

A Day in the Life...

Public Health Nutritionist working
in Community Food Security

Community Food Security Definition

...Exists when all community residents obtain a safe, personally acceptable, nutritious diet through a sustainable food system that maximizes healthy choices, community self-reliance and equal access for everyone. (Position of Dietitians of Canada 2007)

Community Food Security Initiatives in Halton

- Nutritious Food Basket Survey
- Local food security directories
- Cooking demonstrations at food banks
- Initiating a Good Food Box Program in Halton
- Consulting with Halton Region Planning Department re: Land Use Planning and agricultural land
- Initiating a food policy council for Halton

Core Competencies for Public Health Professionals

- Public Health Sciences
- Assessment and analysis
- Policy and Program Planning, implementation and evaluation
- Partnerships, collaboration and advocacy
- Diversity and inclusiveness
- Communication
- Leadership
- (Public Health Agency of Canada, 2008)

Good Food Box Initiation and the Core Competencies

- What is a good food box program?
- Halton Fresh Food Box Program started in 2004
- Planning started in 2002

Initiating the Halton Fresh Food Box Program

- Feasibility study – 2002
Assessment and Public Health Sciences
- Struck a Steering Committee
Partnerships
Inclusiveness
- Grant applications
Program Planning
Diversity

Initiating the Halton Fresh Food Box Program

- Hiring a coordinator (first boxes packed in 2004)
Program Implementation
- Creating a name and logo for the program
Communication
- Designed an evaluation - 2006
Program Evaluation
- Long term funding for the program
Advocacy
- Formation of a Board of Directors
Leadership