



The cost of healthy eating in Oxford County

**2011 Annual Report on the Nutritious Food Basket Survey
Public Health & Emergency Services, March 2012**

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Purpose

For more than 40 years, the Nutritious Food Basket survey in Ontario has been used to help monitor the cost and affordability of healthy eating. Public Health units and their communities use this information help increase awareness of food security issues and to advocate for adequate income and food for everyone.



This report is intended for public health and social services professionals, and health and community partners in Oxford County to support their work in advocacy, program planning, policy development, identifying priority populations, and addressing the social determinants of health.

Context

The Nutritious Food Basket is a survey tool used to measure the cost of basic healthy eating. Under the Ontario Public Health Standards, public health units are required to monitor food affordability according to the province's [Nutritious Food Basket Protocol](#).

Introduced in 1974, the most recent revision of the Nutritious Food Basket costing tool took place in 2008 to reflect the recommendations of [Eating Well with Canada's Food Guide \(2007\)](#) and the current food choices that Canadians make ([Health Canada, 2009](#)).

The results of the food costing exercise allow communities to assess how well social assistance and minimum wage incomes are able to meet basic household needs.

In turn, this information can form the basis of addressing local poverty, hunger and food security issues through awareness, education, advocacy, and policy development.

What's in the basket

The current 2008 Nutritious Food Basket costing tool includes 67 foods and items from all four food groups that are at the lowest price available in the store in a specific size, regardless of brand.

A list of the foods surveyed appears on [Health Canada's website for the National Nutritious Food Basket](#). The 67 foods in the Nutritious Food Basket are made up of:

- vegetables and fruit
- orange vegetables and fruit
- dark green vegetables
- whole grains/whole wheat products
- non whole grain products
- milk and milk alternatives
- meat, legumes, eggs and fish

(Ministry of Health Promotion, May 2010)

Note that the Nutritious Food Basket does not include processed convenience foods; snack foods or food of little nutritional value; or non-food items such as detergent, other household items or personal hygiene products.

The survey does not make allowances for special dietary needs of individuals, differences in activity levels, or cultural food choices, and does not allow for eating out or inviting friends or other family members over for a meal.

In addition, the cost of the Nutritious Food Basket does not account for the cost of transportation to access food. This is a barrier, especially in communities in which public transportation is not available.

Because of these exclusions, the cost of the Nutritious Food Basket is generally lower than actual grocery expenditures of the average resident (*The Nutritious Food Basket Guidance Document, 2010*). The final cost does include, however, an additional 5% to cover common food items used in meals (spices, seasonings, condiments, baking supplies, soups, coffee and tea).

Survey process

Once all 67 foods are surveyed, food prices are used to estimate the average cost of feeding for up to 22 different age and gender groups as well as a reference family of four (male and female aged 31 to 50 years; a boy 14 to 18 years of age; and a girl, four to eight years old).

In Oxford County, Public Health uses the Nutritious Food Basket tool to survey nine grocery stores throughout the county every May to determine the cost of basic healthy eating. The final cost of a nutritious food basket is based on the average cost of each food item from the sample of the nine grocery stores.

The results are shared with local agencies, community partners and elected officials to inform policy and decision-making on services that address hunger, poverty and food insecurity.

Oxford County results

Results from 2011 show that it cost **\$189.59 per week** for an average family of four living in Oxford County to buy the complete list of basic food items in the Nutritious Food Basket, allowing them to eat healthy meals and meet their minimum nutrition recommendations (see Appendix A).

The same reference family would have needed \$169.72 per week in 2009 and \$168.86 per week in 2010 to purchase the same list of items. The difference between these three years represents:

- a decrease of 0.5% from 2009 to 2010;
- a dramatic 12.3% increase from 2010 to 2011; and
- an 11.7% increase from 2009 to 2011.

Provincial averages are calculated using the average weekly cost of the Nutritious Food Basket submitted by all 36 health units. The provincial average for the 2011 Nutritious Food Basket for a reference family of four was \$177.83 per week, a 5% increase from 2010, in which the cost was \$169.17. The 2010 figure represents a slight 0.4% increase from the 2009 cost of \$168.50.



In 2011 it cost \$189.59 per week to feed an average family of four a healthy diet.

Food cost trends

Food costs have risen over time. In Ontario, from 2003-2008, the cost of the Nutritious Food Basket increased 11.36% for the reference family of four. (Note that these figures were from the 1998 version of the Nutritious Food Basket in use from 1998-2008.)

The consumer price index, published by Statistics Canada, reports that consumer prices rose 1.4% from May 2009 to May 2010 with food purchased from stores rising 0.8%. This increase was the smallest since March 2008. Prices increased for sugar and confectionery, and tomatoes, while prices for fresh fruit and potatoes fell (*Statistics Canada, 2010*).

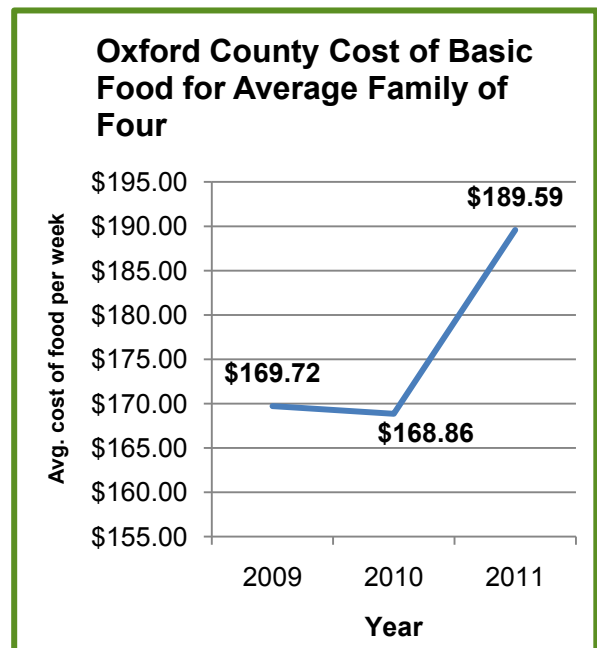


TABLE 1: Oxford County cost of basic food for average family of four.

Since May 2010, food prices have continued to climb. The consumer price index for May 2011 indicates that consumer prices rose 3.7% from May 2010 to May 2011, much of this increase attributed to rising gasoline prices. Food prices purchased in stores rose 4.2% from May 2010 to May 2011 for staples such as meat (+5.4%), bread (+10.6%) and milk (+4.3%) (*Statistics Canada, 2011*).

Community and social supports

Social assistance

In 1995, social assistance rates were cut by 21.6% while the cost of rent and food continues to increase. While there has been an increase in social assistance rates in the past 10 years, they have not compensated for the 21.6% that was cut in 1995.

In Oxford County, individuals receiving financial assistance are impacted the most by increasing cost of food. It is a challenge for some social assistance recipients to pay all necessary living expenses and have enough money left over to eat a nutritious diet.

In 2010, an average of 1,612 families and individuals in Oxford County received Ontario Works assistance each month.

In 2008, an average of 969 families and individuals received Ontario Works each month, compared to 2009 where 1,383 families or individuals received Ontario Works each month.

This represents an increase of 229 (16.6%) families or individuals in one year and 643 (66.4%) in two years. Single individuals make up 57% of the average caseload per month, 34% are sole supporters, 6% are couples with a dependent, and 3% are couples

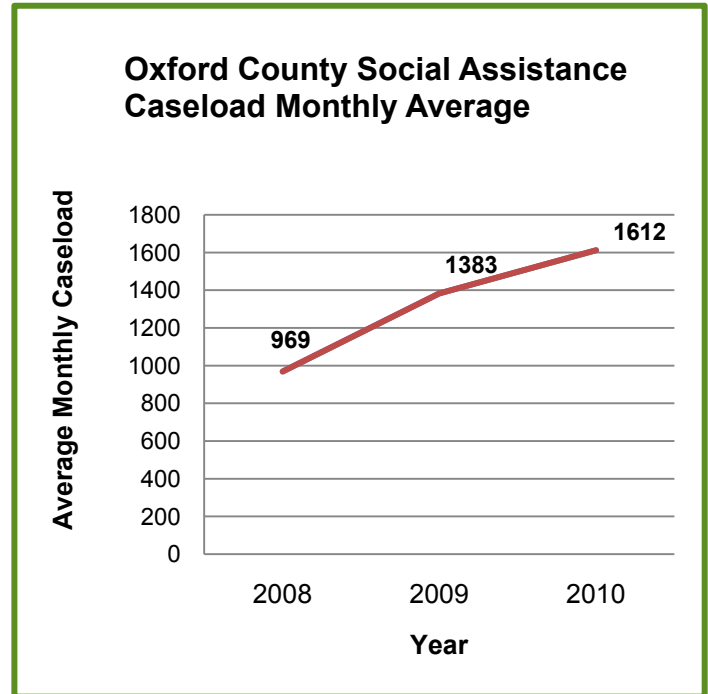


TABLE 2: Oxford County social assistance caseload monthly average. *County of Oxford Social Services & Housing, 25/01/2011*

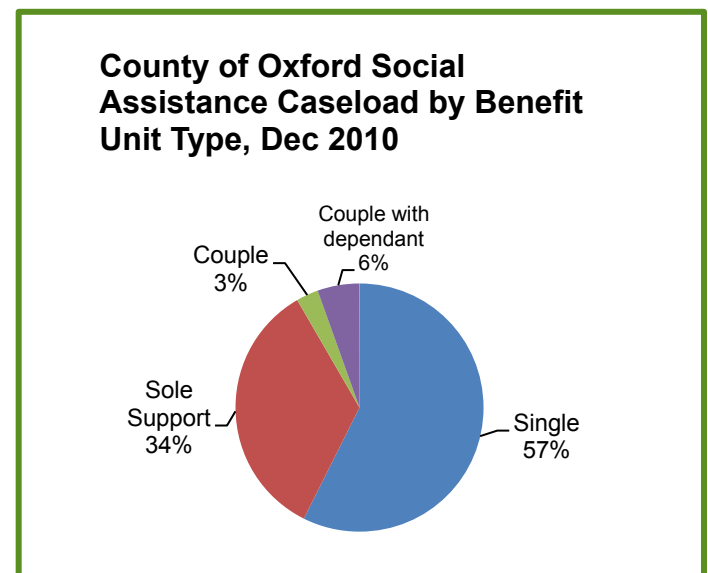


FIGURE 1: Oxford County Social Assistance Caseload by Benefit Unit Type, Dec 2010. *County of Oxford Social Services & Housing, 25/01/2011*

Housing

The cost of housing is the largest expense for most low income residents. The average monthly rental cost for a three-bedroom apartment in Oxford County was \$722.00 in 2010 (*Ontario Ministry of Municipal Affairs and Housing, 2010*), yet maximum monthly shelter allowance from Ontario Works was only \$674.00 for a family of four. In 2011, the average rental cost for a three-bedroom apartment was \$732.00 (*Ontario Ministry of Municipal Affairs and Housing, 2011*), but with a maximum monthly shelter allowance of \$681.00 for a family of four.

According to Canada Mortgage and Housing Corporation (CMHC), acceptable housing is defined as housing in adequate condition (does not require major repairs), of suitable size, and affordable. Affordable housing is defined as having a rent that costs less than 30% of before-tax household income (*Canadian Mortgage and Housing Corporation*). Thirty six percent of tenants in Oxford County spend 30% or more of their household income on rent (*Statistics Canada, 2006 Census*). This means many Oxford County residents may have inadequate funds for other necessities after paying rent.

Rent for rent-geared-to-income units is calculated based on 30% of the gross household income to a maximum of the established “market rent” for the unit. Rent for people in receipt of social assistance from Ontario Works or Ontario Disability Support Program (ODSP) is in accordance with a scale established in the Social Housing Reform Act. The minimum rent for a unit is \$85.00 per month plus any applicable utility charges.

Oxford County Housing has six family complexes throughout the county for a total of 135 units, as well as 14 adult buildings totaling 493 units. These units are let on a rent-geared-to-income basis. Oxford County Housing also has a rent supplement program in which subsidized units are under contract with private landlords on a rent-geared-to-income basis. There are also approximately 50 rent supplement cases throughout the county. Although affordable housing is offered in Oxford County, there is still a wait list for rent-geared-to-income housing.

The cost of healthy eating

Comparing the cost of the Nutritious Food Basket to total income and cost of rent for different family and individual scenarios provides a snapshot of the barriers to healthy eating (*Ministry of Health Promotion, May 2010*).

The Income/Expense Scenario Table outlined in *Appendix B* summarizes income scenarios for a family of four receiving Ontario Works, a family of four that has a median Ontario income, a single-parent household with two children on Ontario Works, a one-person household on Ontario Works, and a one-person household on ODSP.

The table calculates percentage of income required for rent and healthy food, and the monthly funds remaining after these expenses are paid. The Income/Expense Scenario Table is relative to Oxford County residents as it uses average rent costs from Oxford County, and food costs from the Oxford County Nutritious Food Basket.

The family of four

Scenario 1, in *Appendix B* compares the cost of rent and food for the reference family of four to the total income available from Ontario Works. For 2011, this reference family of four is required to spend 36% of its income on housing and 38% of its income on healthy food, leaving only 26% of its income-- or \$520.64 per month-- for all other basic needs such as heat, hydro, transportation, telephone, internet, child care, household and personal care items, clothing, sport supplies, etc.

In comparison, the same family of four earning the median income in Ontario spends 13% of its income on rent and 13% on healthy food, leaving a much higher 74% of income, or \$4,276.64, for other monthly expenses.

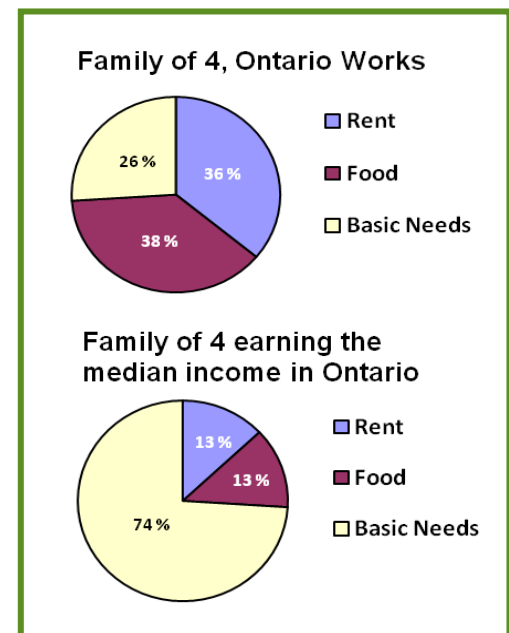


FIGURE 2: Comparing percentage of income used for housing, food and other basics needs.

Single life on Ontario Works

Another example on the Income/Expense scenario is a single person household receiving Ontario Works. Scenario 5 illustrates the income and expenses for a single male 31-50 years on Ontario Works in 2011. Calculations show that he is required to spend 77% of his income on rent and 33% of his income on healthy food, leaving him in a deficit of \$68.08 each month.

When comparing the expenses of a family of four on Ontario Works with a single male on Ontario Works, the Income/Expense Scenario Table shows that a one-person households on Ontario Works has the highest percentage of income going to rent and healthy food, and therefore may be impacted the most. As previously stated, in Oxford County, 57% of Ontario Works recipients are single; therefore, many of these recipients are likely finding it very difficulty to cover basic costs of healthy eating.

	Family of Four, Ontario Works	Family of Four, Median Ontario Income (after tax)	One Person Household, Ontario Works
Total income	\$2011.00	\$5,767.00	\$635.00
Average monthly rent	\$732.00 (3 Bdr)	\$732.00 (3 Bdr)	\$491.00 (bachelor)
Food	\$758.36	\$758.36	\$212.08
Total expenses	\$1,490.36	1,490.36	\$703.08
Monthly funds remaining for basic needs	\$520.64	\$4,276.64	\$(68.08)
Percent of income required for rent	36%	13%	77%
Percent of income required to purchase healthy food	38%	13%	33%

TABLE 3: Income/Expense Scenario Examples (see Appendix B for complete version)

Food Security

Food security is an important social determinant of health. It can be considered at multiple levels including individual, household, community, regional, and national.

Individual food security exists when all people at all times have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. (Canada's Action Plan for Food Security, 1998)

Individual food insecurity is evident when one or more of these factors are missing and can occur with or without hunger. A person may have an adequate volume of food to avoid hunger; however, the food available may not be safe or nutritious.

Poverty as a determinant

Poverty is a central determinant of food insecurity. At a national level, food insecurity increases as income adequacy decreases (*Office of Nutrition Policy and Promotion, 2007*). Food insecurity is more prevalent in households that rely on social assistance or worker's compensation/employment insurance, as well as groups that are vulnerable to poverty such as single mothers with children and people of Aboriginal status (*Office of Nutrition Policy and Promotion, 2007, Pineau, 2008*).

It has been well documented for various years through the Nutritious Food Basket program that social assistance rates are insufficient to meet the basic costs of living such as healthy eating and rent. Necessary bills such as rent, heat, hydro and transportation tend to be paid first, and the budget for nutritious foods gets cut. Therefore, the continued rising price of healthy, nutrient rich food, as well as the high price of rent and inadequate social assistance in various cases, makes it challenging for residents to support their family's health and development.

Individuals living in food insecure households have significantly worse dietary intakes compared to individuals in food secure households (*Power, E. 2005; Kirkpatrick & Tarasuk, 2007*). Results from the Canadian Community Health Survey cycle 2.2 indicate that adults in food insecure household consume fewer servings of milk products, vegetables and fruit, and in some age and gender groups, fewer servings of meat and alternatives. Children in food insecure subgroups consume fewer servings of vegetables and fruit and milk products.

A positive association between household food insecurity and consumption of energy dense foods (a large amount of calories for a small amount of food) was also noted among some subgroups of children (*Kirkpatrick & Tarasuk, 2007; Ministry of Health Promotion, May 2010*). Kirkpatrick & Tarasuk (2007) suggest that the lower intake of fruit, vegetables and milk products and the higher intake of energy dense foods may impact weight status over time if household food insecurity and associated dietary patterns are chronic experiences.

Findings on the relationship between food insecurity and weight status varies. A review of relevant peer-reviewed research studies regarding the relationship between food insecurity and weight status find that the association between food insecurity and weight status is mixed;

however, women who experience food insecurity are more likely to be overweight or obese compared to women with adequate household resources for food (Larson & Story, February 2011). In addition to the significantly worse dietary intakes related to food insecurity, individuals that are food insecure have difficulty managing chronic medical conditions that require dietary interventions, and are more likely to report heart disease, diabetes, high blood pressure and food allergies (Power, E. 2005).

Finally, individuals that are food insecure have reported feelings of powerlessness, guilt, inequality, shame, embarrassment and frustration as well as restricted activity, major depression and poor social support which lead to a deep sense of social exclusion (Power, E. 2005; Vozoris, 2003). Therefore, individual food insecurity not only affects physical health, but it also affects an individual's mental and emotional well being.

Community food security

Another component of food security is community food security.

Community food security exists when all community residents obtain a safe, personally acceptable, nutritious diet through a sustainable food system that maximizes healthy choices, community self-reliance, and equal access for everyone. (Slayter, 2007)

Community food security has a different focus compared to individual food insecurity. Individual food security initiatives traditionally focus on short term, emergency strategies such as food banks and soup kitchens with a goal of relieving hunger. Community food security initiatives focus on the systematic and comprehensive approach to address food insecurity to promote community based food systems (Slayter, 2007).

Some examples of community food security initiatives include community kitchens and gardens, food skills workshops, buy local commitments and policy development. Community food security initiatives impact the whole community, as these initiatives recognize the role of a larger food system in ensuring food security (Slayter, 2007).

Recognizing food insecurity on both an individual and community level is how food security can be achieved for all. Food security initiatives can be thought of as on a continuum with three stages:

1. *Initial food system interventions* (short-term relief). This stage focuses on addressing immediate short term need, but does not address long term solutions. These initiatives are usually a response to hunger. Examples are food banks and soup kitchens.

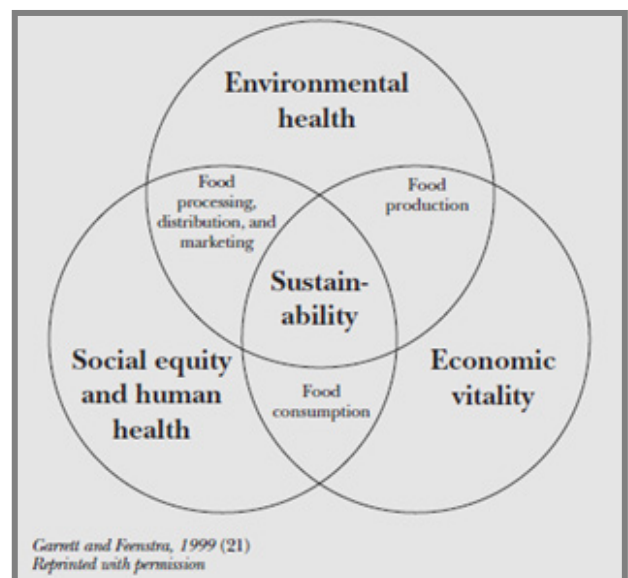


FIGURE 3: Community Food System

2. *Food system in transition* (capacity building) focuses on capacity building among individuals and the community. Examples are food skills courses, community gardens and buy local campaigns.
3. *Food system redesign for sustainability*. These strategies take the longest to apply and address the root of the problem of food insecurity taking multiple concerns into account. Redesign strategies include advocating for policy change and community and municipal engagement. Each stage on the continuum is a stepping stone to create a more secure, sustainable food system.

(Slayter, 2007, McCullum, Desjardins, Kraak, Ladipo, & Costello, 2005).

What about Oxford County?

Food insecurity exists in Oxford County and is continuing to increase. Results from the Canadian Community Health Survey 2007-2008 indicate that 4.7% of residents in Oxford County feel food insecure. The most recent results from 2009-2010 indicate that 9.3% of residents in Oxford County feel food insecure, a 4.6% increase from the 2008-2009 results to the 2009-2010 results.

Food insecurity results from the Community Health Survey may underestimate the actual rates of food insecurity due to the sensitive nature of responding to the questionnaires. Along with the results from the Canadian Community Health Survey, food bank use is a constant reminder of food insecurity within Oxford County. The Salvation Army in Woodstock, the largest city centre in Oxford County, had 412 new cases that received support in 2010 and provided food for a total of 3001 people. A total of 35.7% of these recipients were women, 30.2% were men, 25.3% were children under 12 years old, and 8.8% were children aged 13-17. Clients are able to return to the food bank every six weeks, and at least 50% of clients returned to the food bank six times a year.

It is well documented that individuals in food insecure households have significantly worse dietary intakes. It is also noted that individuals in some subgroups consume fewer servings of vegetables and fruit when feeling food insecure (Power, E. 2005; Kirkpatrick & Tarasuk, 2007). Within Oxford County, only 40.5% of residents aged 12 and older eat vegetables and fruit five times per day (Statistics Canada, Canadian Community Health Survey, 2009). *Eating Well with Canada's Food Guide* suggests six to ten vegetable and fruit servings per day for people aged 12 and older, varying for each age and gender group.

As stated previously, the incidence of chronic disease may also be affected by food insecurity. Results from the October 2011 Health Profile for Oxford County indicate that 5.7% of Oxford County residents have been diagnosed with diabetes compared to 6.8% of Ontarians, and 21.4% of residents reported having high blood pressure compared to a much lower 17.4% of Ontarians (Statistics Canada, 2011). In 2009, 39.2% of Oxford residents reported Body Mass Index (BMI) classified as overweight and an additional 24.6% reported BMIs classified as

obese (*Reading & Carr, 2011*). Therefore, 63.8% of Oxford County residents are overweight or obese. Compared to national and provincial averages, Oxford averages are significantly higher in the overweight and obese categories. Oxford statistics also show that 34.6% of Oxford County preschoolers were obese, overweight, or at risk of becoming overweight (*Reading & Carr, 2011*).

Food insecurity is not the only contributor to unhealthy food choices and chronic disease, and findings on the relationship between food insecurity and weight status are mixed. However, it is very important to understand that food insecurity may contribute to negative health outcomes, and therefore programs and services need to be in place to address these issues.

Food Security initiatives in Oxford County

Many organizations in Oxford County have recognized the prevalence of food insecurity. For example, Operation Sharing, in Woodstock and Ingersoll, runs the *Food for Friends* program. This program assists families and individuals in need of emergency food assistance. Clients receive a food card in pre-determined denominations and are able to do their grocery shopping at participating grocery stores in Woodstock and Ingersoll. This program is different from a traditional food bank, as people that participate in the Food for Friends program have a choice of what foods they purchase (*Operation Sharing*).

Other examples of programs and services available to residents in Oxford County are food banks and hot meal programs throughout the County; the Good Food Box available through the Woodstock Salvation Army; the Garden Fresh Box in Ingersoll; food skill classes through the Woodstock and Area Community Health Centre; free bus services for seniors to a Woodstock grocery store; and farmers' markets.

Oxford County Public Health & Emergency Services supports the following initiatives related to food security:

- **Student Nutrition Program.** Currently 37 elementary and secondary schools in Oxford County have a Student Nutrition Program that provides free breakfast programs and/or a snack program to all students.
- **Teen prenatal classes** led by a registered dietitian that feature prenatal nutrition.
- **Work towards "Baby Friendly Initiative" designation** by the Breastfeeding Committee for Canada based on the World Health Organization (WHO) and UNICEF Baby Friendly Hospital Initiative principles.
- **Support for the working group associated with the development of the Oxford County's Buy Local Food Guide** and promotional support for the Buy Local Food Guide.
- **Support for the Oxford County Food Charter** which has a goal to "guide all levels of government, businesses, non-profit organizations, communities, families and individuals by linking food security policies to community action."

This year, Oxford County Public Health took a key step forward in promoting food security in our community through its role in coordinating the [Healthy Communities Fund – Partnership Stream](#), an initiative funded by the Government of Ontario. This work started with the development and publication of the [Healthy Communities Community Picture Report 2011](#). Healthy eating is a priority identified by the Healthy Communities Fund; to address this issue locally, the Community Picture Report put forward a recommendation to:

“Further develop ‘buy and grow’ local food initiatives to increase access to local foods, including strengthening partnerships with area farmers.”

The subsequent fund application to the [Healthy Communities Fund – Partnership Stream](#) sought support for policy development that built on the work already started by a community group that had created an Oxford County food charter. Under the continued leadership of the [Woodstock and Area Community Health Centre](#), the Food Secure Oxford group used Healthy Communities funds to host a community forum; develop a web site and other promotional materials; and advocate for support among local decision-makers for the Food Charter. By adopting the Food Charter value statement, municipalities across Oxford County would be pledging that they are committed to creating a more secure, sustainable food system.

Looking to the future

Although there are many organizations in Oxford County providing assistance and programs promote food security, there are still residents in Oxford County as well as across the province who feel food insecure every day.

The Ontario Society for Nutrition Professionals in Public Health (OSNPPH), an independent official voice of Registered Dietitians working in the Ontario public health system, recently created recommendations for short-term and long-term strategies needed to decrease food insecurity. These recommendations include:

- Legislation for subsidies and tax incentives to support the agri-food sector.
- A healthy food supply promoted through policies for land use and planning that are favourable to urban agriculture, farming, food processing, food marketing and retailing, etc.
- Policies that enhance the ability of the built environment to support healthy eating, particularly in low-income and under-serviced communities, e.g., grants and loans to help open new fresh food outlets (supermarkets, farmers’ markets, and expanded convenience stores) in “food deserts.”
- Regulations for supportive environments in schools, workplaces, and recreation settings that increase access to healthy food choices and decrease access to foods of minimum health value.

- Policies supportive of adequate income levels for all Ontarians to afford basic necessities including adequate housing and healthy eating, e.g., improved social assistance levels and minimum wage increases consistent with rises in the costs of living, and expanded incentives and tax cuts for the working poor.
- A comprehensive Ontario Food and Nutrition Strategy, with multi-sectoral development, implementation, and coordination, which addresses both the sustainability of a healthy food supply and the needs of all Ontarians but particularly those with low socioeconomic status.

A Call to Action on Food Security: Key Messages and Backgrounder. Ontario Society of Nutrition Professionals in Public Health and the Ontario Public Health Association (Food Security Workgroup). June 2011.

http://www.osnpph.on.ca/communications/Food_security_key_messages_background.pdf

Summary

The Nutritious Food Basket is a tool used by health units across Ontario to monitor food affordability and raise awareness of food insecurity issues. It is well documented that low income is the greatest predictor of food insecurity (*Pineau, 2008*), and therefore low income families are affected the most.

The results of the Nutritious Food Basket survey show that it can be very difficult for families with low incomes to afford healthy, nutrient rich food. When families or individuals cannot afford to eat well, the risk of chronic diseases and nutrient deficiencies increase and thus, overall quality of life decreases.

Food insecurity on an individual and community level remains an issue in Oxford County. Oxford County Public Health, as well as many other organizations across Oxford County, have recognized the impacts of food insecurity on health and are committed to working towards a common vision of Oxford County being a food secure community where all residents have sufficient access to nutritious and healthy food to meet their dietary needs and food preferences for an active and healthy life.

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Appendix A-1

Weekly Costs of the Nutritious Food Basket in Oxford County, 2011

SEX	AGE	COST
Boy	2-3 years	\$24.79
	4-8 years	\$32.08
Girl	2-3 years	\$24.29
	4-8 years	\$31.08
Males	9-13 years	\$42.72
	14-18 years	\$60.68
	19-30 years	\$58.68
	31-50 years	\$53.02
	51-70 years	\$51.21
	Over 70 years	\$50.65
Females	9-13 years	\$36.55
	14-18 years	\$43.78
	19-30 years	\$45.33
	31-50 years	\$44.81
	51-70 years	\$39.55
	Over 70 years	\$38.87
Pregnancy	Younger than 18 years	\$48.96
	19 to 30 years	\$49.47
	31-50 years	\$48.25
Lactation	Younger than 18 years	\$50.94
	19 to 30 years	\$52.53
	31 to 50 years	\$51.32

Appendix A-2

How to Calculate the Food Costs of the Nutritious Food Basket

Step 1: Write down the sex and age for each person in your household in the *weekly food cost calculations* chart.

Step 2: Write down the weekly food cost for each person according to the tables on the previous page in the *weekly food cost calculations* chart.

Step 3: Add up the food costs for your household to get a subtotal.

Step 4: It costs more to feed one person than to feed a small group of people. Therefore, multiply the subtotal for your household using the adjustment factor that is right for your household.

Step 5: The weekly cost can be changed to a monthly cost by multiplying the total by 4.33.

SAMPLE WEEKLY HOUSEHOLD FOOD COST CALCULATIONS

SEX	AGE	COST
MAN	41	\$53.02
WOMAN	39	\$44.81
BOY	14	\$60.68
GIRL	8	\$31.08
SUBTOTAL FOR FAMILY OF FOUR		\$189.59

WEEKLY FOOD COST

SEX	AGE	COST
Subtotal		

ADJUSTMENT FACTOR

If you are feeding:

- 1 person – multiply by 1.20
- 2 persons – multiply by 1.10
- 3 people – multiply by 1.05
- 4 people – multiply by 1
- 5-6 people – multiply by 0.95
- 6-7 people – multiply by 0.90

$$\underline{\hspace{2cm}} \times \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

(Subtotal x adjustment factor = total)

$$\underline{\hspace{2cm}} \times 4.33 = \underline{\hspace{2cm}}$$

(Weekly Total x 4.33 = monthly cost)

Appendix B: May 2011 - Nutritious Food Basket Scenarios - prepared by the OPHA Food Security Work Group

	Scenario 1	Scenario 2	Scenario 3	Scenario 4	Scenario 5	Scenario 6	Scenario 7
	Family of Four, Ontario Works	Family of Four, Minimum Wage Earner (Full-time/Full-year) j	Family of Four Median ONTARIO Income (after tax)k	Single Parent Household with 2 Children, Ontario Works	One Person Household, Ontario Works	One Person Household, ODSP	One Person Household, OAS/GIS
Monthly Calculations							
Income							
Income from Employment		\$ 1,777.00	\$ 6,175.00				
Basic Allowance ^a	\$ 443.00			\$ 344.00	\$ 224.00	\$ 584.00	
Maximum Shelter Allowance ^a	\$ 681.00			\$ 627.00	\$ 368.00	\$ 469.00	
Old Age Security/Guaranteed Income Supplement (OAS/GIS) ^b							\$ 1,192.00
Child/Family Benefits ^c	\$ 736.00	\$ 736.00		\$ 736.00			
GST/HST credit ^d	\$ 64.00	\$ 64.00		\$ 64.00	\$ 21.00	\$ 28.00	\$ 31.00
Ontario Sales Tax Credit ^d	\$ 87.00	\$ 87.00		\$ 65.00	\$ 22.00	\$ 22.00	\$ 22.00
Employment Insurance paid ^e		\$ (32.00)	\$ (111.00)				
Canada Pension Plan paid ^f		\$ (74.00)	\$ (297.00)				
Working Income Tax Benefit ^g		\$ 61.00					
Total Income	\$ 2,011.00	\$ 2,619.00	\$ 5,767.00	\$ 1,836.00	\$ 635.00	\$ 1,103.00	\$ 1,245.00
Selected Expenses							
Average Rent (may or may not include heat/hydro) ^h	(3 Bdr.) \$ 732.00	(3 Bdr.) \$ 732.00	(3 Bdr.) \$ 732.00	(2 Bdr.) \$ 952.00	(Bachelor) \$ 491.00	(1 Bdr.) ⁱ \$ 692.00	(1 Bdr.) \$ 692.00
Food ⁱ	\$ 758.36	\$ 758.36	\$ 758.36	\$ 546.28	\$ 212.08	\$ 212.08	\$ 155.48
Total Expenses	\$ 1,490.36	\$ 1,490.36	\$ 1,490.36	\$ 1,498.28	\$ 703.08	\$ 904.08	\$ 847.48
Funds Remaining (for other basic needs e.g. telephone, transportation, child care, household and personal care items, clothing, school supplies etc.)	\$ 520.64	\$ 1,128.64	\$ 4,276.64	\$ 337.72	\$ (68.08)	\$ 198.92	\$ 397.52
Percentage of income required for rent	36%	28%	13%	52%	77%	63%	56%
Percentage of income required to purchase healthy food	38%	29%	13%	30%	33%	19%	12%

Note: All dollars rounded to nearest whole number.

Scenario References:							
Scenario 1 - 2 adults (male and female ages 31-50), 2 children (girl age 8, boy age 14); on Ontario Works (OW).							
Scenario 2 - 2 adults (male and female ages 31-50), 2 children (girl age 8, boy age 14); income is based on one minimum wage earner, 40hr/wk, \$10.25/hr.							
Scenario 3 - 2 adults (male and female ages 31-50), 2 children (girl age 8, boy age 14). NOTE: Income from employment is based on median after-tax income- couple households with children; however, EI and CPP contributions are calculated using median income- couple households with children. Assumption of a dual income family with a split of 65% / 35% between partners. Source: Statistics Canada. 2007. Ontario (table). 2006 Community Profiles. 2006 Census. Statistics Canada Catalogue no. 92-591-XWE. Ottawa. Released March 13, 2007. http://www12.statcan.ca/english/census06/data/profiles/community/Index.cfm?Lang=E (accessed July 23, 2010).							
Scenario 4 - 1 adult (female age 31-50), 2 children (girl age 8, boy age 14); on Ontario Works.							
Scenario 5 - 1 adult (male age 31-50); on Ontario Works.							
Scenario 6 - 1 adult (male age 31-50); on Ontario Disability Support Program.							
Scenario 7 - 1 adult (female age 70+); income based on Old Age Security and Guaranteed Income Supplement (OAS/GIS).							
a - Basic and maximum shelter allowance. OW and Ontario Disability Support Payment (ODSP) rates effective May 2011. Source: Social Assistance, Pension and Tax Credit Rates April to June 2011, Ministry of Community and Social Services.							
b - Old Age Security and Guaranteed Income Supplement (OAS/GIS) rates May 2011. Source: Social Assistance, Pension and Tax Credit Rates April to June 2011, Ministry eng.html (accessed June 30, 2011).							
d - Based on net annual income. GST/HST and Ontario Sales Tax Credit are issued on a quarterly basis, but calculated on a monthly basis. Figures derived from GST/HST and related provincial programs calculator,							
e - Reference: Employment Insurance Premium Rates http://www.cra-arc.gc.ca/tx/bsnss/tpcs/pyrll/clcltng/ei/cnt-chrt-pf-eng.html (accessed June 30, 2011).							
f - Canada Pension Plan Reference: http://www.cra-arc.gc.ca/tx/bsnss/tpcs/pyrll/clcltng/cpp-rpc/cnt-chrt-pf-eng.html (accessed June 30, 2011).							
g - Reference: Working Income Tax Benefit Online Calculator . http://www.cra-arc.gc.ca/bnfts/wtb/menu-eng.html (accessed June 30, 2011).							
h - Rental Market Reports, Canada Mortgage and Housing Corporation, Spring 2011. Some communities may need to add utility costs.							
i - Reference: Nutritious Food Basket Data Results 2011 For Your Health Unit - Includes Family size adjustment factors.							
j - Reference: Minimum wage http://www.labour.gov.on.ca/info/minimumwage/ (accessed June 30, 2011).							
k - Source: Statistics Canada. 2007. Ontario (table). 2006 Community Profiles. 2006 Census. Statistics Canada Catalogue no. 92-591-XWE. Ottawa. Released March 13, 2007. http://www12.statcan.ca/english/census06/data/profiles/community/Index.cfm?Lang=E (accessed June 30, 2011).							
l - Housing for Scenario 6 has been changed from Bachelor to 1-bedroom for 2011. This change reflects a more accurate housing need for persons with a disability. This change will need to be recognized when attempting to compare 2011 results to previous years.							

Appendix C-1

Oxford County's Food Charter - Our Common Ground



Vision: Oxford will be a food secure community where all residents have sufficient access to healthy food to meet their dietary needs.

What is Food Security?

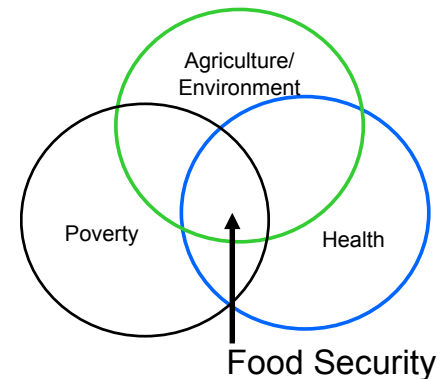
“Food security exists when all people at all times have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life”.¹

Purpose: This Food Charter identifies the basic principles shared by the community in relation to food security (eliminating poverty and increasing healthy eating). This charter will guide all levels of government, businesses, non-profit organizations, communities, families and individuals

by linking food security policies to community action². Solutions must involve everyone working together to assist with 1) immediate short term relief; 2) building community and individual capacities; and 3) economic and social policy changes that promote long term solutions.

Oxford's Food Charter Commitments:

- To support, participate in, and advocate for policies and community initiatives that increase food security and support a socially just and environmentally sustainable regional food system.
- To understand the municipal, provincial, federal and global backgrounds contributing to food insecurity and to create movement towards a fair and democratic food system.



To implement the above commitments, the Oxford community will work together to:

1. Establish a working committee responsible for managing the principles of the Food Charter.
2. Build a cross-sectoral network for coordinated action based on principles of collaboration and open dialogue.
3. Establish working groups that will identify and focus on specific action items.
4. Evaluate and assess activities on an ongoing basis.

¹ Canada's Action Plan for Food Security: a response to the World Food Summit. Ottawa: Agriculture and Agri-Food Canada; 1998.

² Adapted from London's Food Charter (Ontario), 2010.

Appendix C-2

Food Secure Oxford membership Community Partners for the Oxford County Food Charter

Janine Lunn – Oxford County Federation of Agriculture

June Nuessey – Buy Local Oxford

Joan Clarkson – Helping Hands Food Bank - Tillsonburg

Mike Bratton – Children's Aid Society (CAS)

Vanessa Scotney-Page – Salvation Army – Woodstock

Donna Acre – Salvation Army – Tillsonburg

John Klein-Geltink – Operation Sharing

Sue Hilborn- Farmer

Don McKay - Oxford County

Bonnie Rhea/Jean Garnier – Operation Sharing

Karen Reading & Abby Bryan-Pulham – Oxford County Public Health

Barb Dawson – Oxford Presbytery – United Church

Meredith Maywood – Community member

Mark McLennan – Knox Presbytery Church & Operation Sharing

Kim DeKlein – Ontario Ministry of Agriculture, Farming and Rural Affairs (OMAFRA)

Angie Cornwell, Kathy Gee & Linda Dimock – Woodstock and Area Community Health Centre