



# GOOD FOOD PROGRAM & URBAN AGRICULTURE PROGRAM EVALUATION REPORT

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## CONTRIBUTORS

This Evaluation is a collaboration between Harry Cummings and Associates (HCA), FoodShare Staff & Volunteers, Food: Locally Embedded, Globally Engaged (FLEdGE) Researchers, Partner Agencies, and Good Food Program and Urban Agriculture Program Participants.

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## EXECUTIVE SUMMARY

This report presents the findings of the evaluation study on FoodShare Toronto's Good Food and Urban Agriculture Programs. This study was led by the consulting firm of Harry Cummings and Associates, in collaboration with staff and volunteers from FoodShare Toronto. The study was funded by the Province of Ontario through the Local Poverty Reduction Fund (LPRF) and seeks to produce evidence that speaks to the overall evaluation question: 'How do FoodShare's Good Food and Urban Agriculture programming contribute to poverty reduction in low- income communities in the City of Toronto through the lens of the Sustainable Livelihoods Framework?' This project falls under LPRF's strategic pillar for 'Moving towards employment and income security.'

## Methodology

The Sustainable Livelihoods Framework was selected as the conceptual and analytical lens through which the study was conducted. Stakeholders recognized early in the planning phases of the study that FoodShare programming offers modest direct influences on the income and employment of the majority of participants/customers. The Sustainable Livelihoods Framework provides a broad lens through which the scope of outcomes and benefits of Good Food Program and Urban Agriculture Programs could be explored. The data collection approach and instruments were designed to speak directly to the five livelihoods assets of the Framework (namely Human, Social, Financial, Physical, and Natural). The evaluation used a mixed-methods approach comprised of document review, key informant interviews, focus groups, and a participant/customer survey. A total of 890 survey respondents participated in the evaluation, (815 for the Good Food Program and 75 for the Urban Agriculture Program) in addition to 26 key informants and four focus group discussions (with a total of 32 participants).

## Findings

Respondents in this study have reported that FoodShare's Good Food and Urban Agriculture programs have helped them manage some root causes and symptoms of poverty.

## Good Food Programs

"I am on low income and I have some mobility issues. It helps me stretch my low, fixed income and eat healthy food."- Good Food Box respondent

- Over 80% of Good Food Program respondents indicated that since participating in FoodShare programming, it takes them less time to access fresh foods.
- Nearly 60% of respondents indicated that the Program was either 'extremely' or 'very' helpful in saving them money.
- Over two thirds of participants reported that they 'eat more' fresh vegetables

and fruit since becoming involved with the program.

- Interview and focus group findings suggested that both proximity to healthy food and affordability were key priorities of Good Food Program customers.
- The most frequent knowledge and/or skills reportedly gained by Good Food Program respondents were related to 'healthy eating' and 'preparing food'.
- 74% of respondents indicated that their relationships with other community members improved.
- Qualitative responses in interviews and focus groups emphasized the value of the learning from other customers and volunteers and socializing with a diverse group of individuals in their communities.

## Urban Agriculture

"The main reason I am involved is for the sense of serenity I get from it! In the sharing of knowledge and learning from others in the garden." -Market Garden Participant

- 82% of participants in this study indicated that it takes them less time to access fresh vegetables and fruit.
- 57% of the survey respondents indicated that the program was either 'extremely' or 'very' helpful in saving them money.
- Qualitative respondents indicated that the gardening aspect of the program contributed to their improved health, both mentally and physically, through social engagement, healthier eating, and physical activity.
- 55% survey respondents indicated that their physical health has 'improved greatly' as a result of their involvement in the program.
- 52% reported that their mental health had 'improved greatly' as a result of their involvement in the program.
- 'Growing food' was the most frequently mentioned knowledge and skill reported by participants.
- Many Urban Agriculture respondents indicated that they gained knowledge and skills related to 'healthy eating'.
- Key informants and focus group participants highlighted the importance of the extensive empowerment and community engagement efforts mobilized through the Urban Agriculture program, especially in association with the 'Community Grown' initiatives.

## Conclusion

The Sustainable Livelihoods Framework was a useful tool to reflect upon the different ways that FoodShare programming is impacting low-income families and communities. It provided a wholesome perspective needed to capture the scope of services offered by FoodShare to low-income and vulnerable Torontonians. The study recognizes that while FoodShare programming has a limited direct effect upon income and employment for the majority of participants, when considering the broader livelihoods assets, the study finds that FoodShare programs are contributing in a wide



variety of ways to supporting its target population.

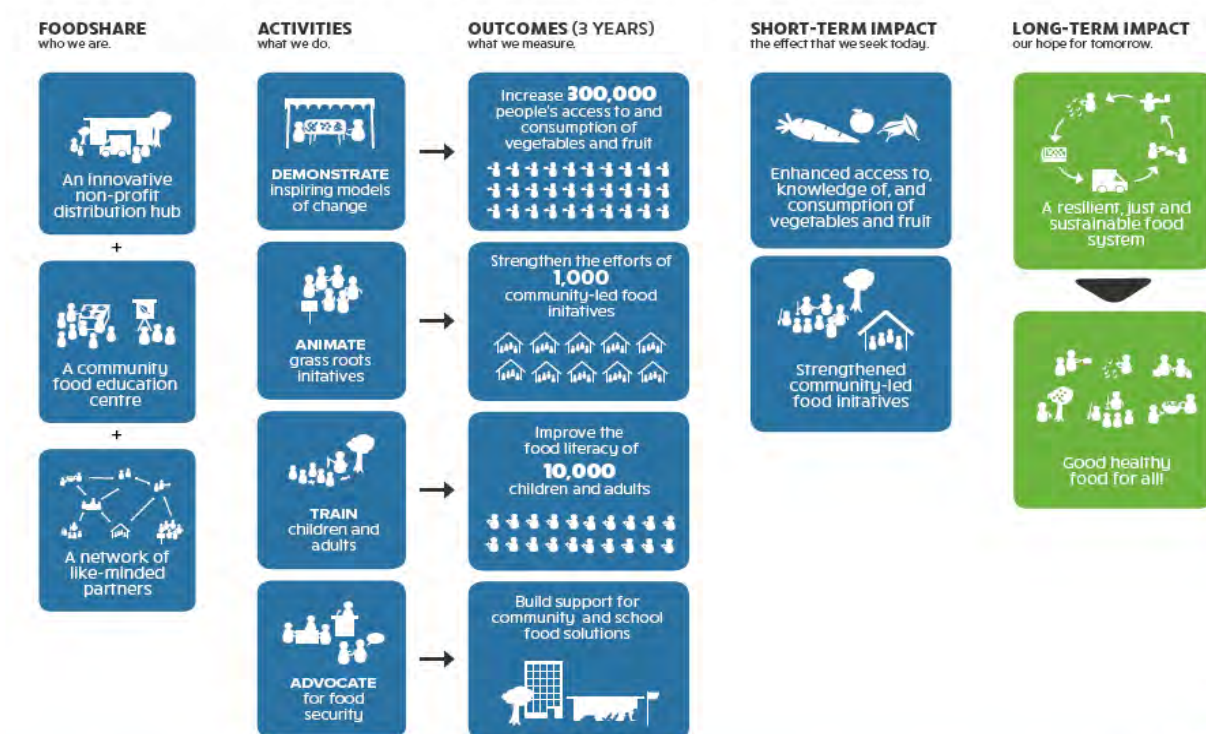
## PROJECT BACKGROUND AND PURPOSE

### FoodShare Toronto

FoodShare Toronto was founded in 1985 to address the growing awareness of hungry families in the City of Toronto, stemming from the recession of the early 1980s. In its inception, FoodShare was devised to coordinate food drives and food aid for Toronto citizens. Today, FoodShare plays a key role as a non-profit, distributing food to those in need. They promote fresh, whole foods to improve access and awareness of healthy choices. Empowering individuals and communities to access healthy food through a community building approach is at the core of FoodShare's efforts.

The vision of FoodShare is 'Good Healthy Food for All'. FoodShare broadly describes how it aims to achieve its vision in the organization's Theory of Change (Figure 1).

**Figure 1: FoodShare Toronto: Theory of Change**



FoodShare is well recognized for its Good Food Box program, which distributed 527,181 lbs of fruits and vegetables to its 196 Good Food Box drop-off locations across Toronto in 2014. FoodShare's Good Food programming also involves the Good Food Markets, the Mobile Good Food Markets, the Good Food Café, and the newly introduced in 2016 'Grab Some Good' TTC Markets. Additionally, FoodShare Toronto supports approximately 40 gardens throughout the City of Toronto, and further engages in a wide scope of community-focused programming including: balcony gardens, community kitchens, composting, training and facilitation, nutrition programs, and school-based initiatives. Building off the Market Garden initiatives at the CAMH Sunshine Garden, new Market Garden initiatives were being actively pursued in 2016.

### **Local Poverty Reduction Fund<sup>1</sup>**

The Local Poverty Reduction Fund (LPRF) is a six-year \$50 million initiative by the Government of Ontario 'created to support innovative, community-driven projects that measurably improve the lives of those most affected by poverty.' The initiative began in 2015, and supports community organizations and municipalities by providing funds with the aim of supporting and evaluating poverty reduction activities. Through partnerships the fund seeks to build a body of evidence about programming in Ontario that works to help individuals living in poverty. The fund encourages organizations to seek innovative approaches at the local level to establish new evidence-based ways to tackling poverty.

In summary, LPRF provides funding to organizations and communities to:

- support and evaluate their poverty reduction initiatives
- create partnerships
- build a body of evidence of programs that work for Ontarians living in poverty

The Government of Ontario seeks to use the evidence generated by this initiative to apply best practices throughout Ontario by prioritizing the funding programs that have been proven to work and have the capacity to expand into the future.

The Government of Ontario has engaged the Ontario Trillium Foundation (OTF) to administer the fund on its behalf.

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<sup>1</sup> More information on LPRF is available at: <https://www.ontario.ca/page/local-poverty-reduction-fund>, and <http://www.otf-lprf.ca/>

## Purpose of the Evaluation

In 2015, FoodShare Toronto received \$111,500 in funding from the Local Poverty Reduction Fund to implement the evaluation of two existing food support programs: 'The Good Food Program' and the 'Urban Agriculture Program'.

These programs are aimed at helping people living in low-income communities save money and eat healthier by improving their access to fresh and affordable vegetables and fruit. The project falls under the LPRF's strategic pillar *'Moving towards employment and income security.'*

The main research question guiding this evaluation was identified during the evaluation design process discussed below. It is as follows: *How do FoodShare's Good Food and Urban Agriculture programming contribute to poverty reduction in low-income communities in the City of Toronto through the lens of the Sustainable Livelihoods Framework?*

Key elements of this evaluation included: developing evaluation questions, performance measurement indicators, identifying data sources, preparing and implementing data collection, data analysis, and the generation of final reports.

Harry Cummings and Associates (HCA), an independent consulting firm, worked in collaboration with FoodShare's Project Manager, Evaluation Facilitator, and Academic Advisory Group throughout the design and implementation of the evaluation. This collaboration was necessary to take advantage of the resources and expertise available, while also supporting the development of the evaluation capacity of FoodShare.

## EVALUATION DESIGN AND METHODOLOGY

### Evaluation Design

The foundational design elements of this evaluation consisted of two key approaches: the retrospective/historical design approach and the identification and review of available secondary data. In a retrospective/historical design the effect of the program is explained from the perspective of stakeholders. They reflect upon their experiences and their knowledge and report change over time as they understand them in relation to the program. Given some limitations associated with self-reporting (such as bias or insufficient knowledge), a diverse group of stakeholders were engaged and secondary sources of data were used to triangulate and validate the data used in the retrospective/historical design.

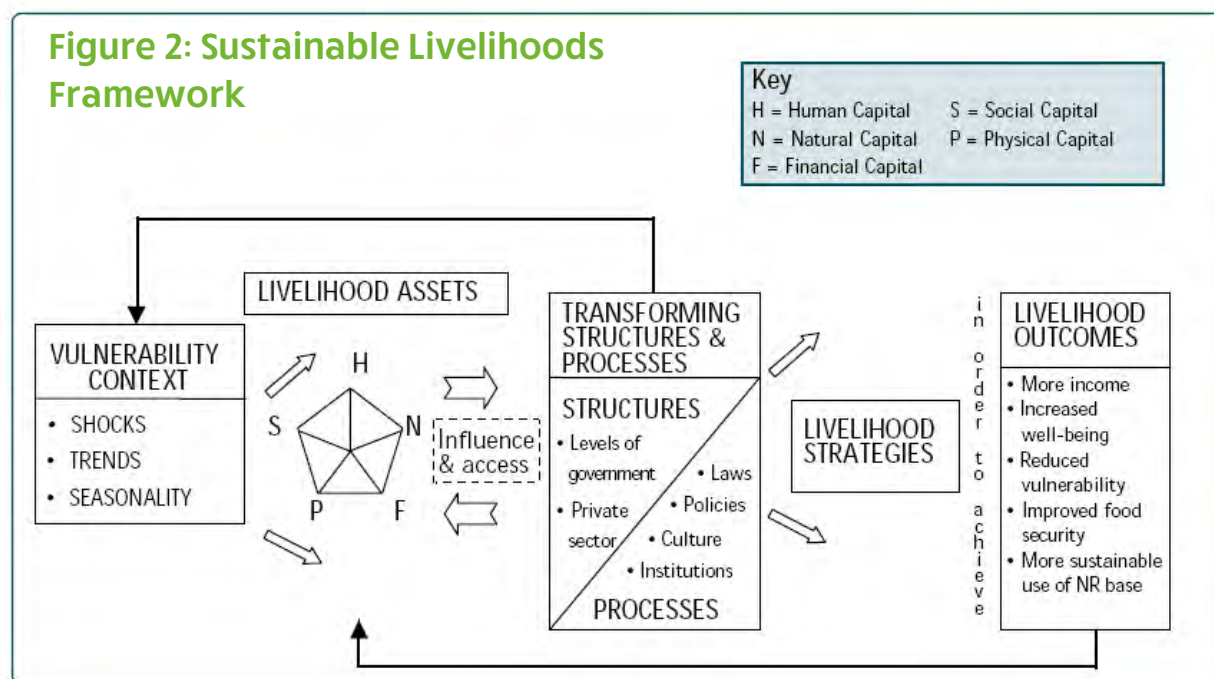
### **The Sustainable Livelihoods Framework**

For this evaluation, the assessment of program outcomes was viewed through the lens



of the Sustainable Livelihoods Framework (SLF). The Framework was chosen because it has been demonstrated as a framework that has been specifically applied in a Canadian poverty reduction context (Region of Waterloo) and a food security context (Slater and Yeudall, 2015); both particularly relevant to this evaluation. The five assets of the Framework (human, social, natural, physical, and financial) also align well with the more community-based, capacity-building, holistic nature of FoodShare programming.

Figure 2 (below) shows the model for the SLF. This evaluation targets the role of FoodShare programming in affecting influence and access through transforming structures. Further, it aims to determine the extent that FoodShare strategies contribute to livelihoods outcomes and, ultimately, strengthen livelihood assets. The strengthening of livelihood assets in this Framework represents a foundational contribution to poverty reduction.



Source: DFID 1999

### Evaluation questions

Based upon the priorities of FoodShare, as aligned to the SLF, HCA worked collaboratively with FoodShare staff to prepare a main research question and a series of key sub-questions. The main research question and the nine key sub-questions are as follows:

**Main research question:** Through the lens of the SLF, how do FoodShare's Good Food and Urban Agriculture programs contribute to poverty reduction in low-income communities in the City of Toronto?

**Key Sub-questions:**

1. In what ways are the Good Food and Urban Agriculture programs designed to address issues of vulnerability and poverty?
2. What effect do FoodShare programs have on access to healthy food for individuals living in low-income communities (food deserts/food swamps)?
3. How does involvement with the Good Food and Urban Agriculture programs affect the eating habits of program participants?
4. How has participation in the Good Food and Urban Agriculture programs impacted relationships among community members?
5. What skills and knowledge have been developed through participation in the Good Food and Urban Agriculture programs and what effect has that had on participants?
6. What effect has the involvement with the Good Food and Urban Agriculture programs had on personal and/or household income and expenses?
7. How do FoodShare programs (mainly gardens) impact the natural/green space in target communities?
8. How do FoodShare programs complement or relate to other programs and initiatives with similar goals that target the same communities that FoodShare works with?
9. What opportunities exist that will allow FoodShare to adapt/strengthen its programming to better achieve their objectives and increase their impact on poverty reduction?

**Methodology**

For this project, HCA and FoodShare worked collaboratively to engage in a mixed methods approach that combined a variety of qualitative and quantitative methods. The key research methods undertaken for this evaluation were:

- Document/literature review
- Key informant interviews
- Focus groups
- Questionnaire survey

Supplemental data collection was conducted by two FoodShare interns engaged through the Food: Locally Embedded Globally Engaged (FLEdGE) partnership in association with Wilfrid Laurier University. Data associated specifically with Market Garden programming was significantly contributed to by the work of the FLEdGE interns. FLEdGE interns permitted HCA to access transcripts from their key informant interviews (after removing personal identifier information).

[Document/literature review](#) – HCA conducted a document and literature review to inform the evaluation design, provide important foundational background, and to

allow for triangulation with primary data. The literature review included program documents and data, international case studies, and current academic literature on food security and community interventions. Examples of the documents and literature reviewed include:

- Annual reports
- FoodShare Strategic Plans (current and past)
- Relevant program and project financial documents
- Academic literature from relevant peer reviewed journals
- Research studies and reports (grey literature)

[Key informant interviews](#) – Key informants played an important role throughout the evaluation. Discovery interviews were conducted with key informants representing FoodShare. This included FoodShare management and coordinators, as well as advisors and board members. The discovery interviews helped to provide background and context that was used to inform and refine further data collection, and to finalize approaches and tools for the questionnaire survey, focus groups, and future key informant interviews. Discovery interviews were conducted in person at the FoodShare office. A total of nine discovery key informant interview respondents were engaged (through one-on-one and group interviews).

HCA collaborated with the Evaluation Facilitator to identify a list of program participants associated with each of the six projects operating within the Good Food and Urban Agriculture programs for consideration as key informants. Recruitment and scheduling of key informant interviews was initiated by the Evaluation Facilitator, in collaboration with HCA. An additional eight key informant interviews were conducted following the discovery interviews. Key informants were primarily interviewed by HCA consultants over the phone (with two interviews conducted in person). Interviewees consisted of partner representatives, community coordinators, and RTP staff.

HCA supplemented their key informant interviews with those conducted by the FLEdGE interns. FLEdGE interns interviewed a total of nine stakeholders engaged in the Community Grown initiatives, including FoodShare staff, community coordinators, community gardeners, partner representatives (in health and urban agriculture), and a site development consultant.

[Focus groups](#) – Focus group discussions allowed HCA to engage directly with FoodShare participants from multiple project sites. This method was an efficient and effective way to engage with multiple stakeholders at a time. It also provided the opportunity for a more open and recursive discussion that allowed participants to reflect collaboratively for new and deeper exploration of the subject.

The HCA focus groups were designed to allow participants to reflect on the five assets of the SLF. HCA used turn-taking strategies to encourage a broad base of input from

participants. For two of the four focus groups, time allowed for the use of a democratic prioritization process.

HCA conducted four focus groups with attendance ranging from five to 17 participants (see Table 1). Focus group recruitment and logistics were coordinated by FoodShare's Evaluation Facilitator. This size of the groups permitted for all voices to be heard, while providing an opportunity for a diversity of perspectives to be represented. Two focus groups were held with Good Food program customers and two focus groups were held with participants in the Urban Agriculture Program.

**Table 1: Focus Group Participation**

Focus Group	# of Participants
Good Food Market Focus Group	5
Good Food Box Focus Group	17
Community Garden Focus Group	6
Market Garden (Sunshine garden) Focus Group	7

[Questionnaire Survey](#) – In collaboration with FoodShare's Evaluation Facilitator and Project Manager, HCA developed a web-based survey tool using the online platform "Survey Monkey". The questionnaire was developed iteratively throughout the evaluation design phase and built upon the initial findings of the literature review and early key informant interviews. HCA used current best practices in survey design, including a variety of quantitative and qualitative questions (i.e. demographic descriptor, Likert scale, multiple choice, and open-ended questions). Careful consideration for question relevance, flow, and comprehension was given to the development of the survey. Before launching the surveys, the questionnaire was pre-tested with a small sample of FoodShare stakeholders. Based on the findings from the pre-test, small adjustments were made to the tool including question order, additional open ended comment boxes, and additional wording for any sensitive questions.

The target population for the survey was participants in five of the six projects operating within the Good Food and Urban Agriculture programs. Market Garden programming was only just beginning in two of three market sites, participants from this project were not engaged in the survey (data from the Market Garden project was collected using qualitative methods with a significant contribution from FLEDGE interns).

A Senior Consultant with HCA led a questionnaire survey training with FoodShare staff, interns and volunteers. The training covered best practices in survey design, survey interview, consistency, and understanding the survey tool. The staff and interns were subsequently assigned responsibility for supervising the team of volunteers that were engaged in the implementation of this survey.

A purposeful sample was used in this evaluation, such that FoodShare participants were engaged at a variety of geographically widespread sites throughout the City of Toronto. HCA encouraged a broad scope of participation from targeted stakeholders. A list of survey sites is presented in Appendix A.

All surveys were conducted in person at FoodShare project sites. Where necessary, and where the capacity existed, the tool was translated from English to an appropriate language during the interview for any respondent who was unable to respond in English.

[Informed and continued consent](#) - Informed and continued consent throughout the research and engagement process is an important component of any evaluation/research initiative. HCA staff and FoodShare staff, interns and volunteers made clear to all participants the purpose of their participation in this project and that their participation in the process was entirely voluntary. Participants were also made aware that they could choose not to answer a question or remove themselves from any project activity at any time. No formalized consent documentation was used in this evaluation, but reassurance that participants could remove themselves from the evaluation at any time was made clear to all participants. The identity of research participants was not shared with any stakeholder that was not directly involved in the implementation of the evaluation. All responses were kept in the confidence of the researchers.

[Analysis](#) - Using a mixed methodology allowed for the triangulation of evaluation findings results, providing both a rich evidence-base and a mechanism for identifying and minimizing bias that may be inherent in a single data source, or investigator.

HCA conducted a data quality assurance protocol during data collection and analysis to ensure that findings were both accurate and meaningful. Throughout the data collections process, HCA assessed the quality of data (particularly the incoming survey results) to identify potential instances of compromised reliability or validity of data. Although a few survey responses entered in the online platform were removed for lack of completeness, the survey data were generally deemed to be of good quality as it was being collected.

Qualitative analysis consisted of content and thematic analysis. Thematic analysis was first guided by the Sustainable Livelihoods Framework and the key sub-questions of the evaluation. A series of sub-themes under each question were identified and raw data was sorted accordingly. Data, as sorted by evaluation key sub-question and sub-theme, were used to guide the qualitative narrative of findings in this report.



Quantitative data were downloaded into an electronic spreadsheet and cleaned to account for missing values and/or data errors. During the cleaning process, some individual data points were either reformatted or deemed invalid due to some inconsistency in the inputting of data into the online platform. This was not deemed to be a widespread issue that would compromise overall survey results. A descriptive analysis was undertaken using mainly frequency counts, percentages, and cross-tabulations. Goodness of fit tests (Pearson Chi Square) were used for several cross-tabulations to determine if the differences observed in the cross-tabulations were statistically significant. For variables and findings of interest, graphics and tables have been produced. Frequencies for all survey questions are included in Appendix B.

## **Limitations**

Although the sample size is reasonably large, there are limitations in the capacity to randomize the sample. As such, results cannot be said to be representative of all program participants. The survey enumerator team was comprised of a combination FoodShare staff, interns and volunteers (who received training from HCA, the Third-Party Evaluator). Given the limited experience of some surveyors, it can be anticipated that some data quality issues may be experienced. These risks were mitigated both through a selection of a broad scope of survey sites, as well as ongoing monitoring of survey data as it was collected.

Given that participation in FoodShare programming is voluntary, it was recognized that those that choose to participate in FoodShare programming would be largely supportive of it. As such, questions on how things can be improved, as well as seeking out empirical data through secondary and qualitative data sources, was crucial to balancing and strengthening the evidence produced in this study.

## **EVALUATION FINDINGS**

### **The Good Food Program**

The Good Food Program was well represented in the FoodShare customer/participant survey. A total of 815 respondents were surveyed from the Good Food Program (569 Good Food Market customers, 135 Mobile Market customers, and 111 Good Food Box customers). Overall, survey results for the Good Food Program are available in Appendix B.

According to FoodShare's 2015 Good Food Program Report, the Good Food Box sold \$523,063 of produce to individual customers and partner organizations, while the Good Food Markets sold \$235,213 to the 30 market sites across Toronto. FoodShare staff has estimated that between January and October of 2016, Good Food Markets made approximately 38,900 transactions (individual sales). A specific unique count of

all program participants, customers and beneficiaries remains difficult to estimate.

### **Programs designed to target vulnerability and poverty**

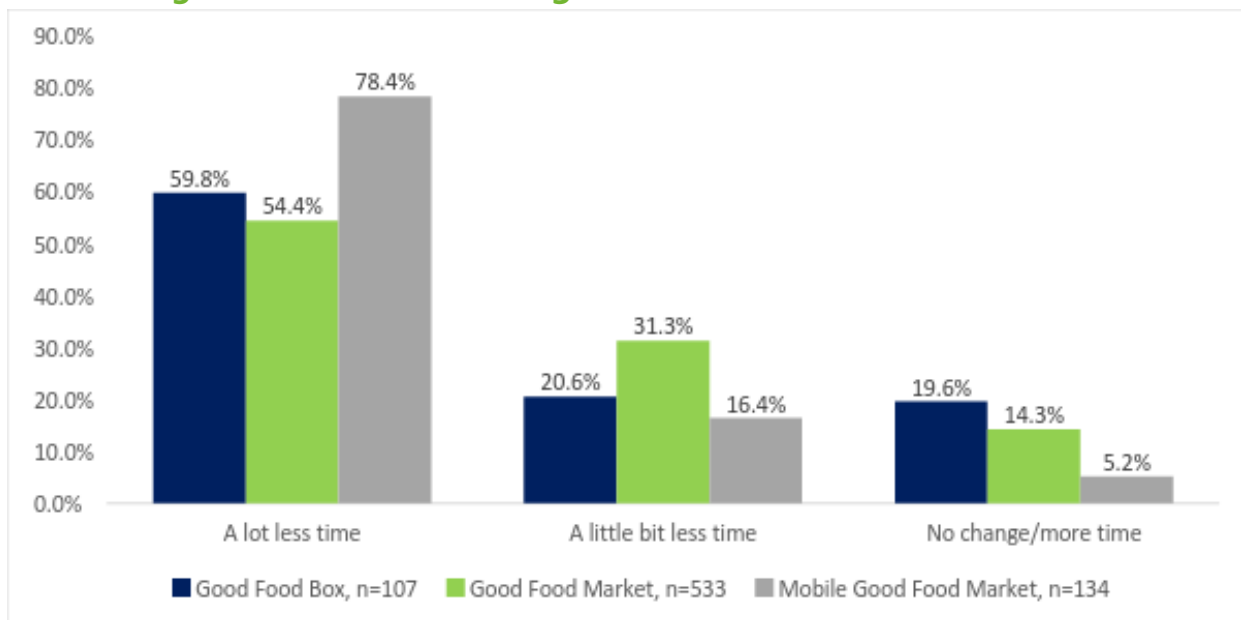
Qualitative data from key informant interviews and focus groups identified a number of concepts that speak to how programs are designed to address poverty. One program design approach for targeting poverty is through site selection. Good Food Program sites are chosen in neighbourhoods that are pre-identified as having issues associated with food security (i.e. food deserts and food swamps) and lower incomes (i.e. neighbourhoods with social housing and high immigrant populations). Interview respondents for the Good Food Program identified (and/or represented) a wide range of partners that are focused on supporting vulnerable, low-income communities including health centres, Toronto Community Housing, Toronto Public Health, and neighbourhood community centres.

At the core of FoodShare's mission and programming design is the goal to engage with and support the development of neighbourhood groups and organizations based in the target communities, with goals of promoting empowerment and supporting community driven priorities. In their work with community-based and limited capacity community groups, FoodShare facilitates training, support, and advocacy to building capacity within the community in order to mobilize and coordinate their own initiatives independently and sustainably.

### **Improved food access**

Good Food Program respondents overwhelmingly indicated that the program decreased the amount of time it takes for them to access fresh vegetables and fruit. As seen in Figure 3 approximately 80% or more of survey respondents for each of the programs reported that the program allowed them to access fresh foods in less time.

**Figure 3: How has the Good Food Program changed the amount of time it takes for you to access fresh vegetables and fruit?**



**“It makes food more available, more accessible. Affordability.”**

- Focus group participant, Good Food Box

Focus group respondents from the Good Food Box and the Good Food Market projects highlighted that distance from food outlets, combined with transit costs and mobility challenges (particularly for the elderly and those with mobility issues) were significant challenges. They also spoke about how the convenience of FoodShare locations are much closer, which helps them with the challenges of accessing low cost produce.

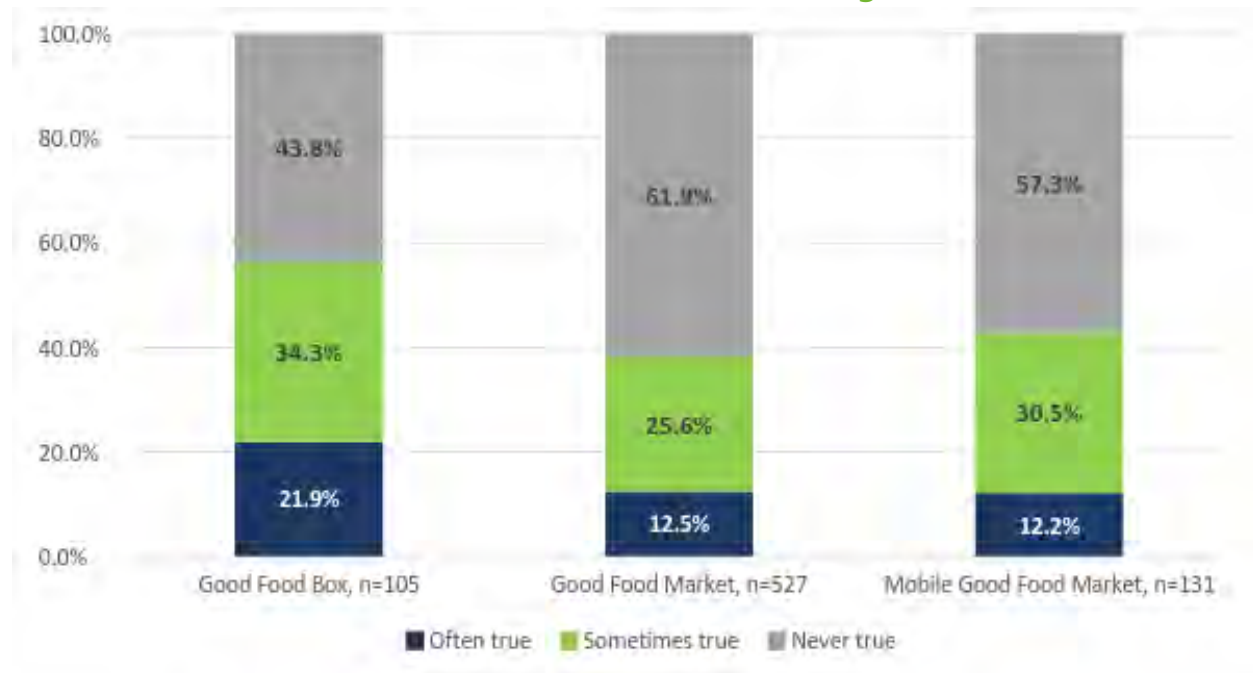
### Participant eating habits

In pursuit of the goal 'Good Healthy Food for All', FoodShare programming seeks to increase the consumption of vegetables and fruit by program participants. The majority of the respondents from the Good Food Program indicated that they had increased their consumption of vegetables and fruit since they became involved in the program. Of 769 Good Food Program respondents, 40.3% reported that they 'eat a lot more' vegetables and fruit, while an additional 28.7% reported that they 'eat a little bit more'. Good Food Box participants were most likely to report that they 'couldn't afford to eat healthy meals', with over 50% indicating that this is either 'Often' or 'Sometimes' true.

**“The health concerns supported by FoodShare are not just an issue for poor households this is more a universal issue”**

- Key informant, Good Food Program

**Figure 4: Good Food Program participants report that they 'and other household members couldn't afford to eat healthy meals'**



In addition to changes in consumption rates reported by survey respondents, qualitative responses throughout focus group discussions frequently reported that their involvement with the Good Food Program encourages them to try new foods and motivates them to prepare healthier meals at home. Key informants also reflected on the value of meals and cooking classes offered in conjunction with Good Food Market and Good Food Box sites. These experiences and opportunities give strength to the overall finding that the Good Food Program is increasing consumption rates of vegetables and fruit amongst program participants.

Though not explicitly associated with eating habits, many survey respondents indicated that their involvement with the Good Food Program improved their physical health. Table 2 shows the responses for each Good Food Project with respect to their perceived change in physical health since participating in the Good Food Program. At least 65% of respondents from each project reported that their health had improved as a result of their involvement in the Good Food Program.

**Table 2: How do you feel your physical health has changed as a result of your involvement in the Good Food Program?<sup>a</sup>**

Project	Improved greatly		Improved somewhat		Remained the same		Total	
	#	%	#	%	#	%	#	%
Good Food Box	28	26%	54	50%	25	23%	107	100
Good Food Market	117	23%	215	42%	187	36%	517	100
Mobile Good Food Market	50	39%	43	34%	35	27%	128	100

<sup>a</sup>Note: two out of all Good Food Program respondents indicated that their physical health had worsened, these two responses are not included in Table 2.

## Relationships with Community Members

Out of 754 respondents, 74% indicated that their relationships with other community members had improved as a result of participating in the Good Food Program (38% improved greatly, while 35% improved somewhat). These relationships were widely discussed in key informant interview and focus group discussions. From an observational standpoint, focus group participants showed an open camaraderie, even in some cases where participants had never met one another.

Responses from participants openly reported that they have offered and received support from other FoodShare participants. It was widely reported that for many individuals, their weekly visits to Good Food Markets may be one of their only opportunities to socialize in a week. This was reported to be particularly true and valuable for the elderly, individuals with mobility issues, and individuals who struggle with problems of mental health.

Relationships with community members were also said by several focus groups respondents to have contributed to cross-cultural sharing. At Good Food Market and Good Food Box sites participants reported learning about foods and cultures from outside their own community. This sharing was widely appreciated and is reinforced by the fact that well over 50 different languages were reportedly spoken most frequently in the homes of Good Food Program participants.

These relationships were often reported by focus group participants and key informants to have had positive effects on participants' mental health. Survey responses also reinforce this finding, with many Good Food Program customers

**“It’s a starting point to start friendships. It opens up discussion with people you don’t normally talk to”**

– Focus group participant, Good Food Box program



reporting that their mental health had improved as a result of their involvement with the program. Similar to the responses respecting physical health, more than 60% of respondents from each Good Food Program reported an improvement in their mental health as a result of their involvement.

**Table 3: How do you feel your mental health has changed as a result of your involvement in the Good Food Program?<sup>a</sup>**

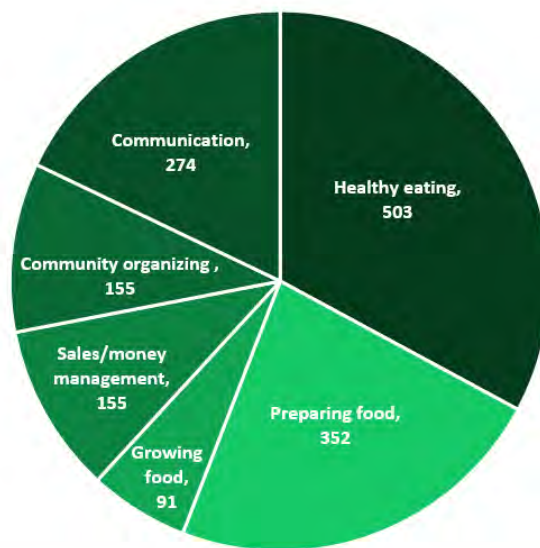
Project	Improved greatly		Improved somewhat		Remained the same		Total	
	#	%	#	%	#	%	#	%
Good Food Box	31	29.8 %	42	40.4 %	31	29.8 %	104	100%
Good Food Market	99	19.4%	217	42.5%	194	38.0 %	510	100%
Mobile Good Food Market	40	31.7%	42	33.3%	44	34.9%	126	100%

<sup>a</sup>Note: one out of all Good Food Program respondents indicated that their mental health had worsened, this response is not included in Table 3.

## Skills and Knowledge Gained

Good Food Program customers reported that they had gained a diversity of skill sets from their involvement with the program. Some respondents indicated that project sites helped to improve access to some resources and services such as: tools/equipment, building venues, program information, and service referrals. Overall survey responses in relation to skills and knowledge gained are reported in Figure 4. The most frequent response identified was lessons learned around healthy eating. Qualitative responses around healthy eating were widely associated with being exposed to new foods and understanding more about eating healthy. This was reiterated by the 352 respondents who reported that they learned about preparing food. Focus group participants and key informants indicated that food preparation skills were developed through formal training and recipes offered directly by FoodShare, and by informal sharing amongst customers at Good Food Markets and Good Food Box stops. While not widely reported, several survey respondents noted that they had gained a greater understanding of the broader food system. In addition to food related skills and knowledge, 274 survey respondents referred to increased or improved communication, while over 150 customers reported skills associated with community organizing and sales/money management respectively.

**Figure 4: Knowledge and Skills Gained by Good Food Program Customers (n=815)**



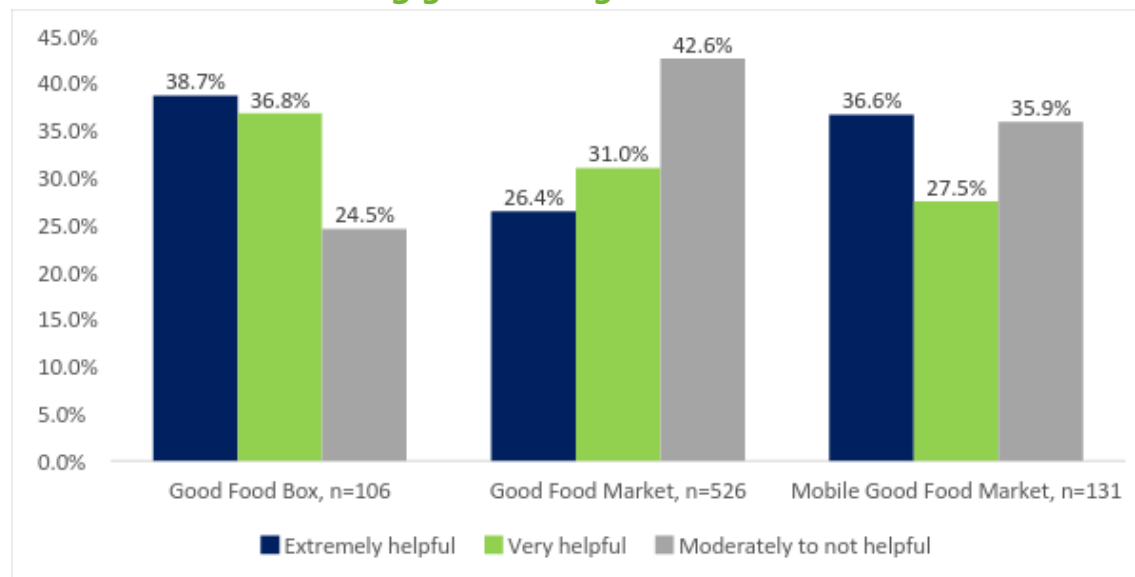
### Effect on income and expenses

When asked how helpful the Good Food Program has been in terms of saving them money, 58.7% (out of 815 respondents) reported that the program was either 'extremely' or 'very' helpful in saving them money. Whereas only 5.6% indicated that the Program was 'not helpful'. Looking independently at the three Good Food Program projects, Good Food Box customers were most likely to indicate that the project was 'extremely helpful' in saving them money (38.7% of 106 respondents) (see figure 5). It is important to recognize that given the fewer sites surveyed compared to the Good Food Market, that these numbers may not be as reflective of all customers as the Good Food Market respondents and qualitative data indicating the extent to which the Good Food Boxes are subsidized by partner sites. The variation in prices paid by Good Food Box customers means that the savings experienced are quite different depending on the site.

**“To me, it’s not money saved because I wouldn’t buy it [at market rates]. I can’t afford fresh vegetables and fruit; I don’t eat them outside of the Good Food Box.”**

- Focus group participant, Good Food Box

**Figure 5: How helpful has your involvement in the Good Food Program been in terms of saving you money?**



Qualitative responses help to elaborate how FoodShare programming responds to the needs of low-income communities and individuals financially. The most widespread financial benefit discussed by program participants in focus groups for the Good Food Program was associated with the increased access to affordable produce. Good Food Program participants indicated easier access to fresh vegetables and fruit helped to reduce associated transportation costs (mainly TTC and/or taxi fares). Additionally, Good Food Markets were reported by some participants to offer modest income generation opportunities. The income from small scale entrepreneurial market initiatives was deemed helpful, though a key barrier identified for individuals interested in entrepreneurial opportunities was a requirement to limit additional income due to the restrictions associated with income assistance programs. Apart from entrepreneurial income generation, Good Food Program key informants indicated that a limited scope of employment opportunities have been generated to support Good Food Program initiatives. While these were often short term and/or part time, it was reported by key informants that some employment and volunteer positions translated into full time employment positions (both with FoodShare and outside employers). The Good Food Program, alongside its partner agencies, has also helped to mobilize hundreds of thousands of dollars in funds and resources into target communities. These funds have contributed to programming, capacity building, advocacy, and food security initiatives across the City of Toronto.

### **Impact on natural/green spaces**

The nature of Good Food programming has limited influence on the natural environment and green space in target neighbourhoods. Respondents from some Good Food Box and Good Food Market project indicated that some activities

(particularly in the summer months) make use of available community green spaces, providing participants with an opportunity to share and make use of local green spaces. Limited advocacy for protection and use of neighbourhood green space may be undertaken by some Good Food Program sites, but this was not widely reported by respondents in this study.

### **Relation to complementary programs and initiatives**

Key informants engaged in this study mentioned and represented a wide scope of FoodShare partnerships. The simultaneous goals and values of FoodShare in relation to food justice, health, capacity building (empowerment), advocacy, the environment, and urban food growing allows them to share interests with a wide scope of partner organizations. The nature of FoodShare partnerships are inclusive (but not exclusive) of:

- Public health agencies
- Not-for-profit agriculture organizations
- Not-for-profit social service institutions
- Community centres
- Health centres
- Academic institutions
- Churches
- Municipal, provincial and national governmental agencies
- Neighbourhood groups

Several key informants highlighted the 'convener' role played by FoodShare, particularly with respect to their expertise associated with food justice, urban growing, and community mobilization. This role with respect to the Good Food Program has brought together a wide scope of volunteers in neighbourhoods throughout Toronto engaging directly with low-income communities through the establishment of programming in direct partnership with community-based partners. This relationship helps capitalize on the strengths of both FoodShare and neighbourhood-based organizations to facilitate programming best suited to the needs of the community.

For sustainability, many Good Food Program projects rely on external funding sources to subsidize efforts to meet the needs of the community. The city-wide partnerships facilitated through FoodShare are essential to mobilizing the needed resources into neighbourhoods. As guided by the community, external resources help to subsidize the cost of produce and/or facilitate trainings and community events to help broaden the impact and reach of Good Food Program initiatives.

### **New opportunities for poverty reduction**

Key informants from the Good Food Program discussed some of the opportunities for

poverty reduction, largely through the enhancement of current services. Several respondents suggested that increasing promotion, communication, and outreach for the program would be beneficial. Suggestions varied from targeted advertising to participant engagement (e.g. giving participants a chance to pack a food box).

Another recommendation that emerged from the key informants was to focus programming on specific target groups (e.g. those who have a need for the service), rather than the FoodShare's current efforts to engage with all populations.

Seeking new resources and partners (such as locations for food box pick-up, financial resources, etc.) was recommended as a way to strengthen the program.

Key informants provided specific suggestions on the delivery of the program, including:

- Communicate the contents of the food boxes to participants ahead of time. This will allow participants to plan their meals and grocery shopping based on what they know they will be receiving in the food box.
- Provide some options for participants to choose from for certain items. This will allow participants to select options that fit their needs.

Other respondents recommended an increase in options for capacity building, such as: fundraising, grant writing, advocacy, food preparation, and volunteer management.

## **The Urban Agriculture Program**

Survey results from the Urban Agriculture Program are inclusive of the Community Garden and Balcony Garden projects. Due to the relatively new nature of the Market Garden projects, it was decided not to survey the Market Garden participants. Market Garden participants, however, were an important component of the qualitative data collection process. The FLEdGE program interns, in particular, were instrumental in the collection of qualitative data on Market Garden programming through key informant interviews.

## **Programs designed to target vulnerability and poverty**

The widely discussed strength of Urban Agriculture initiatives, in addition to similar benefits identified above for the Good Food Program, are the capacity building and consultation initiatives undertaken in collaboration with neighbourhood groups. Some select Urban Agriculture projects have extended the reach of their community garden efforts to engage the community in the establishment of a broader neighbourhood vision that extends into recreation, landscaping, beekeeping, and the establishment of community events.



Intensive resources were put into consultation and capacity building efforts with neighbourhood groups. Focus group participants and key informants from the Community Gardening and Market Gardening initiatives expressed pride and a desire to actively engage and mobilize within their neighbourhood. For one initiative, efforts to advocate their interests with city-wide agencies and authorities were expressed. These efforts were identified by FoodShare staff, partner key informants, and Urban Agriculture participants as targeted at addressing root challenges facing community members in low-income neighbourhoods. The open, consultative nature of the efforts were also identified to have been inclusive of a diversity of community members, including new Canadians, the elderly, and individuals struggling with mobility and/or mental health challenges.

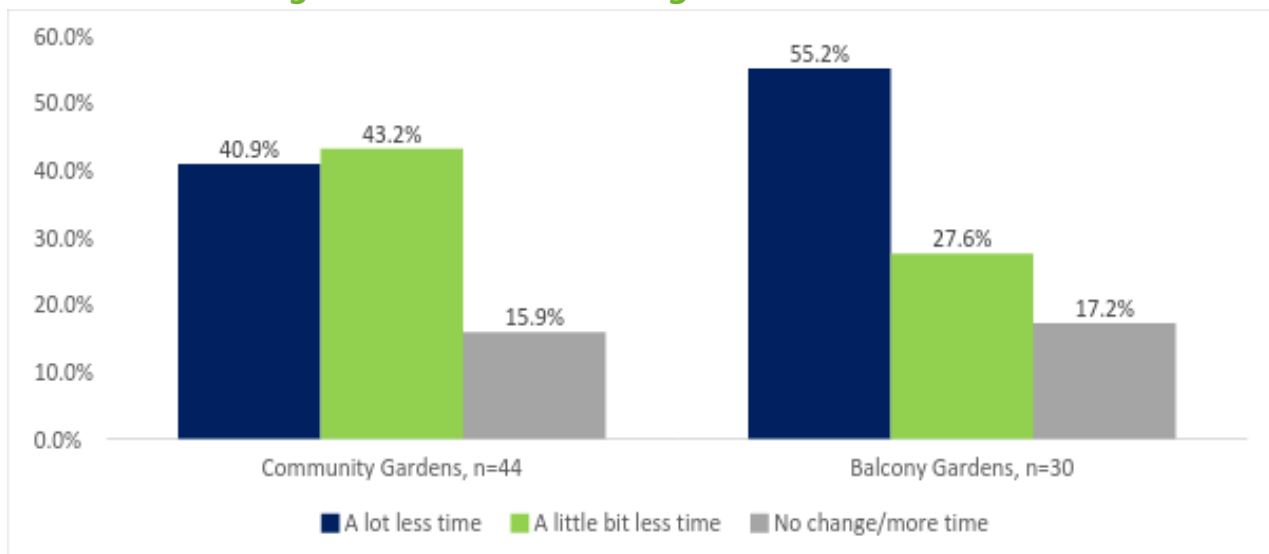
### **Improved food access**

More than 80% of all survey respondents from the Urban Agriculture Program indicated that the program helped them to access fresh vegetables and fruit in less time. More than half of all Balcony Garden participants (who grow food at home) indicated that the project allowed them to access fresh foods in 'a lot less time' (see figure 6).

**“It’s really intended to be a space  
for connecting and connecting  
around food in particular.”**

– Key Informant, FLEdGE,  
Community Grown Market Garden

**Figure 6: How has the Urban Agriculture Program changed the amount of time it takes for you to access fresh vegetables and fruit?**



An additional benefit reported by Urban Agriculture program was that, given the diversity of participants, the program has allowed them to gain more consistent access to culturally appropriate foods that might otherwise be challenge and/or costly to obtain. Though not on a wide scale, some participants reported that they prepared produce (i.e. for freezing or preserving) such that it might be accessible during off growing seasons.

Not unlike the Good Food Program, there were also reported benefits with respect to the accessibility of foods for individuals with mobility issues. This was said to be achieved by growing food in the home as well as providing raised beds for gardeners with challenges working with ground level produce.

### **Participant eating habits**

The majority of Urban Agriculture survey respondents indicated that they increased the amount of fresh vegetables and fruit they eat since they joined the program. More than half (52.7%) of Urban Agriculture respondents indicated that they 'eat a lot more' vegetables, while an additional 25.7% indicated that they 'eat a little bit more'.

The percentage of survey respondents from the Urban Agriculture Program that reported difficulty purchasing healthy food was higher than for Good Food Program respondents (59% for Urban Agriculture, compared to 45% for Good Food). This difference may be attributed to survey site selection and the smaller sample of Urban Agriculture program sites, rather than a distinct difference between the participants in each program. It is noteworthy, however, that over 65% of Balcony Garden

participants surveyed, indicated that they 'often' or 'sometimes' couldn't afford to eat healthy meals (see figure 7).

**Figure 7: Urban Agriculture Program participants report that they 'and other household members couldn't afford to eat healthy meals'**



As shown in Table 4, Urban Agriculture participants widely reported that their health had improved as a result of their involvement with the Urban Agriculture Program. A total of 25 out of 41 Community Garden participants reported that their health had 'improved greatly'.

**Table 4: How do you feel your physical health has changed as a result of your involvement in the Urban Agriculture Program?<sup>a</sup>**

Project	Improved greatly		Improved somewhat		Remained the same		Total	
	#	%	#	%	#	%	#	%
Community Garden	25	61.0%	13	31.7%	3	7.3%	41	100%
Balcony Garden	16	55.2%	8	27.6%	5	17.2%	29	100%

<sup>a</sup>Note: one out of all Urban Agriculture Program respondents indicated that their physical health had worsened, this response is not included in Table 4.

Qualitative responses indicated that in addition to eating healthier, involvement in the physical activity of gardening was an important contributor to their health. This was noted by some focus group participants and key informants as particularly valuable for seniors, who might otherwise not have many opportunities for active living. In a few cases, individuals reported that their change in eating habits and increased activity helped them to address and manage very specific health challenges including

vitamin/mineral imbalances and personal weight challenges.

## Relationships with Community Members

Community Garden and Market Garden participants discussed the supportive and inclusive nature of their programming at length during focus groups. This was evident in the friendly and reassuring atmosphere that was observed by facilitators during the focus group sessions. For the Market Garden participants in particular, these relationships were said to be helpful in engaging with like minded people in a way that allows them to either speak about or to step away from personal stresses and challenges.

**“I didn’t find a space like this, but I probably would’ve recovered earlier or done better with my recovery had I been involved in this type of project as an inpatient.”**

- Key informant (FLEdGE),  
Market Garden

A high number of survey respondents from the two Urban Agriculture Programs reported that their mental health had improved as a result of their involvement. As shown in Table 5, over 90% of Community Garden participants indicated that their mental health had 'improved greatly' or 'improved somewhat', while 60% of Balcony Gardeners reported that their mental health had 'improved greatly'.

**Table 5: How do you feel your mental health has changed as a result of your involvement in the Urban Agriculture Program?**

Project	Improved greatly		Improved somewhat		Remained the same		Total	
	#	%	#	%	#	%	#	%
Community Garden	21	50.0%	17	40.5%	4	9.5%	42	1
Balcony Garden	18	60.0%	7	23.3%	5	16.7%	30	1

## Skills and Knowledge Gained

The skills and knowledge reportedly developed by Urban Agriculture Program participants, much like the Good Food Program, had an emphasis on healthy eating. Out of 74 respondents, 51 indicated that they had increased their knowledge about healthy eating. However, the most frequent response that was noted by Urban Agriculture participants was around growing food, with 58 out of 74 respondents indicating that they gained skills and knowledge in this area. The breakdown of responses by key response areas is presented in Figure 8.

Qualitative responses from Urban Agriculture Program demonstrated and discussed a significant amount of communication (particularly cross-cultural communication) that took place amongst participants. This reportedly helped new Canadians gain English language communication skills and also facilitated informal knowledge sharing about growing and preparing healthy foods. This was reiterated by the 41 respondents who reported that they gained communication skills during their involvement in the Urban Agriculture Program. In addition to growing food, the proportion of Urban Agriculture Program participants that indicated that they had gained community organizing skills was higher than that of the Good Food Program. This may be related to the nature of the community groups that are engaged in Community and Market Garden initiatives. Further investigation may be warranted into the role of these neighbourhood groups in the development of knowledge and skills associated with community organizing for Urban Agriculture Program participants.

**“There have been people that are First Nation and people who are... different racial groups, different diagnoses, different orientations... it’s great. Just the criteria is basically just, ‘do you like gardening and do you want to help our community garden?’”**

– Key informant, FLEdGE, Community Grown Market Garden



**Figure 8: Knowledge and Skills Gained by Urban Agriculture Program Participants (n=74)**

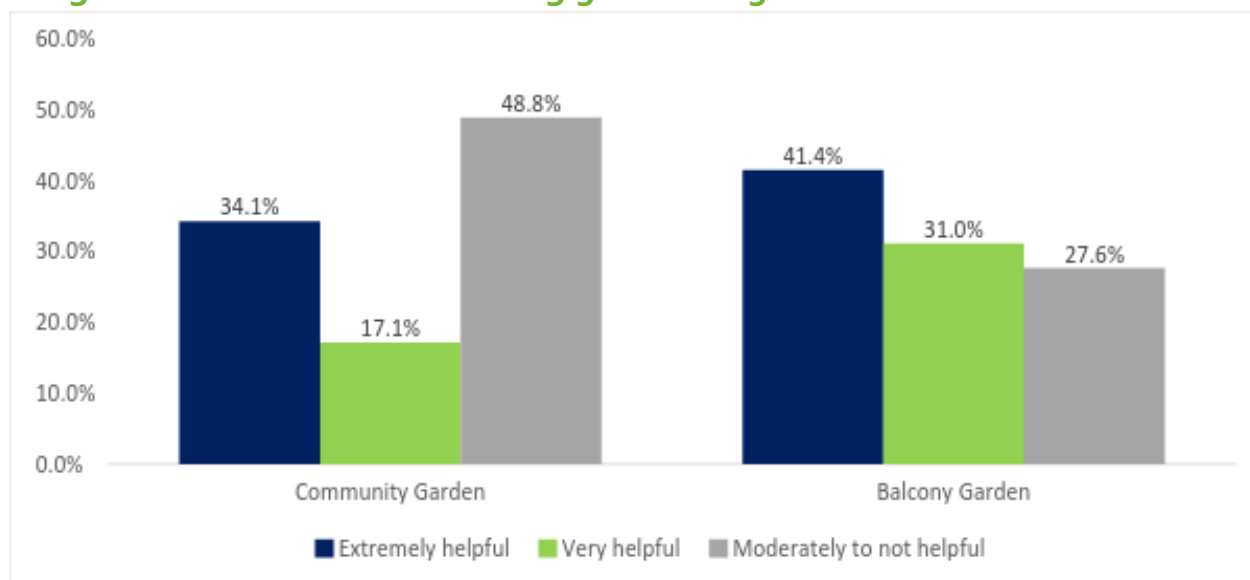


## Effect on income and expenses

More than 55% of all survey respondents from the Urban Agriculture Program indicated that the program was either 'Extremely' or 'Very' helpful in terms of saving them money. Balcony Gardeners were the most likely of all survey respondents (Good Food and Urban Agriculture included) to report that the project was 'Extremely' helpful (41.4% of all valid responses from Balcony Garden respondents).



**Figure 9: How helpful has your involvement in the Urban Agriculture Program been in terms of saving you money?**



In qualitative discussions, fewer Urban Agriculture Program survey respondents discussed the financial aspects of the programming than was the case for Good Food Program participants. It was suggested during Urban Agriculture Program focus group discussions, that participants in a well operating community garden, might be able to save hundreds of dollars on food costs in a year. Urban Agriculture participants indicated that these savings allowed them to make other household or leisure purchases that they might otherwise have gone without. In a few sites where market gardening initiatives are being explored, some supplemental income generating opportunities are also being explored. FoodShare staff and partner representatives have acknowledged that these supplemental sources of incomes may be quite helpful, but are highly unlikely to generate substantial income for market garden participants. Many market garden programs are in their early phases and the income potential of these initiatives remains to be fully explored.

### **Impact on natural/green spaces**

In the broadest terms, Urban Agriculture participants reported that the program allows them to engage very actively and tangibly in the food system. Many participants expressed their interests in creating more environmentally sound practices in their communities. This is particularly true of the composting initiatives led by FoodShare at its partner sites. These programs bring awareness to the importance of healthy soils. Composting efforts are also widely discussed alongside waste management efforts as Community Gardens try to establish best practices for management of composting organic waste. Parallel to these initiatives, Urban

Agriculture respondents reported that they have learned about and are applying environmentally friendly pest control efforts. They avoid the use of potentially harmful chemicals while still managing to prepare and profit from healthy gardens.

Environmental practices are part of the foundation for the food growing efforts supported by the Urban Agriculture Program. Urban Garden sites supported by FoodShare were reported to range significantly in size and scale. One key informant estimated that in 2010 there were 240 community gardens operating in the City of Toronto (many of which are active FoodShare partners). Small sites might only offer 15 plots; larger urban farms were reported to host approximately 150 garden plots.

Selected neighbourhood sites (particularly in community housing estates) have taken to using community gardens as a key part of the revitalization of the green spaces around their residences. These green spaces incorporate recreational facilities (i.e. trails, courts), alongside urban agriculture initiatives including gardens, orchards, and apiaries. Revitalized sites were often said to be a great motivator, encouraging community members to make use of limited urban green space for community events and to appreciate the therapeutic qualities of outdoor activities. These model sites are setting the groundwork for the potential of similar sites throughout the city. Land use regulations have posed a challenge to these initiatives. Neighbourhood groups have collaborated with FoodShare to advocate for land use that supports the interests and priorities of community members.

### **Relation to complementary programs and initiatives**

Urban Agriculture programming (Community Gardens in particular) engages with many partners throughout the City of Toronto. Urban Agriculture Program partners (not unlike Good Food Program partners) include a host of neighbourhood/community organizations, city-wide partners, and provincial partners. One partner group specifically referenced by several Community Garden key informants and focus group respondents was neighbourhood schools. Awareness and experiential opportunities are facilitated through schools to provide urban agriculture experiences for Toronto students.

Urban Agriculture Program participants reported some challenges regarding the collaborative efforts of the projects. Key informants and focus group participants highlighted two key challenges:

1. partner/community capacity and expertise
2. regulatory procedures and restrictions

FoodShare was identified as being ideally positioned as a lead partner on some initiatives for Urban Agriculture Program efforts where local and partner capacities and expertise were limited. FoodShare's identified strengths included: urban



agriculture/food security expertise, community collaboration, fundraising/financial management, and advocacy. With respect to regulatory procedures and restrictions, several key informants highlighted challenges and limitations with respect to land use and urban agriculture activities. FoodShare's reputation and experience in the sector were seen as invaluable in the ongoing discussions between neighbourhood groups and provincial and municipal regulatory authorities to facilitate the growth and diversity of urban agriculture activities in the City of Toronto.

The Urban Agriculture Program's emerging 'Community Grown' initiatives are beginning to explore diversified, community driven programming design to meet the needs and priorities of community members in low-income neighbourhoods. These growing partnerships are facilitating the connection of community members with experts and services to allow them to build capacity and address the needs and interests of community members.

### **New opportunities for poverty reduction**

Key informants identified several opportunities for poverty reduction that could be explored within the Urban Agriculture Program. They noted that increasing community buy-in, support, and participation would be beneficial. Informants expressed a vision that this program could be used by the whole community in the future, providing business opportunities and capacity building in the community.

It was also noted that the program must look at the root causes of poverty, and try to integrate activities that address those root causes (such as activities that build capacity and empower participants).

Informants also noted that the establishment of long-term, stable funding would help to expand the program and give program managers the resources and stability that they need to continue to develop the program.

Other recommendations included increasing youth participation, offering more workshops/training to the community, and increasing the number of partners involved in programming.

## **CONCLUSIONS AND RECOMMENDATIONS**

The use of the Sustainable Livelihoods Framework was specifically chosen for this study for the fact that its foundational concepts of five livelihoods assets aligned to FoodShare's theory of change. The community-based activities focusing on awareness, advocacy and empowerment, align with the conceptual foundation of the Sustainable Livelihoods Framework in that strengthening livelihood assets through these efforts should help alleviate barriers faced by vulnerable people. For the

majority of FoodShare participants, the programming has a minimal direct effect on income and employment prospects. It was noted that, in selected individual success stories, FoodShare contributed directly to employment and educational opportunities for participants.

This study finds, however, that the broader impacts are being felt by participants with respect to their community life, their social wellbeing, and their health. It also finds that FoodShare is a respected and recognized partner for their expertise associated with community mobilization, advocacy, and urban agriculture, and they continue to play a key role with their partners in supporting vulnerable people throughout the City of Toronto.

Key informants acknowledged that FoodShare programming is not exclusively designed to be accessed by vulnerable communities. FoodShare believes universally accessible food initiatives in communities are critical to realizing an equitable and inclusive food system. However, their criteria for selecting program sites for communities in need and the number of individuals who reported that they struggle with food insecurity and/or have low education levels and speak languages other than English, demonstrate that FoodShare programming is accessible to thousands of Toronto citizens who are vulnerable to poverty.

Good Food Program participants widely reported that the program was beneficial to them in terms of helping them to access healthy food and to save money. Focus group participants indicated that food freshness, convenience, and affordability are their priorities in terms of what they get out of the program. It was also widely reported by Good Food participants that the socialization and sharing of ideas with other participants was greatly appreciated and helped them establish connections within their community.

Through mostly qualitative data, the study has found that Urban Agriculture Program participants and partners feel that the program had significant social and health benefits for its participants. They indicated that they worked together as a community group to share new ideas and to collaborate in the coordination and maintenance of the garden and other community events. For health-related benefits, both the adoption of healthy eating and the physical activity associated with gardening activities were reported by several respondents as transformative for their health. In other cases, the relationships with participants and the physical activities were said to be therapeutic.

Knowledge and skills reportedly gained by participants were mostly associated with healthy eating and food awareness (i.e. the food system, food preparation, hygiene). Additional skills that were also widely reported by participants were associated with communication, community organizing, and sales/money management. Sales and money management skills were the most widely associated with the Good Food

Market program. Communication skills were often discussed in terms of diversity, cross-cultural, and second language practice.

## Recommendations

The recommendations that have been generated from this study largely focus on refining and maximizing the potential benefits of the work that is already being coordinated by FoodShare.

1. Review the strengths of partner organizations, including citywide groups, neighbourhood organizations, and citizen-led groups. Seek ways to maximize the resources and expertise of partners to facilitate the broadest and deepest impact.
2. Continue to seek out diverse revenue streams, both through market-based entrepreneurial activity and from public and private resources. Local programming is most at risk and working with local partners to solidify/increase revenues will be key to their sustainability.
3. Work with neighbourhood partners and build the central structures needed to systematically collect and document participation rates and results. This is particularly valuable for Good Food Programs, where unique participant counts can be difficult to generate. With the collaboration of local partners, strategies can be developed to more accurately assess the reach of Good Food Market Programs.
4. Explore mechanisms to promote upward and downward streams of communication. The community-based nature of Urban Agriculture Programs is an ideal platform for giving voice to local actors. Supporting communication channels between citywide stakeholders and community groups could prove very empowering.
5. Reach out to networks at the provincial, national, and international levels to promote a broader discussion on the benefits and limitations of community food programs. Seek to share lessons learned, while also seeking out expertise and opportunities in other jurisdictions.

This study has found that FoodShare is leading and collaborating on a broad scope of initiatives that seek to address several causes and symptoms of poverty. Its use of partnerships allows its impact to be supplemented by the expertise and the resources offered by its partners.

The Sustainable Livelihoods Framework has allowed us to reflect upon the different ways that FoodShare programming is impacting low-income families and communities. In isolation, FoodShare programming is unlikely to (and is not specifically designed to) bring participants and communities out of poverty. However, FoodShare participants spoke broadly to the extent to which FoodShare has helped



them learn, socialize, save money, and get healthy. These benefits help facilitate conditions that can help alleviate some of the symptoms of poverty, as well as lay a foundation upon which participants can build and avail themselves of new opportunities and services to improve their own wellbeing.

### **Remaining/emerging questions**

Several emerging and remaining questions are worthy of exploration by FoodShare Toronto. FoodShare may wish to consider how they explore these questions through additional evaluations or through ongoing partnerships.

1. To maximize the scope of impact of FoodShare programming, the organization may explore with its partners how to leverage the expertise and resources of its key partners. This research may be designed to answer the following question: How can FoodShare and its partners best share resources and distribute responsibilities to increase the scope and scale of benefits to low-income, vulnerable households in the City of Toronto?
2. FoodShare was the first not-for-profit organization to offer the Good Food Box Program and to animate Community Food Markets in the country. A scaling-up research question pertaining to these two Good Food Program projects is: How many models of the Good Food Box and Community Food Markets have been successfully replicated across Ontario and what is their combined impact on local poverty reduction strategies?
3. FoodShare has inspired and animated (provided support to) many Community Garden initiatives since 2006. FoodShare could consider exploring the successful models of Community Gardens that have spread across the province due to their direct involvement with FoodShare. A study could ask: What role has FoodShare played in the uptake of Community Garden initiatives throughout the Province of Ontario and beyond?



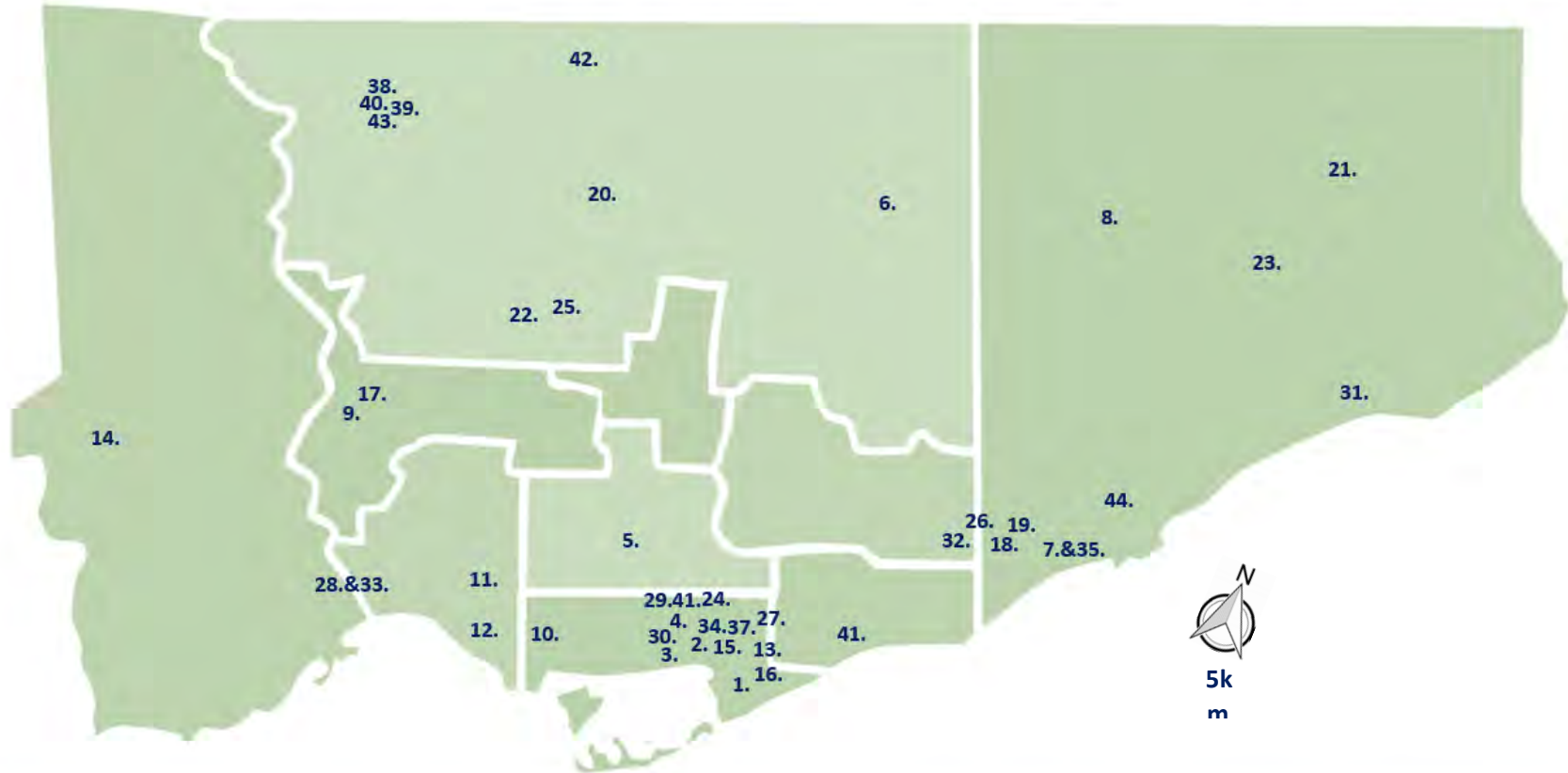




## APPENDICES

### Appendix A: FoodShare project sites surveyed

Map of FoodShare Survey Sites:



Map adapted from: <http://www.torontoneighbourhoods.net/neighbourhoods>

Map Legend:

Good Food Markets	
1.	South Riverdale Summer Market
2.	Waterfront Market
3.	GBC Waterfront Campus
4.	GBC St. James Campus
5.	GBC Casa Loma
6.	St. Matthews Food Market
7.	Birchmount Bluffs Community Market
8.	CICS Market
9.	Mount Dennis Market & Cafe
10.	The Stop CFC
11.	Rankin Community Good Food Market
12.	Parkdale Good Food Market
13.	Eastview Good Food Market
14.	St. Phillips Good Food Market
15.	Taste of Regent Park GFM
16.	Riverside Good Food Market
17.	Learning Enrichment Foundation
18.	Teesdale Warden Woods
19.	Firvalley Warden Woods
Mobile Markets	
20.	Bathurst Market
21.	Neilson Market
22.	Lawrence Heights
23.	Tuxedo Market
24.	Wellesley Market
25.	Bedford Park Market
26.	Gower Market
27.	Cavell / Royal York Market
28.	Stonegate CHC

Good Food Box	
29.	519 Church Community - Downtown Church & Wellesley
30.	St. James Cathedral - Downtown 65 Church & King
31.	East Scarborough Boys & Girls - 100 Galloway Rd
32.	Neighbourhood Centre - 91 Barrington Ave, Danforth Main & Danforth
33.	Stonegate Community Health Center - 150 Berry Rd
34.	Yonge Street Mission
35.	Birchmount Bluffs Neighbourhood Center - 93 Birchmount Rd
36.	Peer Nutrition - Wellesley
37.	Bain Co-op
Balcony Gardens	
38.	4400 Jane Street
39.	1825 Finch Ave West
40.	FoodShare / Snap San Romanoway
41.	Mennonite New Life Centre Toronto
Community Gardens	
42.	Rockford Community Garden
43.	San Romanoway Garden
44.	Gordonridge Garden

## **Appendix B: Good Food Program survey response frequency tables**

*Note: frequency table percentages may differ slightly from figures/tables in the report, as frequency tables in this Appendix include all responses including: 'non-responses', 'I don't know', 'prefer not to answer' and 'Invalid responses'. These various responses were not included in figures and tables in the body of the report.*

Project		
Response	Frequency	Percent
Good Food Box	111	12.5
Good Food Market	569	63.9
Mobile Good Food Market	135	15.2
Total	815	91.6

How long have you been involved with the Good Food Program?		
# of Months	Frequency	Percent
0	10	1.20%
0.5	1	0.10%
1	103	12.60%
1.5	1	0.10%
2	71	8.70%
3	32	3.90%
4	28	3.40%
5	11	1.30%
6	25	3.10%
7	6	0.70%
8	16	2.00%
9	13	1.60%
10	7	0.90%



11	3	0.40%
12	3	0.40%
# of Years		
1	154	18.90%
1.5	4	0.50%
2	143	17.50%
2.5	1	0.10%
3	44	5.40%
3.5	1	0.10%
4	32	3.90%
5	51	6.30%
6	15	1.80%
7	5	0.60%
9	3	0.40%
10	16	2.00%
11	1	0.10%
15	3	0.40%
No response	12	1.50%
Total	815	100.00%

How has the Good Food Program changed the amount of time it takes for you to access fresh vegetables and fruit?		
Response	Frequency	Percent
It takes a lot less time	470	57.70%
It takes a little bit less time	217	26.60%

There's been no change	92	11.30%
It takes a little bit more time	10	1.20%
It takes a lot more time	7	0.90%
I don't know	16	2.00%
No response	3	0.40%
Total	815	100.00%

Has there been a change in the amount of fresh vegetables and fruit you eat since you became involved with the Good Food Program?		
Response	Frequency	Percent
Eat a lot more	319	39.10%
Eat a little bit more	228	28.00%
Eat about the same amount	236	29.00%
Eat a little bit less	6	0.70%
Eat a lot less	2	0.20%
I don't know	19	2.30%
No repsonse	5	0.60%
Total	815	100.00%

How have your relationships with other community members changed as a result of participating in the Good Food Program?		
Response	Frequency	Percent
Improved greatly	304	37.30%
Improved somewhat	267	32.80%
Remained the same	198	24.30%
Worsened somewhat	1	0.10%
I don't know	26	3.20%

No response	19	2.30%
Total	815	100.00%

What skills or knowledge have you gained from your involvement in the Good Food Program?		
Response	Frequency	Percent
Healthy eating	503	61.70%
Preparing food	352	43.20%
Growing food	91	11.20%
Sales/money management	155	19.00%
Community organizing (such as advocacy, fundraising, volunteer coordinating)	155	19.00%
Communication	274	33.60%
None	110	13.50%
Total respondents	815	100.00%

Overall, how helpful has your involvement in the Good Food Program been in terms of saving you money?		
Response	Frequency	Percent
Extremely helpful	232	28.50%
Very helpful	246	30.20%
Moderately helpful	165	20.20%
Slightly helpful	96	11.80%
Not at all helpful	46	5.60%
I don't know	25	3.10%
No response	5	0.60%
Total	815	100.00%

Overall, how do you feel your physical health has changed as a result of your involvement in the Good Food Program?		
Response	Frequency	Percent
Improved greatly	199	24.40%
Improved somewhat	325	39.90%
Remained the same	248	30.40%
Worsened somewhat	1	0.10%
Worsened greatly	1	0.10%
I don't know	31	3.80%
No response	10	1.20%
Total	815	100.00%

Overall, how do you feel your mental health has changed as a result of your involvement in the Good Food Program?		
Response	Frequency	Percent
Improved greatly	174	21.30%
Improved somewhat	308	37.80%
Remained the same	269	33.00%
Worsened somewhat	1	0.10%
I don't know	45	5.50%
No response	18	2.20%
Total	815	100.00%

Statement 1: You and other household members worried that food would run out before you got money to buy more.

Response	Frequency	Percent
Often true	126	15.50%
Sometimes true	226	27.70%
Never true	428	52.50%
I don't know	11	1.30%
Prefer not to answer	20	2.50%
No response	4	0.50%
Total	815	100.00%

Statement 2: You and other household members couldn't afford to eat healthy meals.		
Response	Frequency	Percent
Often true	111	13.60%
Sometimes true	216	26.50%
Never true	455	55.80%
I don't know	12	1.50%
Prefer not to answer	13	1.60%
No response	8	1.00%
Total	815	100.00%

Year of birth		
Response	Frequency	Percent
1918	1	0.10%
1923	2	0.20%
1924	3	0.40%
1925	1	0.10%
1928	2	0.20%
1929	3	0.40%

1930	7	0.90%
1931	6	0.70%
1932	3	0.40%
1933	1	0.10%
1934	1	0.10%
1935	7	0.90%
1936	4	0.50%
1937	5	0.60%
1938	8	1.00%
1939	5	0.60%
1940	8	1.00%
1941	3	0.40%
1942	5	0.60%
1943	5	0.60%
1944	5	0.60%
1945	11	1.30%
1946	8	1.00%
1947	10	1.20%
1948	4	0.50%
1949	20	2.50%
1950	13	1.60%
1951	13	1.60%
1952	10	1.20%
1953	10	1.20%
1954	7	0.90%
1955	15	1.80%
1956	13	1.60%



1957	20	2.50%
1958	10	1.20%
1959	12	1.50%
1960	12	1.50%
1961	9	1.10%
1962	15	1.80%
1963	19	2.30%
1964	13	1.60%
1965	11	1.30%
1966	13	1.60%
1967	9	1.10%
1968	7	0.90%
1969	11	1.30%
1970	20	2.50%
1971	11	1.30%
1972	19	2.30%
1973	10	1.20%
1974	20	2.50%
1975	16	2.00%
1976	13	1.60%
1977	14	1.70%
1978	17	2.10%
1979	16	2.00%
1980	24	2.90%
1981	8	1.00%
1982	15	1.80%
1983	19	2.30%

1984	12	1.50%
1985	9	1.10%
1986	15	1.80%
1987	14	1.70%
1988	13	1.60%
1989	10	1.20%
1990	10	1.20%
1991	9	1.10%
1992	12	1.50%
1993	5	0.60%
1994	4	0.50%
1995	4	0.50%
1996	4	0.50%
1997	2	0.20%
1999	1	0.10%
2000	2	0.20%
2001	2	0.20%
2002	2	0.20%
2004	1	0.10%
2005	1	0.10%
Invalid response	26	3.20%
No response	52	6.40%
Prefer not to answer	3	0.40%
Total	815	100.00%

Gender		
Response	Frequency	Percent

Female	620	76.10%
Male	178	21.80%
don't fit in any slot	1	0.10%
fluid	1	0.10%
non-binary	1	0.10%
prefer not to answer	1	0.10%
No response	13	1.60%
Total	815	100.00%

What language do you speak most frequently at home?		
Response	Frequency	Percent
English	470	57.67%
Spanish	32	3.93%
Russian	26	3.19%
No response	25	3.07%
Tamil	22	2.70%
Mandarin	19	2.33%
Cantonese	17	2.09%
Amharic	10	1.23%
Beangli	10	1.23%
Dari	10	1.23%
Korean	9	1.10%
Chinese	8	0.98%
Hindi	8	0.98%
Farsi	7	0.86%
French & English	7	0.86%
Portuguese	7	0.86%

Somali	7	0.86%
French	6	0.74%
Urdu	5	0.61%
Hindi & English	4	0.49%
Russian & English	4	0.49%
Tagalog	4	0.49%
Tibetan	4	0.49%
Arabic & English	3	0.37%
Filipino	3	0.37%
Italian	3	0.37%
Nepali	3	0.37%
Polish	3	0.37%
Tamil & English	3	0.37%
Vietnamese	3	0.37%
Arabic	2	0.25%
Hindi & Punjabi	2	0.25%
Hungarian	2	0.25%
Japanese & English	2	0.25%
Kurdish	2	0.25%
Persian	2	0.25%
Phillipino	2	0.25%
Punjabi	2	0.25%
Punjabi, Urdu, Hindi, & English	2	0.25%
Russian, Ukrainian, & English	2	0.25%
Spanish & English	2	0.25%
Swahili	2	0.25%
Tagalog & English	2	0.25%

Tigrinya	2	0.25%
Ukrainian	2	0.25%
Urdu & English	2	0.25%
Arabic (Yemeni)	1	0.12%
Bangladesh	1	0.12%
Bengali & English	1	0.12%
Bulgarian & English	1	0.12%
Cantonese & English	1	0.12%
Cantonese & Mandarin	1	0.12%
Chinese & English	1	0.12%
Dolis	1	0.12%
Eritrea	1	0.12%
Farsi & English	1	0.12%
Farsi & French	1	0.12%
French, Spanish, English	1	0.12%
German & English	1	0.12%
Ghanian	1	0.12%
Greek, French, & English	1	0.12%
Gujarati	1	0.12%
Gujirat	1	0.12%
Hamaric	1	0.12%
Hindi (Mumbai dialect)	1	0.12%
Italian & English	1	0.12%
Japanese	1	0.12%
Kannada	1	0.12%
Kokani (Indian dilect)	1	0.12%
Korean & English	1	0.12%

Latvian/Russian	1	0.12%
Mandarin & English	1	0.12%
Orame	1	0.12%
Pashto	1	0.12%
Patois	1	0.12%
Persian & Dari	1	0.12%
Portuguese & English	1	0.12%
Russian & Romanian	1	0.12%
Serbian	1	0.12%
Serbian & English	1	0.12%
Serbian, English & Mother Tongue	1	0.12%
Sinhala	1	0.12%
Somali & English	1	0.12%
Sri Lankan	1	0.12%
Telugu	1	0.12%
Tswana	1	0.12%
Turkish	1	0.12%
Twit	1	0.12%
Total	815	100.00%



Can you please tell me the highest level of education you have completed?		
Response	Frequency	Percent
No certificate or diploma	86	10.60%
High school diploma	188	23.10%
Trade or apprenticeship certificate	14	1.70%
College diploma	162	19.90%
University certificate (below a Bachelor's degree)	80	9.80%
Bachelor's degree	168	20.60%
Graduate degree	63	7.70%
Post-graduate degree	43	5.30%
Invalid	2	0.20%
No response	9	1.10%
Total	815	100

### Appendix C: Urban Agriculture Program survey response frequency tables:

Response	Frequency	Percent
Healthy eating	51	68.90%
Preparing food	37	50.00%
Growing food	58	78.40%
Sales/money management	14	18.90%
Community organizing (such as advocacy, fundraising, volunteer coordinating)	23	31.10%
Communication	41	55.40%
None	1	1.40%
Total respondents	74	100.00%

Overall, how helpful has your involvement in the Urban Agriculture Program been in terms of saving you money?		
Response	Frequency	Percent
Extremely helpful	26	35.10%
Very helpful	16	21.60%
Moderately helpful	14	18.90%
Slightly helpful	13	17.60%
Not at all helpful	1	1.40%
I don't know	2	2.70%
No response	2	2.70%
Total	74	100.00%

Overall, how do you feel your physical health has changed as a result of your involvement in the Urban Agriculture Program?		
Response	Frequency	Percent
Improved greatly	41	55.40%
Improved somewhat	21	28.40%
Remained the same	8	10.80%
Worsened greatly	1	1.40%
No response	3	4.10%
Total	74	100.00%

Overall, how do you feel your mental health has changed as a result of your involvement in the Urban Agriculture Program?		
Response	Frequency	Percent
Improved greatly	39	52.70%
Improved somewhat	24	32.40%
Remained the same	9	12.20%
No response	2	2.70%
Total	74	100.00%

Statement 1: You and other household members worried that food would run out before you got money to buy more.		
Response	Frequency	Percent
Often true	17	23.00%
Sometimes true	23	31.10%
Never true	31	41.90%
I don't know	1	1.40%
Prefer not to answer	1	1.40%
No response	1	1.40%

Total	74	100.00%
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Statement 2: You and other household members couldn't afford to eat healthy meals.		
Response	Frequency	Percent
Often true	20	27.00%
Sometimes true	21	28.40%
Never true	28	37.80%
I don't know	3	4.10%
No response	2	2.70%
Total	74	100.00%

Year of birth		
Response	Frequency	Percent
1931	1	1.40%
1937	1	1.40%
1939	1	1.40%
1940	1	1.40%
1941	1	1.40%
1943	1	1.40%
1944	1	1.40%
1945	1	1.40%
1946	2	2.70%
1947	1	1.40%
1949	7	9.50%
1950	2	2.70%
1951	1	1.40%
1952	1	1.40%

1954	1	1.40%
1955	2	2.70%
1956	5	6.80%
1958	1	1.40%
1959	1	1.40%
1961	2	2.70%
1962	4	5.40%
1964	1	1.40%
1965	2	2.70%
1966	3	4.10%
1967	1	1.40%
1968	1	1.40%
1969	4	5.40%
1970	1	1.40%
1972	1	1.40%
1973	1	1.40%
1974	1	1.40%
1976	2	2.70%
1977	1	1.40%
1980	1	1.40%
1983	1	1.40%
1984	1	1.40%
1985	1	1.40%
1988	1	1.40%
1993	1	1.40%
1958	1	1.40%
do not wish to answer	4	5.40%

N/A	1	1.40%
no response	5	6.80%
Total	74	100.00%

Gender		
Response	Frequency	Percent
Female	53	71.60%
gay	1	1.40%
Male	18	24.30%
No response	2	2.70%
Total	74	100.00%

What language do you speak most frequently at home?		
Response	Frequency	Percent
No response	3	4.05%
Bengali	1	1.35%
Bulgarian	2	2.70%
Cantonese and Spanish	1	1.35%
Chinese	1	1.35%
Dari	1	1.35%
English	33	44.59%
English & Creole	1	1.35%
Mandarin	1	1.35%
N/A	1	1.35%
Oromo	1	1.35%
Patwa	1	1.35%
Russian	2	2.70%

Spanish	11	14.86%
Tamil	13	17.57%
Tamil & English	1	1.35%
Total	74	100%

Can you please tell me the highest level of education you have completed?		
Response	Frequency	Percent
No certificate or diploma	8	10.80%
High school diploma	21	28.40%
Trade or apprenticeship certificate	2	2.70%
College diploma	26	35.10%
University certificate (below a Bachelor's degree)	5	6.80%
Bachelor's degree	5	6.80%
Graduate degree	3	4.10%
Post-graduate degree	2	2.70%
Invalid	1	1.40%
No response	1	1.40%
Total	74	100.00%

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## Appendix E: Logic Model – Program Logic Model for The Good Food Program

POVERTY REDUCTION INDICATOR(S) TO BE ADDRESSED: Ontario Deprivation Index, Poverty Rates of Vulnerable Populations, Food Security

TARGET GROUP(S) SERVED: Persons with Disabilities, Unemployed, Aboriginal People, Newcomers, At-Risk Youth, Working Poor, Single Parent Families

PROGRAM GOAL(S): Increased access to, knowledge of and consumption of vegetables and fruit. Empowered community initiatives in low-income neighbourhoods.

IMPLEMENTATION OBJECTIVES: Assess the extent to which the Good Food Program contributes to poverty reduction through the lens of the SLF. Measure program outcomes and assess their contribution to the livelihoods assets for program participants, their households and their neighbourhood.

PROGRAM COMPONENTS	Good Food Box	Good Food Markets	Mobile Good Food Market
ACTIVITIES	<ul style="list-style-type: none"> <li>- Establish/support Good Food 'stops' in food insecure neighbourhoods</li> <li>- Source and purchase vegetables and fruit from farmers/food terminal</li> <li>- Coordinate/train volunteers to pack Good Food Boxes</li> <li>- Distribute Good Food Box to 180 'stops'</li> </ul>	<ul style="list-style-type: none"> <li>- Trainings/workshops with community coordinators</li> <li>- Market support (30 sites):               <ul style="list-style-type: none"> <li>- Running a market stall</li> <li>- Building partnerships</li> <li>- Fundraising strategies</li> <li>- Volunteer recruiting/coordinating</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Identify low-income (food desert) sites</li> <li>- Fresh produce purchased and sorted</li> <li>- Mobile market truck prepared and packed</li> <li>- FoodShare staff mobilizes Mobile Food Markets approx. 10 different sites throughout the City of Toronto</li> </ul>
OUTPUTS	<ul style="list-style-type: none"> <li>- Support and communication provided to community coordinators and agencies in food insecure neighbourhoods</li> <li>- Customers identified and orders taken</li> <li>- Fresh produce purchased from Ontario farmers and food terminal</li> <li>- Volunteers and staff work together to sort and pack Good Food Boxes</li> <li>- FoodShare trucks deliver Good Food Boxes to 180 stops throughout the City of Toronto</li> </ul>	<ul style="list-style-type: none"> <li>- Trained community coordinators leading Good Food Markets</li> <li>- Market coordinators and participants complete skills/knowledge workshops on managing market stalls</li> <li>- Good Food Market participants receive information/training on strategies for building partnerships</li> <li>- Good Food Market coordinators/volunteers/participants are exposed to a variety of fundraising options</li> <li>- Good Food Market coordinators provided with volunteer recruitment</li> </ul>	<ul style="list-style-type: none"> <li>- Sites assessed and identified to meet the needs of low-income neighbourhoods</li> <li>- Mobile truck prepared and mobilized to Mobile Market sites</li> <li>- Weekly Mobile Markets coordinated and operated by FoodShare staff at market sites</li> </ul>

<p>SHORT- TERM OUTCOMES &amp; INDICATORS</p>	<ul style="list-style-type: none"> <li>- FoodShare supports Ontario farmers</li> <li>- Volunteers gain a community of support and valuable skills/experience</li> <li>- Community groups support increased access to fresh produce in food deserts</li> </ul> <p><b>Indicators:</b> produce purchased/distributed, # &amp; hrs of volunteers, list of Good Food volunteer/ community activities, # of households receiving fresh produce</p>	<ul style="list-style-type: none"> <li>- Local markets sell fresh vegetables and fruits in low-income communities</li> <li>- Good Food Markets establish partnerships and mobilize fundraisers</li> <li>- Volunteers support for Good Food market increases</li> </ul> <p><b>Indicators:</b> Amount of sales/produce sold, funds raised, list of partnerships established, # &amp; hrs of volunteers</p>	<ul style="list-style-type: none"> <li>- Low-income households access/purchase fresh produce</li> <li>- Community members gather and establish relationships</li> <li>- Awareness and knowledge of fresh produce is introduced</li> </ul> <p><b>Indicators:</b> demographics of customers, sales, community relationships established, list of food literacy concepts introduced, # &amp; hrs of volunteers</p>
<p>MEDIUM-TERM OUTCOMES &amp; INDICATORS</p>	<ul style="list-style-type: none"> <li>- Consumption of vegetables and fruit increases in low-income households</li> <li>- Barriers to fresh produce are alleviated</li> <li>- Increased capacity of volunteers</li> </ul> <p><b>Indicators:</b> changes in consumption rates, examples of barriers alleviated, volunteers demonstrate increased skills/knowledge</p>	<ul style="list-style-type: none"> <li>- Access to fresh food increases</li> <li>- Community capacity to organize and mobilize increases</li> <li>- Markets generate income</li> </ul> <p><b>Indicators:</b> purchases by low-income households, events/actions led by community groups, market income estimates</p>	<ul style="list-style-type: none"> <li>- Individual/household consumption of fresh produce increases</li> <li>- Sense of community is strengthened</li> <li>- Food literacy is increased</li> </ul> <p><b>Indicators:</b> change in consumption rates, community perceptions by customers, changes in food literacy of customers</p>
<p>LONG-TERM OUTCOMES &amp; INDICATORS</p>	<ul style="list-style-type: none"> <li>- Improved individual/household health</li> <li>- Improved food security for low-income households</li> <li>- Strengthened social capital in target neighbourhoods</li> </ul> <p><b>Indicators:</b> improved indicators of health, access to and consumption of healthy food increases, volunteers/community groups take action to meet their needs/interests</p>	<ul style="list-style-type: none"> <li>- Good Food markets operate independently and sustainably</li> <li>- Community groups advocate for needs and interests of their community</li> <li>- Household assets strengthened (i.e. food, income, knowledge/skills)</li> </ul> <p><b>Indicators:</b> vendors/customers sustaining/ growing, community initiatives completed, households show increased assets</p>	<ul style="list-style-type: none"> <li>- Improved individual/household health</li> <li>- Community social capital is increased</li> <li>- Food literacy is shared</li> </ul> <p><b>Indicators:</b> improved indicators of health for Mobile Market customers, trust and sense of pride amongst community members is expressed, customers indicate that their knowledge/experience is shared</p>
<p><b>ASSUMPTIONS:</b> - When customers/households receive fresh produce through the Good Food initiatives, the food is being consumed by the recipients.</p> <ul style="list-style-type: none"> <li>- The City of Toronto will make space and time available for market activities.</li> <li>- Community coordinators will ensure that target populations (i.e. low-income/vulnerable groups) are being reached.</li> </ul>			

## Program Logic Model for The Urban Agriculture Program

POVERTY REDUCTION INDICATOR(S) TO BE ADDRESSED: Ontario Deprivation Index, Poverty Rates of Vulnerable Populations, Food Security

TARGET GROUP(S) SERVED: Persons with Disabilities, Unemployed, Aboriginal People, Newcomers, At-Risk Youth, Working Poor, Single Parent Families

PROGRAM GOAL(S): Increased access to, knowledge of and consumption of vegetables and fruit. Empowered community initiatives in low-income neighbourhoods.

IMPLEMENTATION OBJECTIVES: Assess the extent to which the Urban Agriculture Program contributes to poverty reduction through the lens of the SLF. Measure program outcomes and assess their contribution to the livelihoods assets for program participants, their households and their neighbourhood.

PROGRAM COMPONENTS	Community Gardens	Market Gardens	Balcony Gardens
ACTIVITIES	<ul style="list-style-type: none"> <li>- Coordinate and demonstrate organic urban agriculture practices (FoodShare &amp; Sunshine Garden)</li> <li>- Conduct community consultation</li> <li>- Support &amp; training: <ul style="list-style-type: none"> <li>o Food literacy</li> <li>o Group management</li> <li>o Gardening best practices</li> <li>o Leadership development</li> <li>o Policy/bureaucracy navigation</li> </ul> </li> <li>- City-wide event support/coordination from FoodShare</li> </ul>	<ul style="list-style-type: none"> <li>- Conduct community consultation</li> <li>- Support &amp; training: <ul style="list-style-type: none"> <li>o Group management</li> <li>o Market garden design</li> <li>o Resource management</li> <li>o Leadership development</li> <li>o Policy/bureaucracy navigation</li> </ul> </li> <li>- City-wide event support/coordination from FoodShare</li> </ul>	<ul style="list-style-type: none"> <li>- Training and support provided to approximately 80 households in low-income communities</li> <li>- Food literacy and balcony gardening approached taught to participants</li> </ul>
OUTPUTS	<ul style="list-style-type: none"> <li>- FoodShare provides gardening opportunities for participants</li> <li>- Communities are engaged to discuss food and communities interests</li> <li>- Community leaders/community groups complete knowledge/skills training</li> <li>- Community gardens established and supported</li> <li>- City-wide community building/food &amp; gardening events are implemented</li> </ul>	<ul style="list-style-type: none"> <li>- Communities are engaged to discuss food and communities interests</li> <li>- Community leaders/community groups complete knowledge/skills training</li> <li>- Market garden sites are identified and/or operated</li> <li>- Partners, funds and resources are identified</li> <li>- City-wide market gardening initiatives are coordinated</li> </ul>	<ul style="list-style-type: none"> <li>- Fresh produce grown on balconies in approx. 80 low-income households</li> <li>- Participants receive information and background on food literacy</li> <li>- Balcony gardeners have received information on best practices/ approaches for balcony gardens</li> </ul>

<p>SHORT-TERM OUTCOMES &amp; INDICATORS</p>	<ul style="list-style-type: none"> <li>- Personal and social needs are supported</li> <li>- Increased knowledge/skills of participants</li> <li>- Well-managed garden spaces are increased throughout Toronto</li> <li>- Sense of community and inclusion are supported</li> </ul> <p><b>Indicators:</b> # of participants, # &amp; hrs of volunteers, # and area of gardens, community/project perceptions, knowledge/skills</p>	<ul style="list-style-type: none"> <li>- Market gardens provide access to fresh produce in food insecure communities</li> <li>- Market gardeners sell fresh produce</li> <li>- Knowledge/ skills increase</li> <li>- Partners and funds are identified and accessed</li> </ul> <p><b>Indicators:</b> # of participants, # &amp; hrs of volunteers, amount of produce sold (qty/\$), skills/knowledge demonstrated, list of partnerships and funds raised</p>	<ul style="list-style-type: none"> <li>- Participants consume home grown fresh produce</li> <li>- Food literacy knowledge and food growing knowledge have increased</li> <li>- Food costs decrease</li> </ul> <p><b>Indicators:</b> # of participants, # &amp; hrs of volunteers, amount of produce grown/consumed, skills/knowledge demonstrated, cost savings on food</p>
<p>MEDIUM-TERM OUTCOMES &amp; INDICATORS</p>	<ul style="list-style-type: none"> <li>- Confidence/social engagement increases</li> <li>- Skills and knowledge permit groups and individuals to advance needs/interests</li> <li>- Access to and consumption of locally grown, good quality produce increases</li> <li>- Social capital is strengthened</li> </ul> <p><b>Indicators:</b> impact stories, examples of initiatives undertaken, yields/consumption rates, reports of trust/pride/collective action</p>	<ul style="list-style-type: none"> <li>- Food insecure households consume more fresh produce</li> <li>- Market gardeners gain modest income</li> <li>- Knowledge/skill improves employability and access to available services</li> <li>- Funds and partnerships contribute to community building</li> </ul> <p><b>Indicators:</b> change in consumption rates, income generated, opportunities/resources leveraged by participants</p>	<ul style="list-style-type: none"> <li>- Household consumption rates of fresh produce are increased</li> <li>- Knowledge and participation contribute to healthy lifestyle choices in the household</li> <li>- Savings alleviate burdens on income</li> </ul> <p><b>Indicators:</b> household consumption rates, household demonstrates healthy lifestyles, net income is increased</p>
<p>LONG-TERM OUTCOMES &amp; INDICATORS</p>	<ul style="list-style-type: none"> <li>- Improved physical/mental health</li> <li>- Strengthened personal capacity/employability</li> <li>- Empowered community groups</li> <li>- Sustainable community development</li> </ul> <p><b>Indicators:</b> Improved health indicators (physical/mental), new/improved jobs for participants, change in livelihoods assets</p>	<ul style="list-style-type: none"> <li>- Improved food security/healthy choices</li> <li>- Income/expense relief for low-income households</li> <li>- Increased capacity strengthens community/individual livelihoods</li> </ul> <p><b>Indicators:</b> Increase in healthy behaviours, income and savings generated at markets, change in livelihoods assets</p>	<ul style="list-style-type: none"> <li>- Improved household health</li> <li>- Increased skills and knowledge support social/professional opportunities</li> <li>- Anxiety is alleviated</li> </ul> <p><b>Indicators:</b> Improved health indicators (physical/mental), new opportunities resulting from participation</p>

ASSUMPTIONS: Community groups will be in have the capacity to build towards independence and sustainability. Funds and partnerships will be available and will persist over the long term. Land will be available and policies will support the growth and continuance of Urban Agriculture Practices.

## **Appendix F: Data collection instruments**

### **Discovery Interview Guide – FoodShare Toronto**

FoodShare Toronto has recently begun the process of evaluating the performance of the Good Food Program and the Urban Agriculture Programming, specifically with respect to how they contribute to poverty reduction. Harry Cummings and Associates has been contracted to conduct this study.

This interview is intended to provide you with an opportunity to provide feedback on your experience with the program to date. It is a key first step in this study and will contribute to the discovery phase and the development of the evaluation design. Responses from all interviewees will be summarized and your name will not be included in reports, so please feel welcome to speak as freely and openly as you wish.

Participation in the interview is completely voluntary, but we hope that you see the benefit of participating.

We need and value your feedback.

The first few questions relate to the program goals and objectives.

1. To start, can you tell me how long you've been involved with FoodShare and in what capacity? What is your current position with FoodShare and what program(s)/project(s) are you involved with? What are your primary responsibilities?
2. Based on your experience with the program/project, what would you say are the primary goals/objectives of the program/project?
3. Have the goals and/or objectives of the program/project changed over the life of the program? If so, in what way?
4. What are the key partner organizations/agencies that contribute to the program/project and what is their role? Have the partner organizations/agencies changed or expanded over time, please elaborate.

The next few questions relate to the program delivery.

5. Can you briefly describe how the program/project operates in terms of the main services / products / resources that it provides? What areas of the city does the program/project currently operate in?
6. Which aspects of planning and implementing the program/project work really well / have been successful?
7. What are some of the key challenges associated with planning and implementing the program/project?
8. What resources – including human, financial and infrastructure – are needed to

- ensure the success of the program/project (today and in the future)?
9. How do community members (beneficiaries) come to know the program and how do they join the program/project?
  10. What are the criteria (if any) for participating in the program/project? What are some of the factors that might limit people from accessing the program?
  11. How are community members / participants engaged to get their input and feedback on the program/project? What type of input and feedback are they asked to provide and how often does this engagement take place?

The next few questions relate to program outcomes including the impact the program is having on participants.

12. In general, what would you describe as some of the key achievements/successes of the program/project (material, knowledge/awareness/skills, social, etc.)?
13. What would you identify as the key indicators or causes of poverty in the communities with which you work?
14. In what ways is the program/project addressing these indicators/causes?
15. What are some of the key challenges (internal and/or external) that make it difficult to achieve the goals/objectives of the program/project?
16. Do you have any additional comments you would like to share on the program/project?

### **Key Informant Interview Guide - Good Food Program**

FoodShare Toronto has recently begun the process of evaluating the performance of the Good Food Program, specifically with respect to how they contribute to poverty reduction. Harry Cummings and Associates has been contracted to conduct this study.

In this interview we are hoping to learn from your knowledge and experience about the goals, the challenges and the accomplishments of the Good Food Program. Responses from all interviewees will be summarized and your name will not be included in reports, so please feel welcome to speak as freely and openly as you wish.

Participation in the interview is completely voluntary, you are free not to answer any question or to leave the interview at any time, but we hope that you see the benefit of participating.

We need and value your feedback.

The first few questions relate to the program goals, objectives and structure.

1. To begin, can you tell me how long you've been involved with FoodShare? What is your role and responsibility with the Good Food Program? What are your



primary responsibilities?

2. Based on your experience with the project, what would you say are the primary goals/objectives of the project?
3. What are the key partner organizations/agencies that contribute to the project and what is their role?

The next few questions relate to the program delivery.

4. Can you briefly describe how the project operates in terms of the main services / products / resources that it provides? What area of the city are you currently working in?
5. How are community members / participants engaged in the project? What type of contributions and responsibilities do they bring to the project?
6. Which aspects of planning and implementing the project work really well / have been successful?
7. What are some of the key challenges associated with planning and implementing the project?

The next few questions relate to program outcomes including the impact the program is having on participants.

8. In general, what would you describe as some of the key achievements/successes of the program/project (material, knowledge/awareness/skills, social, etc.)?
9. Do you feel that the project supports poor/vulnerable individuals/households in the City of Toronto? Please elaborate.
10. What are some of the key challenges (internal and/or external) that make it difficult to achieve the goals/objectives of the program/project?
11. Can you provide any examples/stories that you feel strongly demonstrate the impact the project has had upon the participants?
12. Do you have any additional comments you would like to share on the program/project?

### **Key Informant Interview Guide – Urban Agriculture Program**

FoodShare Toronto has recently begun the process of evaluating the performance of the Urban Agriculture Program, specifically with respect to how they contribute to poverty reduction. Harry Cummings and Associates has been contracted to conduct this study.

In this interview, we are hoping to learn from your knowledge and experience about the goals, the challenges and the accomplishments of the Urban Agriculture Program. Responses from all interviewees will be summarized and your name will not be included in reports, so please feel welcome to speak as freely and openly as you wish.

Participation in the interview is completely voluntary, you are free not to answer any question or to leave the interview at any time, but we hope that you see the benefit of participating.

We need and value your feedback.

The first few questions relate to the program goals, objectives and structure.

1. To begin, can you tell me how long you've been involved with FoodShare? What is your role and responsibility with the Urban Agriculture Program? What are your primary responsibilities?
2. Based on your experience with the project, what would you say are the primary goals/objectives of the project?
3. What are the key partner organizations/agencies that contribute to the project and what is their role?

The next few questions relate to the program delivery.

4. Can you briefly describe how the project operates in terms of the main services / products / resources that it provides? What area of the city are you currently working in?
5. How are community members / participants engaged in the project? What type of contributions and responsibilities do they bring to the project?
6. Which aspects of planning and implementing the project work really well / have been successful?
7. What are some of the key challenges associated with planning and implementing the project?

The next few questions relate to program outcomes including the impact the program is having on participants.

8. In general, what would you describe as some of the key achievements/successes of the program/project (material, knowledge/awareness/skills, social, etc.)?
9. Do you feel that the project supports poor/vulnerable individuals/households in the City of Toronto? Please elaborate.
10. What are some of the key challenges (internal and/or external) that make it difficult to achieve the goals/objectives of the program/project?
11. Can you provide any examples/stories that you feel strongly demonstrate the impact the project has had upon the participants?
12. Do you have any additional comments you would like to share on the program/project?

### **Key Informant Partner Interview Guide – FoodShare Toronto**

FoodShare Toronto has recently begun the process of evaluating the performance of the Good Food Program and the Urban Agriculture Programming, specifically with respect to how they contribute to poverty reduction. Harry Cummings and Associates has been contracted to conduct this study.

This interview is intended to provide you with an opportunity to provide feedback on your experience with the program to date. It is a key first step in this study and will contribute to the discovery phase and the development of the evaluation design. Responses from all interviewees will be summarized and your name will not be included in reports, so please feel welcome to speak as freely and openly as you wish.

Participation in the interview is completely voluntary, but we hope that you see the benefit of participating.

We greatly value your feedback.

The first few questions relate to the program goals and objectives.

1. To start, can you tell me the nature of your relationship with FoodShare? How long have you partnered with FoodShare and what program(s)/project(s) are you involved with? What are your primary responsibilities?
2. Based on your experience with the program/project, what would you say are the primary goals/objectives of the program/project?
3. Has your relationship or the goals and/or objectives of the program/project changed over the life of the program? If so, in what way?
4. Do you partner with any other organizations/agencies that contribute to the program/project and what is their role? Have these partnerships changed or expanded over time, please elaborate.

The next few questions relate to the program delivery.

5. Can you briefly describe how the nature of how the program/project operates? In which areas of the city does your involvement include?
6. Which aspects of planning and implementing the program/project work really well / have been successful?
7. What are some of the key challenges associated with planning and implementing the program/project?
8. What resources – including human, financial and infrastructure – are needed to ensure the success of the program/project (today and in the future)?
9. How do community members (beneficiaries) come to know the program and how do they join the program/project?

10. How are community members / participants engaged to get their input and feedback on the program/project? What type of input and feedback are they asked to provide and how often does this engagement take place?

The next few questions relate to program outcomes including the impact the program is having on participants.

11. In general, what would you describe as some of the key achievements/successes of the program/project (material, knowledge/awareness/skills, social, etc.)?
12. What would you identify as the key indicators or causes of poverty in the communities with which you work?
13. In what ways is the program/project addressing these indicators/causes?
14. Do you have any additional comments you would like to share on the program/project?

### **Focus Group Guide**

This focus group discussion is built around the sustainable livelihoods framework. It seeks to have FoodShare program participant's comment upon the issues they experience in their neighbourhood related to the five areas of livelihoods (human, social, physical, financial and natural) and to reflect upon how their involvement with FoodShare has related to and/or supports these issues.

Throughout the discussion, turn-taking strategies will be employed by the facilitator to ensure (to the extent possible) the inclusion of all participants. Depending on the size of the group, different techniques may be used (i.e. hand raising, going around the table in turn, smaller group break out discussions).

Notetaking will be conducted on poster paper visible to the whole group (if possible). Otherwise, notes will be written on note paper. Five questions will ask the participants to reflect on the five livelihoods areas. If time permits, a prioritization activity will be conducted at the end of the session.

### **AGENDA**

1. Introductions:
  - Explain the purpose of the focus group and a general outline of what will be discussed
  - Explanation of informed consent, voluntary nature of participation and the right to refuse any question or leave at any time without consequence.
  - Roundtable introduction of participants
2. Human livelihood question: In your experience with FoodShare, how has your involvement impacted the human aspects of your life? (i.e. your knowledge/skills/employability, and/or your mental/physical health)
3. Social livelihood question: In your experience with FoodShare, how has your involvement impacted the social aspects of your life? (i.e your relationships

with family, friends & community, and your power to be heard in the community and with decision makers)

4. Physical livelihood question: In your experience with FoodShare, how has your involvement impacted the physical aspects in your life? (i.e. your access to services such as child/health care, banking, transit, communication, groceries and/or materials such as appliances and tools)
5. Financial livelihood question: In your experience with FoodShare, how has your involvement impacted the financial aspect of your life? (i.e. your income, your savings, your credit, your personal money decisions)
6. Natural livelihood question (*likely only applicable to Urban Agriculture*): In your experience with FoodShare, how has your involvement impacted you're the natural spaces and areas in your neighbourhood? (i.e. land, air, water, green space, soil)
7. Prioritization (dotmocracy) – *time permitting*
  - Using markers or stickers (or show of hands/discussion if no posters), each participant can identify the three most important 'issues' and three most important 'contributions' discussed during the focus group
  - Place a single dot next to the 'issues' and 'contributions' that they have each identified
8. Closing thoughts and thanks

#### FOODSHARE FOCUS GROUP DISCUSSION – Participant Questionnaire

Date: \_\_\_\_\_ Location: \_\_\_\_\_

This is a short questionnaire before we start the focus group discussion for participants to help us learn more about you and your involvement with FoodShare.

*\* Please note all questions are optional. You may choose not to answer any question, if you wish. No identifying information will not be shared with others or written in any reports. \**

What year were you born?
What is your gender?
What is your postal code (or neighbourhood)?
How long have you been involved with this FoodShare project?
How are you involved with this FoodShare project?
What is the main reason you are involved with this FoodShare project?
What is the most important benefit you get out of this FoodShare project?
How could this FoodShare project be improved?
Comments:

## FoodShare - Customer and Participant Survey

### PRE-SURVEY DETAILS

*For the surveyor: please complete questions 1-4 before reading the introduction to the respondent.*

1. Surveyor name: \_\_\_\_\_

2. Date (month/day): \_\_\_\_\_

Time: \_\_\_\_\_ am/pm

3. Which type of project are you surveying?

Good Food	Good Food	Mobile Good	Community	Market	Balcony
Box	Market	Food Market	Garden	Garden	Garden
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Please indicate the name of the project site you are surveying:

\_\_\_\_\_

### INTRODUCTION

*For the surveyor: please read the introduction prior to asking Question 5 to the respondent. If they do not agree to participate, please thank them and end the survey.*

Hello, my name is \_\_\_\_\_ and I'm conducting a short survey on behalf of FoodShare. We're conducting a survey of customers of (participants in) the \_\_\_\_\_ (name of project) to better understand how the project is impacting their lives and well-being. Your participation in this survey will help to ensure that the project continues to respond to the needs of community members. This survey is completely voluntary, you are free to stop the survey at any time or you may choose to skip any question that you do not want to answer. However, we greatly value your input and it is essential to help us to better understand what we are doing well and how we can improve. All of the information we are collecting will be combined with the



answers of all other survey participants. We are not recording anyone's name and we are committed to keeping all your answers confidential, so please feel free to speak openly and honestly.

5. How long have you been involved with the (Good Food Box), (market), (garden)?

Months ----- Years -----

#### FOODSHARE IMPACTS

6. How has the \_\_\_\_ project changed the amount of time it takes for you to access fresh vegetables and fruit? (read list)

It takes a lot less time	It takes a little bit less time	There's been no change	It takes a little bit more time	It takes a lot more time	I don't know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

General comments, if provided by respondent:

7. Has there been a change in the amount of fresh vegetables and fruit you eat since you became involved with the project? Do you... (read list)

...eat a lot more	...eat a little bit more	...eat about the same amount	...eat a little bit less	...eat a lot less	I don't know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

General comments, if provided by respondent:

8. How have your relationships with other community members changed as a result of participating in the \_ project? Have your relationships... (read list)

Improved greatly	Improved somewhat	Remained the same / no real difference	Worsened somewhat	Worsened greatly	I don't know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Can you please explain your response?

*Surveyor note: For the following question (Question 9), do not read the options out loud. Ask as an open ended question and select the appropriate response. Responses that are not listed should be added as "Other".*

9. What skills or knowledge have you gained from your involvement in the \_\_\_\_ project?

(Please select all that apply)

- ☐ Healthy eating
- ☐ Preparing food
- ☐ Growing food
- ☐ Sales / money management
- ☐ Community organizing (advocacy, fundraising, volunteer coordinating)
- ☐ Communication
- ☐ None
- ☐ Other, please specify: \_\_\_\_\_

General comments, if provided by respondent:

10. Overall, how helpful has your involvement in the \_\_\_\_ project been in terms of saving you money? Has it been... (read list)

Extremely helpful	Very helpful	Moderately helpful	Slightly helpful	Not at all helpful	I don't know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

General comments, if provided by respondent:

11. Overall, how do you feel your physical health has changed as a result of your involvement in the ----- project? Has your health... (read list)

Improved greatly	Improved somewhat	Remained the same	Worsened somewhat	Worsened greatly	I don't know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Can you please explain your response?

12. Overall, how do you feel your mental health has changed as a result of your involvement in the ----- project? Has your health... (read list)

Improved greatly	Improved somewhat	Remained the same	Worsened somewhat	Worsened greatly	I don't know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Can you please explain your response?

## DEMOGRAPHICS

Many of the following questions will be somewhat personal. We want to remind you that you are free to skip any questions that you do not wish you answer. However, we want to reassure that we will be keeping your answers confidential and your answers will be combined with hundreds of other responses. I am the only person who will know your identity and your responses will not be able to be connected back to you. Your honest answers to the following questions are very important to helping us understand more about who we work with. They are very much appreciated.

Read aloud: Now I'm going to read you two statements that may be used to describe the food situation for a household. Please tell me if the statement was 'often true', 'sometimes true', 'never true', or 'don't know / prefer not to answer' in the past 12 months.

13. Statement 1: You and/or other household members worried that food would run out before you got money to buy more.

Often true	Sometimes true	Never true	I don't know	Prefer not to answer
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

General comments, if provided by respondent:

14. Statement 2: You and/or other household members couldn't afford to eat healthy meals.

Often true	Sometimes true	Never true	I don't know	Prefer not to answer
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

General comments, if provided by respondent:

15. Can you please give me your year of birth? \_\_\_\_\_

16. What is your gender identity? \_\_\_\_\_

17. What language do you speak most frequently at home? \_\_\_\_\_

*Surveyor note: For the following question (Question 18), do not read the options out loud. Ask as an open ended question and select the appropriate response. Responses that are not listed should be added as "Other".*

18. Can you please tell me the highest level of education you have completed?

- |  |   |
|--|---|
| <input type="checkbox"/> No certificate or diploma           | <input type="checkbox"/> University certificate (below a Bachelor's degree) |
| <input type="checkbox"/> High school diploma                 | <input type="checkbox"/> Bachelor's degree                                  |
| <input type="checkbox"/> Trade or apprenticeship certificate | <input type="checkbox"/> Graduate degree                                    |
| <input type="checkbox"/> College diploma                     | <input type="checkbox"/> Post-graduate degree                               |
| <input type="checkbox"/> Other, please specify: _____        |   |

19. In what country was your highest level of education completed? \_\_\_\_\_

20. Do you have any questions about/suggestions for the market/garden/stop site?

If you have any follow-up questions, we can provide you with contact information for the staff at FoodShare who will be happy to respond. Thank you for taking the time to answer this survey. Your answers are valuable and they are greatly appreciated!