



SMITHS FALLS FOR ALL AGENDA

Thursday, February 20, 2025– 9:00AM.
TOWN HALL- COUNCIL CHAMBERS
Mayor Shawn Pankow, Chair

Members Present:	Chair, Shawn Pankow Council Representative, P McKenna Member, Mitra Ghaffari Member, Joanne Desormeaux Member, Nicole Croteau Member, Diana Cave
Absent:	Vice Chair, Elle Halladay Member, Sean Keogan Member, Katie Hoffman Member, Lynda Bradford Member, Janet Sinclair
Staff Present:	Staff Resource, K Costello

- 1. LAND ACKNOWLEDGMENT** (S Pankow)
Chair Pankow read the Land Acknowledgement.
- 2. CALL TO ORDER** (S Pankow)
Chair Pankow called the meeting to order at 9:03AM
- 3. APPROVAL OF AGENDA** (S Pankow)
Moved by: Nicole Croteau
Seconded by: Diana Cave
THAT the February 20, 2025, Smiths Falls For All
Committee Meeting Agenda be approved as circulated.

4. ADOPTION OF MINUTES

Moved by: Nicole Croteau

Seconded by: Diana Cave

THAT December 12, 2024, Smiths Falls For All Committee Meeting Minutes be approved as circulated.

5. DISCLOSURE OF MONETARY INTEREST

6. DELEGATIONS

- A) Dana Douglas, Registered Dietitian and Public Health Nutritionist, South East Health Unit

Re: Food Insecurity

Presentation attached as Appendix A

S Pankow advised that the Town has contributed about \$200,000 in food insecurity in our community since 2019.

- B) Elaine Power, Professor, School of Kinesiology and Health Studies Queen's University & Brandon Tozzo, City of Kingston Councillor

Re: Food Insecurity

E Power advised that there is a mountain of evidence to prove that lack of income/financial insecurity is the root cause of food insecurity. There is a rise in people who are working and are food insecure. Wages have not been kept up. Rise in childhood food insecurity. Targeting Canada Child Benefit is another avenue that could be pursued. Food Bank statistics are good but only 1 in 4/5 who are food insecure use the food bank, so it is not the best indicator. Food Banks are also pleading with the government for solutions. Food Banks cannot address the underlying problem.

Brandon Tozzo noted that currently 1 in 3 houses in Kingston Frontenac Lennox & Addington are food insecure. Have a portion of parking ticket revenue going to food banks but it is not enough. Food Banks are at their capacity of what they can deliver. At this rate they will break. Need enough municipalities to make declarations so that political parties can put platforms together. This is not solvable at a municipal level.

S Pankow expressed his hope that this creates a tsunami of resolutions of support. Feels Smiths Falls may be more food insecure here than Kingston is.

E Powers noted that she feels that Basic Income would be a good solution. People need to start demanding that the government do something.

7. PRIORITY ISSUES

1. Food Insecurity / Declaration of Emergency (S Pankow)

S Pankow noted that there are things that are happening but it is modest. There is a transportation barrier for people to get to the food bank. There are profound challenges, but we cannot give up. Recommends that we tailor Kingston's declaration to Smiths Falls using a more regional focus. Prepare a resolution to bring forward to Council.

P McKenna stressed the need to put effort into what a declaration will afford us.

N Croteau asked if we could combine Basic Income.

D Cave supports and thinks a "call to action" should be

included. Need results and change. There is no grocery store in downtown area of Town. Need to include that we do want a response to this resolution/declaration.

ACTION: K Costello, S Pankow and P McKenna to work on a motion and bring forward to next meeting.

2. Allyship Pamphlet

M Ghaffari, N Croteau, and C Cutler will meet in the near future to discuss and bring forward to March meeting.

3. Year at a Glance / Planning for 2025

How do we advance each pillar to make a difference?

Any committee member with ideas for delegations is to advise K Costello. S Pankow to reach out to Linda Tranter as well to be a delegation.

N Croteau noted that WAK could also do a delegation and give a different perspective.

P McKenna noted that the Community and Well Being Plan has a big section for paramedics and the Chief is a delegation at an upcoming Committee of the Whole.

For discussion at an upcoming meeting.

4. Interim Report (K Costello)

Group discussed having something more circular instead of pillars. For discussion at an upcoming meeting.

8. CORRESPONDENCE ITEMS

9. IN-CAMERA ISSUES (None)

10. NEXT MEETING DATE: March 13, 2025 @ 9 a.m.

11. ITEMS FOR FUTURE MEETINGS (K Costello)

A) Diversity Training Update (N Bennett)

B) Currently in the Cultural Plan: Launch educational campaigns within the community to foster inclusion (J Crowder)

C) Rainbow Registry Delegation

12. ADJOURNMENT

Moved by: Diana Cave

Seconded by: Nicole Croteau

THAT the meeting be adjourned at 10:37 AM and stand so adjourned until the next duly called meeting.

Food Insecurity in Leeds, Grenville & Lanark

2024 - 2025



Leeds, Grenville & Lanark District

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Outline

- Food insecurity defined
- Impacts of food insecurity
- Nutritious Food Basket costing
- Cost of healthy eating
- Addressing food insecurity
- Food access



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Food Insecurity

- Inadequate or insecure access to food due to **financial constraints**
- **15.5%** of households in LGL are food insecure
- Food insecurity can affect anyone:

46% of single mother households	32.3% of single father households
28.4% of children	25.6% of those living alone
36.8% of Indigenous people living off-reserve	27.5% of renters
52.8% of food insecure households relied on employment income	58.6% of households relying on social assistance were food insecure



Impacts of Food Insecurity

- Not being able to afford nutritious food affects the health of individuals, families and our communities
 - Adults are more likely to experience: poor physical and mental health, worse oral health, infectious diseases and injuries, chronic diseases and shorter life expectancy
 - Children are more likely to experience: poor mental health, asthma, and poor growth and development



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Impacts of Food Insecurity

- Health care costs among food insecure adults are **more than double** that of food secure adults. **Why?**
 - ↑ hospitalization, ↑ length of stay, ↑ risk of being readmitted
 - Delay/skip medication due to financial constraints
 - Difficulty managing chronic health constraints (e.g., medication, therapeutic diet) due to financial constraints



Cost of Healthy Eating in LGL

Nutritious Food Basket

- Standardized food costing tool used by PHUs in Ontario to monitor the affordability of food
- Survey of 61 food items that together form a nutritious diet based on Canada's Food Guide
- Results are compared to individual and family incomes and expenses to assess food affordability for various scenarios



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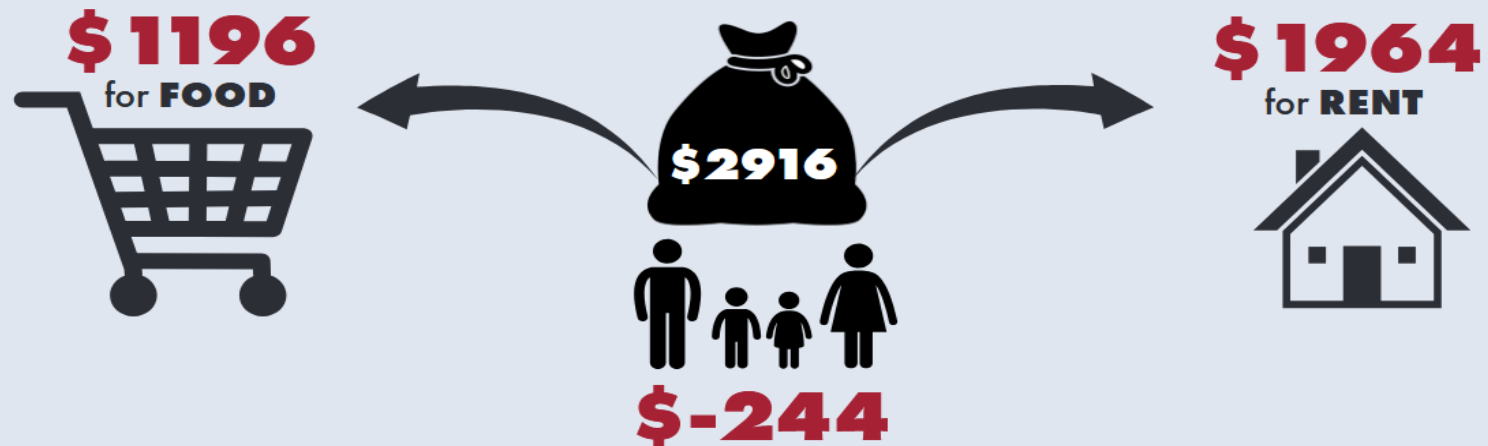
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Cost of Healthy Eating in LGL

The cost of feeding a family of 4 in LGL is **\$1196** per month

The reality of living with food insecurity:

Family of 4 on Ontario Works



In this scenario, the monthly income is not enough to pay for both rent **AND** food. There is **NO** money left over for anything else:



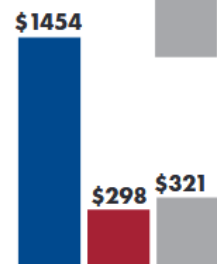
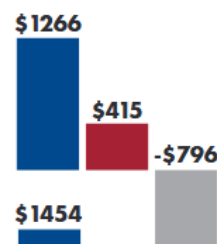
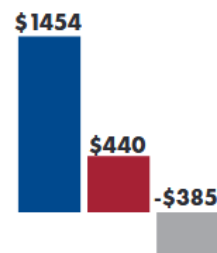
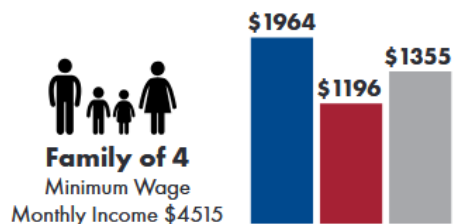
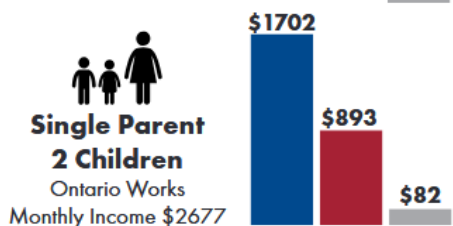
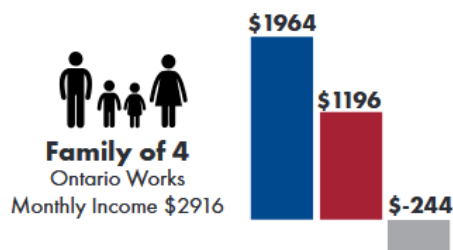
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Household Income Scenarios in LGL



Household Income Scenarios in LGL



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Addressing the Root of Food Insecurity: Poverty

- Systemic, income-based solutions are needed to address the root cause of food insecurity – **poverty**
- Solutions that together can help eliminate poverty include:
 - Ensuring social assistance and minimum wage rates provide for the cost of living
 - Expanding income tax filing initiatives for low-income households to ensure access to eligible government subsidies
 - Implementing basic employment standards to reduce precarious employment
 - Encouraging local businesses to becoming living wage employers and supporting those that do



What can municipalities do?

- Advocate for federal and provincial governments to implement income-based policies and programs
- Facilitate local level initiatives that increase economic resilience for individuals and families living with low income, such as:
 - Free income tax filing assistance
 - Targeted support for access to and training for jobs with livable wages, benefits
- Collaborate with community partners from various sectors



What are municipalities doing?

- Councils for the **City of Kingston**, the **City of Mississauga** and the **City of Toronto** have all passed motions to declare food insecurity an emergency
- Common recommendations in these motions included:
 - Request provincial government increase base funding for school nutrition programs and invest in expansion
 - Request provincial/federal governments:
 - Commit to addressing food insecurity
 - Increase/index social assistance rates
 - Invest in affordable housing
 - Build a stronger workforce by improving working conditions (labour laws, worker support programs)



Food Access



Free/Low Cost Meals
Almonte, Carleton Place, Lanark
September to December 2024

Community Meals

Program	Details	Address/Contact
Hungry Lunch Zion Memorial United Church	Hot, nutritious meals served every Tuesday at 12:00pm. Dine-in or take-out, all welcome.	37 Franklin St., Carleton Place (613) 257-2133
Mississippi Mills Youth Centre Community Meals Program	Serving free meals and snacks 2:30pm - 7:30pm Monday - Friday 11:00am - 5:00pm - Saturdays	134 Main St., Almonte (613) 256-5959
St. James Breakfast Table St. James Anglican Church	Breakfast every Wednesday 8:30am - 10:30am	225 Edmund St., Carleton Place (613)-257-3178



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Questions?



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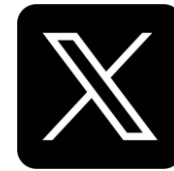
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