



Session #201:

Food programming for healthy, food secure and sustainable communities

Presented by Parvin Merchant, Mainstay Housing & Claire Bodkin, DLSPH



Mainstay Housing

- Supportive housing for consumer-survivors of the mental health system
- 41 properties and 874 tenants across the GTA
- Rent is geared to income & subsidized by the government

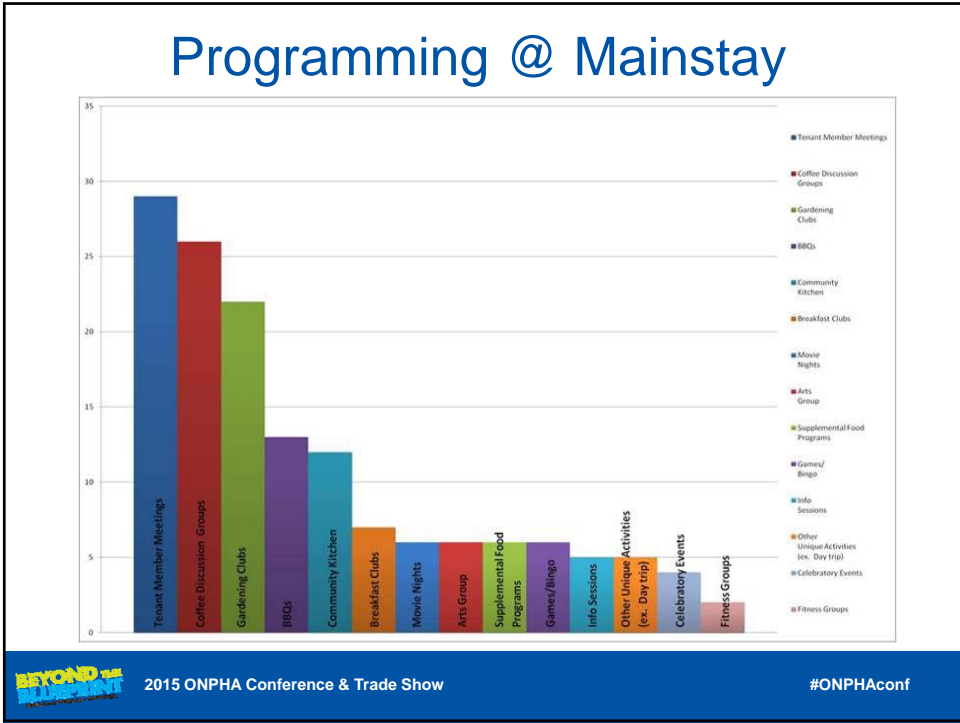
Mainstay Community Kitchen

- May to September, 2014
- 17 workshops, 1 farm trip, 61 individuals participated 227 times
- Created video + text resources



Check out our video!

<https://youtu.be/XBEpuhJJsW0>




How did the project start?

“40 is too young to die”: report

“No money, bad food, no exercise, and no information”

What can we do to address the barriers faced by our tenant members?


2015 ONPHA Conference & Trade Show
#ONPHAconf

How was the programming created?

Expertise
+
community knowledge
=
Mainstay's Community Kitchen program



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What exactly did we do?

- 5 different locations
- “What our minds and bodies need”
- “Community kitchen leadership”
- “Food and Kitchen safety”
- “Local and Seasonal Food”
- Farm field trip
- Final celebration



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Not just about food
... **skill development**
is just as important!

What did participants gain from the program?

- Enhanced leadership skills
- Increased knowledge about food & health
- New cooking skills
- Increased sense of community
- Confidence!



Over 90% of
participants
indicated that the
program changed
their lives ...

What did we learn?

And what are we doing now?

Questions?