

2010 Community Food Security Inventory



North Bay Parry Sound District
Health Unit



North Bay Parry Sound District

Health Unit

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North Bay Parry Sound District Health Unit 2009

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Part A: Thinking About Food Security and Food Systems



Purpose of the Community Food Security Inventory

The Community Food Security Inventory is a resource that aims to:

- Increase access to healthy food by connecting people with food programs and food-related initiatives in our communities.
- Raise awareness about community food security.

Definition of Community Food Security

Community food security is defined as a situation where all community residents obtain a safe, culturally acceptable, nutritious diet through a sustainable food system that maximizes community self-reliance and social justice.¹

Food Security means...

- People can afford and are able to access nutritious and safe food that they enjoy eating.
- Everyone can access food in a way that does not compromise human dignity.
- Food is grown and accessed in ways that are environmentally sound and socially just.
- Everyone will have enough food to eat.
- We can feel confident about the safety and the quality of the food we eat.

Food Insecurity means...

- People can't afford or are not able to access foods that they enjoy and need in order to be healthy.
- Not having sufficient and safe food for future generations.
- Feeling stressed about whether you have enough food or about where your next meal will come from.
- Worrying about food safety and what is in the foods we eat.

Community Food Security From a Public Health Perspective

Community Food Security aims to secure access to enough safe, nutritious, culturally appropriate food for all. When community food security exists, food is produced in a sustainable way and provided in a manner that promotes human dignity.¹

Community Food Security relies on the cooperation of all within a local regional food system, including growers and producers, consumers, community agencies, government organizations, businesses, academic researchers and environmental advocates.

Community Food Security addresses issues in the economic, environmental and social aspects of the food system and thus promotes:

- ✓ Adequate incomes for consumers and producers.
- ✓ Local and diverse food production.
- ✓ Environmental sustainability including protection of local agricultural lands and fish habitat.
- ✓ Widespread access to healthy food.
- ✓ Food-based community development.²

The actions of Community Food Security are based on those of the Ottawa Charter for Health Promotion:

- ✓ Building personal skills.
- ✓ Strengthening community action.
- ✓ Building healthy public policy.
- ✓ Creating supportive environments.

*Healthy food must be available,
accessible and affordable to support the healthy
eating choices for all, including people who do not
own cars, have reduced mobility and/or
have a low income.³*

Building Food Security Into the Future

Food Security Continuum⁴

There are many strategies to build food security. These strategies can be considered along a continuum from short-term strategies that address immediate needs to system change strategies that aim to build community food security into the future.

Stage 1	Stage 2	Stage 3
Short-term Relief Strategies	Individual and Community Capacity Building Strategies	System Change Strategies
<div style="display: flex; justify-content: space-between; align-items: center; padding: 5px;"> Food Insecurity Food Security </div>		
Emergency food programs such as: <ul style="list-style-type: none"> • Food banks • Soup kitchens • Church meal programs 	Initiatives that move beyond emergency food and focus on capacity building such as: <ul style="list-style-type: none"> • Community kitchens • Community gardens • Farmers' markets • Buying clubs 	Structural change to food, social and economic systems through: <ul style="list-style-type: none"> • Food policy • Social justice networks • Coalitions and councils

“My major problem with the world is a problem of scarcity in the midst of plenty...of people starving while there are unused resources...people having skills which are not being used.”

(Milton Friedman)

You Can Contribute to Community Food Security

This section has been adapted with permission from the Sudbury and District Health Unit.

Have you ever thought about the food you eat? How food gets from the farm to your plate and the choices we make about the foods we eat can have important effects - not only on our health, but on the health of the environment, the economy and the communities we live in.

To help you think more about the food you eat, consider the following:

Buy Local

- Buying locally grown produce usually means a fresher product that has been handled, stored and transported less and has retained its nutrients.
- When you buy local foods, you support farmers in your area, create demand for industry-related jobs and keep money in the local economy.
- Food purchased shortly after harvest often uses less packaging which means less garbage in our landfills.
- Food purchased closer to home doesn't need as much fossil fuel to transport it reducing air, land and water pollution.

Choose local, Ontario and Canadian foods more often than those imported from other countries.

Grow It

- Growing your own food ensures a supply for you and your family and leaves you with a sense of accomplishment and pride.
- Community gardens supply food for a neighbourhood and allow people to share knowledge while working cooperatively side by side. This sharing often results in stronger, safer neighbourhoods and people are more willing to help each other out when the need arises.
- School gardens are a valuable learning tool for children and youth. Caring for a garden teaches students responsibility and cooperation while learning about food, health and the economy. School gardens and food grown by local farmers provide tasty, healthy foods that can be used to support student nutrition programs.
- Growing your own food allows you to enjoy all of the benefits of buying local.

Continued...



Share It

- Local food festivals create opportunities for sharing, learning and discovering new foods as well as enjoying old favourites.
- Research has shown that families who eat together often eat healthier and have healthier lifestyle habits. Sharing a meal with family or friends also allows people to socialize.
- Sharing food can improve people's appetites or desire to eat, especially in the case of those who are lonely or isolated.

Cook It

- Cooking meals from scratch allows you to control the amount of fat, sugar and salt that goes into your meals.
- Cooking allows people an opportunity to enjoy traditional, authentic dishes that they might not otherwise get to share with family and friends.
- Menu planning, budgeting, shopping and cooking are all valuable life skills that children and youth need to develop in order to feed themselves for a lifetime.

Get involved in your local community food security initiatives

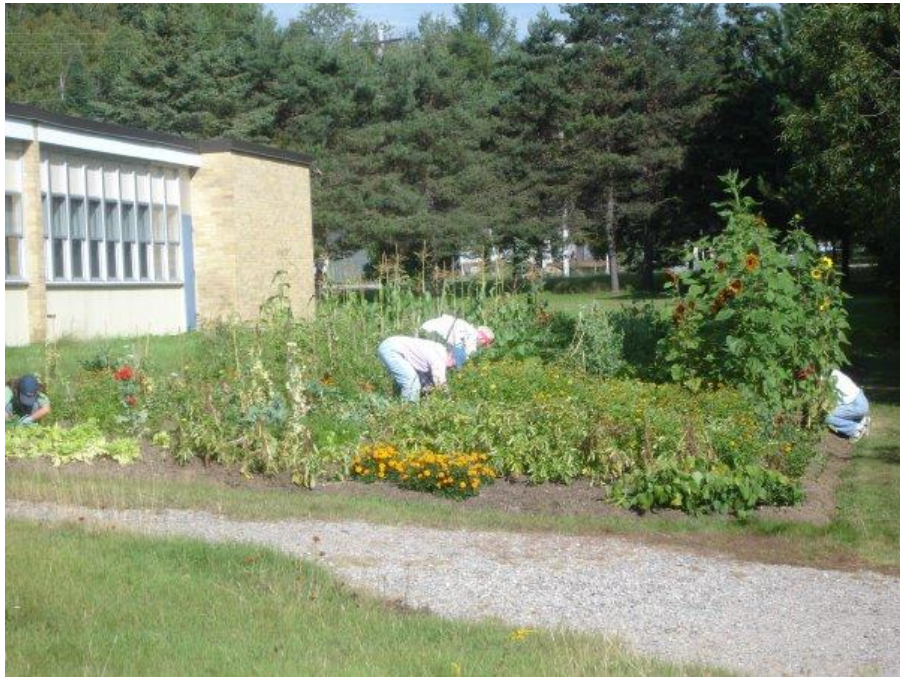
Every action goes a long way. You can play a part in improving community food security by getting involved in your local community food security initiatives which are listed in Part B.

Part B is organized according to the Food Security Continuum described on page 3.

“How can we build communities in tune with nature’s wisdom in which no one anywhere has to worry about putting food – safe healthy food – on the table?”

(Francis Moore Lappe Hope’s Edge)

Part B: Food in the North Bay and Parry Sound District Communities



Part B is organized according to the Food Security Continuum (page 3).

Food Banks

- Food banks are places where food is gathered, stored and distributed free of charge to people in need throughout the community.
- Food banks are a type of emergency food program. In a food secure community, income, employment, housing and transportation policies ensure food accessibility and availability for all. Unfortunately, food insecurity still exists in our community and there is a need for emergency food programs. Food providing organizations do contribute to community food security, but they do not ensure a sustainable food system and are only a small piece of the short-term solution to food insecurity.
- The need to access food banks is rising. The number of people in North Bay accessing food banks between 2007 and 2008 increased 10%⁵.

For more information on Food Banks:

Food Banks of Canada
www.cafb-acba.ca

Local Food Banks

Argyle – Bear Valley Food Bank

Phone: (705) 729-5582

Location: Hwy 522, #6841 Argyle

- Open Wednesdays, 11:00 am to 2:00 pm.
- There are a variety of food products available; point system.

Bonfield - Bonfield & Rutherglen Food Bank

Phone: (705) 776-1091

Location: Bonfield Church
408 Gagnon Street
Bonfield, ON P0H 1E0

- Open every second and third Monday of each month.
- 6:00 pm to 8:00 pm.
- Recommended limit of one visit per month; point system.

Burk's Falls – Burk's Falls Food Bank

Phone: (705) 380-6551

Location: 205 Ontario Street
Burk's Falls, ON P0A 2C0

- Open Tuesdays, 1:00 pm to 3:00 pm; Fridays, 9:30 to 11:30 am.
- Recommended limit of one visit per month.

Continued...

Local Food Banks continued

Garden Village - Nipissing First Nation Food Bank

Phone: (705) 753-6972

Contact: Wendy Lariviere

Location: 316 Ted Commanda Drive
Garden Village, ON P2B 3K2

- Open Mondays, 1:00 pm to 4:30 pm; Fridays, 8:30 am to 12:00 pm.
- They have a clothing section for clients.
- Eligibility: All Nipissing First Nation Residents.
- Must provide identification for each member of family and proof of address.

Mattawa - Mattawa Food Bank

Phone: (705) 744-6706

Contact: Lise Reed

Location: 450 Hurdman Street
Mattawa, ON P0H 1A0

- Collaboration by Mattawa churches.
- Open every second Wednesday 11:00 am to 2:00 pm.
- Available for access two times per month.
- Access restricted based on financial information provided.
- Pick up only (delivery available in extreme circumstances).

North Bay - Catholic Charities Food Bank

Phone: (705) 472-3970

Location: 480 McIntyre Street West
North Bay, ON P1B 2Z4

- Open Tuesdays, 9:00 am to 12:00 pm.
- Recommended limit of one visit per month.

North Bay - Corpus Christi Church Food Bank

Phone: (705) 472-2127

Location: 1781 Cassells Street
North Bay, ON P1B 4C6

- Phone requests only, on Fridays, 1:00 pm to 3:00 pm.
- Food delivered on Tuesdays to individuals living east of O'Brien Street.
- Limit of one delivery per month.

Continued...

Local Food Banks continued

North Bay – North Bay Food Bank

Phone: (705) 495-3290

Location: 1319 Hammond Street
North Bay, ON P1B 2J2

- Open Mondays, Wednesdays, Fridays, 9:00 am to 2:30 pm.
- Recommended limit of one visit per month; point system.

North Bay - Infant Food Cupboard of Nipissing

Phone: (705) 474-8910, ext. 65

Location: Ontario Early Years Centre
171 Chippewa Street West
North Bay, ON P1B 6G3

- Call before noon Tuesday to inquire.
- Program runs 1:00 pm to 4:30 pm.
- Formula, diapers and baby food provided to identified families.
- Limit of once per month for up to 3 months.

North Bay – Lutheran Church of the Redeemer Food Bank

Phone: (705) 472-9169

Location: 2nd Avenue East and Ferguson
North Bay, ON P1B 1X8

- Open Tuesdays, 9:30 am.
- First come first serve every week.

North Bay - Salvation Army Food Bank

Phone: (705) 474-7859

Location: 134 McIntyre Street East
North Bay, ON P1B 1C4

- Open Mondays and Wednesdays, 10:00 am to 1:30 pm; Fridays, 10:00 am to 1:00 pm.
- Recommended limit of one visit every other month for food.

North Bay - St. John's Anglican Church Food Bank

Phone: (705) 472-6070

Location: 301 Main Street East
North Bay ON P1B 1B3

- Open Wednesdays, 9:00 am to 10:00 am.
- Every week; can choose 5 items.
- Closed in August.

Continued...

Local Food Banks continued

North Bay - St. Peters Roman Catholic Church Food Bank

Phone: (705) 472-1817

Location: 299 Airport Road
North Bay, ON P1B 8W7

- Open Tuesdays, 9:00 am.
- Limit of one visit per month.
- For phone requests; first 8 callers only (no messages).
- May be able to deliver if needed.
- Area of service is north of High Street and west of O'Brien Street.

North Bay - St. Andrew's United Church Food Bank

Phone: (705) 472-7680

Location: 399 Cassells Street
North Bay, ON P1B 3Z4

- Open Thursdays, 8:30 am to 10:30 am.
- Every 2 weeks, can choose 5 items.
- Closed in July and August.

North Bay - St. Brice's Anglican Church Food Bank

Phone: (705) 474-4005

Location: 1225 Cassells Street
North Bay, ON P1B 4B8

- Open Thursdays, 9:00 am to 11:00 am.

North Bay - St-Vincent de Paul Society Food Bags

Phone: (705) 497-9784

Location: 280 Fifth Avenue East
North Bay, ON P1B 8Z5

- Open Thursdays, 12:00 pm to 1:30 pm.
- Limit of one visit every 2 months.
- Closed in July and August.

North Bay - Student Food Bank

Nipissing University and Canadore College

Phone: (705) 474-7600, ext. 5547

Location: Student Union Office
100 College Drive
North Bay, ON P1B 8K9

- Open Monday to Friday, 9:00 am to 6:00 pm.
- Limit of 2 grocery bags per visit.

Continued...

Local Food Banks continued

North Bay - Trinity United Church Food Bank

Phone: (705) 474-3310

Location: 111 McIntyre Street East
North Bay, ON P1B 1C5

- Open Mondays, 9:30 am to 11:00 am.
- Limit of one visit per month.
- Closed in August.

Parry Sound – Harvest Share Community Food Bank

Phone: (705) 774-9111

Location: 22A Miller Street
Parry Sound, ON P2A 2L2

- Open Tuesdays, 9:00 am to 12:00 pm.

Parry Sound – Salvation Army

Rainbow Country Church Emergency Food Bank

Phone: (705) 746-5391

Location: 61 Gibson Street
Parry Sound, ON P2A 1X2

- Open Mondays, Wednesdays, Fridays, 1:30 pm to 3:30 pm.
- Entrance is beside office door.
- Limit of one visit per month; by appointment.

Powassan - Powassan Food Bank

Phone: (705) 724-5693

Location: 70 King Street
Powassan, ON P0H 1Z0

- Next to the Legion, Second Chance Clothing Store.
- Open Thursdays, 12:00 pm to 3:00 pm.
- Intake process; point system.

South River Food Bank - Good Happenings

Phone: (705) 386-2615

Location: Behind Town Hall on Hunter Street
South River, ON P0A 1X0

- Beside Radio Shack.
- Open Thursdays, 1:30 pm to 3:30 pm.
- Limit of one visit per month; point system.

Continued...

Local Food Banks continued

Sturgeon Falls - West Nipissing Food Bank

Phone: (705) 753-0314

Location: 45 John Street
Sturgeon Falls, ON P2B 1Y2

- Basement of Our Lady of Sorrows Church.
- Open third Wednesday of each month, 1:00 pm to 3:00 pm (except in December, second Wednesday of December).
- Emergency arrangements can be made.

Sundridge Food Bank

Phone: (705) 384-1632

Location: Almaguin Highlands Community Living
Unit #78 – Hwy. 11 South
Sundridge, ON P0A 1Z0

- Call Monday to Friday to arrange to meet with coordinator at food bank.
- Services Sundridge, Joly and Strong Districts.
- Limit of one visit per month.

Callander and Area Food Bank

Phone: (705) 752-4819

Location: 78 Lansdowne St
Callander, ON P0H 1H0

- Open Tuesdays from 3-6

Soup Kitchens and Meal Programs

- Like food banks, soup kitchens and meal programs are considered emergency food programs.
- Community volunteers provide meals free of charge or at very low cost to people in need.
- Organized in various ways, soup kitchens can offer one or multiple meals a day depending on available capacity and donations.
- Soup kitchens and meal programs provide a valuable community service that contributes to community food security, but they do not ensure a long term sustainable food system.

North Bay - Salvation Army - Gospel Fellowship Café

Phone: (705) 474-7859

Location: 134 McIntyre St. East
North Bay, ON P1B 1C4

- Dinner is served Sundays at 6:00 pm.

Continued...

Soup Kitchens and Meal Programs Continued

North Bay - The Gathering Place Soup Kitchen

Phone: (705) 474-7687

Location: 392 Algonquin Ave
North Bay, Ontario P1B 4W3

- Lunch is served Monday to Friday 11:30 am to 1:30 pm.

North Bay - West Ferris Community Brunch

Phone: (705) 472-1806

Location: Emmanuel United Church
395 Lakeshore Drive
North Bay, ON P1A 2C5

- Open every fourth Saturday 9:00 am to 10:30 am.

Phone: (705) 472-6070

Location: St. John's Anglican Church
301 Main Street East
North Bay, ON P1B 1B3

- Open every second Saturday 9:00 am to 10:30 am.

Parry Sound - Harvest Share Community Lunch Bunch

Phone: (705) 774-9111

Location: St. James United Church
7 Mary Street
Parry Sound, ON P2A 1B4

- A hot lunch is served by volunteers.
- Open Mondays at 12:00 pm; Wednesdays at 4:00 pm.

Parry Sound - St. Andrew's Presbyterian Church

Phone: (705) 746-9612

Location: 58 Seguin Street
Parry Sound, ON P2A 1B6

- Open the third Tuesday of every month from October to May at 5:30 pm.

Grocery Stores That Deliver and Delivery Services

- For those with limited mobility or lack of access to transportation, grocery stores that deliver and grocery delivery services can help ensure food security.

Area	Store/Service	Contact Info	Delivery Details
Astorville	Perron's Freshmart	1468 Village Road Astorville, ON P0H 1B0 (705) 752-1930	Phone Denise Beaupre to make arrangements for delivery
Burk's Falls	Collins' Valumart	24 Commercial Drive Burk's Falls, ON P0A 1C0 (705) 382-3134	Free delivery on Wednesdays for seniors *Must shop own orders
North Bay	Bay Produce	1205 Fisher Street North Bay, ON P1B 1H3 (705) 472-3773	Deliver using the 5-0 Cab service; client pays for cab fee
North Bay	TW Foods	137 Main Street East North Bay, ON (705) 494-4864	\$5.00 for delivery within North Bay and Callander
North Bay	The Grocery Gal	680 Main Street West North Bay, ON P1B 2V5 (705) 498-5993	Same day delivery weekdays 8am-6pm. Delivery price varies with volume of groceries.
Sturgeon Falls	Foodland	180 King Street Sturgeon Falls, ON P2B 1R5 (705) 753-4492	\$5.00 for delivery within Sturgeon Falls
Sundridge	Foodland	10 John Street Sundridge, ON P0A 1Z0 (705) 384-5378	Deliver Tues and Thurs \$3.00 for seniors \$5.00 for public
Verner	Foodland	4 Principale Street Verner, ON P0H 2M0 (705) 594-2354	Delivery in town only \$2.00 for delivery Phone to arrange

Food For Seniors

- Seniors living in the community may be at risk for food insecurity because they physically or financially cannot access enough nutritious food.
- Mobility limitations may affect seniors' ability to access food, prepare nourishing meals or shop for themselves.
- Seniors may be forced to purchase food in smaller quantities or rely on convenience stores for groceries due to lack of transportation, both of which are practices that are generally more expensive.
- Increasing seniors' access to food may help them eat well and have a better quality of life.

North Bay - VON Meals on Wheels

Phone: (705) 472-8050 x2228

Location: 180 Sherriff Ave, Unit #210
North Bay, ON P1B 7K9

Cassellholme

- Entrées cost \$4.75. Soups cost \$1.00.
- Orders must be in by Monday at 1:00 pm for delivery on Thursday that same week.

Apetito Group

- Breakfast and snacks can be ordered at a cost of \$1.75 each.
- 8 frozen entrées with no dessert or soup is \$34.50.
- 6 frozen food entrées which include soups or dessert is \$34.50.
- Orders must be made each Friday, 8 days prior to delivery date (Mondays).

Hot meals:

- Meals are delivered Monday to Friday, including holidays, between 11:30 am and 12:45 pm.
- Hot meals cost \$5.25 and include meat, starch (potato, rice or pasta) and vegetables, salad (or soup), dessert and a fresh fruit.
- Special diets are also available, and allergies and some preferences are considered.
- Delivery is available in North Bay only.

Frozen Meals:

- Meals may be heated in microwave or oven.
- Delivery is available in North Bay, or individuals living outside of North Bay can pick up frozen meals from Meals on Wheels office.

Continued...

Parry Sound – Belvedere Heights Community Support Services

Phone: (705) 746-5602
1-800-883-0058

Location: 21 Belvedere Avenue
Parry Sound, ON P2A 2A2

- Office hours: Monday to Friday, 8:00 am to 4:00 pm.

Meals on Wheels

- Currently operates three days per week and delivers to anyone living within 30 minutes of Parry Sound, Britt, Pointe Au Baril and Dunchurch.
- Hot meals are \$6.10 and frozen meals are \$4.80.
- Please phone for more details.

Transportation Program

- Volunteers drive seniors to obtain groceries, to attend medical appointments and special community events like the Diners' Club.
- Please phone for more details.

Diners' Club

- Diner's Club is a social event where a dinner is provided at a central location. Rides are arranged for anyone unable to drive or find a ride.
- The Diner's Club is active in Dunchurch, and Parry Sound. \$8.50 per dinner.

Friendly Visiting Program

- Volunteers make phone calls and/or visit individuals who would like company or to be checked on. This is a free service.

Vegetable and Fruit Baskets

- Delivery offered twice per month. Mixed fruit basket or mixed vegetable tray or package of root vegetables for \$5.00. All three can be ordered for \$15.00.



Canada Prenatal Nutrition Program

- The Canada Prenatal Nutrition Program (CPNP) funds projects to increase access to health and social support for pregnant women who face challenging circumstances that put their health and the health of their infant at risk. It also increases the availability of culturally sensitive prenatal services for Aboriginal women.
- CPNP aims to reduce incidence of unhealthy birth weights, improve maternal and infant health, encourage breastfeeding and strengthen community support for pregnant women.⁶

For more information on the Canada Prenatal Nutrition Program:

Public Health Agency of Canada

www.phac-aspc.gc.ca/dca-dea/programs-mes/cpnp_main-eng.php

Local Prenatal Nutrition Program

Nipissing First Nations Healthy Babies Healthy Children

Phone: (705) 753-3312

Location: 58 Semo Road
Garden Village, ON P2B 3K2

- Ask for the Healthy Babies Healthy Children program (HBHC) or the Canada Prenatal Nutrition program (CPNP).
- Pregnant women and new mothers receive a box of fresh vegetables and fruit and a milk coupon each month. The program's objective is to help meet nutritional needs of pregnant and breastfeeding moms and to help new mothers stay healthy to meet the demands of young families during the baby's first year.
- Eligibility for CPNP: Nipissing First Nation band members who are able to access services on the reserve.
- Eligibility for HBHC: Nipissing First Nation band members who live on the reserve.
- **Milk Voucher program:** Children ages 1 to 6 years (living on reserve), free monthly milk voucher for each child.

Continued...

Local Prenatal Nutrition Programs continued

North Bay & Area - Mothercare Nipissing

Phone: (705) 472-0910

Location: Trinity United Church
111 McIntyre Street East
North Bay, ON P1B 1C5

- Weekly drop-in on Wednesday mornings from 9:30 am to 11:30 am.
- For expectant and new mothers. This includes for breastfeeding support and nutrition advice by an on-site nutritionist.
- Participants are involved in cooking easy, cost efficient, healthy meals.
- Participants receive coupons and food vouchers.

Parry Sound – Muskoka Ontario Early Years Program

Phone: (705) 746-9522

1-800-668-8555

Location: 64 Waubeek Street
Parry Sound, ON P2A 1C6

- The program is for the parent/caregiver of a child from ages 0 to 6 years.
- Tuesday and Wednesday evenings, a light meal is provided at 5:30 pm.
- The program offers child centered activities and parenting resources.
- Open Monday, Thursday, Friday: 8:30 am to 4:30 pm.
- Open Tuesday and Wednesday 8:30 am to 8:00 pm.

Parry Sound - Great Beginnings Program

- Expectant moms and moms with babies up to 6 months of age.
- Free nutritious food and supervised play area for young children.
- Open Thursdays 12:30 pm to 2:30 pm.
- Located at the Early Years Centre.

Parry Sound - Growing Up

- Parents with children six months to six years of age.
- Open Fridays 9:00 am to 11:00 am.
- Food coupon for program participants.
- Located at the Early Years Centre.

South River Early Years Program

Phone: (705) 386-0570

Location: 16 Toronto Avenue
South River, ON P0A 1X0

- Open Tuesday evenings 4:30 pm to 7:30 pm.
- The program is for the caregiver and child from ages 0 to 6 years.
- At 5:30 pm enjoy a light nutritious meal followed by child centered activities which parents can enjoy with their children.
- Parenting resources available.
- ‘Fabulous Friday’ light lunch served once a month at 11:30 am.

Breastfeeding Supports

- Breastmilk is the best infant food to support optimal nourishment for the growing infant.
- Breastfeeding is an inexpensive choice that provides complete food security for infants up to the age of six months.
- Breastfeeding also contributes to household food security when combined with appropriate complementary foods from six months to two years of age and beyond.

North Bay Parry Sound District Health Unit

- Public Health Nurses offer telephone support and home visits.
- For more information, phone the office closest to you.

North Bay Office

681 Commercial Street
North Bay, ON P1B 4E7
Phone: (705) 474-1400
1-800-563-2808

Parry Sound

70 Joseph Street, Unit 302
Parry Sound, ON P2A 2G5
Phone: (705) 746-5801
1-800-563-2808

Burk's Falls Office

Telephone inquiries only:
Tel: (705) 382-2018
1-800-563-2808

Drop in for Breastfeeding Support by Public Health Nurses

Location: Marshall Park School
4 Marshall Park Drive
North Bay, ON P1A 2N9

- Open Mondays 11:00 am to 12:00 pm.

Location: Early Years Centre
171 Chippewa Street West
North Bay, ON P1B 6G3

- Open Thursdays 10:00 am to 11:30 am.

North Bay & Area Breastfeeding Peer Support Program

Phone: (705) 474-8910, ext. 27

- An experienced breastfeeding mother is matched with a pregnant or new breastfeeding mother to provide support, encouragement and non medical information by telephone.

Laugh, Latch & Learn

Phone: (705) 474-8910

Location: Early Years Centre
171 Chippewa Street West
North Bay, ON P1B 6G3

- Group peer support is offered by trained breastfeeding peer support volunteers the first Wednesday of each month from 10:00 am to 12:00 pm.

Continued...

Breastfeeding Supports continued

Aboriginal Healthy Babies, Healthy Children

Phone: (705) 753-9665

Location: 159 Main Street
Sturgeon Falls, ON P2B 1P1

Algonquin Health Services Hospital

Phone: (705) 789-2311

Location: 354 Muskoka Rd 3 North
Huntsville, ON P1H 1H7

Community Health Nurses for First Nations Communities

Phone: (705) 746-5807

Location: 74 James St, 2nd Floor
Parry Sound, ON P2A 1T8

Lawrence Commanda Health Centre – Nipissing First Nations

Phone: (705) 753-3312

Location: 58 Semo Road
Garden Village, ON P2B 3K2

North Bay Indian Friendship Centre

Phone: (705) 472-2811, ext. 15

Location: 980 Cassells Street
North Bay, ON P1B 4A6

North Bay Métis Council

Phone: (705) 474-2593

Location: 101 Worthington Street East, #237
North Bay, ON P1B 1G5

West Parry Sound Health Centre

Phone: (705) 746-9321

Location: 6 Albert Street
Parry Sound, ON P2A 2R8

Motherisk

Phone: (705) 416-813-6780

Website: <http://www.motherisk.org/women/index.jsp>

- Information about safety or risks of drugs, chemicals and disease while breastfeeding.

Farmers' Markets

- Farmers' Markets provide an outlet for local farmers to sell their fresh and locally produced foods in both urban and rural areas.
- Buying from local producers and businesses keeps dollars circulating throughout the region which is good for the community's economy.
- By keeping small, local farms viable, markets sustain regional open space and they can be a critical piece to re-establishing a connection between the farmer and the consumer.
- Many local markets partner with emergency food programs to make fresh and nutritious food accessible to the underserved low-income communities that need it most such as Meal Programs and Food Banks.
- Markets in town and city centers create new gathering places to bring customers downtown where they shop at local businesses as well as at the market.
- Markets in rural areas provide access to local foods where transportation and access to grocery stores may be limited.
- Farmers' markets can also provide extra income for community gardeners and employment for local youth.⁷

For more information on Farmers' Markets:

Farmers' Markets Ontario

www.farmersmarketsontario.com



Markets Registered with the Farmers' Markets Ontario

North Bay

Phone: (705) 474-7824

Contact: Jeff Serran

Phone: (705) 724-3900

Contact: Ron Warman

Location: Parking lot across from City Hall (across from 200 McIntyre St)

- Runs mid-May to mid-October.
- Open Saturdays, 8:30 am to 1:00 pm.

Parry Sound

Phone: (705) 389-2713

Location: Market Square, downtown just behind the Post Office

- Runs the last Tuesday of June until first Tuesday of September.
- Open Tuesdays, 10:00 am to 2:00 pm.

Port Loring

Phone: (705) 757-2127

Location: Behind United Church, next to Gehrke's on Hwy 522

- Runs the end of June to end of August.
- Open Wednesdays, 9:00 am to 1:00 pm.

Powassan

Phone: (705) 724-3144

Contact: Vicki and Maurice Schlosser

Location: Main Street between Brewers Retail & Powassan Co-op Inc.

- Runs mid-May to Mid-October.
- Open Saturdays, 9:00 am to 1:00 pm.

Sturgeon Falls - West Nipissing

Phone: (705) 753-2250

Contact: Judy Pellerin

Location: Sturgeon Falls – At the corner of King Street & Queen Street

- Runs mid-May to Mid-October.
- Open Saturdays, 10:00 am to 3:00 pm.

Other Farmer's Markets

Callander

Phone: (705)752-3613

Location: Callander Legion, 345 Lansdowne St E

- Runs from the beginning of June to Thanksgiving weekend
- Open Sundays, 9:00 am to 1:00 pm

Carling

Phone: (705) 342-9903

Contact: Anita Unwin

Location: Recreation Hall – Hwy. 559

- Runs the weekend before Canada Day to Labour Day.
- Open Saturdays, 8:30 am to 12:30 pm.

Magnetawan

Phone: (705) 387-4954

Location: Downtown at 5 Corners

- Runs the second last Saturday of the month from June to Labour Day.
- Open Saturdays, 10:00 am to 1:00 pm.

Rosseau

Phone: (705) 732-4300 x267

Contact: Heather Scmaltz

Location: Beach/Waterfront site on Lake Rosseau, off Hwy 141, Rosseau

- Runs early July to Early September.
- Open Fridays, 9:00 am to 2:00 pm.

McKellar

Phone: (705) 389-2842

Location: McKellar Community Centre, Hwy 124 (Minerva's Millpond Park, Hwy 124 while Community Centre is under construction)

- Runs Victoria Day long weekend through to Thanksgiving weekend
- Open Saturdays, 8:00 am to 2:00 pm.

Burk's Falls

Phone: (705) 382-2022

Contact: Wilma Robert

Location: 202 Centre St, behind the Armour, Ryerson and Burk's Falls Arena

- Runs the end of June through to Thanksgiving weekend
- Open Tuesdays, 9:00 am – 1:00 pm.

Pick Your Own Farms



- “Pick Your Own” or “U-Pick” farms allow customers to pick their own produce and purchase it from the farm, often at a discounted rate.
- They provide an opportunity to support local farmers and to see where and how our food is grown.

For more information on Pick Your Own Farms:

Farm Visit

www.ontario.farmvisit.com

Local Pick Your Own Farms

Becker’s Berry Patch

Phone: (705) 724-2305

Location: 73 Chapman's Landing Road
Nipissing, ON P0H 1W0

Leisure Farms

Phone: (705) 753-0109

Location: 744 Quesnel Road
Sturgeon Falls, ON P2B 2W3

Schlosser Farm

Phone: (705) 724-3144

Location: 63 Schlossler Line, RR#1
Trout Creek, ON P0H 2L0



According to the Canadian Council of Grocery Distributors, over \$250 million dollars worth of food travels on Canadian roads daily. As fuel costs rise so will the price of food. Almost everything we do is tied to petroleum⁸.

Community Shared Agriculture

- Community Shared Agriculture (CSA) is a farming model in which an individual or an organization pays a set fee to a CSA farmer for a share of the harvest at the beginning of the growing season.
- CSA arrangements differ from farm to farm. The cost of a share, the variety of produce and delivery arrangements will vary.
- Farmers receive payment prior to the growing season to contribute to start up and production costs. Farmers and shareholders share the risks related to the weather. This provides farmers with a secure income regardless of the crop yield and consumers benefit from having access to the farm fresh vegetables.
- CSAs promote crop diversity. Farmers grow a range of produce to ensure the shareholders receive a variety of vegetables. Should the weather affect one crop, others will likely still thrive so shareholders will still receive some fresh produce.
- CSAs are a way to connect farmers to the community and to increase consumers' knowledge about how and where their food is grown.

For more information on CSA Farms:

Community Supported Agriculture: Ontario Directory

www.csafarms.ca

Ministry of Agriculture, Food and Rural Affairs

www.omafra.gov.on.ca



Plant a Row, Grow a Row

- The Plant a Row, Grow a Row concept encourages individuals with gardens to provide donations of fresh vegetables and fruit to food providing organizations such as good food boxes, food banks and meal programs.
- Plant and grow an extra row of vegetables in your garden this year and donate your harvest to a program that needs your support.
- It is important to make sure that donations made by those participating in Plant a Row, Grow a Row meet the needs of the local food programs, so be sure to call ahead and discuss donations and drop offs with the program coordinators.



For more information on Plant a Row, Grow a Row:

Plant a Row, Grow a Row

www.growarow.org

Contact a Food Bank, Soup Kitchen or Meal Program near you for drop off information (see pages 6-12).



Community Gardens

- Community gardens are structured in many different ways. They can be organized by community groups to provide food for food banks, soup kitchens or schools. They can also provide individual community plots to the public to grow their own produce.
- Community gardens provide opportunities for individuals and groups to contribute to sustainable local food systems and play a role in many local food policy and production strategies.
- Community gardens increase access to nutritious food that has been produced in a sustainable way, while serving a diverse range of community members including the elderly, teens and young children and people with a variety of mental and physical capabilities. They can enhance quality of life on individual, family and community levels.
- Community gardens offer many benefits to members of the community including learning and sharing gardening skills, providing access to growing space, cutting costs by buying supplies with others and promoting vegetable and fruit consumption.

For more information on Community Gardens:

FoodShare – Community Gardens

www.foodshare.net/garden02.htm

FoodShare, Toronto 2008

www.foodshare.net

Berman, L. How Does Our Garden Grow? A Guide to Community Garden Success.

Local Community Gardens

**Mattawa Food Bank Community Garden
“The Goody Patch”**

Phone: (705) 744-6706
(705) 744-0008

Location: 450 Hurdman Street
Mattawa, ON P0H 1A0

- Behind Mike Rodden Arena.
- Runs May to October.
- Open any time of day.

Continued...

Community Gardens Continued

Phelps Community Garden

Phone: (705) 663-2885

Contact: Keri Mulka

Location: R.R. #1, 19 Glenvale Drive
Redbridge, ON P0H 2A0

- Runs May to September.
- Open any time of day.

Sweetmans Garden

Phone: (705) 476-3696

Contact: Adelaide Saeger

Location: 476 Cormack Street
North Bay, ON P1B 4K1

- Runs May to October.
- Open Tuesday evenings, but varies throughout the season.

Parry Sound Community Garden

Phone: (705) 746-9330

Contact: Courtney Norrie

Location: 66 Waubeek Street, beside Waubeek Daycare
Parry Sound, ON P2A 1C6

- Runs May – September.
- Open any time of day.



Good Food Box

- The Good Food Box program operates like a large buying club with centralized buying and coordinated delivery of fresh vegetables and fruit.
- Individuals place prepaid orders for food boxes with volunteer coordinators in their neighbourhood and receive a box with fresh, often locally grown, produce.⁹
- Good Food Boxes are an affordable way of increasing vegetable and fruit consumption while supporting local agriculture.

For more information on Good Food Box programs:

Food Share – Good Food Box

www.foodshare.net/goodfoodbox01.htm

Biberstein R. and Daalderop M.J. *The Good Food Box Guide: How to Start a Program in Your Community*. FoodShare 2nd Edition, 2008.

www.foodshare.net/publications_04.htm

Local Good Food Box Programs

Nipissing First Nations - Good Food Box First Nations

Phone: (705) 753-3312

Location: 58 Semo Road
Garden Village, ON P2B 3K2

- Available only to Nipissing First Nations members living on Garden Village reserve.
- Order by first Wednesday of each month.
- Boxes delivered third Wednesday of each month.
- A small box vegetables and fruit is \$10.
- A small box fruit only \$10.
- A large box vegetables and fruit \$20.

Community Support Services – Fruit and Vegetable Baskets

Phone: (705)746-5602

Location: Belvedere Heights
21 Belvedere Avenue
Parry Sound, ON P2A 2A2

- For seniors only
- Delivery of fruit and vegetable baskets twice a month
- Choice of mixed seasonal vegetable package, root vegetable package or fruit package
- Cost is \$5 per package, or \$15 for all three

Community Kitchens

- A community kitchen is a place where people meet to plan, purchase, and prepare meals to be shared among members of the group.
- They offer the opportunity to share skills, socialize and reduce costs of food by purchasing materials as a group.
- Some groups prepare enough food to eat at one meal together, while others prepare several meals in large portions to take home to their families.
- Community kitchens cater to diverse needs and provide a sense of community to those in similar circumstances. For example, it is possible to have vegetarian kitchens, kitchens for new moms and kitchens for those with mental health issues.¹⁰

For more information on Community Kitchens:

FoodShare – Community Kitchens

www.foodshare.net/kitchen07.htm



Student Nutrition Programs

- Student Nutrition Programs (SNPs) provide a free breakfast, snack or lunch program for students.
- SNPs provide nutrition education and consistent healthy eating messages to children and youth. In addition, they can improve students' cognitive performance and their educational achievement.¹¹
- SNPs provide a safety net for children and adolescents at risk for skipping breakfast. Some children may not eat breakfast because they may not be hungry in the morning, parents may not be home, eating breakfast may not be a priority or their home may be food insecure.¹¹
- The Student Nutrition Program Coordinator for the Nipissing and Parry Sound districts can provide information about existing programs at schools in your area as well as provide direction and support to start new student nutrition programs.

For more information on Student Nutrition Programs:

Ministry of Children and Youth Services

<http://www.children.gov.on.ca/htdocs/English/index.aspx>

Student Nutrition Programs

Community Living North Bay

Phone: (705) 476-0974 ex. 47

Contact: Tammy Allan, Student Nutrition Program Coordinator

Location: 175 Chippewa Street West
North Bay, ON P1B 6G3



Sustainable Food Systems Work Groups

Biosphere Action Group

Phone: (705) 774-0978

Contact: Email: info@gbbr.ca

- The Biosphere Action Group (BAG) strives to provide residents with practical skills to adopt more ecologically-friendly living practices. Currently, BAG is focused on food and is working to bring members of the community together to share knowledge and learn skills toward building more self-sufficient and sustainable local food systems.

Near North Locavores

Contact: Chair: Laurel Gallinger

Email: nearnorthlocavores@hotmail.com

- The Near North Locavores is a grassroots organization that supports and promotes local food production and consumption in the Near North region.



Policy Work Groups

Food security and poverty are linked. Policy work groups advocate for beneficial system changes in the areas of affordable housing, access to healthy food, promotion of community food security, adequate incomes for social assistance recipients or minimum wage earners and support for environmentally sustainable economic initiatives.

Poverty Reduction Working Group (PRWG) of Nipissing

Phone: (705) 474-3800, ext. 296

Contact: Chair: Sister Priscilla Solomon
Email: csjfandj@ontera.net

- The PRWG is a community partnership of organizations like District of Nipissing Social Services Administration Board and the North Bay Parry Sound District Health Unit, plus many individuals who are committed to working to reduce poverty through system and program change. The PRWG works in the areas of advocacy, public education and awareness, research, planning and policy development to enhance quality of life for all. Our publications include: *Poverty Reduction in Nipissing District: Perspectives and Priorities* (May 2008) and the *Poverty Factsheet* (Feb, 2009). Membership is open.

District of Parry Sound Poverty Reduction Network (DPSRN)

Phone: (705) 746-5801, ext. 3226

Contact: Email: pspoverty@gmail.com
web: www.dpspr.ca

- The District of Parry Sound Poverty Reduction Network is an association of individuals and organizations committed to reducing poverty and improving the quality of life for all. The DPSRN works at the grassroots level to build healthier communities through research, advocacy, awareness-raising and partnership building activities.

North Bay and Area Social Planning Council

Phone: (705) 705-474-4000, ext. 351

Contact: Tawnia Healy, Executive Coordinator
Email: nbspc@northbayspc.com

Location: P.O. Box 901, Stn Main
North Bay ON P1B 8K1

- The Social Planning Council is a not for profit organization which reflects the diversity of our community. Our purpose is to bring people together to address human needs and promote improvements in the quality of life.
- The Social Planning Council works to affect change in social policy by engaging individuals, building partnerships, conducting social research, identifying gaps and promoting the integration of services where possible for the well being of our community.

Part C: Public Health Resources



North Bay Parry Sound District
Health Unit



Food Security Nutrition Education

Nutritious Food Basket

- Every year Public Health Dietitians in Ontario monitor the cost of healthy eating using the *Nutritious Food Basket Protocol* provided by the Ministry of Health Promotion.
- The *Nutritious Food Basket* is a survey tool that measures the cost of healthy eating. It reflects current nutrition recommendations and Canadian food purchasing patterns. Food costing can be used to monitor both affordability and accessibility of foods by relating the cost of the food basket to individual/family incomes.¹²
- Our “*Price of Eating Well*” document reports the cost of a locally purchased nutritious food basket and is used on an ongoing basis to promote and support policy development to increase access to healthy foods.

Public Health Dietitians

- Dietitians in Ontario are available to answer your questions about various nutrition topics free of charge.

EatRight Ontario

1-877-510-5102

www.eatrightontario.ca

- Local Public Health Dietitians are available to answer budgeting questions and provide budgeting resources to help residents eat well while saving money. Contact your local Public Health Dietitian at (705) 474-1400.
- Local Dietitians offer grocery store tours and workshops that focus on budgeting and healthy eating.

Brochures and handouts available from the Health Unit

- Canada’s Food Guide
- Best buys...Grain Products
- Best buys...Meat and Alternatives
- Best buys...Milk and Alternatives
- Best buys...Vegetables and Fruit
- Penny Pincher Fridge Poster
- Stretching Your Food Dollar
- The Price of Eating Well in the North Bay Parry Sound District 2009
- Have You Ever Thought About the Food You Eat?

For additional copies of this resource, any of the resources listed above, or for more information on Public Health Nutrition Education in your area, please contact your local Public Health Dietitian at (705) 474-1400.

Food Safety

- A recent study found that consumers consider themselves knowledgeable regarding safe food handling, and would attribute a food safety problem to a source other than food handling in the home¹³. However, other research confirms that private homes are the most common origin for foodborne illness, the least suspected source, and the least reported of all instances of foodborne illness¹⁴.
- The North Bay Parry Sound District Health Unit inspects food premises, investigates incidence of foodborne illness, participates in food recalls, and provides support to the community with valuable and up to date information on food safety. Public Health Inspectors are also available by telephone to answer questions on recalls, foodborne illness and other questions related to food at 705-474-1400 ext 2400. The Public Health Unit also supports the community through the following initiatives:

Fight BAC![®] Program

- Every summer, the Fight BAC![®] Program brings the message of food safety at home to local grocery stores. This educational display provides the public with free take home information on the key components of food safety.



Preparing Food Safely

- This course provides valuable information on safe food handling to volunteer organizations that prepare and serve food for special events and fundraisers.



Food Handler Certification course

- This course is offered throughout the year, which provides people in the food industry, or anyone who is regularly involved in food preparation for others, with a more comprehensive training on food handling and preventing foodborne illness.

Other Resources on Community Food Security

- ***A Systemic Approach to Community Food Security: A Role for Public Health***, A position paper adopted by Ontario Public Health Association, Nov 2002.
http://www.opha.on.ca/our_voice/ppres/papers/2002-01_pp.pdf
- ***Food Security Learning Centre: World Hunger Year***.
www.worldhungeryear.org
- ***The Foodshed Project... A sustainable eating project***: Working in partnership with the citizens of the Sudbury and Manitoulin Districts to develop economically sustainable community food security initiatives that improve health, community, economy, and environment. Sudbury, Ontario.
www.foodshedproject.ca
- ***FoodShare***: Working with communities to improve access to affordable and healthy food from field to table. Toronto, Ontario
www.foodshare.net
- ***Greening Nipissing***: A member of Green Communities Canada, a national association of non-profit organizations that deliver innovative, practical environmental solutions to Canadian households and communities. Provides information on a 'Green Food Guide'.
www.greeningnipissing.org
- ***Making the Connection: Public Health and Food Security***, Community Nutritionists Council of BC, Public Health Association of BC
www.phabc.org/pdf/Food_Security.pdf
- ***Sudbury-Manitoulin Food Security Network***: – includes links to food security reports, papers and the Sudbury-Manitoulin Food Charter.
<http://communities.mysudbury.ca/Sites/foodsecurity>
- ***Thought About Food?*** The Food Security Projects of the Nova Scotia Nutrition Council and Atlantic Health Promotion Research Centre, Dalhousie University 2005, full resource available at:
www.foodthoughtful.ca
- ***Towards a Healthy Community Food System for Waterloo Region***: Region of Waterloo. 2005. Desjardins E. & Xuereb, M. Available at:
[www.region.waterloo.on.ca/web/health.nsf/vwSiteMap/54ED787F44ACA44C852571410056AEB0/\\$file/Food%20Systems_Report.pdf?openelement](http://www.region.waterloo.on.ca/web/health.nsf/vwSiteMap/54ED787F44ACA44C852571410056AEB0/$file/Food%20Systems_Report.pdf?openelement)

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- ⁴ Food Security Projects of the Nova Scotia Nutrition Council and the Atlantic Health Promotion Research Centre, Dalhousie University. 2005. Thought About Food?: A Workbook on Food Security & Influencing Policy.
- ⁵ Ontario Association of Food Banks. 2008. Ontario Hunger Report 2008: The Leading Edge of the Storm. Available at <http://www.oafb.ca/assets/pdfs/HungerReport2008.pdf>
- ⁶ Public Health Agency of Canada. The Canada Prenatal Nutrition Program. 2005. A Decade of Promotion the Health of Mothers, Babies and the Community. Available at : http://www.phac-aspc.gc.ca/dca-dea/publications/pdf/mb_e.pdf.
- ⁷ Food Security Learning Centre. 2007. World Hunger Year. Available at: www.whyhunger.org.
- ⁸ Sudbury Manitoulin Food Security Network. 2005. Communities Food Security Indicators Report Card: City of Greater Sudbury. Available at: <http://communities.mysudbury.ca/Sites/foodsecurity/Sudbury%20Reports/Food%20Security%20Report%20Card%202006.pdf>.
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- ¹¹ Ontario Society of Nutrition Professionals in Public Health and School Nutrition Workgroup Steering Committee. March 2004. Call to Action: Creating a Healthy School Nutrition Environment.
- ¹² Ministry of Health Promotion. April 2009. The Nutritious Food Basket Guidance Document. Available at : http://www.health.gov.on.ca/english/providers/program/pubhealth/oph_standards/ophs/progstds/pdfs/nutritious_food_basket_guidance_document.pdf.
- ¹³ Agriculture and Agri-Food Canada. 2004. Canadian Consumer Perceptions of Food Safety and Quality 2004. Retrieved on June 5, 2009 from: <http://www4.agr.gc.ca/AAFC-AAC/display-afficher.do?id=1177941566829&lang=eng>.
- ¹⁴ Haines, Roland J. 2004. Report of the Meat Regulatory and Inspection Review: Farm to Fork, A Strategy for Meat Safety in Ontario. Queen's Printer for Ontario, Toronto.



Disclaimer

The names and goals of all groups from the Community Food Security Inventory are provided for information and are not necessarily considered endorsements by the North Bay Parry Sound District Health Unit.

The names and information of all groups printed in the Community Food Security Inventory are accurate to the knowledge of the North Bay Parry Sound District Health Unit as of October 27, 2009.

The North Bay Parry Sound District Health Unit
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