

C. Case Study: Where's the Food? Finding out about Food in your Community, Ottawa Ontario

Like the goals of chapter 3 in this toolkit, the Where's the Food Program was developed to help assess the food landscape in Ottawa Ontario by asking important questions and providing possible means of assessing these food issues. A document is provided as a part of the program to help with this assessment of the food system.

The document produced has 5 steps or sections pertaining to assessing food in the community of Ottawa:

1. A Community Overview
2. How is food grown, gathered and prepared
 - a. Community gardening
 - b. Food in schools
 - c. Food Literacy in school
 - d. Community kitchens
 - e. Community gleaning
3. Where is food bought
 - a. Community shared agriculture
 - b. Farmers markets/farm stands
 - c. Food box programs
 - d. Food stores and restaurants
4. What are the barriers to accessing healthy food
 - a. Household food insecurity and emergency food
 - b. Transportation to food stores
 - c. Skills and information
 - d. Food options
5. What does this mean for their community



The document provides guidance on gathering information on the food system in Ottawa. Food mapping and statistical information are used to characterize the community. Each section discusses an important facet of the food system, indicators to measure how it is functioning, and how to perform an assessment and where more information can be gathered.

Farmers' Markets, Farm-Gate Sales, and Farm Stands	
Potential Indicators	Where to Get Information
Where is the closest farmers' market(s) to your community located? When is it open (days/hours/months)? Is it within walking distance (how many km)? If not, is there public transportation available? How long does it take to bus there? How long does it take to drive there? How many farmers attend the farmers' market(s) in or closest to your neighbourhood? If you are in a rural area, how many of these farms are located within your community?	Just Food's Buy Local Food Guide; Attend Farmers' Market and make observations; Google Maps; OC Transpo
Are there any farm stands in your community? If not, where are the nearest farm stands to your community? Are these farm stands within walking distance (how many km)? If not, is there public transportation available? How long does it take to bus there? How long does it take to drive there? When are they open?	Just Food's Buy Local Food Guide Visit the farm stands; Google maps; OC Transpo