



25min What Toronto Eats Grade 10 Facilitator Notes

Objective: Students will investigate real-life case studies to build knowledge of nutrition, budgeting, food security and food policy.



Recipe Category: Food: Outside the Box



Cooking Time: 25 mins



Level of Difficulty: Grade 10



Recipe Ingredients:

- 5 Narratives: Wayne, Gary, Linda, Kerry and “Margaret”
- 5 Photos
- Special dietary guidelines (for Gary, Linda and “Margaret”)
- Pens (about 10)
- Boards to lean on (5)
- Worksheets (one per group, so 20 for the day)
- Do The Math* postcards (The Stop) – for those who are interested



Curriculum Links:

Grade	Subject Area	Ontario Curriculum Links
10	Social Sciences	<p><i>Food and Nutrition</i></p> <p>Identify the various reasons for the choices people make about food. (O)</p> <ul style="list-style-type: none"> ▪ Categorize the reasons why people eat the foods they eat (e.g. cultural, emotional, environmental, nutritional, religious, social). (S)
		<p><i>Personal and Social Responsibilities</i></p> <p>Analyse the responsibilities involved in maintaining nutritional health and wellbeing. (O)</p> <ul style="list-style-type: none"> ▪ Describe the effects of food habits on physical, emotional, and psychological wellbeing. (S)
		<p><i>Diversity, Independence and Global Connections</i></p> <p>Complete an investigation of currently global issues related to food (e.g. food distribution, food shortages, gene manipulation), using current social science research methods. (O)</p> <ul style="list-style-type: none"> ▪ Identify the causes of hunger in Canada and the world and list some possible strategies for alleviating hunger. (S)
		<p><i>Social Science Skills</i></p> <p>Demonstrate appropriate use of social science research methods in the investigation of food-related issues. (O)</p> <ul style="list-style-type: none"> ▪ Correctly use food and nutrition terminology (e.g. nutrient, food security, vegetarian). (S) ▪ Use research derived from a variety of primary sources (e.g. interviews and photos) and secondary sources. (S)



Introduction: (10 mins)

- Introductions (*who you are and what you're all about*)
- Give a brief outline of the subject matter for this workshop, for example:
 - *What Toronto Eats – a food security photo exhibit by The Stop Community Food Centre and photographer Cheryl Duggan where real Toronto residents volunteered to disclose what they ate in a week and the different challenges they face to eating well.*
- Encourage brainstorming and then briefly define key terms such as:
 - **Food Security** is having ongoing access to enough nutritious, safe and affordable food for you and your family to meet their daily needs in a way that preserves dignity and personal preferences.
 - **Ontario Works (OW)** is the income support program of last resort for people without paid employment. It is an emergency program intended to support our friends, family and neighbours when something goes seriously wrong in their lives. It is meant to help ensure that they do not fall through the cracks.

People end up on OW (also known as welfare) for any number of reasons, including: family breakdown, sickness or injury, caring for a sick family member, caring for children, escaping violence, and being without work or ineligible for Employment Insurance benefits. (source: *The Stop's website*)
 - **Ontario Disability Support Program (ODSP)** is an income support program for people who are unable to maintain full time employment due to a medical condition. For people with disabilities in Ontario, ODSP is often the primary source of income for many years. (source: *The Stop's website*)
 - **Special Dietary Allowance** (no longer provided), for ODSP recipients, aimed to support those with a medical condition in purchasing food to meet special dietary needs (e.g. Diabetes, Heart disease, Gastro-Intestinal Disorders...)
 - A **“Nutritious” Diet** can be defined differently by different people. A generally healthy diet could be defined as being fresh, high in fruit and vegetables, including all four food groups, low in saturated fat, high in nutrients etc...



- **Food Policy** a “plan of action” to address food security issues in a city, country or internationally such as food access, nutrition, community development and environmental health. (Adapted from TFPC website)

What is Welfare? (Sourced from The Stop’s website)

- Ontario Works ~\$585/month
- Ontario Disability Benefits ~\$1042/month
- Special Diet Allowance was up to \$250/month but was abolished earlier this year
- Single income for minimum wage 35hrs/week ~ \$1555

**In order to be eligible for OW, an individual can’t have assets (anything of material value) that add up to more than the monthly allowance (\$585). For ODSP, the asset level is \$5,000. (Sourced from the City of Toronto website)*

Reviewing the WTE Narratives & Photos: (15 mins)

1. Split the group into five groups of three
2. Each group will receive a case study of a different Toronto resident (narrative + photo)
 - a. Wayne
 - b. Linda (+ Diabetic diet sheet)
 - c. Kerry
 - d. Gary (+ Vegan diet sheet)
 - e. “Margaret” (+ Crohn’s diet sheet)
3. Students are to spend some time reading their narratives as a group, reviewing the weekly food intake and discussing the key issues (see worksheets for this activity).
 - a. What are some of the *challenges* that this person faces in order to eat well and live a healthy lifestyle?
 - b. What effect did their diet have on their *overall wellbeing*?
 - c. Are they *Food Secure*? Why or why not?



- d. Based on their weekly intake, do you think they have a *nutritious diet*? Why or why not?
- e. How could *policy change* improve the food security of this person?



Serving Suggestions:

The Narratives look like this:

Linda

Tell us about yourself.
 "I work part-time as a Peer Educator at CAMH (Centre for Addiction and Mental Health). The van OOPP (Ontario Disability Support Program) but they take out half of my check because I work, and the other half goes to rent. I moved into my home in TCHC (Toronto Community Housing) in 1996—before that I was living on the street and in hospitals for over 20 years. Just having a roof over my head has helped me so much, given me so much courage. I feel like I can do anything now."

How much do you spend/week on food?
 "I don't go to the store. At the beginning of the month, I pay my rent, my hydro, my phone bill. After that, I maybe have \$100 leftover, and whatever is left I use for hygiene products and food. By the end of the month I have absolutely no money left, and I am living completely off the food bank. The one step behind on my bills all the time. I used to food spend you gave me for this photo project to pay my late Hydro bill. There's never enough money to buy food."

Describe what it's like to eat on your budget.
 "I eat potatoes—it's all I can afford. In the morning I have fried potatoes with onions. For lunch I have boiled potato dumplings with flour and pepper—that gives a little dinner, and they fill you up. For dinner I have mashed potatoes—maybe I can get a can of pineapple or corn on the cob if I get one from the food bank.
 I get full on the food I eat but it's only starch. I can't go to bed with my stomach growling, as I eat soups from the food bank before I go to bed. I'm diabetic and that makes my sugar go up. And it's the only food I have, and it's the worst thing in the world to go to sleep with your stomach growling.
 If I could bring my sugar down, the doctors said I might be able to reverse my diabetes, but if I can't turn it around, they said it will kill me. They'll pay for pills to get my sugar down, but they won't give me any money for healthy food. It would be so nice just to have real food—all I want is lettuce and some vegetables."

Do you ever access food banks or drop in meal programs?
 "I started a food bank in my building four years ago. Every two weeks we get a delivery, and anyone from the building can come down and take whatever they need. But the food bank just gives junk, there's never any healthy food, no vegetables. There were three kinds of string and one"

The worksheet looks like this:

What Toronto Eats
 Kaitlin Bennett, October 8, 2016

What are some of the challenges that this person faces in order to eat well and live a healthy lifestyle?	What effect did this person's diet have on their overall well-being?
Is this person Food Secure? Why or why not?	
Based on this person's weekly intake, do you think they have a nutritious diet? Why or why not?	How could policy change improve the food security of this person?

Credit to: Food Bank of Greater Toronto, What Toronto Eats, a collaboration between the University of Toronto, The Stop Community Food Centre and photographer Cheryl Duggan

The Photos look like this:

