

# Food Access Inventory for Lanark County Revised

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Food security, or access to healthy food, is a basic determinant of health. Hunger and food insecurity are directly associated with poverty. People who live in poverty and isolation are at greater risk for acute and chronic disease due to lower levels of education, lower levels of social support, and environmental factors. Lack of access to healthy food means they are at greater risk of illness and malnutrition.

Each year, the Leeds, Grenville, and Lanark District Health Unit produces a directory of food security programs in the tri-county area. In April, the Food Access Inventory for Lanark County was revised and reprinted for the year 2001. The inventory can be described in three types of programs: 1) Emergency Food Programs, which include food banks, soup kitchens, and others that provide emergency food supplies to families in need; 2) Food Action and Skill Development Programs, which include community kitchens and low-cost cooking groups that teach individuals skills related to food preparation; and 3) Food Support Programs, such as Meals on Wheels, that provide ongoing food support for vulnerable populations.

The Food Access Inventory for Lanark County will be distributed among community partners and health partners throughout Lanark County including churches, municipalities, school boards, food security programs, and community organizations. As well, the inventory will appear on the health unit's website at [www.healthunit.org](http://www.healthunit.org) for public and partner access.

Food Access Inventory information on our website at: [http://www.healthunit.org/nutrition/fai\\_lanark.htm](http://www.healthunit.org/nutrition/fai_lanark.htm)



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## Food Security



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Food security, or access to healthy food, is a basic determinant of health. Hunger and food insecurity are directly associated with poverty. Low socio-economic status, related to income, education, and occupation, is the major determinant of poor health. In 1993, The Ontario Public Health Association defined food security as "People have food security when they can get enough food to eat that is safe, that they like to eat, and that helps them to be healthy. They must be able to get this food in ways that make them feel good about themselves and their families." People who live in poverty and isolation are at greater risk for acute and chronic disease due to lower levels of education, lower levels of social support, and environmental factors. Lack of access to healthy food means that they are greater risk of illness and malnutrition.

As a way to address the issue of food security in Lanark County, the Leeds, Grenville, and Lanark District Health Unit provides a directory of services available for residents who are in need of access to healthy food. An inventory of services currently available to meet the food security needs of people living in Lanark County can be grouped into three general categories: