

CAPC increases recognition and support for communities at risk, their needs, interests & rights

CAPC, Haliburton, ON

Haliburton County has one of the highest poverty rates in Ontario. You wouldn't know. The county is known as "cottage country" with beautiful lakes and a pristine environment. The poverty goes unnoticed by most.

In 2008, the families in the Bright Starts CAPC program in Haliburton all made less than \$18,000/year, and many less than \$15,000. After paying the rent, heat, hydro etc, many families had only \$200 for the month for food.

To address the issue, CAPC started a Healthy Children Program. In less than a year they raised the profile about poverty through "Chef-of-the-Month," where chefs attempted to create a healthy meal plan for a family of 4 on \$6.50/day (\$200 ÷ 30 days). Media covered the story dozens of times with corollary articles about poverty, family struggles and suggestions of what people could do to help. The profile went far beyond the borders of Haliburton County. Even Chef Michael, from FoodTV, called from PEI with his congratulations and encouragement.

Additionally the Healthy Children campaign resulted in:

- weekly food donations averaging over \$400/week to give to families
- a community kitchen where volunteers make and freeze meals to give to other needy families
- a lunchbox program hosted by a local grocer
- spin-offs with other organizations/businesses looking at how they can get involved to help children living in poverty and their families in this county.



National Network of CAPC & CPNP Projects, 2009
www.healthycanadianchildren.com

Community Action Program for Children (CAPC)

"In the past year an average single person would have seen their household bills increase by \$433 and a family of three would have seen their bills go up by over \$800"

(Ontario Hunger Report 2008)



"Compared to the non-poor, the working poor had higher rates on a range of chronic conditions including diabetes, heart disease, chronic bronchitis, and migraines among others." Social Assistance recipients carry an overwhelmingly high burden of ill health. Compared to the non-poor they had significantly higher rates of poor health and chronic conditions on 38 of 39 health measures – rates as much as 7.2 times higher than those of the non-poor group."

Sick and Tired: The Compromised Health of Social Assistance Recipients and the Working Poor in Ontario, February 2009