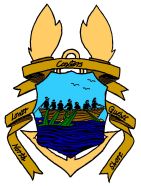




WELCOME

**FOOD TRANSPORTATION
CONSULTATION**



Coasters Association



Public Health
Agency of Canada

Agence de santé
publique du Canada

Canada

A Portrait Of The Food Industry Relating To Residents Of The Lower North Shore

« A Healthy Alternative Lifestyle »



Duration Of Project

- January 31st, 2005 to March 31st, 2007





Partners

- Centre de santé et de services sociaux de la Basse Côte-Nord
- Commission Scolaire du Littoral
- Local Development Center
- Council of Mayors
- Quebec Labrador Foundation

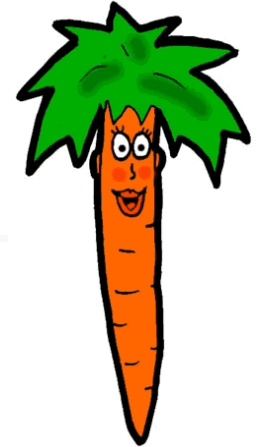
(Lower North Shore Coalition for Health)



Hired

- Nutritionist, Jocelyne Jones
- Coordinator, Priscilla Griffin

- Consultant, Hugh Maynard, QU'ANGLO

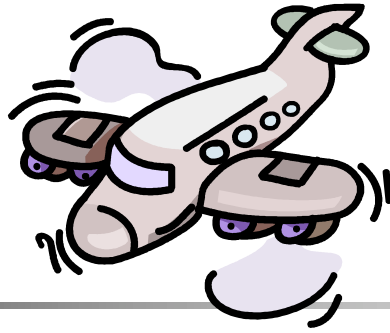




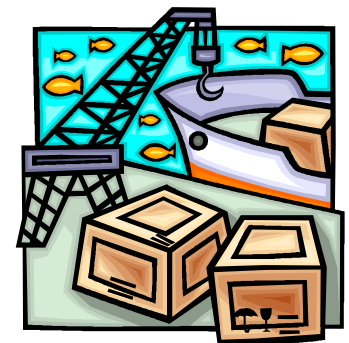
Project Objectives



- Gather pertinent information on the needs of the businesses and the consumers on the Lower North Shore
- Researching studies already done in other remote and isolated regions



- Compare a Less Healthy and Healthy Food basket
- Hold a Food Transportation Consultation to address the issues of transportation and food prices
- Identify needs and possible solutions to food transportation problems





- Research and implement Cooking Classes and Nutritional Courses in high schools on the Lower North Shore (Secondary IV & V)
- Research and implement collective Community Kitchens
- Research and implement Community Gardens
- Research and implement Meals on Wheels
- Research nutrition and exercise support groups



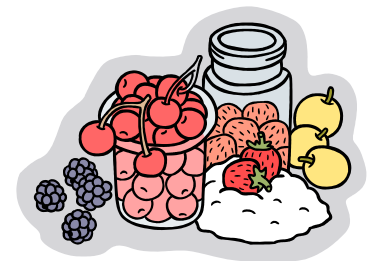


- Create a Lower North Shore Food Guide
- Increase awareness to the link between healthy eating and preventing health problems
- Promote the benefits of healthy eating by empowering people to create personal and community initiatives
- Conduct workshops in each community (14) in areas deemed important by the participants of the focus group meetings

Long Term Development



- Research the possibility of implementing new businesses
 - Coastal Green House
 - Freezing, canning and drying food
 - Composting
- Research the possibility of starting a food co-op (ie: improve supplies and services)





Objectives of the Food Transportation Consultation

- To aid in finding solutions so that the population of the Lower North Shore has access to healthy, affordable, and good quality nutritious foods
- To provide the consumers, food retailers and the transporters an opportunity to voice their concerns and opinions
- To identify the needs and possible solutions to Food transportation problems