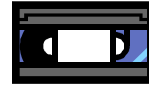


Food Security Resources

available at the
Thunder Bay District Health Unit library
Call 625-5901



BOOKS

[Community Kitchens and Cooking On a Budget](#)

The ABC's of baby food: making baby food from scratch (1998)

Catalogue number: WS 130 LEW

DESCRIPTION:

This is a training manual for people interested in teaching others how to make baby food. This manual provides background nutritional information and practical tips on how to plan and facilitate a workshop, no matter where you are. New parents will find this manual useful for learning how to make baby food, what solid foods to offer and when and how to offer them.

Bernardin guide to home preserving (2005)

Catalogue number: TX 601 BER

DESCRIPTION:

This book includes more than 100 new recipes for home food preservation as well as easy-to-understand home canning instructions and tips. The book features a broad range of fruit and vegetable recipes which can be processed in a boiling water canner.

The busy person's guide to preserving food: easy step-by-step instructions for freezing, drying and canning. (1995)

Catalogue number: TX 601 CHA

Canning and preserving without sugar (1982)

Catalogue number: TX 603 MAC

Collective kitchen manual: good food, fun and friendship (1994)

Catalogue number: HV 696 LON

Collective kitchens handbook (1992)

Catalogue number: HV 696 EDM

Community kitchens: cookbook and shopping guide (1994)

Catalogue number: TX 652 COM

DESCRIPTION:

Have fun planning, shopping and cooking these favourite community kitchen recipes at less than \$1 per serving.

Community kitchens: fun, easy, tasty meals for you and your family!

Catalogue number: TX 652 DES

Community kitchens: how to train leaders. A guide to running a community kitchen leader training workshop in your own community (2002)
Catalogue number: TX 652 HOW

Food security / Budgeting Kit (2001)

Catalogue number: NU 34

DESCRIPTION:

This kit is designed to help teacher's deliver the Ontario curriculum nutrition components. It includes background information; sample handouts and classroom activities.

Food that works: eating well for less \$\$ - facilitator's resource manual (1996)

Catalogue number: WS 115 FOO

DESCRIPTION:

Contains : 1) a three month calendar with a different focus for each month; 2) a resource manual as background information for people who will be working with families on limited incomes.

Food you can do: a curriculum (1996)

Catalogue number: NU 37

DESCRIPTION:

Binder contains 6 modules designed to promote healthy eating through direct hands-on learning. Children learn about smart snacking, vegetarianism, breakfast, lunch and the importance of fruit and vegetables. Suitable for children aged 10 - 12 years.

From our neighbourhood kitchens

Catalogue number: TX 725 FRO

DESCRIPTION:

Cookbook

Healthy eating on a budget (2002)

Catalogue number: TX 355 HEA

DESCRIPTION:

This is a presentation module for community food advisors.

In the kitchen: a workbook to use in community kitchens

Catalogue number: TX 652 INT

Low fat cooking: a presentation module for Community Food Advisors (2002)

Catalogue number: NU 65

DESCRIPTION:

This presentation will give participants skills to make lower fat meals by: learning about dietary fats, discovering what foods provide dietary fats and sharing ideas about lowering fat in recipes.

More Put a Lid On It :small-batch preserving year round (1999)

Catalogue number: TX 603 TOP

York Region's Gleaning Program: your guide to enjoying vegetables and fruit

Catalogue number: HV 696 YOR

DESCRIPTION:

Cookbook.

Pick of the crop: a collection of CFA recipes (2004)

Catalogue number: TX 715.6

Put a lid on it! : small batch preserving for every season (1997)

Catalogue number: TX 603 TOP

Putting food by (1988)

Catalogue number: TX 601 GRE

Quick and easy meals: a presentation module for Community food advisors (2000)

Catalogue number: NU 67

DESCRIPTION:

This resource provides participants with skills to: organize their kitchen; learn time saving skills; share ideas about quick meal preparation.

Vegetables and fruit, every day: a presentation module for Community Food Advisors (2004)

Catalogue number: NU 76

DESCRIPTION:

This is a presentation resource binder addressing ways to increase your vegetable and fruit consumption. It is for use by the CFA's. The binder is divided into 5 sections totaling 80 minutes. It also includes an FAQ section and sample overheads and handouts.

Community Gardens & Gardening

Cultivating community: principles and practices for community gardening as a community-building tool (2001)

Catalogue number: SB 457 CUL

Growing sprouts and seedlings: a manual (2001)

Catalogue number: HV 696 GRO

How does our garden grow?: A guide to community garden success (1997)

Catalogue number: TX 652 BER

This "how to" manual, for setting up a community garden, identifies key topic areas, lessons learned from other projects in North America, information about useful resources and basic planting information. Covers organizing, fundraising, site selection, setting rules, and gardening and planting with children.

The new Northern gardener (1996)

Catalogue number: SB 321 BEN

School Meal & Snack Programs

Breakfast club cookbook (2000)

Catalogue number: TX 652 BRE

DESCRIPTION:

A recipe binder to be lent out to groups/volunteers who coordinate breakfast programs.



School Meal & Snack Program “How to Kit” (2003)

Catalogue number: TX 733 SCH

DESCRIPTION:

A binder of resources and information for starting and running meal and snack programs in schools including how to set up and manage, plan menus, get participation and build partnerships, develop a funding plan. It also includes extensive nutrition education materials that are fun for kids.

Other Food Action Programs

The Good Food Box guide: how to start a program in your community (1997)

Catalogue number: TX 652 SCH

The Hartford food system: a guide to developing community food programs Replication manual

Catalogue number: HV 696 HAR

How to set up and operate a fresh food gleaning program (2002)

Catalogue number: HV 696 HOW

REPORTS

Building Bridges: Food security & heart health. Final report (2001)

Catalogue number: RA 601 BUI

Community Food Assessment for Thunder Bay: A Closer Look at our Local Food System (2004)

Catalogue number: HV 696 COM

Food security in Ottawa: a community profile (2001)

Catalogue number: RA 601 FOO

The growing season: Phase 2 report. (2001)

Catalogue number: HV 696 GRO

Planting the seeds: Food and Hunger Action Committee. Phase 1 report. (2000)

Catalogue number: HV 696 PLA

AUDIOVISUAL RESOURCES & KITS

Brave new foods: the biotech revolution (2002)

Catalogue number: NU 49

DESCRIPTION:

This video helps viewers understand the role of science and agriculture in the food they eat today. The video serves as an introduction to food biotechnology.

Community gardens: working together, growing together (1996)

Catalogue number: CK 3

DESCRIPTION:

This 7 minute video describes what community gardens are, the benefits they may have on community members and a sample project in London, Ontario.

Community kitchen resource package (1992)

Catalogue number: CK 2

DESCRIPTION:

A "how-to" package for planning, promoting or setting up a community kitchen/cooking group. Includes practical tips for setting up and running a community kitchen, including ideas for funding and promotion. Includes recipes, shopping tips and nutrition information useful for participants. Kit includes: 1 Video (length 9:00 minutes); 1 Community Kitchen Leaders guide; 1 Community Kitchens Cookbook and Shopping guide.

Deconstructing supper: a chef's journey (2002)

Catalogue number: NU 54

DESCRIPTION:

This video focuses on the billion dollar battle to control global food production. Chef John Bishop travels the world on a personal quest to meet scientists, farmers, journalists and activists. On his journey he hears opposing views on genetic engineering, modern food production and organic farming.

Issues in Agricultural Biotechnology: How to Make a Transgenic Plant (2005)

Catalogue number: S 494.5 ISS

DESCRIPTION:

A CD-ROM that was developed at the University of Delaware in partnership with the USDA, includes a nine-minute animation that demonstrates the process of developing a transgenic plant and has an "Ask The Expert" section that includes interviews of five scientists with biotechnology expertise in food safety, ethics, plant science and animal science.

Ontario breakfast program information kit: a partnership with the government of Ontario (2000)

Catalogue number: NU 45

DESCRIPTION:

This is an information package which teachers or youth leaders could use to find out about funding possibilities from the Canadian Living Foundation. It also highlights resources provided by the Foundation. Kit includes: 1 video (13:00 minutes); various handouts - food, food handling and safety, nutrition education, recipes, etc.

Poverty Line: The face of poverty in Thunder Bay (2005)

Catalogue number: HC 120 SKO

DESCRIPTION:

This 33 minute film on DVD was created by Piotr Skowronski of Confederation College and released by the Thunder Bay Economic Justice Committee and Kinna-Aweya Legal Clinic. It includes conversations with people living in poverty in Thunder Bay.

**Books available from the Thunder Bay Public Library
donated by Slow Food Superior**

Last Chance to Eat

by Gina Mallet

Dark Age Ahead

by Jane Jacobs

The Canadian Cookbook: History, Folklore & Recipes with a Twist

by Jennifer Ogle

The Best of Canada Cookbook

by Tony Roldan & Jim White

The Great Canadian Cookbook: A Celebration of Great Canadian Cooking

by Bunny Barss

The Ace Bakery Cookbook: Recipes for and with Bread

by Linda Haynes

The Omnivore's Dilemma: A Natural History of Four Meals

by Michael Pollan

Stolen Harvest: The Hijacking of the Global Food Supply

by Vandana Shiva

**The End of Food: How the Food Industry is Destroying Our Food Supply-And
What You Can Do About It**

by Thomas F. Pawlick

Keeping Food Fresh: Old World Techniques and Recipes

Chelsea Green Publishing Company

Slow Food Revolution

by Carlo Petrini and Gigi Padovani



Distributed by the
Thunder Bay District Health Unit,
Nutrition Promotion 625-8315
N-133 2007

