



## Stonegate Community Health Centre

The Stonegate Community Health Centre's Food Access program addresses food access and food security issues in the Stonegate community. The program supports the development, implementation and operation of a local community garden, a seasonal farmers' market, school based snack program, as well as capacity building workshops around food issues.



### Stonegate Farmers' Market:

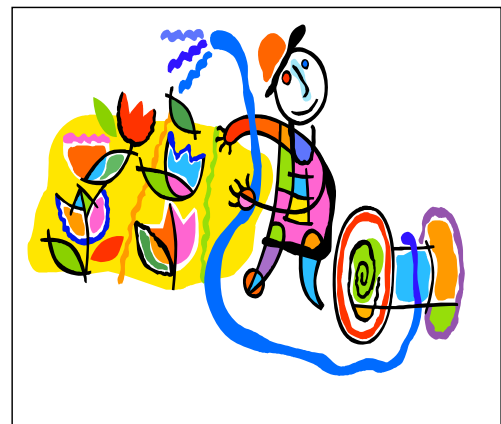
The Stonegate Farmers' Market is a great place to shop fresh, locally-grown food and meet your neighbours! The market runs every **Tuesday** from **4:00 - 7:00 p.m.** from June - October (rain or shine) at 194 Park Lawn Road (in the parking lot of St. James' Humber Bay Anglican Church). Featuring: organic and local produce, honey, flowers, baked goods, breads, sweets and more, the market is a joint effort overseen by the Stonegate Food Access Committee, and managed by the SCHC, in an attempt to bring fresh, local produce into the community.

### Snack Program:

The Stonegate Community Health Centre runs a snack program throughout the school year at two local schools: Etienne Brule and St. Mark's Catholic School. The program offers nutritious snacks along with an educational component from the centre's dietitian to support healthy eating habits in children. To make a donation to the snack program or for more information about it, please contact the health centre.

### Community Gardens:

The health centre supports a community garden in Bell Manor Park, home to almost fifty gardeners. The community garden gives local residents the chance to work their own small plot of land and grow their own vegetables, herbs, and flowers, in a safe and secure community setting. Gardeners keep their plots from year to year. but vacancies do come up.



## Food Access Workshops:

Throughout the year, the Food Access Program at the Stonegate Community Health Centre hosts a number of workshops around healthy eating and gardening. During the summer growing season, workshops are focused in the garden. Community gardeners and those interested in gardening are welcome to join these hands-on information sessions, facilitated by gardening experts, to improve their green thumb capabilities.

In the fall and winter months, our educational workshops turn to the kitchen, where individuals participate in healthy cooking demonstrations provided by our registered dietitian. In these sessions, participants learn new recipes and tips to help make fast, healthy and affordable meals.

## Past workshops:

*Introduction to Organic Gardening*  
*Composting for Beginners*  
*Edible Weeds*  
*Herbal Teas & Tonics*  
*Starting Your Garden*  
*Putting Your Garden to Bed*  
*Organic Pest Control*  
*Container Gardening*  
*Cooking on a Budget*  
*Cooking Club for Kids*  
*Healthy Cooking for Diabetics*

\*All workshops are free of charge\*



**The Stonegate Food Access Committee** is made up of representatives from community organizations and active volunteers including the: Stonegate Community Health Centre (SCHC), Stonegate Community Ecumenical Ministry, Community Food Animators Project, St Mark's Garden, and the local food bank at St. James Humber Bay Anglican Church. The committee meets on a regular basis to strategize and discuss implementation of the SCHC's Food Access Program.

For more information about the SCHC Food Access Program, please contact Community Health Worker, Julia Graham, at 416.231.7070 ext. 229 or [Julia.graham@stonegatechc.org](mailto:Julia.graham@stonegatechc.org)