

Dear Durham Food Policy Council followers:

There is a lot of information to keep track of right now- we all want to do what we can to keep ourselves, our loved ones and our communities healthy. We also want to know what the long-term impacts of this pandemic will be for our lives and livelihoods, and what must be done to pull our economy through this time. In the hopes of making it a little easier for you to stay informed, we've compiled this list of resources on the food-related aspects of adapting to the pandemic. In this document you will find links about:

[Food Safety and Health- information from official sources](#)

[Accessing food or food delivery- resources for those in need and those who want to help](#)

[How to support local food growers and sellers](#)

[Possible policy responses for food system resilience and food worker protection](#)

[Meal planning and recipe ideas for self-isolation](#)

[Other food-related educational resources to keep you occupied while you're stuck at home](#)

-including online [events](#)

We are grateful to all of the organizations that have publicly shared the resources included here- but please note that inclusion does not imply our absolute alignment with or endorsement of any organization, company, or government.

This is a work-in-progress and not an exhaustive list, but we will do our best to keep updating it. If you have a suggestion of something that should be included, please email it to durhamfpc@gmail.com

Happy reading!

The Durham Food Policy Council (DFPC)

Food Safety and Health

-Federal government page on food safety and COVID-19:

<https://inspection.gc.ca/covid-19/questions-and-answers/eng/1584648921808/1584648922156>

-Ontario Ministry of Health guidance sheet for food premises:

https://www.farmersmarketontario.com/wp-content/uploads/2020/03/COVID19_Food-Premises_Final.pdf

Food Security

The Region has advised that Feed the Need in Durham is the official contact point for food security during this crisis. Find updates on their operations during the pandemic, and ways to donate [here](#). Find a food bank near you [here](#). [Contact](#) Feed the Need with any inquiries.

Check for updates on a food bank's hours and operating procedures before visiting.

If you know of a local food agency with an urgent/time-bound need for volunteers or particular

supplies and would like us to share this information on our channels, contact durhamfpc@gmail.com.

Caremonger, a Mutual Aid network, has been set up to coordinate delivery of groceries to those who cannot leave the house, as well as other voluntary services. People are also using this platform to share information about what is available in local grocery stores.

To request or offer aid call the Caremonger hotline at 1-888-573-0982 or join a Caremonger Facebook group:

Oshawa/Clarington: <https://www.facebook.com/groups/831633200641856/>

Pickering-Ajax: <https://www.facebook.com/groups/541219706500043/>

If you have the means and would like to support those experiencing food insecurity across the country:

-Community Food Centres Canada Good Food Access Fund

<https://netdonor.net/page/57971/donate/1?ea.tracking.id=twitter1/4>

-Food Banks Canada response fund

<https://foodbankscanada.akaraisin.com/Donation/Event/DonationInfo.aspx?seid=21925&mid=48>

-Canada-wide list of needs from Food Secure Canada

<https://foodsecurecanada.org/covid-spreadsheet?fbclid=IwAR3muTJCnim1In5pNt2hPkRbsQBP Mci3DuKk6JzGoNjPk6utR6LBSliBRg4>

Supporting the local food system

Remember that smaller producers, stores and restaurants will be feeling the pinch during this economic slowdown. These are the very actors we need most in order for our food system to be resilient to disruption. If you can, patronize these small, local businesses for your food stock-up. Consider purchasing gift cards from your favourite restaurants to use or give away later. This said, it is entirely valid to rely on a grocery store for reasons of cost or convenience during this difficult time. Do whatever is possible for you.

-Durham Farm Fresh website for finding a farm near you:

<https://durhamfarmfresh.ca/find-a-farm/>

-Durham Farm Fresh Facebook page for updates from local farms and farm stores (eg hours, delivery service, curbside pickup, products available):

<https://www.facebook.com/durhamfarmfresh/>

-Virtual Farmers Market:

<https://kendalhillfarm.ca/collections/frontpage>

-Updates from Farmers Markets Ontario:

<https://www.farmersmarketsontario.com/covid-19-updates/>

-Hygiene tips for when shopping at a Farmers Market:

<https://www.facebook.com/TheFoodTank/photos/a.362586437170818/2746030475493057/?type=3&theater>

- (USA) Crisis-driven buying habits are favouring big companies and online shopping:

https://www.cnn.com/2020/03/19/business/grocery-shopping-online-coronavirus/?iid=ob_lockedrail_longstory_pool

Possible Policy Responses

What our governments do over the coming weeks is critical, and we should all aim to take lessons from this crisis and think about what can be done not just to get through it, but to strengthen our food system so we are more prepared for future disruptions. We in DFPC are preparing our own policy recommendations, but meanwhile we are providing here a range of views that you may use to become aware of different policy issues and form your own opinions about the path forward. There is no better time to contact your representatives and advocate for the type of food system and economy you would like to see.

-Our Twitter thread on how this situation reminds us of the importance of food system resilience:
https://twitter.com/Durham_FPC/status/1239332186093948928?s=20

-Food Secure Canada: COVID-19 highlights food system inequities, time for systemic change:
https://foodsecurecanada.org/resources-news/news-media/covid-19-highlights-food-system-inequities-time-systemic-change?fbclid=IwAR0cxKVaWyKAq7LiuDJCQqY2f1Gz9ZMTyXADzDpH3excGvxyFsAhVXHO_j8

-Community Food Centres Canada: structural inequality is at the core of many problems we are now facing:

<https://cfccanada.ca/en/News-Events/Latest-News/Announcements/Our-response-to-Covid-19>

-Supporting community gardens will increase food system resilience:

<https://www.brandonu.ca/research-connection/rc-article/community-gardening-for-social-resilience/?fbclid=IwAR2e7iRqMDhpWiFMWPrvfu2uGDxweVF1K0-tey9MFJynnlgrvznHD7THd9Y>

-Reasons to keep farmers' markets open:

https://medium.com/@marinaqueirolo_73315/like-grocery-stores-farmers-markets-should-remain-open-86051c3c9d6b

- (USA) Problems facing restaurant owners:

<https://www.eater.com/2020/3/19/21185918/how-can-goverment-assistance-help-restaurants-actually-need-in-the-form-of-relief>

-London seniors building halts meals over COVID-19

<https://www.cbc.ca/news/canada/london/london-ontario-richmond-woods-meals-1.5503248>

Supporting the essential workers who provide us with food

-Petition, protecting migrant workers during the crisis:

http://migrantrights.ca/covid19/?fbclid=IwAR1WRkKMMGIKU59VlwcxdirL_vTzau3TYhF6f8Yph6MdTDwuLDSj6f3a3cc

-Migrant workers will be exempt from travel restrictions:

<https://www.cbc.ca/news/politics/trudeau-march21-covid19-1.5505540>

-(USA) States have classified grocery store staff as emergency workers:

<https://www.cnn.com/2020/03/19/business/states-grocery-workers-emergency-trnd/index.html>

-(UK) The undervalued heroes of the coronavirus crisis need our thanks – and our support:

<https://www.theguardian.com/commentisfree/2020/mar/21/undervalued-heroes-coronavirus-crisis-cleaners-supermarket-workers>

-(USA) Examples of grocery workers getting hazard pay:

<https://civileats.com/2020/03/20/breaking-grocery-store-workers-heroes-to-the-community-durin>

[g-coronavirus-to-get-hazard-pay/](#)

-UFCW letter to Premier Ford re: protections for grocery workers

<http://www.ufcw1006a.ca/index.php/union-news/all-news/1985-1006a-calls-on-premier-ford-to-take-action-need-to-protect-support-grocery-workers?fbclid=IwAR0DmpqxeL0My0BH4bH6RODgZMyCrSA6j4cRao74h6YzqQmq5a-3CZ5Jpwc>

-Major Canadian grocers give frontline workers a raise:

<https://www.cbc.ca/news/canada/nova-scotia/sobeys-grocery-loblaw-metro-wages-pay-raise-co-vid-19-1.5506935>

Cooking and Meal Planning for Self-Isolation

-Ontario government statement that food supply will not be interrupted:

<https://news.ontario.ca/omafra/en/2020/03/statement-from-minister-elliott-and-minister-hardeman-related-to-grocery-buying-habits-and-covid-19.html>

-Home Cooking Podcast with Samin Nosrat:

<https://podcasts.apple.com/us/podcast/home-cooking/id1503149669>

-Advice on ordering food delivery:

https://www.theatlantic.com/health/archive/2020/03/coronavirus-how-get-food-safely/608008/?fbclid=IwAR0lwqCO45D8F9Ga1qHSLvJjU5u1JUurWZcOLB5GKxXH_IpVwpqoV-2uHs0

-Guide to growing a “rapid response” garden:

https://lovelygreens.com/grow-a-rapid-response-victory-garden/?fbclid=IwAR2IR_8DA7UAZh-r8WjsKfWzaNL3Zup0EzGsrhwSvly1vObz6Mx_yVzEFGA

Meal Planning advice

-One-shop, two week meal plan:

<https://thefamilyfreezer.com/2013/03/26/how-to-meal-plan-for-two-weeks-and-only-grocery-shop-once/>

-Beginning on page 7 of this document, advice on creating a personal/culturally appropriate food store, what to consider when you start working on your meal plan:

<https://docs.google.com/document/d/1rldpKgXeBHbmM3KpB5NfjEBue8YN1MbXhQ7zTOLmSy/edit>

Recipes

-Recipe for making bread in a slow cooker:

<http://twistedfood.co.uk/woman-shows-how-you-can-make-your-own-bread-in-a-slow-cooker/>

-Bean recipes library: <http://ontariobeans.on.ca/recipe-library/>

Social-Distance friendly Food for Thought

-Food Talk Podcast, currently posting daily episodes about COVID-19 food issues:

<https://podcasts.apple.com/us/podcast/food-talk-with-dani-nierenberg/id1434128568>

-Hot Plate Podcast episode: The Pandemic Pantry:

<https://www.hotplatepod.com/episodes/s02e07-the-pandemic-pantry>

-What the Coronavirus in China Shows Us About Food System Resilience:

<https://www.resilience.org/stories/2020-03-11/what-the-coronavirus-in-china-shows-us-about-food-system-resilience/>

- Think the world is ending? Grab a shovel, not a shopping trolley:

https://www.theguardian.com/lifeandstyle/commentisfree/2020/mar/15/think-the-world-is-ending-grab-a-shovel-not-a-shopping-trolley?fbclid=IwAR0PWZxmb_mhoMeEIUjb9nBe4wjtdWWwPry9WF8zN7TOukQ8iBZHDSv6gZE

Upcoming events you can join remotely

-Webinar on Food Insecurity Thursday March 26:

<https://foodsecurecanada.org/Webinar-PROOF-2017-2018-report>