

PARTNER PULSE



CONNECTED, STAYING THE COURSE, TOGETHER.

The Fall Harvest

Unlike other members of the animal kingdom our partners are far from hibernating! Read on to see what everyone's been up to, or is getting up to, this fall. It promises to be a busy one.



Community Events and Announcements

Peterborough Youth Bike Summit

The Youth Bike Summit took place on October 4 from 10-5 in Peterborough Ontario. Throughout the day youth participated in photo voice, workshops, discussions, panels and arts activities which encouraged youth to share their ideas and concerns about riding bikes in the community. Youth produced materials at the event which will form the "Youth Speak" zine, a visual representation of how youth feel that Peterborough can become more bike friendly. If you have any questions about the event, please **contact [Tessa Nasca](#)** by email or phone [705-775-7227](tel:705-775-7227).

New National Healthy Local Food Initiative

As part of one of the largest food and nutrition investments in Canadian schools, [Nourishing School Communities](#) is investing \$2.4 million to support healthy local food environments for school children across Canada. As the first of its kind, the initiative aims to give school children a fresh new perspective on food. The project's partners are working together towards a brighter, healthier future by engaging First Nations schools, public schools and after-school facilities in British Columbia, Saskatchewan, Ontario, New Brunswick, Newfoundland and Labrador.

Nourishing School Communities is funded by the federal government through the Canadian Partnership Against Cancer's (CPAC) Coalitions Linking Action & Science for Prevention (CLASP) initiative. The lead partners bring a depth of expertise and experience to the initiative including the Heart and Stroke Foundation, Farm to Cafeteria Canada, YMCA Canada, the Federation of Saskatchewan Indian Nations, Lunch Lady, University of New Brunswick and Propel Centre for Population more, **contact [Micheline Turnau](#)**, Heart and Stroke Foundation.



The fish was caught, smoked and eaten by the class during a field trip to the Yakoun River as a part of continuing Haida traditions of harvesting, preserving and sharing local foods. Photo: Dan Schelbeck.

Health Impact. To learn

A match made in Toronto: Cycling Advocates and Local Businesses

This year the Toronto Cycling Think and Do Tank and Cycle Toronto are working together to train local cycling advocates on how to engage and enlist businesses and Business Improvement Areas as champions of safe cycling infrastructure.

Recent research from North American cities reveal a consistent trend that increased cycling, as produced by better cycling infrastructure, has positive economic impacts for businesses. Through training sessions offered this fall, they'll place these findings right into the hands of cycling advocates across the city and impart tips and tools for building relationships with business owners. In the new year they'll facilitate strategic planning with 3 Cycle Toronto ward groups to help them map out how they will use this training to bring better cycling infrastructure to the streets of Toronto, and make the city safe and accessible for cyclists of all ages. Want to know more? **Contact Mikey Bennington Michael.alun.bennington@gmail.com, torontocycling.org & cycleto.ca**

Heart-2-Heart

Over the past year the Heart 2 Heart Project run by the Social Services Network of York Region has been increasing awareness of healthy eating choices and other cardiovascular disease risk factors by engaging South Asian individuals, families, community leaders and service providers in dialogue. They have led advocacy workshops for South Asian girls, mothers and grandmothers and increased inter-generational socialization to inspire collective action. They also conducted surveys and focus groups to gather

information on the perceived importance of healthy eating and physical activity and how to incorporate it into their daily lives. They will be having their next **coalition group meeting on October 29 from at 4-6pm** and will also be having a **Health Fair in Markham on November 13 from 5.30-7pm**. For further information about the H2H coalition and/or Health Fair, please **contact [Meccana Ali & Poonam Jit](#)** by email or phone: [905-940-7864 ext. 223](tel:905-940-7864). This project was made possible through funding from the Heart and Stroke Foundation.

Heart and Stroke Foundation urges Canadians to cut back on added sugar

In September the Heart and Stroke Foundation released a [position statement](#) proposing a maximum daily limit of added sugar to help Canadians improve their diets and their overall health. The Foundation is recommending that Canadians limit their intake of added (or “free”) sugars to not more than 10 per cent or ideally less than 5 per cent of total calorie intake per day.

The position statement includes recommendations for Canadians, all levels of government, workplaces, schools, researchers, health organizations and industry to help reduce added sugar consumption across the population. The position statement was developed with input from a panel of national and international experts, and the recommendations are in line with draft guidelines released by the World Health Organization in March 2014. **Read tips on reducing sugar in your diet [here](#).**

Spark Advocacy Grant Highlights

Social Planning Council of Ottawa

The Social Planning Council of Ottawa received a Spark Advocacy Grant in May 2013 for their “Stones Soup” Systems Advocacy project. This “systems advocacy” initiative created three action plans to operationalize existing policies to increase access to healthy food for children and youth, where they live and learn. The initiative brought together the social services, public health and educational sectors in new ways to leverage existing resources and to make the most effective use of new resources. It increased the number and range of partners and champions, created new research as well as on-going research and evaluation tools to enable monitoring well after the grant. Most importantly, it increased the amount of healthy food available for low income children and youth. For information on this project please **contact [Dianne Urquhart](#)**.



Charlie's Freewheels, Toronto

Just like building a bike, policies supporting active transportation in school communities are created through patience, skill, strong parts and the right tools. Charlie's Freewheels is a non-profit bike shop and cycling supporter which provides donated bikes, safety education and bike maintenance training to youth in the Regent Park neighbourhood in Toronto. Due, at least in part, to a lack of parental support and safety concerns, very few youth in this diverse community use bicycles for everyday travel such as going to school or attending after-school activities. Similarly, children new to the country who may have cycled in their countries of origin don't have bikes.



Over the past year youth advocates from Charlie's FreeWheels worked with several local elementary schools to engage young learners in cycling issues. The Advocates were taught the general 'tools' of advocacy, and were then given responsibility to plan programming and presentations for young learners in Rose Avenue Public School and Lord Dufferin Public School. By building competence and confidence in the youth advocates they could help their younger peers enjoy the health benefits of biking to school. Want to know more? **Contact [Katherine McIlveen-Brown](#)**

Meaford Community Gardens

One of the best ways for children to meet their daily requirements of vitamins, minerals and other important nutrients is to have fresh fruit and vegetables on their plates – every day. In Meaford, many low-income families simply do not have the financial means to purchase fresh produce and must rely on the local food bank to meet their needs. To help, three partner organizations came together in 2011 as Meaford Community Gardens to grow organic fruit and vegetables for the local food bank and to welcome gardening enthusiasts from the broader community to use the space to grow their own food as well.



With support from a Spark Advocacy Grant, Meaford Community Gardens worked hard to increase the knowledge and skills of community members through workshops and other activities so that they have the ability to grow quality foods. In addition to promoting existing community gardens, they met with the senior planner to identify sites where new gardens could be created and learned about potential new bylaws as they could apply to community gardens. Recently the group was invited to be part of the creation of a Grey-Bruce Food Charter and they will continue to work to secure more land in Meaford for community gardens and fostered support to operate and sustain them. **Contact [Jaden Calvert](#)** for more information.

New Resources

1. Meal Exchange in partnership with Community Food Centres Canada is hosting a [webinar](#) to explore how campus food banks can be transformed into more welcoming spaces that offer healthier food options, build food skills and engage students in working towards campuses where no student has to rely on emergency food charity. Join us!

The webinar will feature transformative campus food bank leaders Drew Silverthorn from Ryerson Students' Union Good Food Centre, Noura Afifi from University of Toronto Mississauga Student Union's Food Centre, and Taylor Davidson from the Student Federation at University of Ottawa's Food Bank.

November 8th, 2014, 12-1pm Eastern Time

2. Sustain Ontario's Edible Education Network has developed a [toolkit](#) of case studies, fact sheets, presentations, messages and stories to help decision-makers envision how a stronger school food environment could be advanced in Ontario. They hope that parents, teachers, program providers, and other advocates will be able to use these resources to make the case to their provincial, municipal, and school decision-makers for stronger school food programs for all of our kids. In particular, they encourage you to make use of them in the lead-up to the municipal election! [Explore the Say Yes! toolkit on the new Edible Education Network website](#)

3. HC Link created [Getting started with...Policy for Healthy Communities](#) a two-page intro to policy work for healthy communities and snapshot of supports that HC Link offers on the topic.

4. Check out the [Re-launched Policy for Healthy Communities Learning Community](#). The learning community has moved over to "Ning" and has several new (and super-handly!) components to support those working in healthy policy share experiences, questions and learnings.



5. CTV news had a [segment](#) on emerging educational apps that are helping kids learn to manage their health, tackling subjects such as diabetes, asthma and even psychological aspects of growing up.
6. The Heart and Stroke Foundation continues to publish Heart Smart Families, a free newsletter with healthy tips and idea for busy parents. View the [latest issue](#)

We would like to extend a big thank you to everyone who submitted items for this newsletter. We will be sending out a call for content mid-December for the next edition due out early January. We look forward to continuing to be a vehicle for you to share any updates on your advocacy campaigns and upcoming events.