**Agenda – Executive Policy Committee – September 18, 2013**

## REPORTS

**Item No. 7 Land Dedication Reserve – NorWest Co-op Community Health (Point Douglas Ward)**

COMMUNITY COMMITTEE RECOMMENDATION:

On September 10, 2013, the Lord Selkirk-West Kildonan Community Committee did not concur in the recommendation of the Winnipeg Public Service and recommended to the Executive Policy Committee:

1. That the following eligibility criteria for the Land Dedication Reserve Fund be waived in this instance, namely:

    A. Funds may be utilized for:
        i. the construction or renovation of recreation facilities on parks and recreation properties.

    B. The use of funds will result in the creation or continuation of a physical legacy of parks and recreation facilities for the City of Winnipeg.

2. That funding in the amount of $10,000.00, from the Lord Selkirk-West Kildonan Land Dedication Reserve (Point Douglas Ward allocation), be approved to the NorWest Co-op Community Health to assist with the cost of the Community Food Centre project project, subject to the following condition:

    A. Approval of final plans and specifications for the project by the City of Winnipeg.

3. That the Proper Officers of the City be authorized to do all things necessary to implement the intent of the foregoing.

DECISION MAKING HISTORY:

COMMUNITY COMMITTEE RECOMMENDATION:

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    A. Approval of final plans and specifications for the project by the City of Winnipeg.

3. That the Proper Officers of the City be authorized to do all things necessary to implement the intent of the foregoing.

On July 9, 2013, the Lord Selkirk - West Kildonan Community Committee recommended approval of funding in the amount of $10,000.00, from the Lord Selkirk-West Kildonan Land Dedication Reserve (Point Douglas Ward allocation) to NorWest Coop Community Health, to assist with the cost of the outdoor component of the Community Food Centre project, subject to the following conditions:

A. Submission of an application to the Winnipeg Public Service.

B. Confirmation from the Winnipeg Public Service that the application meets criteria.

C. Approval of final plans and specifications for the project by the City of Winnipeg.

DECISION MAKING HISTORY (continued):

COMMUNITY COMMITTEE RECOMMENDATION (continued):

Further, the Community Committee referred a Community Incentive Grant application back to the Winnipeg Public Service to exclude the outdoor component of the NorWest Coop Community Food Centre project from the Community Incentive Grant evaluation, and report back to its January 2014 meeting.

# ADMINISTRATIVE REPORT

**Issue:** Land Dedication Reserve Fund –NorWest Co-op Community Health – NorWest Community Food Centre

**Critical Path:** Lord Selkirk/West Kildonan Community Committee

## AUTHORIZATION

| Author | Department Head | CFO | CAO |
|---|---|---|---|
| K. MacKay | n/a | | |

## RECOMMENDATIONS

That this application in the amount of $10,000.00, from the Lord-Selkirk/West Kildonan to assist NorWest Co-op Community Health with the Community Food Centre project be declined as the application does not meet Council adopted Land Dedication Criteria 1c) and 3. Though the project serves a community need, it is not located on City of Winnipeg Property and proposed funding would be allocated to improving the North Façade Back Yard of the project site. Specific projects to be developed using allocated funds are unclear.

## REASON FOR THE REPORT

Community Committee's approval is required on all Land Dedication Reserve Dedication applications.

## IMPLICATIONS OF THE RECOMMENDATIONS

The Public Service has reviewed the subject application and has determined that it does not meet Council adopted Land Dedication Reserve Fund criteria.

## HISTORY

On April 23, 2008, Council adopted a consolidated policy related to the Land Dedication Reserve Fund (LDRF), including a requirement that all requests for funding from the LDRF be referred to the Director of the Planning, Property and Development Department (the Fund Manager) for an evaluation report to be submitted before final consideration of the project.

In addition, Council approved amended criteria for the LDRF as follows:

**Council Adopted Land Dedication Reserve Criteria**

1. Funds may be utilized for:
   a) the acquisition of land for parks or recreation facilities;
   b) the development of properties for parks and recreation purposes including such ancillary equipment and structures as may be necessary to that development;

c) the construction or renovation of recreation facilities on parks and recreation properties.

2. The expenditures of Reserve funds will be limited by the following exclusions for use. Specifically, funds will not be utilized for:
   a) Salaries related to the regular operation of the City's services;
   b) Operating materials and supplies;
   c) Regular maintenance of parks and recreation facilities or equipment;
   d) Acquisition of equipment not directly related to the development or renovation of parks properties;
   e) Property management costs including utilities, taxes, and other related costs.

3. The use of funds will result in the creation or continuation of a physical legacy of parks and recreation facilities for the City of Winnipeg.

4. The expenditure of funds will be contingent upon the existence of the resources necessary for the ongoing operation, maintenance and support of any parks or recreation facilities which are developed or renovated through the use of Land Dedication Reserve.

On July 19, 2013, the Lord Selkirk- West Kildonan Community Committee recommended approval of funding in the amount of $10,000, from the Lord Selkirk-West Kildonan Land Dedication Reserve Fund (Point Douglas Ward allocation) to assist with the cost of the outdoor component of the Community Food Centre project, subject to the following conditions:

1. Submission of an application to the Winnipeg Public Service.
2. Confirmation from the Winnipeg Public Service that the application meets criteria.
3. Approval of final plans and specifications for the project by the City of Winnipeg.

## CONSULTATION

**In preparing this report there was consultation with:**

n/a

## SUBMITTED BY

| | |
|---|---|
| Department: | Planning, Property and Development |
| Division: | Urban Design Division |
| Prepared by: | Kate MacKay, Program Officer |
| Date: | August 26, 2013 |
| File No. | V:\5PARKS, RIVERBANKS & COMMUNITY INTIATIVES\LAND DEDICATION RESERVE\LS-WK\Community Committee Reports\2013\Northwood CC Mar 8.13.doc |

197 LDR CIG - NorWest Coop Comm

NorWest Co-op Food Centre Aug21.13.pdf

NorWest Community Food Centre Aug26.1

# LAND DEDICATION RESERVE FUND
# PROJECT EVALUATION FORM

| APPLICANT INFORMATION | | | | | | |
|---|---|---|---|---|---|---|
| **Applicant/Organization:** | NorWest Co-op Community Health Centre | | | | | |
| **Project Name/ Description** | NorWest Community Food Centre | | | | | |
| **Community Committee:** | Lord Selkirk-West Kildonan | **Ward:** | Point Douglas | | **Councillor:** | Mike Pagtakhan |
| **Project Contact:** | **Name:** | Kristina McMillan | **Address:** | 785 Keewatin Street R2X 3B9 | | |
| | **Phone (daytime):** | 204-391-1289 | **Phone (c):** | | | |
| **City of Winnipeg Project Manager/Contact:** | N/A | | | **Land Dedication Reserve Funding Request:** | | **$10,000.00** |

## COUNCIL ADOPTED LAND DEDICATION RESERVE CRITERIA

1. Funds may be utilized for:
a) the acquisition of land for parks or recreation facilities;
b) the development of properties for parks and recreation purposes including such ancillary equipment and structures as may be necessary to that development;
c) the construction or renovation of recreation facilities on parks and recreation properties.

2. The expenditures of Reserve funds will be limited by the following exclusions for use.
Specifically, funds **will not** be utilized for:

a) Salaries related to the regular operation of the City's services;
b) Operating materials and supplies;
c) Regular maintenance of parks and recreation facilities or equipment;
d) Acquisition of equipment not directly related to the development or renovation of parks properties;
e) Property management costs including utilities, taxes, and other related costs.

3. The use of funds will result in the creation or continuation of a physical legacy of parks and recreation facilities for the City of Winnipeg.

4.The expenditure of funds will be contingent upon the existence of the resources necessary for the ongoing operation, maintenance and support of any parks or recreation facilities which are developed or renovated through the use of Land Dedication Reserve

**PROJECT MEETS COUNCIL ADOPTED CRITERIA?:** **YES** ☐ **NO** ☒

## DEPARTMENTAL RECOMMENDATION:

That this application in the amount of $10,000.00, from the Lord-Selkirk/West Kildonan to assist NorWest Co-op Community Health with the Community Food Centre project be declined as the application does not meet Council adopted Land Dedication Criteria 1c) and 3. Though the project serves a community need, it is not located on City of Winnipeg Property and proposed funding would be allocated to improving the North Façade Back Yard of the project site. Specific projects to be developed using allocated funds are unclear.

**CRITERIA EXCEPTIONS:** Describe criteria exceptions where applicable:

| | | | | |
|---|---|---|---|---|
| **Prepared by:** | Kate MacKay | Planning, Property and Development Department | **Date:** | August 26, 2013 |

# LAND DEDICATION RESERVE FUND APPLICATION

## APPLICANT INFORMATION

| | | | | | |
|---|---|---|---|---|---|
| Name of Organization: | NorWest Co-op Community Health | | | | |
| Mailing Address: | 785 Keewatin | | | Postal Code: | R2X 3B9 |
| Phone: 204-938-5900 | Fax No.: 204-938-5994 | | E-mail address: | kmcmillan3@norwestcoop.ca | |
| Name(s) of designated representatives to be contacted about this application: | Name: | Kristina McMillan | | Phone (daytime): | 204-391-1289 |
| | Position: | NorWest Community Food Centre Director | | Phone (evening): | |
| | Name: | Michelle Kirkbride | | Phone (daytime): | 204-793-3221 |
| | Position: | NorWest Community Development Coordinator | | Phone (evening): | |

How long has the organization been in operation? 41 years

Select Community Committee Area where project is located:

Assiniboia ☐ City Centre ☐ Riel ☐

East Kildonan-Transcona ☐ Lord Selkirk-West Kildonan ☑

## PROJECT INFORMATION

Name of Project: NorWest Community Food Centre

Location of Project: 103-61 Tyndall Ave

Project is located on City of Winnipeg owned lands? YES ☐ NO ☑

Project Start Date: August 2013 Anticipated Completion Date: January 2013

Total Estimated Project Cost: $ 638,778 (total all in cost-see attached estimate), of which $35,000 allocated for outdoor component North Façade Back Yard (see attached estimate)

**Land Dedication Reserve Fund Requested Amount: $ 10,000**

| LIST OTHER PROJECT FUNDING SOURCES | | AMOUNT | CONFIRMED | |
|---|---|---|---|---|
| Source #1 | Community Food Centres Canada | $150,000 | YES ☑ | NO ☐ |
| Source #2 | Anonymous Donor | $100,000 | YES ☑ | NO ☐ |
| Source #3 | Winnipeg Foundation | $50,000 | YES ☑ | NO ☐ |
| Source #4 | Thomas Sill Foundation | $25,000 | YES ☑ | NO ☐ |
| Source #5 | Winnipeg Community Infrastructure Grant | $200,000 | YES ☐ | NO ☑ |

## DETAILED PROJECT DESCRIPTION

Provide a detailed description of the planned project, including:

- Community need/ support for the project
- Community consultation, if applicable (surveys, open houses, etc.)
- City of Winnipeg staff involved in project to date
- Scope of work
- Cost estimates/ quotes
- Project schedule

Project details, plans and supporting documentation may be submitted as attachments.

## APPLICANT SIGNATURES

I/We hereby certify that I/we am/are the authorized signing officer(s) for the applying organization and this application is accurate to the best of my/our knowledge.

| SIGNATURE | NAME PRINTED | TITLE/POSITION | DATE |
|---|---|---|---|
| Nancy Heinrichs | Nancy Heinrichs | Executive Director | July 31/13 |
| K. Thuaneswaran | KAMALA THUANESWARAN | FINANCE OFFICER | Aug. 9/13 |

Submit completed application to:

Urban Design Division
c/o Kate MacKay ph: 204-986-4737, fax: 204-986-7524
Planning, Property and Development Department
15-30 Fort Street, Winnipeg, MB R3C 4X5
e-mail: kmackay@winnipeg.ca

# Detailed Project Description

**1.) Agency Description:**

NorWest Co-op Community Health Centre (NorWest) is an accredited, non-profit, charitable health and social services agency located in the Inkster community in the Northwest part of Winnipeg. NorWest is a forerunner in adopting a multi-service, holistic, team approach to health care and has 44 FTEs and 31 PTEs who provide a wide range of health related services including primary care, counselling, early learning and childcare as well as community development. NorWest has a multi-disciplinary team that includes dieticians, fitness experts, nurses, counselors, social workers, doctors and community developers who work together for the health of the community.

The organization also has a history of undertaking and successfully implementing innovative projects such as HANS KAI a community led health promotion program and *Gilbert Park Going Places* that focuses on high-risk youth and gang prevention. Other successful programs implemented include *A Woman's Place*, three community *Resource Centres (Gilbert Park, Blake Gardens and Brooklands)* and four *Teen Health Clinics*. Most recently NorWest has opened the *Access NorWest* centre, a new building which integrates all of NorWest's services with the WRHA public health team, and Government of Manitoba's Employment and Income Assistance and DisABILITY service workers for the Inkster area. NorWest provides services to a diverse population of about 32,000 people in Inkster including new immigrants and refugees, Aboriginal and Métis groups, children, seniors, at risk youth, women experiencing or exiting domestic violence situations, persons living with chronic diseases and low income individuals.

**2.) Project Description:**

NorWest believes in a holistic view of health and is interested in integrating projects that meet immediate needs with those that build skills and make broader systems change. In the spring of 2012, NorWest met with Community Food Centres Canada (CFCC) a new national organization with a mission to provide ideas, resources and a proven approach to partner organizations across Canada so they can establish responsive, financially stable Community Food Centres (CFCs). Over the last year we have engaged with our stakeholders and with CFCC to explore how a CFC would benefit North West Winnipeg and further NorWest's mission to engage our community in cooperative health and wellness. In November 2012, following an extensive RFP process, NorWest was chosen as a partner site. The partnership between NorWest and CFCC will create a Community Food Centre as a wing of NorWest with the program running out of NorWest's Tyndall Avenue location.

A CFC is a thriving, welcoming space with locally identified initiatives that fall into three program areas: food access (free drop-in meals, food pantries, low-cost fresh produce markets); food skills development (community kitchen programs, community gardens, after school food skills programs); and, engagement and education programs (peer advocacy programs, community action groups, public education workshops,

events and campaigns). CFCC believes that by resourcing these programs appropriately, measuring their efficacy regularly and housing them under one roof, the individual and community impact can be remarkable.

The CFC model was developed at The Stop Community Food Centre in Toronto, an organization that has been meeting immediate food needs, helping people to improve their physical and mental health, and creating real social change for the past 15 years with a visionary program mix that has food at its core. The CFC's success lies in how it brings together food programs under one roof in a way that meets a variety of needs: food access programs provide emergency access to healthy food in a respectful and dignified manner; food skills programs develop healthy food behaviours and skills, primarily in the areas of gardening and cooking; and education and engagement programs work to give individuals and communities voice and agency on food and hunger issues. Co-locating these programs in a single, welcoming, vibrant space allows for synergies to arise between programs and participants that may not otherwise be realized. It also ensures that no matter what the point of entry is for an individual accessing the CFC, they can find additional supports and opportunities once there. Over the last two years the Stop's model has been successfully piloted in two additional sites in Stratford and Perth Ontario and we are excited about creating Manitoba's first CFC.

A key deliverable in this project phase is to ensure that the physical site at Norwest will support the development and execution of high-quality programming on the ground, leading to individual and community-level impacts in the areas of poverty, health and social inclusion. NorWest has just moved from the offices at 61 Tyndall Avenue into a new Access Centre; Access NorWest at 785 Keewatin Street. This move has left the Tyndall site, home to NorWest for over forty years, vacant paving the way for its transformation into the NorWest Community Food Centre. Thus, the project is a capital improvement for the Tyndall Ave site. Site development plans include construction of a community kitchen, communal eating area, drop in, gardening space and outdoor bake oven.

**3.) Project Objectives and how the project will accomplish these:**

The Norwest Community Food Centre aims to improve the overall health and well-being of our community by providing opportunities for the following:

•Increased Access to Healthy Food: Healthy meals served in the free drop-in program and harvested from a CFC community garden can all contribute to increased access to healthy food for lower-income households. Increased fruit and vegetable consumption is an indicator of a healthy overall diet, which in turn is related to health outcomes such as decreased obesity, decreased diet-related illness and increased productivity.

•Increased Healthy Food Knowledge, Skills and Behaviours: Participating in community cooking and garden programs as well as participating in food demonstrations and receiving healthy recipes to try at home can all lead to healthier food habits down the road. Cooking at home is an indicator of a confident and positive approach to cooking, which in turn contributes to a healthier diet. Research shows that children who grow up around parents who cook frequently at home will also have a more positive approach to cooking from

scratch and eating healthy. Food purchasing habits (e.g. shopping at a grocery store or farmers' market vs. a convenience store) and frequency of basing food choices on health considerations are additional indicators of overall healthy food behavior, which in turn is linked to long-term positive health impacts.

•Increased Social Capital: Referrals to other CFC programs, NorWest primary care, counselling and community programming as well as other external supports in the community can be the first step in the creation of a wider social safety net, which is a key social determinant of health. Having somebody to count on in a crisis and making new friends are also measure of social support and social inclusion.

The NorWest CFC will reach an estimated 500 residents each week. Anticipated program participated is as follows: 200 free healthy meal program, 100 through cooking and gardening programs, 75 through the market and 125 through the education programming, workshops and peer advocacy program. Bringing together multi-dimensional food programs in one physical space that serve a variety of demographics in ways that range from casual, short-term interactions to deeper longer-term engagement creates the opportunity for cross-pollination across program areas and among the people involved.

**4.) Community Need:**

Current food security supports in Inkster are not meeting community need. Food banks do not build skills to cook or grow food and do not encourage a sense of community. Seniors struggle to cook for themselves yet meal programs do not operate frequently. Gilbert Park residents want to garden but lack skills while newcomer arrive with gardening experience but need support to do so in their new neighborhood. WRHA states that diabetes rates in the community have increased by 43% in recent years yet no programming is available for residents to learn how to cook healthy meals in order to manage or prevent the condition. 2006 census data states 46% of single individuals and 23% of Inkster families fell below the low income cut off (LICO) thus, residents struggle with poverty, and cannot afford healthy or sufficient food for their families. Unfortunately, free meal options are very limited and few mutual support networks exist to empower residents living with these issues.

The CFC is innovative as it addresses unmet needs in a holistic empowering manner by meeting immediate food needs through meal programs while building skills to grow, cook and learn about healthy foods through programming. The CFC also engages with systems change through encouraging residents to take on leadership roles as advocates, develop mutual support networks, connect to resources and participate in CFC committees to develop their own response to the underlying causes of food issues in the community allowing for an Inkster specific responses to food insecurity.

The NorWest CFC aims to involve Inkster's 32,000 residents in the CFC's wide range of activities. Specific target populations include low income families in the community. Inkster is home to the largest Manitoba Housing in the province, Gilbert Park, which is located directly across from the proposed CFC site and houses 954 persons. Also within Inkster is the Blake Gardens Manitoba Housing, home to about 570 people. Also within direct proximity of the proposed CFC site is three large housing coops one of which is subsidized housing for low income seniors who are isolated from many other services within the community.

Targeted population sub groups include the Aboriginal and Metis community which makes up aproximatly 16% of the neighborhoods population. 70% of the Gilbert Park population identifies as Aboriginal or Metis. This population subgroup is disproportionally represented amongst the unemployed. According to the Aboriginal and Northern Affairs department, the there is an unemployment rate of 29% amongst Aboriginal persons in Inkster.

A large portion of Inkster's population is new to Canada. In 2006 28% of Inkster's population was first generation immigrants, 75% of which are from the Philippines. Smaller newcomer groups exist within the area including the Punjabi community, Congolese, Ethiopian and Bhutanese.

The CFC will be open to all residents of Winnipeg, however, it will target Inkster population. Due to its range of unique services it is expected that residents will be drawn from neighboring communities including Seven Oaks, the North End and Point Douglas making for a large population base.

**NorWest respectfully requests that the City of Winnipeg's Land Dedication Reserve Fund provide funding to support the outdoor components of Winnipeg's first Community Food Centre.**

**5.) Community Consultation Process:**

The CFC manager is currently in the middle of undertaking a community consultation process in order to determine an appropriate mix of programming, having met with 307 individuals to date. The consultation process has prioritized 70 community resident and stakeholder groups including but not limited to: schools, Public Health Nurses, community gardening groups, resource centres, community lunch participants, local farmers, Employment and Income Assistance workers, dietitians, Keewatin Inkster Resource Network for seniors groups, Manitoba Housing tenants committees, social workers, newcomer women's groups, elected officials, parent child coalitions, and local food banks staff. Internal Access NorWest partners have also been consulted as they will be part of the ongoing centre's operations and collaborate to deliver of some NorWest CFC programming. Consultation results will inform the programming mix at the NorWest Community Food Centre.

NorWest is also collaborating with Food Matters Manitoba on their community food assessment of the Inkster area. This assessment will determine community food security strengths and challenges and serve as a road map for food security in North West Winnipeg. Similar community food assessments have been undertaken by Food Matters Manitoba in St. Vital and also the downtown area.

**6.) Funding:**

**Ongoing operating funds:** NorWest has entered into a collaborative fundraising agreement with Community Food Centres Canada that will see the two organizations working together to raise a minimum of $350,000 per year for the NorWest CFC through joint proposal writing, donor identification and fundraising. Early fundraising on the part of our partner Community Food Centers Canada means that the NorWest CFC is guaranteed $350,000 to cover core costs including salaries, site rental and program costs

for the initial year of operation (we call this year two, year one being the year in which renovations take place). In years three to five Community Food Centers Canada's commitment level is scaled to $200,000 annually and will be backfilled by local fundraising efforts. After year five, the agreement is renegotiated with Community Food Centers Canada continuing in a fundraising role that will be determined by local resource availability. In fall 2013 NorWest and Community Food Centers Canada will develop a fundraising "round-table" to further draw upon the knowledge and strengths of different organizations, individuals and businesses across Winnipeg to support ongoing fund development efforts at the CFC.

**7.) Scope of work (as provided by Scatliff + Miller + Murray)**

**Schematic Design (20% of scope)**
- -Facility programming
- -Spatial relationships
- -Preliminary budgeting
- -Review of existing facility
- -Produce a set of existing building CAD drawings
- -Schematic design drawings
- -Consultant coordination ( Engineering, Landscape, Architecture)
- -Coordination with City and Province health and regulatory boards
- -Existing building code and permit review
- -Coordinate and choose Construction Manager for project
- -Client sign off and Approval

**Design Development (25% of scope)**
- -Client supplied data coordination
- -Project coordination
- -Design development drawings and documents
- -Statement of probable construction costs
- -Specialty coordination (commercial kitchen coordination, accessibility reviews)
- -Preliminary plans to City and Provincial agencies for permit review
- -Exploratory demolition coordination
- -Client sign off and approval

**Construction Documentation (30% of Scope)**
- -Client supplied data coordination
- -Project coordination
- -Production and coordination of all Architectural, Engineering Landscape, and specialty construction documents, working drawings and specifications
- -Statement of probable construction costs
- -All material and furnishing choices complete
- -Final drawings are completed
- -Specifications are completed
- -Final permitting from City granted
- -Client sign off and approval
- -Full construction begins

**Construction/ Contract Administration /Post Construction (25% of Scope)**
- -Construction review
- -Bi-weekly progress reports to NorWest CFC
- -Process Certificates of Payment
- -Communication of contract documents
- -Review of shop drawings/ product data sample
- -Final field review
- -Deficiency assessment
- -Instruction for correction of deficiencies
- -Review of warranties
- -Total performance inspection and certification
- -Start up assistance
- -One year warranty inspection

**8.) Estimate**

Please see attached full scope estimate from Scatliff + Milller + Murray. Moneys from the lands dedication reserve would be used for the North Façade public garden space and/or the outdoor bake oven.

Also please see attached preliminary project drawings for the NorWest Coop Community Food Centre building and site. Drawing done by Scatliff + Miller + Murray, and developed in collaboration with David Penner Architect and KGS Group Consulting Engineers.

**9.) Project Schedule**

**Tentative Renovation Schedule and Process outline**

2013 May

- Initial team meeting and programming
- Initial community meeting
- Presentation and feedback of preliminary design (team and community)
- Finalize vision and concept plans
- Begin preliminary construction documentation for architectural component

2013 June and July

- Architecture Permit set complete
- Architecture Permit set sent to City for approval.
- Vision boards complete and sent to the community and fundraising efforts
- Architecture tender sets complete
- Manage bid process, and award tender for construction manager

2013 August

- Demolition (gutting of building) begins
- Construction Begins
- Fundraising and community consultation continues
- Extracurricular land procured
- Community gardens designed, North Façade designed
- Landscape plan finalized, drawn

2013 August

- Building construction to continue
- Hardscaping, landscaping and North Façade installation
- Furniture, fixtures and fit out remaining is procured

2013 September

- All components ordered to allow for scheduled install of components

- Shipping, delivery and install of materials final (new/ recycled)
- Hardscaping, landscaping and North Façade installation continues
- Renovation continues

2013 October, November, December

- Renovation continues

2014 January

- End of construction
- Commissioning of equipment
- Move in

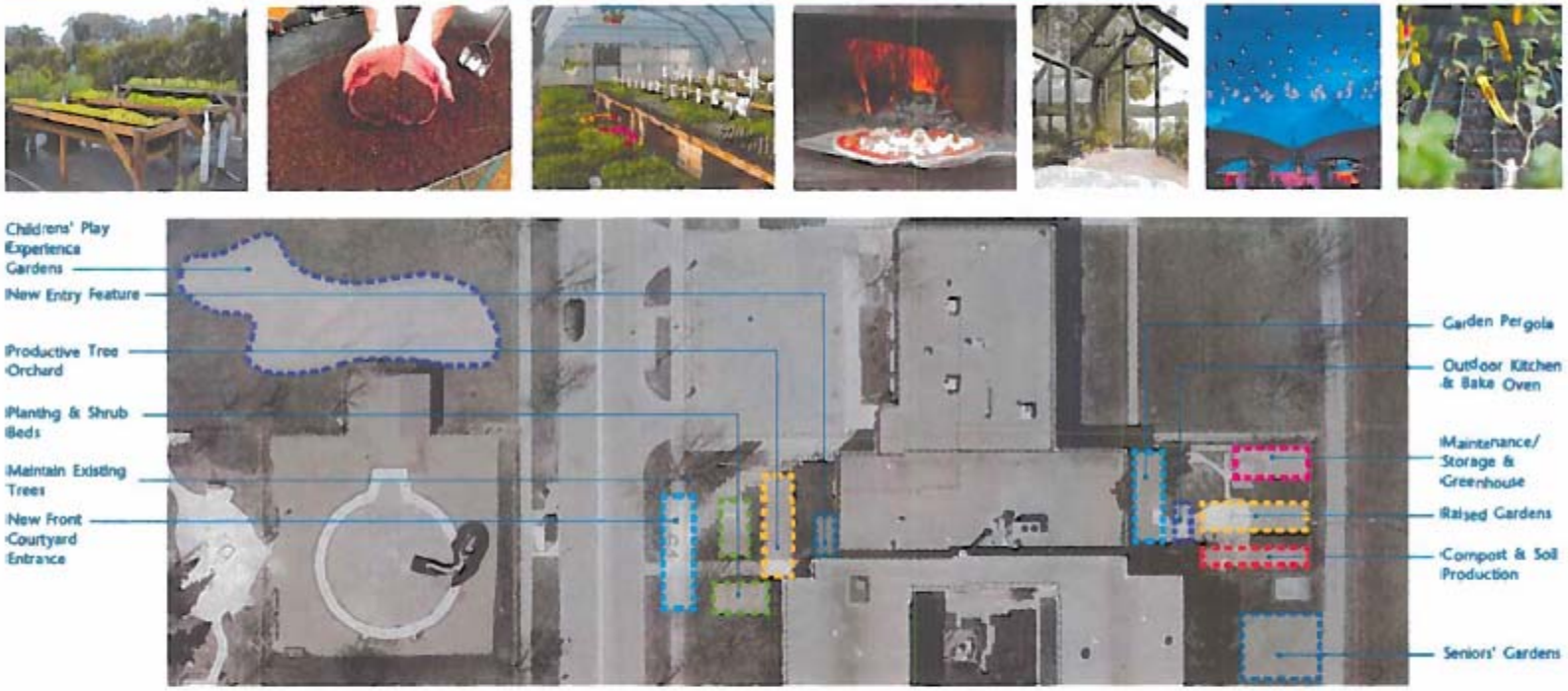
NorWest Community Food Center

# Community



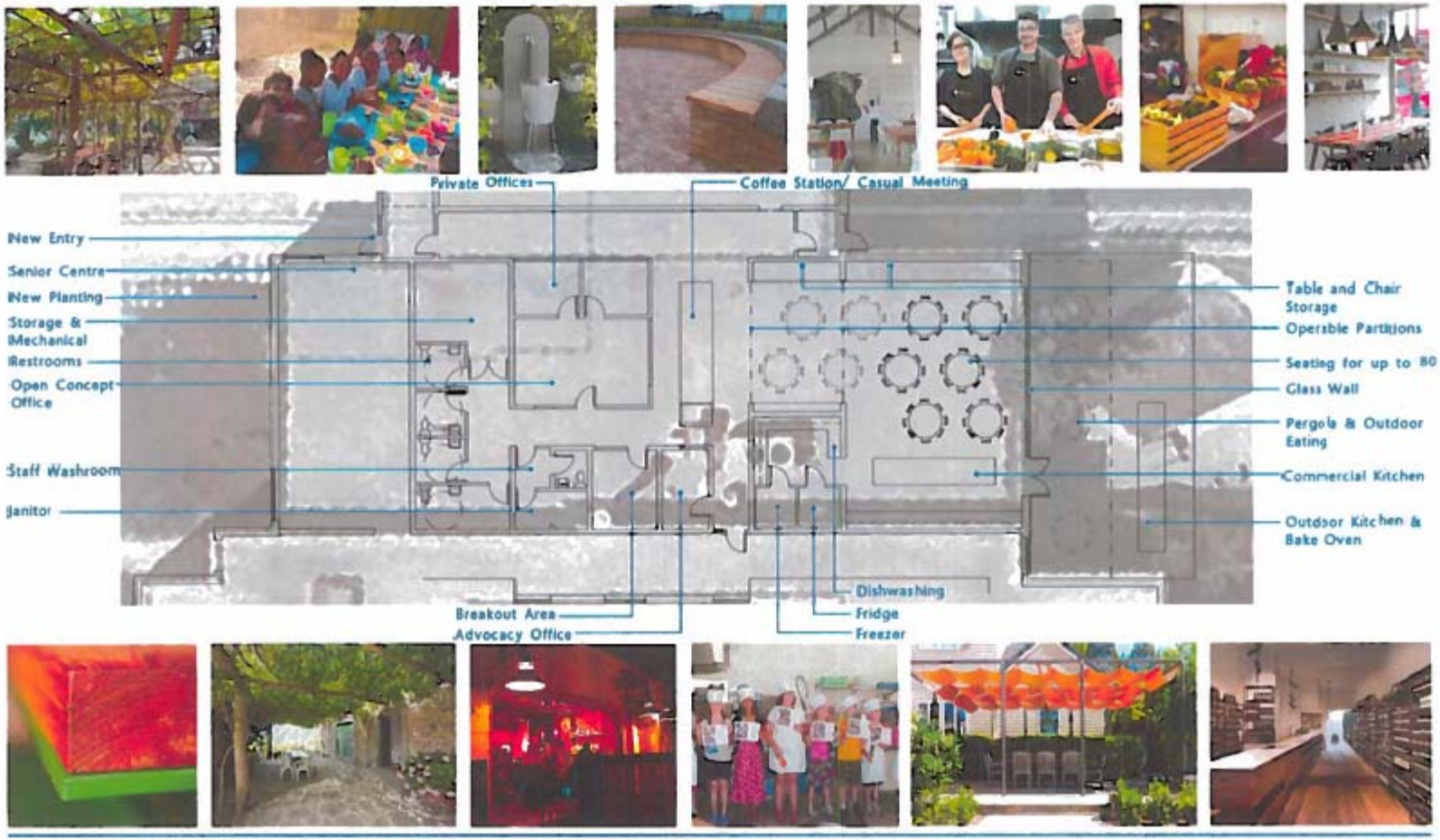
NorWest Community Food Center

# Community Food Centre Site



NorWest Community Food Center

# Community Food Centre Building



SCATLIFF + MILLER + MURRAY

NorWest Co-op Community Health Center
Community Food Center Preliminary Budget
June 12 2013

This is a preliminary budget prepared for the facility at 103-61 Tyndall Ave. The pre-existing building is a shared occupancy with a multi purpose tenancy to the west, and a senior's home to the east. All three tenants share a common HVAC and electrical system which is located in a mechanical space directly below the NorWest CFC project. It is assumed that there will be fire separation issues that will need to be addressed in bringing the tenancy up to current code which will involve assemblies, mechanical, and electrical systems. These numbers are reflected in the budget numbers below. GST is factored into final costs below.

| Item | | Value/ Quantity | Total | Comment |
|---|---|---|---|---|
| 1. | Area of Proposed Facility Interior<br>Estimated construction Cost | 4150 sq.ft<br>$95 / sq.ft | $394 250 | |
| 2. | A. South Façade Public Entrance<br>B. North Façade Back Yard | $20 000<br>$35 000 | $ 20 000<br>$ 35 000 | |
| 3. | Kitchen Equipment Estimate | $42 000 | $ 42 000 | No Archi Eng fee% on equip |
| 4. | Contingency | 10% | $ 44 925 | |
| 5. | Professional Services Fees<br>-Architecture<br>-Landscape Architecture<br>-Engineering | 14% | $ 69 185 | 14% of estimated value of items 1, 2, 4 |
| 6. | Soft Costs [Permits and Disbursements] | $3000 | $ 3 000 | |
| Project Cost [Items 1-6] | | | $608 360 | |
| GST | | 5% | $ 30 418 | |
| Total Project Cost | | | $638 778 | |

Notes:
Item 1 includes: Structural building changes and upgrades, exterior enclosure changes, partitions and doors, all finishes, fittings and equipment with an assumption that the existing mechanical and electrical systems are in good standing, and only need minor upgrades for new code allowances.

Item 2 includes :Programmed landscape features on the building site proper, including South Façade Public Entrance: programming of gardens, shrubs and shade tree, accessibility upgrades, and facilitation of surface lot to be able to accommodate a farmers market. North Façade Public Entrance: Hardscape terrace, and shade/ cover awning, raised planting beds, and electrical/ sub out for future outdoor kitchen and bake ovens
Item 3 includes estimates for:

1. Walk in refrigerator [commercial]
2. Shelving for cooler
3. Stainless Steel[S/S] Work table/ sink, backsplash, faucet
4. S/S Dishtable, w/ 2 sinks
5. Commercial dish washer
6. S/S work surfaces
7. Food warmers
8. Reach in standing freezer
9. Kitchen storage shelving units S/S
10. 48"commercial range w/ griddle
11. Commercial coffee maker
12. Commercial microwave
13. Venthood
14. Commercial ovens
15. Delivery, uncrating, set in place

Item 4: Allows for unexpected expenses in construction that may arise due to unknown pre existing conditions in the building.

Item 5: Professional fees cover the project scope within the site as defined by the address and property known as 103-61 Tyndall Ave.

community food centres
CANADA good food is just the beginning

# BACKGROUNDER

## THE PROBLEM

Almost a million Canadians used food banks last year, more than a third of them children. As a society, we are both over- and under-nourished: obesity rates are skyrocketing, but many people aren't getting the food they need to be healthy. Every hour, 20 Canadians are diagnosed with diabetes, a disease that affects the poor twice as much as the wealthy and costs our health-care system more than $12 billion every year. 33 per cent of greenhouse gases are generated by our agriculture and industrial food system. You can't ignore the facts: our food is literally making us sick. And we're paying the price in so many ways.

The poor are the hardest hit. Food banks have become the institutional response to food insecurity in low-income communities. Founded as an emergency response in a time of recession to allay the worst impacts of hunger, they have persisted and proliferated: there are now more than 800 food banks in Canada, and that number is growing in response to a growing need. But food banks are a simple answer to a complex problem. While they provide access to emergency food, most aren't able to offer healthy or sufficient food on a consistent basis. When someone is forced to access a food bank, they often feel diminished by the experience, and leave feeling far from nourished or hopeful. Food banks offer no way to reduce social isolation, to build health or to address the policies that create poverty and hunger. And they don't consider the larger economic or environmental issues in our food system, such as the pressing need for a local farm economy that sustains farmers and the land. It's time to move beyond the hand-out model. We need to build prevention-based organizations that reflect the healthy, fair and sustainable future we all want to see.



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## THE COMMUNITY FOOD CENTRE SOLUTION

A Community Food Centre is a welcoming space where people come together to grow, cook, share and advocate for good food. CFCs provide people with emergency access to high-quality food in a dignified setting that doesn't compromise their self-worth. People learn cooking and gardening skills there, and kids get their hands dirty in the garden and kitchen in ways that expand their tastebuds and help them make healthier food choices. Community members find their voices on the issues that matter to them, and people find friends and support. CFCs offer multifaceted, integrated and responsive programming in a shared space where food builds health, hope, skills and community.

We've seen the changes a CFC can make in a community. The model was developed at **The Stop Community Food Centre** in Toronto, an organization that has been meeting immediate food needs, helping people to improve their physical and mental health, and plugging away to create social change for the past 15 years with a visionary program mix that has food at its core. You've probably heard about The Stop: Jamie Oliver visited a few years ago and said that he'd never seen anything like it— and that every city should have one. The Stop's community kitchens, gardens and food access and education programs have been profiled everywhere from *Toronto Life* and the *Globe and Mail* to *Canadian Business* magazine and CBC Radio's *The Current*. And its high-profile fundraising events, like last year's Night Market, have helped to spread the word and raise important money for its programs. The Stop is an innovator in the community food security sector, and a leader in the fight for a fairer and more equitable food system.

The Community Food Centre's success lies in how it brings together food programs under one roof in a way that meets a variety of needs: food access programs provide emergency access to healthy food in a respectful and dignified manner; food skills programs develop healthy food behaviours and skills, primarily in the areas of gardening and cooking; and education and engagement programs work to give individuals and communities voice and agency on food and hunger issues. Programs are offered in an integrated space, allowing for synergies and connections.

Community Food Centres are an innovative, 21st-century answer to the growing fragility of our food system, a prevention-based solution that gets at the root of intractable problems of hunger, poverty, and poor health.



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## WHY COMMUNITY FOOD CENTRES CANADA?

People who have seen the CFC model at work at The Stop have been calling for similar organizations in their own cities. This feedback increased following the publication of our 2010 Metcalf Solutions Paper, *In Every Community a Place for Food*, which outlined the model and the benefits CFCs could bring to communities across the country. In 2012, President & CEO Nick Saul and VP, National Programs Kathryn Scharf launched **Community Food Centres Canada (CFCC)** to drive the development of 15 centres across Canada over the next five years. The first two pilot sites, **The Table Community Food Centre** in Perth and **The Local Community Food Centre** in Stratford, started offering programs in 2012, and the results there are already impressive. Three new partner sites are slated to launch in the coming year: **The Regent Park Community Food Centre** in Toronto, **The NorWest Co-op Community Food Centre** in Winnipeg and **The Dartmouth Community Food Centre** in Dartmouth, Nova Scotia.

CFCC has launched a $20 million campaign to fund the development of 15 centres and the vital national organization that will provide the leadership and capacity building needed to sustain them. With our partners and communities, we are working towards a healthy and fair food system where everyone has access to good, healthy food. For more on the issues, our partners and the campaign, visit **www.cfccanada.ca**.

## CFCC IN THE NEWS

'The Hunger Game," *The Walrus Magazine* (April 2013)
Interview on TVO's *The Agenda*, (October 31, 2012)
'Nick Saul: Food Visionary,' *The Grid* (June 13, 2012)
'Rethinking the Food Bank,' *Toronto Star* (May 12, 2012)
'The Stop: A capitalist's guide to feeding the poor,' *Canadian Business* (October 27, 2012)
'Food Can Knit a City Together,' *Globe and Mail* video (March 24, 2011)

## READ THE BOOK




The story of the birth and development of the innovative Community Food Centre model is told in CFCC President & CEO Nick Saul's book, *The Stop: How the Fight for Good Food Transformed a Community and Inspired a Movement* (Random House Canada), which chronicles Saul's 14 years at the helm of The Stop and the grassroots change that inspired the Community Food Centre movement.

## CONTACT

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# OUR PARTNER SITES

Over the next five years, CFCC will drive the development of 15 partner centres across the country. These centres will build health, skills, and community through a proven program mix that combines food access, food skills and education and engagement programs. This document provides information on our partner sites so far.

## THE STOP COMMUNITY FOOD CENTRE, TORONTO ON (FOUNDING PARTNER)



The Stop operates in two Toronto locations: at its main office at 1884 Davenport Rd, it provides frontline services including a drop-in, food bank, perinatal nutrition project, community action, a bake oven and affordable fresh food market, community cooking, advocacy, and urban agriculture programs at two off-site communal gardens. The Stop's Green Barn, located in the historic Wychwood Barns, is a sustainable food production and education centre that houses a state-of-the-art 3,000-sq. ft. greenhouse, food systems education programs, the Sheltered garden and Global Roots gardens, a community bake oven and compost demonstration initiative. The Stop also runs several fundraising events every year, including the popular What's on the Table and Night Market events.

## THE TABLE COMMUNITY FOOD CENTRE, PERTH ON (2012)

In early 2011, The Stop partnered with the Perth & District Food Bank to create a new Community Food Centre. At the time, the organization ran one program—a food bank—and was overseen by a single staff person. Today, The Table Community Food Centre has six staff. Programming includes a healthy food bank (re-envisioned as a grocery store), regular drop-in meals, community kitchens and gardens, after-school and peri-natal programs, community action training and a community advocacy office. Substantial changes have taken place organizationally as well. Volunteerism has more than doubled and now includes program participants. And this year, for the first time, one of those participants was elected to the organization's board of directors. Find out more at www.thetablecfc.org.



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## THE LOCAL COMMUNITY FOOD CENTRE, STRATFORD ON (2012)



A partnership with the United Way Perth-Huron allowed Director Steve Stacey to consult extensively with stakeholders in Stratford and the surrounding county to develop a locally relevant suite of programs for The Local Community Food Centre. These programs launched in November 2012 in a newly-renovated former garden centre and greenhouse, and now include drop-in meals, community kitchens, a greenhouse for year-round educational programming, a community advocacy office, and community gardens. It also houses a food distribution initiative that meets an original need identified by the community to facilitate the distribution of healthy, fresh food to The Local's programs and other organizations in the city. Find out more at www.thelocalcfc.org.

## THE REGENT PARK COMMUNITY FOOD CENTRE, TORONTO ON (2013)

Food will play an important role in fostering social cohesion in the newly redeveloped Regent Park neighbourhood of Toronto. The CRC has a long history of helping meet the basic housing, clothing and food needs of the Regent Park community. The development of the Regent Park Community Food Centre in the CRC's new building at 40 Oak St. will strengthen existing community meal, advocacy, and gardening programs, locating CFCC's proven program mix in the CRC's state-of-the-art facility. The Regent Park CFC will reflect the unique and diverse neighbourhood around it and work to meet local needs through responsive, multi-dimensional programming around food.



## THE NORWEST CO-OP COMMUNITY FOOD CENTRE, WINNIPEG MB (2014)



A partnership with NorWest Co-op Community Health Centre will see the development of a Community Food Centre as a wing of the larger organization. NorWest's Tyndall Ave. location is adjacent to the Gilbert Park social housing complex in the low-income, multicultural community of Inkster. Inkster has high rates of poverty, food insecurity and unemployment, and a large percentage of the residents of Gilbert Park are Aboriginal. While NorWest already offers some food-related programming, the organization has identified food access as a key challenge for area residents. Establishing a CFC here will increase access to healthy food while providing community members with a variety of skill-building and engagement opportunities. CFC programming will include a lunch program, community kitchens and gardens, a low-cost market, and civic engagement.

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## THE DARTMOUTH COMMUNITY FOOD CENTRE, DARTMOUTH NS (2014)



The Dartmouth Family Centre is located in North Dartmouth, an underserved and high-needs area with a dearth of community gathering spaces. The area is home to significant senior and immigrant populations: 13.5% of the population is aged 65, and many live alone and on a fixed income; 31% of households are single-parent families; and immigrants make up 6.4% of the population, a number that is expected to grow in coming years. A partnership with the Dartmouth Family Centre will see the creation of a Community Food Centre that will expand the existing array of programs and provide a number of new entry points for families with young children while expanding food access and skill-building opportunities for other community members. Programming will include advocacy, a food distribution initiative, and community kitchens and gardens.

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