

# COVID-19 IMPACT ON FOOD INSECURITY IN GUELPH

@ Rotary Club of Guelph Trillium  
June 3, 2020



- Terrie Jarvis
- Guelph Rotarian since 2015
- Volunteer Program Coordinator of this Rotary-inspired charity
- Food-insecurity of children

***No child in our community  
should go hungry,  
yet many do due to poverty.***



- Jaya James
- Guelph Rotarian since 2017
- Executive Director, Lakeside HOPE House
- Food-insecurity of individuals and families ... and a lot more

***Improving the lives of others,  
especially those impacted by  
poverty.***

# Food Insecurity in Guelph

Guelph & Wellington County Vital Signs Report 2018



% OF  
HOUSEHOLDS  
EXPERIENCING  
FOOD  
INSECURITY <sup>10</sup>

GUELPH

17%

WELLINGTON  
COUNTY

9%

“ When people live in households without enough food, they are **more likely to report poor or fair health, limitations to activity, more than one chronic condition** (such as heart disease, diabetes, high blood pressure and food allergies), to **suffer from major depression and to lack social support.**” <sup>17</sup>

# There's a food security crisis in Canada and it's worse than you think

**7%**

MARGINAL  
food  
insecurity

Some indication of worry about running out of food and/or limited food selection

**7%**

MODERATE  
food insecurity

Forced to compromise the quality and/or quantity of food consumed

**3%**

SEVERE  
food  
insecurity

Disrupted eating patterns – missed meals, reduced food intake, no food intake for an entire day or longer, chronic shortage of food

Estimated that at least  
500 Guelph children  
age 1-14 live in  
severely food insecure homes,  
chronically short of food

**1 is too many.  
500 is heartbreaking.**

# Weekends Without Hunger



**Closing the weekend gap  
in providing food to  
children whose families  
are struggling to make  
ends meet**

## **A community partnership with**



**The four  
Rotary Clubs  
of Guelph**



**Upper Grand  
District School Board**



# Now in its 2<sup>nd</sup> year, the Food4Kids Guelph charity is supporting 200 children at 12 schools in 93 families

## Before Covid-19...

Food bags each weekend  
delivered through schools



Protein, Grain, Dairy,  
Fruit & Veg, Snacks

## Since Covid-19...

Grocery gift cards mailed to homes  
\$15/child/week – incl. summer holidays



Dear Family,

How are you doing? We want you to know that you can depend on receiving these grocery gift cards from us every second week, throughout the summer holidays as well.

Stay safe! Sending our best wishes,

The Food4Kids Guelph Team

Email: [food4kidsguelph@gmail.com](mailto:food4kidsguelph@gmail.com)

( \$40,000 )



# Lakeside HOPE House

Improving the lives of others, especially those impacted by poverty



## ONGOING SUPPORT PROGRAMS

- The Food Market
- HOPE Stylin' – clothing, hair salon
- Café
- Community Breakfast every Wed.
- HOPE in Motion
- Social Work Services
- Healthy Living Club
- Circles®
- Creative Outlets – Yarn & Yap, Creative Connections, Chords of HOPE

## COMMUNITY PROJECTS

- Harvest of HOPE – produce
- Community Backpack Project
- HOPE for the Holidays
- HOPE Smiles
- Eggpreneur



10 Cork Street, Guelph

*With 18,000 square feet of usable space, HOPE House is a significant care centre in the Guelph community.*



# Since Covid-19 ...

## Oh, how things have changed

Statistics Canada found one-in-five Canadian businesses had laid off more than [80 per cent of their staff](#)

“Coronavirus ups and downs by the numbers”  
[Macleans.ca/economy](https://www.macleans.ca/economy)

For free, emergency food, people think first of ...



But Guelph is fortunate to actually have about 28 places providing emergency food support (some very small).

**Covid-19 has driven incredible innovation and collaboration**

# Guelph agencies have rapidly adapted



- 200 children, 93 families
- Grocery gift cards, \$15 per child per week, till Sept
- Unused food donated to Chalmers (656 lbs)
- 2 freezers loaned to The SEED for their meals program

## ISSUES

Demand up

Half closed

Volunteers down

Non-contact



- Food Market grocery orders can also be taken by phone or email
- Home delivery
- Networking with other providers



- Food bag, weekly pickup
- 2 locations – downtown and west end



- Children's Foundation GW
- Market Fresh – 5 family hampers per week
- "Food & Friends" school day food, now offering weekly home delivery



- Daily snacks and cooked meals for take-out

# Being poor is a full-time job.

Imagine having to continually figure out

- Where you can get free food – still open during Covid?
- Whether you ‘qualify’ at each place
- When they are open
- How often you are allowed to go there
- How to get there and back



## COVID-19 Resource: Guelph Emergency Food Access

Last Updated: May 13, 2020





Due to COVID-19, access to the below services may be impacted by changes to hours or closures. Please contact services directly or visit their website for the most current information. The following emergency food providers are currently closed: Welcome In Drop In Centre, Silvercreek Community Market and Trinity United Church Food Pantry.

Organization, Address & Contact Information	Eligibility to access service	Type of service	Types of items provided				You can make requests for dietary needs	How you access food		Someone can pick-up for you
			Non- perishable	Perishable	Fresh fruits & vegetables	Grocery gift cards		Pick-up	Delivery	

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<b>Chalmers Community Services Centre</b> 41 Macdonell St, Guelph & 577 Willow Rd - in the portable, Guelph www.chalmerscentre.ca 519-822-8778	No registration needed. Open to everyone.	Prepacked hampers	✓	✓	✓				✓		✓
<b>North End Harvest Market</b> 140 Waverly Dr, Guelph oldbatchat@yahoo.ca 519-835-1016	No registration needed. Open to everyone.	Prepacked hampers		✓	✓				✓	✓	✓
<b>Lakeside HOPE House</b> 10 Cork St E, Guelph reception@lakesidehope www.lakesidehopehouse.ca /appt-request-form/ 519-265-4299	Register as a community member. Open to everyone.	Prepacked hampers & some non-grocery items	✓	✓	✓			✓	✓	✓	✓
<b>The SEED at Guelph Community Health Centre</b> 176 Wyndham St N, Guelph www.theseedguelph.ca/ homedelivery 519-993-0929	No registration needed. Fill out the intake form on the website. Open to everyone.	Prepacked hampers & prepared meals	✓	✓	✓	✓	✓	✓		✓	
<b>Royal City Mission</b> 50 Quebec St, Guelph office@royalcitymission.ca 519-837-3777	No registration needed. Open to everyone.	Prepared take-out meals served at 11am & 6pm daily. Some delivery available					✓		✓	✓	



COVID-19 Resource: Guelph Emergency Food Access

www.gwpoverity.ca  
@gwpoverity

**POVERTY**  
GUELPH & WELLINGTON TASK FORCE FOR  
**ELIMINATION**

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<b>Salvation Army</b> 210 Victoria Rd S, Guelph familyservices@guelphsa.ca 519-836-9824	Contact for interview style registration and appointment.	Prepacked hampers	✓	✓	✓				✓		✓
<b>Guelph Food Bank</b> 100 Crimea St, Guelph gfb@spiritwind.ca	Register with identification, name, address, proof of rent & income.	Prepacked hampers	✓	✓	✓			✓	✓	✓	✓
<b>Society of St. Vincent de Paul</b> info@ssvpghuelph.ca 519-654-3575	Register with name, address & contact information.	Emergency food vouchers				✓				✓	
<b>Children's Foundation of Guelph and Wellington</b> 87 Waterloo Avenue, Guelph childrensfoundation.org anita@childrensfoundation. org	Families with children already supported by the Food & Friends student nutrition program can register on the website under Fresh Food for Kids.	Prepacked kits	✓	✓	✓					✓	
<b>Food4Kids Guelph</b> 503 Imperial Rd. Unit 5, Guelph www.food4kidsguelph.ca food4kidsguelph@gmail.com	Families with children already enrolled in the Food4Kids program.	Grocery gift cards				✓				✓	
<b>Snacks and Smiles by Crown Dairy</b> 363 Elizabeth St, Guelph www.snacksandsmiles.ca	Open to elementary and secondary school children. Visit the website to register.	Prepacked snack bags	✓	✓	✓			✓		✓	
<b>Guelph Student Food Bank</b> 620 Gordon Street, Guelph foodbank@uoguelph.ca 519-824-4120 x52561	Must be a University of Guelph Student. Contact to register.	Grocery gift cards				✓				✓	
<b>Holy Rosary Church Emergency Food Pantry</b> 175 Emma St, Guelph 519-822-4701	Must live within parish boundary. Call to make an appointment. Name, address, contact infor- mation needed.	Prepacked hampers	✓						✓		✓



COVID-19 Resource: Guelph Emergency Food Access

www.gwpoverty.ca  
@gwpoverty

**POVERTY**  
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# Things may never be the same again. In some ways, they could be better.

- Successful collaborations may continue and grow if the funding is there to support them
- Extra impetus for Guelph's Smart Cities Vision:  
“Our Food Future, *Canada's first circular food economy*”
- Donation by Wood Development Group to THE SEED of a 30,000 sq ft warehouse at 69 Huron St.
  - Supports expansion of THE SEED's amazing work
  - Potential community space for improving local food provision

**Guelph is rising to the challenge**