



Health & Nutrition

Canada's birth rate is slowing, and our population is aging. These demographic changes have many implications for systems of health and nutrition. Community-based organizations are experimenting with local responses to meet the needs of seniors and low-income citizens. And new models of health care delivery are being designed and tested.

The non-profit organizations and co-operatives delivering local responses to health and nutrition tend to work with immigrant, senior and low-income citizens.

Organizations working in small, rural communities focus attention on co-operative models for rural health care delivery. The need for an alternative system addresses the gap left by government funding cutbacks and out-migration. This CED programming integrates health with sustainable housing and targets senior citizens.



Urban organizations are working toward improved nutrition. Programs tend to target seniors and low-income citizens. CED training programs such as a food-processing centre, a food box delivery program, and a food preparation company are CED initiatives within this nutritional cluster.

Enjoying the harvest of LifeCycles' Fruit Tree Program
in Victoria, British Columbia

**CEDTAP support ranges from :
\$10,000 - \$20,000**

CEDTAP offers a variety of technical services to organizations at different phases of development. The types of technical service accessed in this cluster include evaluation skills, communication strategies and plans, and community development skills.



"It came at a time when the organization very much needed to be able to take on an assessment of this nature. We could not have done as good or as thorough a job without the necessary support of the CEDTAP TA Provider"
Linda Geggie, Program Director, Life Cycles, July 2001

Case Studies:

French River Health and Housing Cooperative, Noëlville, Ontario

The small mid-northern communities near French River have a difficult time retaining their youth and attracting professionals to their towns. However, residents there are committed to the co-operative model of economic development: there are two caisses populaires, and a co-op owned funeral home and grocery store.

In 1997, a citizens' group started to work towards the establishment of a health and housing co-operative. The health co-op would service 4,000 clients in the year (bouncing up to 5,000 during the summer months). By mid-1998, 300 people purchased initial \$50 share-offers, and a \$40,000 grant from HRDC was secured for a feasibility study.

Agincourt Community Services Association, Toronto, Ontario

Agincourt Community Services Association is a non-profit, multi-service agency with a 29-year history of delivering social services to a diverse, urban population. Recognizing that nearly 1,100 members of local households were over 74 years of age, the association launched a three-year pilot project called "Take Home a Healthy Meal", funded by the Trillium Foundation.

The nutritional project has a CED component built into it: Low-income trainees, who gain experience not only in health food preparation but also in small business management, undertake the orders, meal preparation and delivery to the seniors in subsidized apartments.

Other Community Partners:

1997-2000:

Alexandra Community Health Centre, Prairies

2001-2003

LifeCycles, British Columbia

Canadian Co-operative Association, British Columbia

Centretown Community Health Centre, Ontario

Association des popotes roulantes du Montréal Métropolitain,
Québec

The CEDTAP Contribution:

CEDTAP provided technical assistance through the Ontario Co-operative Association to bring the co-op development to completion. A business plan was finalized, as well as marketing and financing plans. Training was provided to the Board of Directors and a website was developed.

While the centre awaits building, the group has been recognized by the Foundation for Rural Living with an award of excellence and a pharmacist and a nurse practitioner have been hired to work in the rural community.

In order to continue this valuable work, CEDTAP is providing technical assistance to look at cost-recovery and evaluate the project's efficiencies and successes.

Although the project has stopped, the seniors continue to eat their meals together while building their community spirit, reducing their isolation and eating healthy meals.



FoodShare's Toronto *Good Food Box* program,

Community Economic Development
Technical Assistance Program



Le programme d'assistance technique au
développement économique communautaire

a model being replicated in Ottawa, Ontario