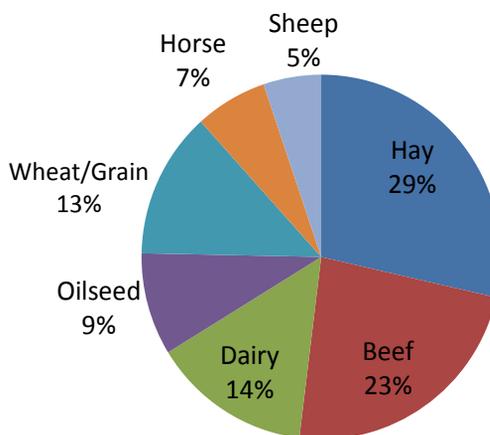


Bounty from Mr. Gelinas' garden

Farming is a very important part of our local fabric. Farmer's markets and community gardens continue to expand in our community.

Farms in Temiskaming

2011 Census of Agriculture Data



VITAL SIGNS

Vital Signs is a community check-up conducted by community foundations across Canada that measures the vitality of our communities, identifies significant trends, and supports action on issues that are critical to our quality of life.

Vital Signs is coordinated nationally by Community Foundations of Canada.



TTF is involved!

We have supported:

- Temiskaming Food Action Group (an off-shoot of our Food Forever Fund) with a grant from our *Community Fund* for its Community Garden Project.
- The establishment of the Englehart Farmer's Market through a grant from our *Englehart & Area Community Fund*.



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What can you do?

- Ask for local foods where you shop.
- Visit local farmer's market.
- Become a community gardener
- Share your harvest with our local food banks.

For more information or a copy of this document, please contact The Temiskaming Foundation at 705-647-1055 or tff@ntl.sympatico.ca