



# A PORTRAIT OF FOOD SECURITY

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## IN THE WEST ISLAND

PROJECT  
FUNDED BY



Centraide  
du Grand Montréal





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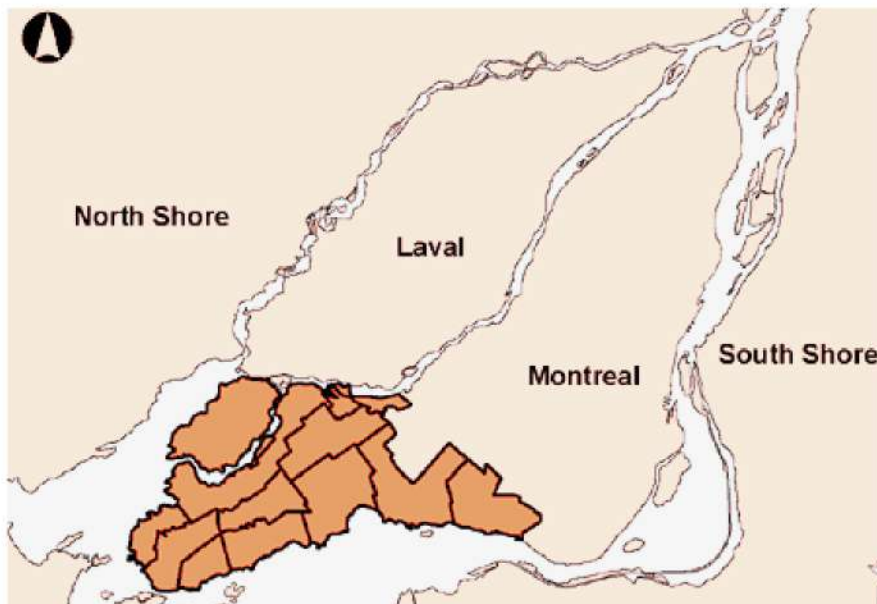
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# OVERVIEW

## Geographic Overview of the West Island

As you can observe on the map below, the West Island, in darker orange, represents 30% of the Island of Montreal's geographic area. It is **composed of 8 municipalities and 2 boroughs overseen by only two Tables de quartier**: the Table de quartier du Sud-Ouest-de-l'île (TQSOI) and the Table de quartier du Nord de l'Ouest-de-l'Île de Montréal (TQNOIM). It is quite unusual for a Table de quartier to have such a large area to cover. Another particularity of the West Island is that it is **home to the few agricultural lands left on the island**, which makes up 13% of its territory.



**150 KM<sup>2</sup> TOTAL AREA**

**50 KM<sup>2</sup> NORTHERN WEST ISLAND**

**100 KM<sup>2</sup> SOUTHERN WEST ISLAND**

**20.5 KM<sup>2</sup> PERMANENT AGRICULTURAL ZONE**

**Figure 1:** Map of the West Island's geographic area.

## Why is this portrait relevant ?

The West Island is generally a lower density area with single-family homes that has historically been considered more English-speaking and wealthier than other parts of Montreal. This reputation led to fewer funding opportunities for West Island organizations than other areas of Montreal. However, as highlighted by community organizations, sparse pockets of poverty and inequality persist. The food system being mainly dominated by large-scale businesses, financial and physical access to healthy food choices by foot or public transport is a continuous challenge.

# OVERVIEW

## About the Table de Quartier Sud de l'Ouest-de-l'Île (TQSOI)

The Table de Quartier Sud de l'Ouest-de-l'Île (TQSOI) is a **non-profit community organization that aims to improve the quality of life of residents of the southern West Island:** Sainte-Anne-de-Bellevue, Senneville, Baie-d'Urfé, Beaconsfield, Pointe-Claire, Kirkland, and Dorval. For over 10 years, the TQSOI has been working with residents, elected officials, community organizations, businesses, and institutions to address local needs and concerns, such as food security, and establish collective priorities and actions, .

## Food Security

Based on the 1996 World Food Summit, **food security is defined when all people, at all times, have physical and economic access to sufficient safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.** While food insecurity is described by the INSPQ\* as inadequate or uncertain access to healthy food to support a healthy and active life. In Canada, it is mainly associated with a lack of financial resources. Most of the time it will be occasional, but it can also persist in time.

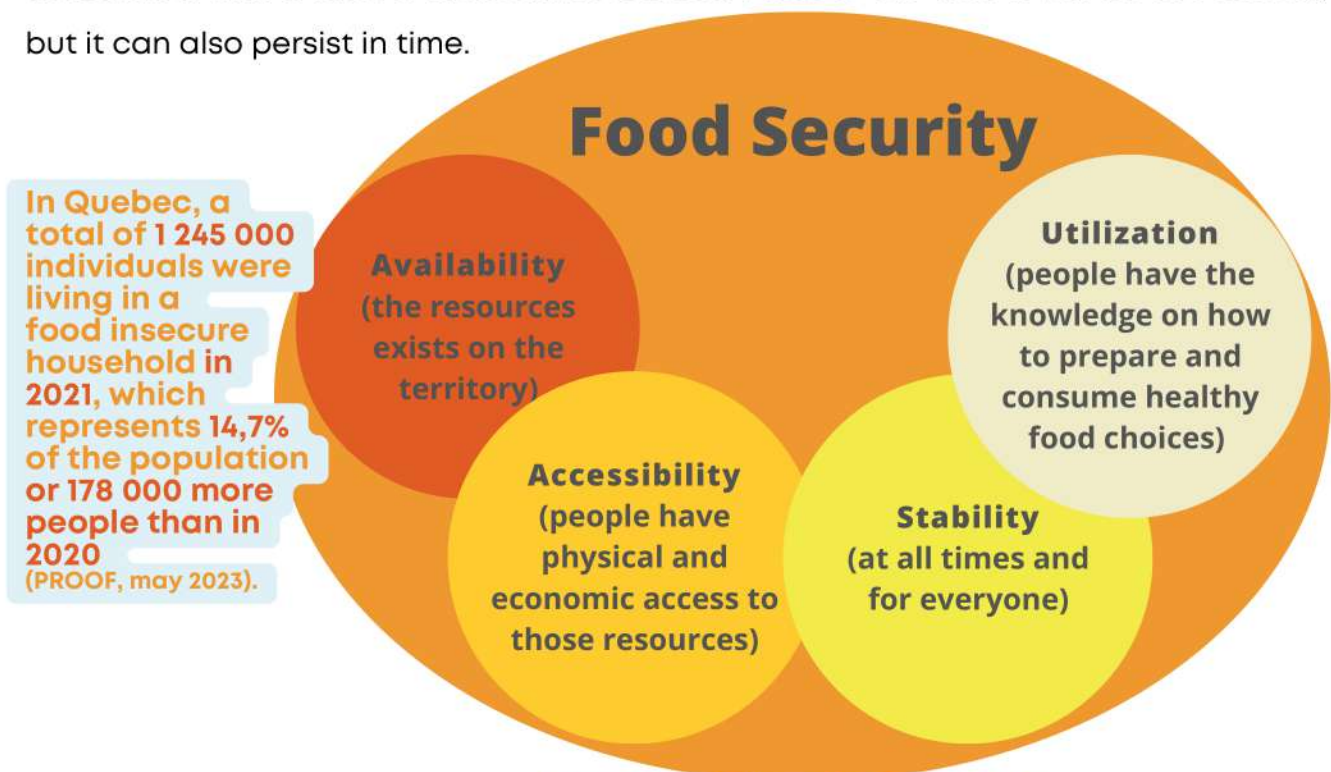


Figure 2 : 4 pillars of food security.

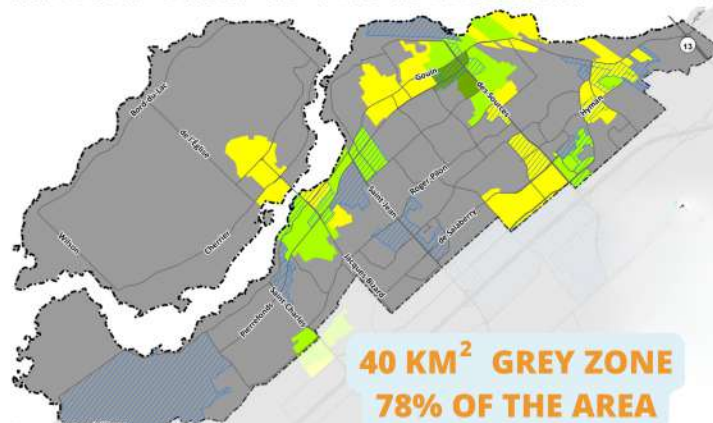
\*INSPQ = Institut National de Santé Publique du Québec

# OVERVIEW

## Food Desert

The broad definition of a food desert, is **an area with a lack of access to healthy food options, especially fresh fruits and vegetables**. In an urban area, accessible usually means 500m by foot or 3km by car and would take into consideration the walkability of the area (presence of sidewalks, roads...). The maps below have been created in 2017 for the West Island, highlighting which areas have better access to businesses, from none in grey to 5 and more in dark green. These maps are a great tool to help identify food deserts. **Based on these maps, the West Island has more food deserts areas than not, more specifically 78% of the territory for the North and 95% for the South.** This represents 83.5% of the residents of the West Island lacking or having a poor access to fresh fruits and vegetables.

### Table de quartier du Nord-Ouest-de-l'Île de Montréal



**Nombre de commerces accessibles à distance de marche**

- Aucun
- 1 commerce
- 2 à 4 commerces
- 5 commerces et plus

▨ AD avec plus de 150 personnes qui vivent sous le SFR

**TQNOIM = DOLLARD-DES-ORMEAUX, L'ÎLE-BIZARD-SAINTE-GENEVIÈVE, AND PIERREFONDS-ROXBORO**

Sources des données :  
 Direction régionale de santé publique, Statistique Canada, Ville de Montréal

Analyse et réalisation :  
 M. Proulx, S. Goudreau (2017)  
 Projection : NAD 83 MTM zone 8

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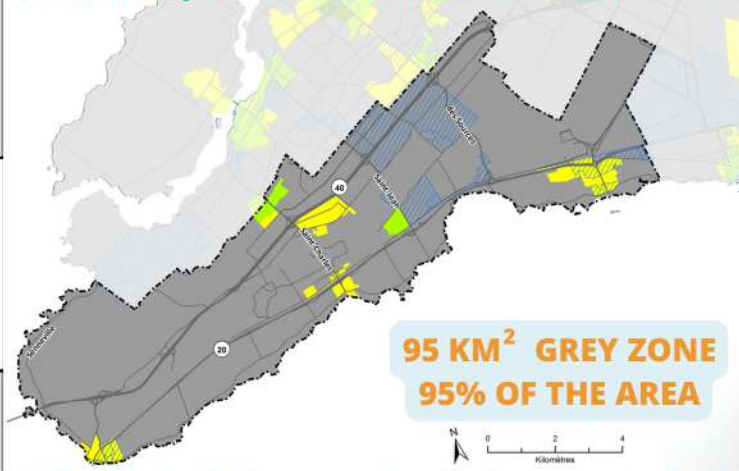
▨ AD avec plus de 150 personnes qui vivent sous le SFR

**TQSOI = STE-ANNE-DE-BELLEVUE, SENNEVILLE, BAIE-D'URFÉ, BEACONSFIELD, POINTE-CLAIRE, KIRKLAND AND DORVAL**

Sources des données :  
 Direction régionale de santé publique, Statistique Canada, Ville de Montréal

Analyse et réalisation :  
 M. Proulx, S. Goudreau (2017)  
 Projection : NAD 83 MTM zone 8

### Table de Quartier Sud de l'Ouest-de-L'Île



**Figure 3 : Maps of the West Island classifying areas by their access to businesses.**

# SOCIO-DEMOGRAPHIC PORTRAIT

## Age Distribution

The total population of the West Island is approximately 238 892, which represents 12% of the Island of Montréal's population. About 63% of the population is of working age, meaning between 15 and 64 years old. On the other hand, 24% are seniors, meaning about a quarter of the West Island's population is over 65 years old, compared to a fifth in Montreal. **This is relevant on a food security level, since seniors are more likely to experience food insecurity partly caused by isolation and the dependency on government allowance as their only source of income.**

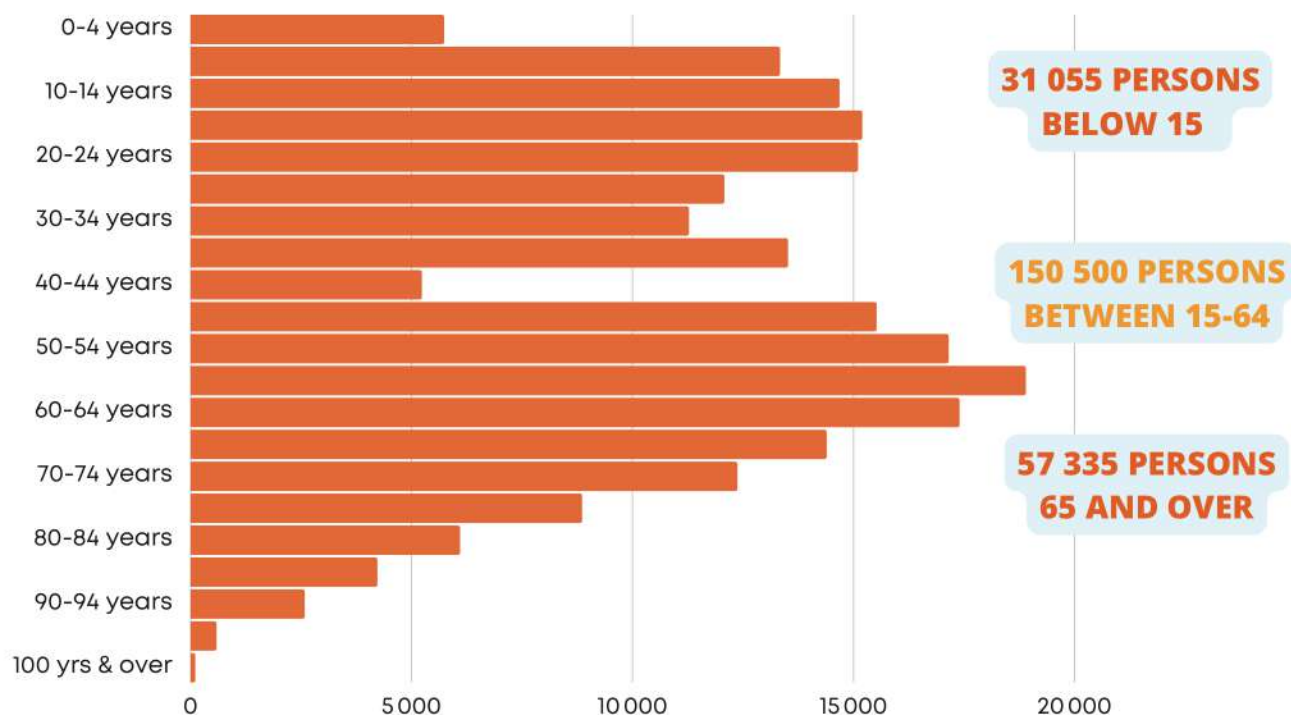
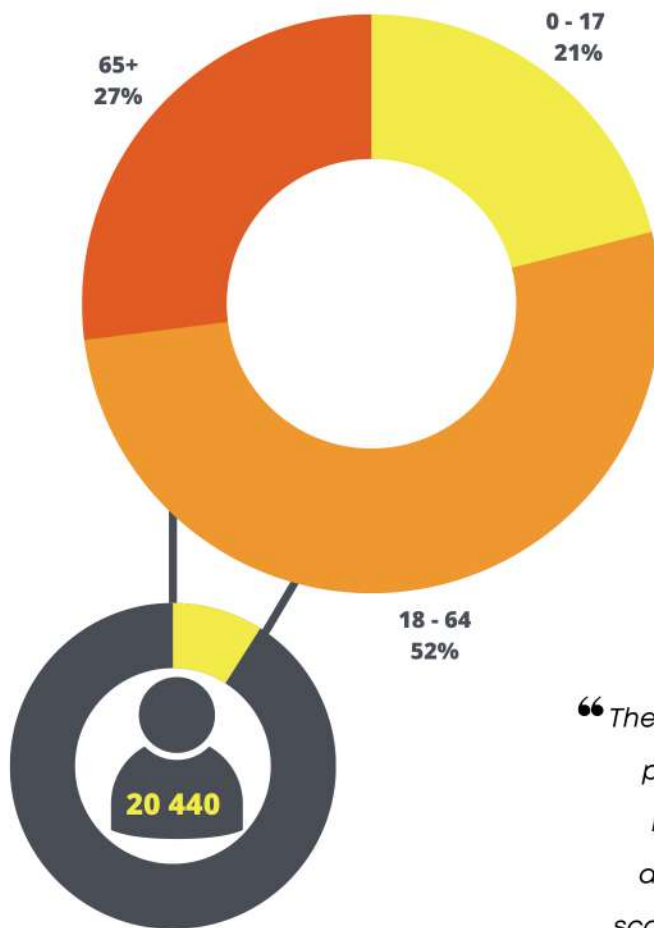


Figure 4 : Age distribution of the West Island's population in 2021.

## A note on socio-demographic data

The socio-demographic data we used is from Statistics Canada's 2021 census. In order to have data representative of the West Island's territory, we added the data from the *Lac-Saint-Louis* and *Pierrefonds-Dollard* census subdivisions with the data from the *city of Dorval*. When comparing to Montreal, we are comparing with Statistics Canada's 2021 census data for *Montreal territoire-équivalent*. The "territoire-équivalent" represents the territory of the whole island of Montreal.

# SOCIO-DEMOGRAPHIC PORTRAIT



**Figure 5:** West island's population by age group considered low income in 2020, based on Low income measure after tax (LIM-AT).

## Low Income

In Canada, the lack of financial resources is strongly related to food insecurity. In the West Island about 9% of the population are considered to be in low income, which represents 20 440 persons (based on the low income measure LIM-AT).

**20 440 PERSONS IN LOW INCOME  
9 811 ARE SENIORS AND CHILDREN**

## LIM-AT's Definition

“The Low-income measure, after tax, refers to a fixed percentage (50%) of median adjusted after-tax income of private households. The household after-tax income is adjusted by an equivalence scale to take economies of scale into account. This adjustment for different household sizes reflects the fact that a household's needs increase, but at a decreasing rate, as the number of members increases.” Statistics Canada, 2022.

## What are LIM-AT's thresholds?

Household size <sup>1</sup>	After-tax income	Before-tax income
1 person	26,503	30,401
2 persons	37,480	42,993
3 persons	45,904	52,655
4 persons	53,005	60,801
5 persons	59,261	67,978
6 persons	64,918	74,466
7 persons	70,119	80,432

<sup>1</sup> To convert to other household sizes, multiply the value in the one-person household by the square root of the desired household size.

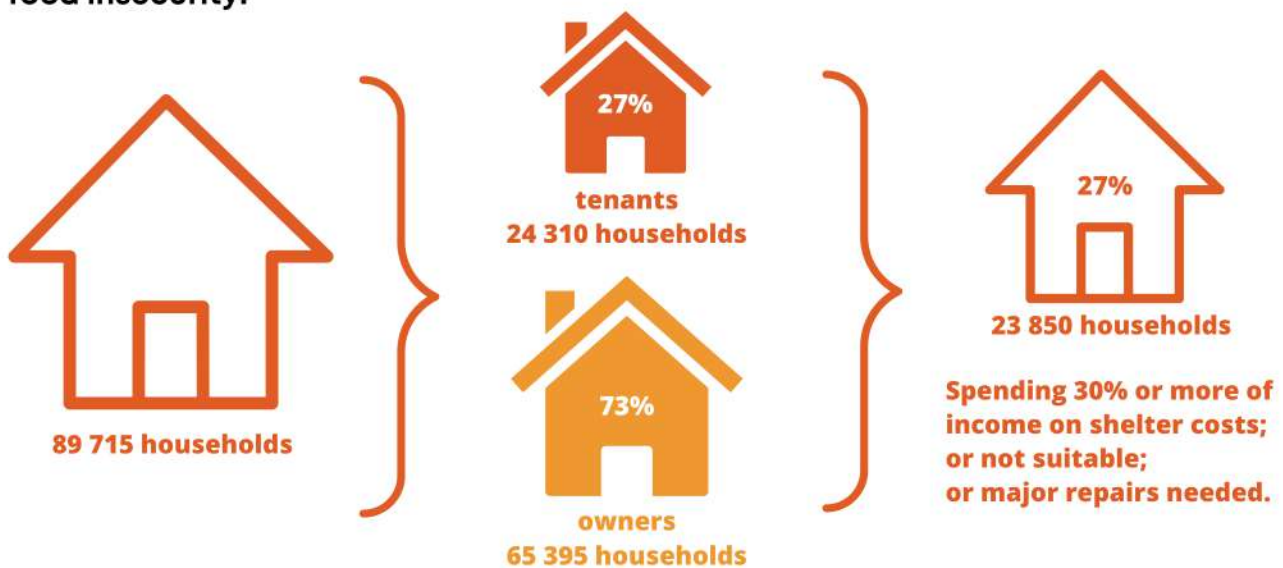
Source: Statistics Canada, 2021 Census of Population.



# SOCIO-DEMOGRAPHIC PORTRAIT

## Housing Suitability

For all West Island's private dwellings, 27% are occupied by tenants. Of those tenants 32% are spending 30% or more of their total income on shelter costs and 16% are in core housing needs. Core housing needs means the dwellings are either unsuitable (needing major reparation), inadequate (not fit for its inhabitant, unsanitary), or unaffordable (more than 30% of income) putting the household at risk of homelessness. 23 850 is the number of all households in the West-Island that are spending 30% or more of its income on rent, or are not suitable, or are in need of major repair. **When 30% or more of your income goes into paying rent, less money is available for food and other basic expenses, leading to a higher vulnerability to food insecurity.**



**Figure 6:** Housing suitability of the West-Island's private dwellings in 2021.

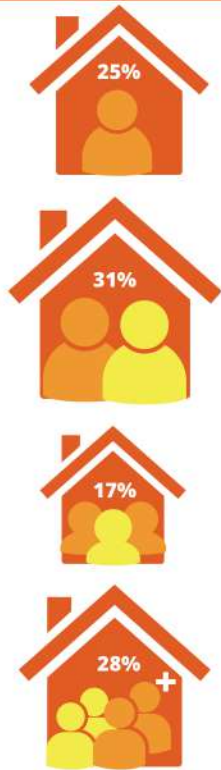
### Private Dwellings' definition

“A private dwelling refers to a separate set of living quarters with a private entrance either from outside the building or from a common hall, lobby, vestibule or stairway inside the building. The entrance to the dwelling must be one that can be used without passing through the living quarters of some other person or group of persons.” Statistics Canada

### Housing in 2023

Since the last census, rent has been going up to new records. As of May 2023, the average price in Montréal for a 1-bedroom is 1585\$/month. This represents a 136\$/month increase (9%) compared to last year. This spike in rent definitely increased the amount of people spending 30% or more on rent, which also leads to more food insecurity.

# SOCIO-DEMOGRAPHIC PORTRAIT



**Figure 7:** Distribution of occupied private dwellings in the West Island by household size in 2021.

## Family Composition

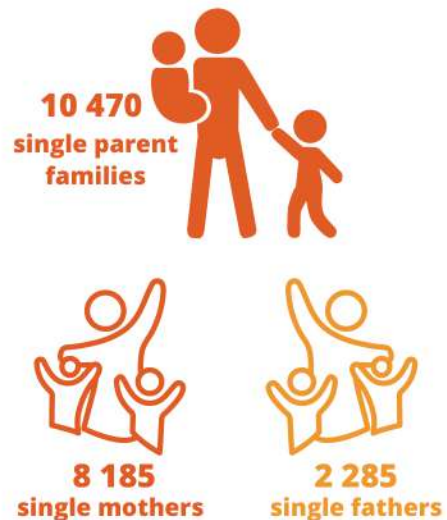
Of the 66 900 census families across the West Island, 16% are single-parent families.

Of those single parents families, 78% are single mothers while 22% are single fathers. **It has been shown that single-parent households are more likely to experience food insecurity.** Being reliant on only one income makes the household more vulnerable. In particular for single mothers since a wage gap still exists between men and women.

## Household Size

The average household size in the West Island is of 2,5. Although, about 22 345 people are living alone in their household, while 24 710 households are occupied by 4 people or more. **Both aforementioned scenarios have shown to be more susceptible to experiencing food insecurity.** Furthermore, these two household sizes represent 53% of all occupied private dwellings of the West Island, as can be observed on Figure 7.

We can also find a higher tendency of food insecurity when there are minors in the household, since they add to the household expenses without bringing additional income.



**Figure 8:** Prevalence of single parent families in the West Island in 2021.

# SOCIO-DEMOGRAPHIC PORTRAIT



## Education

7 250 people in the West Island aged between 25 and 64 don't have any kind of certificate, diploma or degree, representing 6% of the population. **Low levels of education can also influence food security, since it often correlates with employment security and income level.**

## Employment Level

In the West Island, the employment participation rate is of 64%, meaning that 125 775 individuals over 15 years old are in the labour force. Of those in the labour force, 91% are actually employed. On the other hand, the unemployment rate for the West Island in 2021 was of 9%, representing 11 585 people without jobs even though they were looking for one. **Not being in the labour force means you are not employed and are not looking for work. Multiple reasons can explain not taking part in the labour force, such as: being retired, suffering from mental or physical health issues, disabilities, going to school, home responsibilities, etc.**



Figure 9 : Employment level in the West Island for 2021.

## Impact of COVID-19

Those affected by the aforementioned socio-demographic determinants were the most vulnerable to food insecurity during the COVID-19 pandemic. As prices rose and provisions went down in stores, and at-home isolation grew, food became increasingly inaccessible and unavailable, thus leading to greater food insecurity.

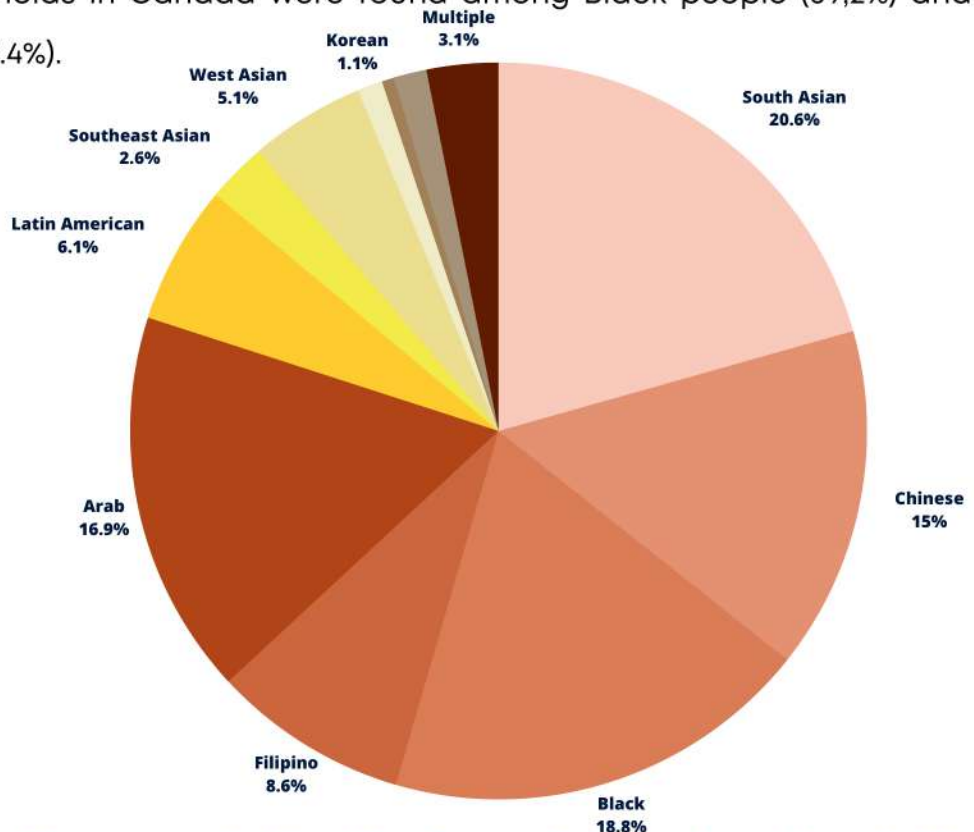
# SOCIO-DEMOGRAPHIC PORTRAIT

## Migration

36% of the West Island's population is composed of immigrants and non-permanent residents, similarly to 37% in Montreal. Of those 36%, about 12 400 people have migrated from outside of Canada less than 5 years ago, these would be considered recent immigrants. **Recent immigrants are more likely to experience food insecurity. This can be due to multiple factors, such as unfamiliarity with local food options and lack of knowledge of resources and services available in their community.** The financial aspect is also an important determinant, since finding a job that pays well is a great challenge for them.

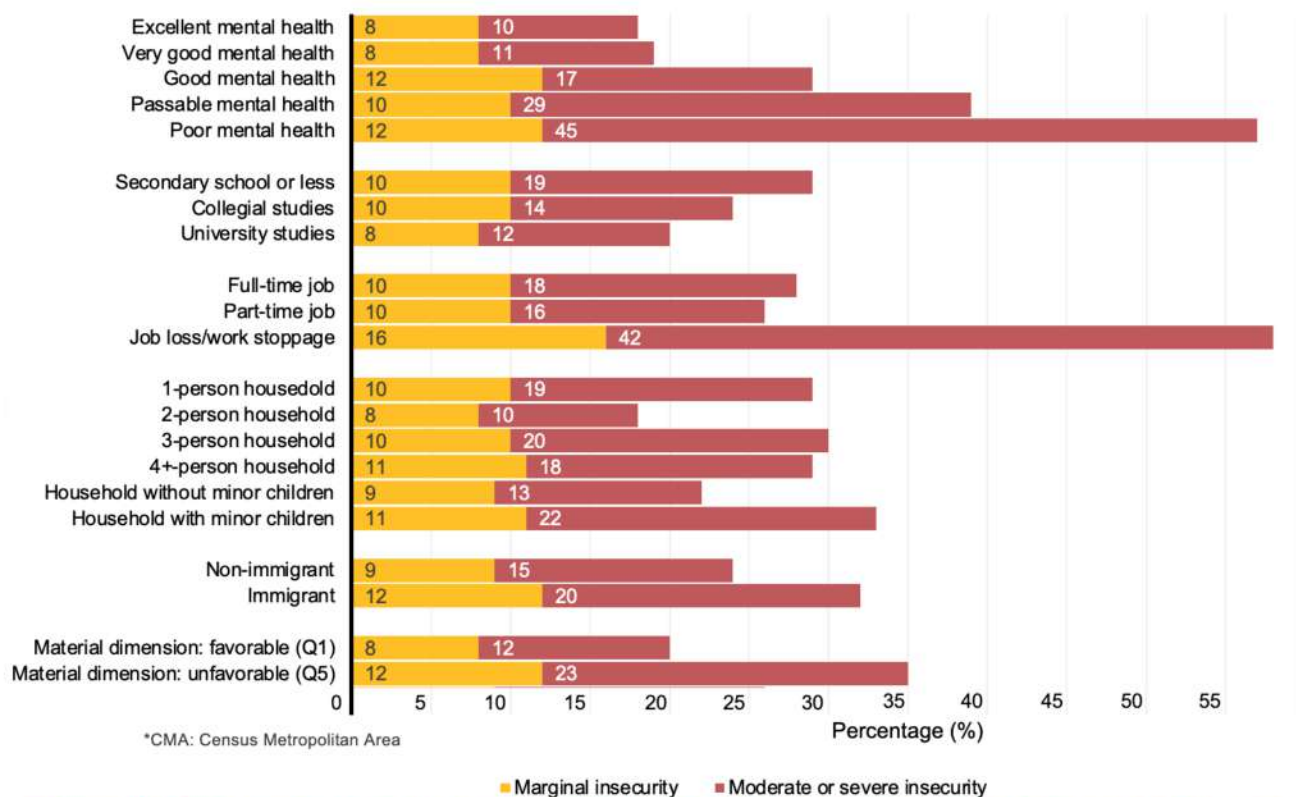
## Visible Minorities

In the West Island 36% of the population in private households is a visible minority, which represents about 84 000 people. **As you may know, visible minorities are still facing injustices which can lead to a higher vulnerability towards food insecurity.** Based on one of the latest food security studies by the University of Toronto, the most insecure households in Canada were found among Black people (39,2%) and Indigenous People (33.4%).



**Figure 10 :** Visible minorities among the West Island's population in private households.

# SOCIO-DEMOGRAPHIC PORTRAIT



**Figure 11:** Proportion of adult Quebecers living in a food insecure household classified by different sociodemographic characteristics, from August 6th to 18th 2021.

\*Graph from a survey conducted by the INSPQ on behaviors and mentality linked to food security and the pandemic in 2021.

**Marginal food insecurity:** Worry about running out of food and/or limited food selection due to a lack of money.

**Moderate | severe food insecurity:** Compromise in quality and/or quantity of food due to a lack of money for food. | Miss meals, reduce food intake and, at the most extreme, go day(s) without food.

## Why we chose those sociodemographic characteristics?

The determinants we chose to include in this portrait were chosen based on research. Most of the research conducted on food security seems to highlight certain sociodemographic characteristics. We then chose to include the ones that we felt were most redundant. Which includes: income profiles, housing suitability, household size, family composition, migration status, visible minority status, education and employment level.

The graph above, shows quite well how those determinants can influence the level of food insecurity within a household. This graph has some limits since it was created with a focus on the effects of the COVID-19 pandemic and covers a short period of time. Although the findings do correlate with studies with a broader spectrum.

# NEEDS ASSESSMENT

## Surveys

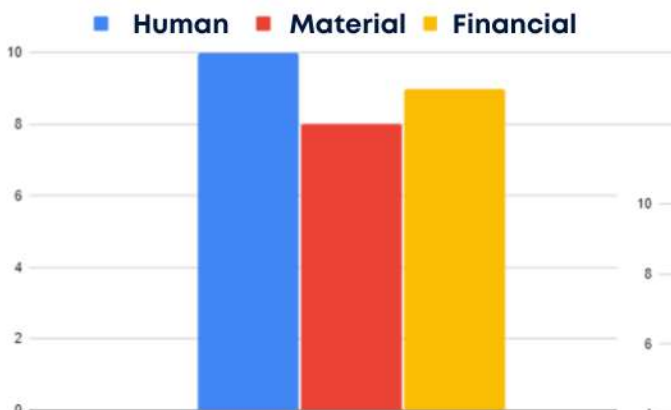
In July 2022, the TQSOI sent surveys to multiple food security related organizations and agricultural producers of the West Island. **The intent of the surveys was to better understand the state of their material, financial and human resources and highlight their principal needs and collaboration opportunities.**

## Organizations' responses

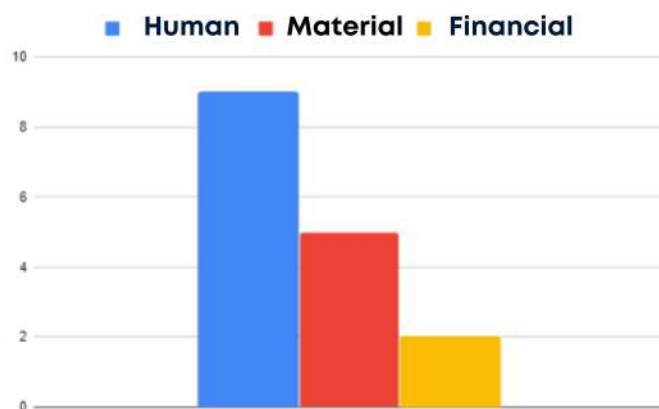
A total of **17 organizations answered the survey** that was sent out to them.

Some of their food security related activities include: **meals on wheels, frozen meals, collective kitchens, community meals, food banks, Christmas baskets, transportation and/or delivery services, solidarity gardens and neighbourhood markets, workshops, etc.** The variety of activities offered by those organizations covers the spectrum from emergency response to capacity-building activities.

On the graphs below, we can compare what kind of resources these organizations stated they needed and which ones they could potentially offer, graded in number of responses for each kind of resources.



**Figure 12:** Type of resources organizations answered they needed the most.



**Figure 13:** Type of resources organizations answered they could offer to others.

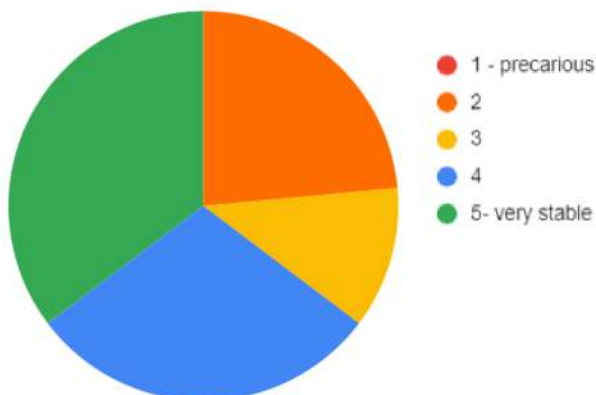
# NEEDS ASSESSMENT

## Organizations' resource status

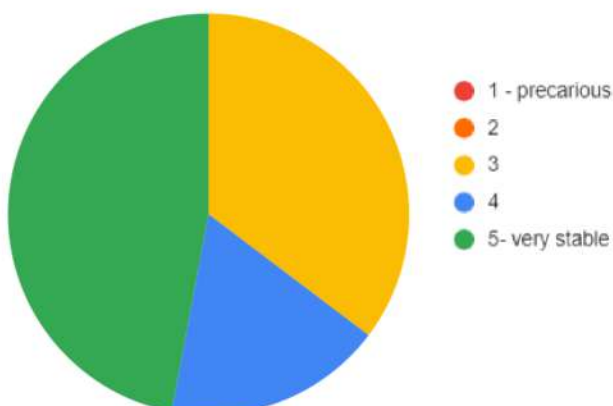
Looking at Figure 12 and 13, **the need for resources was overall higher than what organizations could offer to each other.** Although, some organizations did answer that they could offer help to others, mostly with human resources, which was also the resource most in need.

Below are the organizations' self-assessments for each type of resources, on a scale of 1 being precarious to 5 being very stable. **Again, human resources have received the most answers of 3 and under, making it the less stable resource among those organizations.**

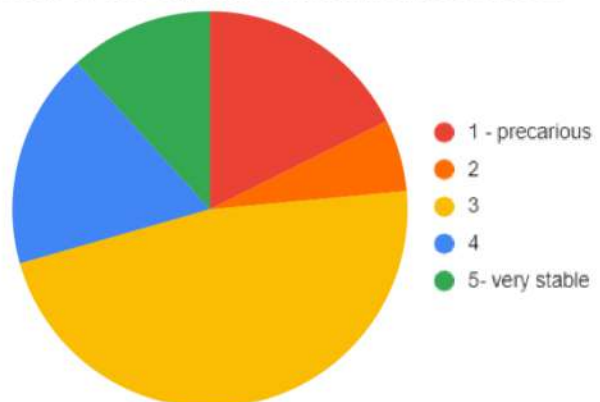
Status of the organization's material resources.



Status of the organization's financial resources.



Status of the organization's human resources.



“ Often times, we have to make resource decisions and balance out our two groups of clients - our participants and external clients. For example, do I hire another chef to ensure production or hire an *intervenante* to support socio-professional development? ”

“ Our current lease is up April 2024 and we are having to look for a new (larger) facility that will be able to meet the growing demand. And with the low rental availability and increase in rental costs it's a very bad situation. ”

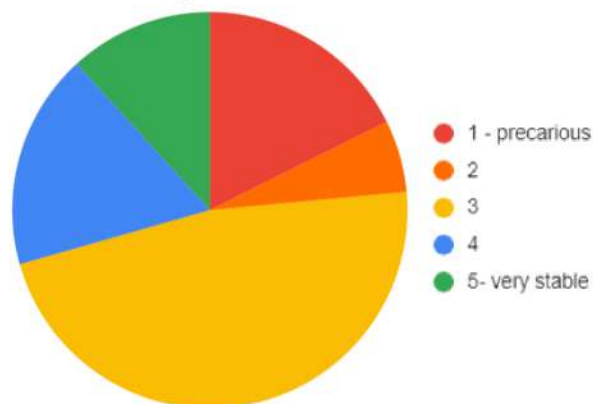
Figure 14: Organizations' assessment of their material, human and financial resources.

# NEEDS ASSESSMENT

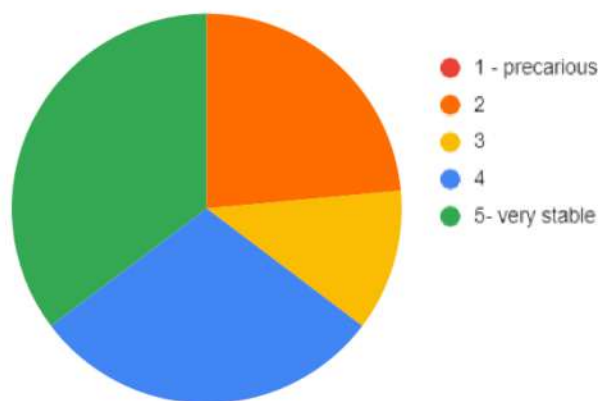
## Organizations' human resources

Indeed, most organizations are quite dependent on volunteers to fully function. Many stated that **it is a constant challenge to recruit volunteers and employees to maintain their activities, especially since the pandemic and because of the growing demand for emergency food supply.**

Status of the organization's human resources.



Status of the organization's material resources.



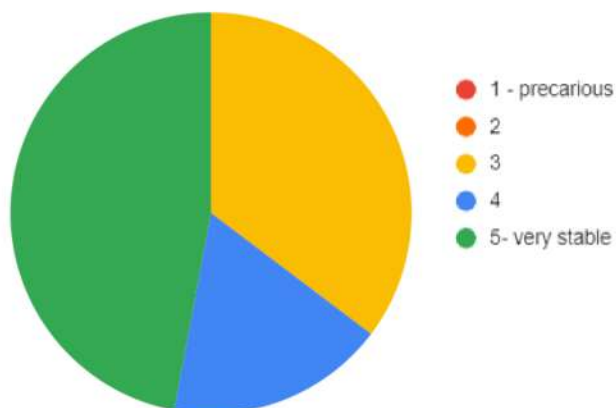
## Organizations' material resources

In terms of material resources, it was generally the more stable variable in the equation. Nonetheless, **some obstacles were reported, the main one being finding storage and office space at an affordable price.** The current housing crisis is adding a layer of uncertainty and difficulty when it comes to securing those spaces with limited financial resources.

## Organizations' financial resources

In general, **securing funds to maintain activities is a constant effort and implies a lot of administrative work.** There seems to be a tendency towards less emergency funds and more project based funding available. Even though it has been reported as a pretty stable resource, some have noticed more competition with project-based funding, making financial resources more scarce and uncertain.

Status of the organization's financial resources.



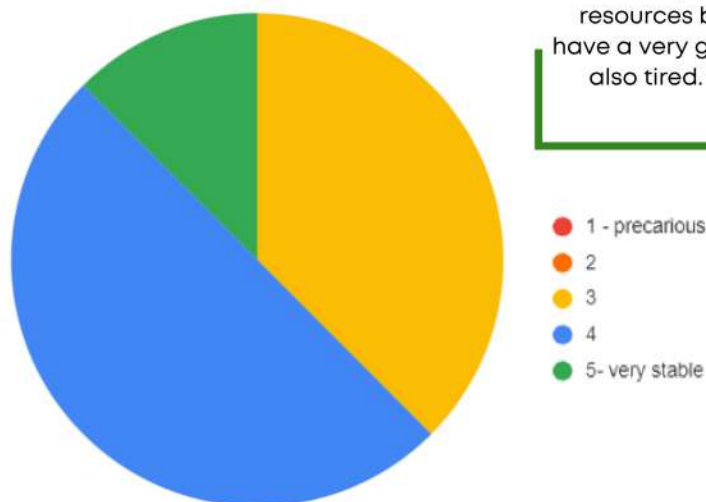


# NEEDS ASSESSMENT

## Meeting demand

The majority of the surveyed organizations answered they were meeting their clients' needs, see figure 15 below. Although, to do so, most are adding to their already heavy workload, putting a lot of pressure on volunteers and employees. **More notably since the pandemic there's been a general trend of growing demand for emergency food supply and other services.** At first, it was mainly caused by the sudden loss of work for a lot of people, however, now that everything went back to "normal" the demand is still growing. This is due to the high inflation rate that brought food prices to a whole other level. **Keeping everyone fed is a big responsibility to take on and the food security organizations, especially the food banks, are doing amazing work with very limited resources.**

Overall, how would you rate your capacity to meet clients' needs?



“ We are meeting a huge increase in demand. We serve 1,000 individuals monthly and have 3 full time staff (only). We are extremely stretched with resources both physical and financial. [...] We have a very good base of volunteers, but they are also tired. We have not experienced a quiet period in over 2 years. ”

Figure 15: Organizations' assessment of their capacity to meet their clients' needs.

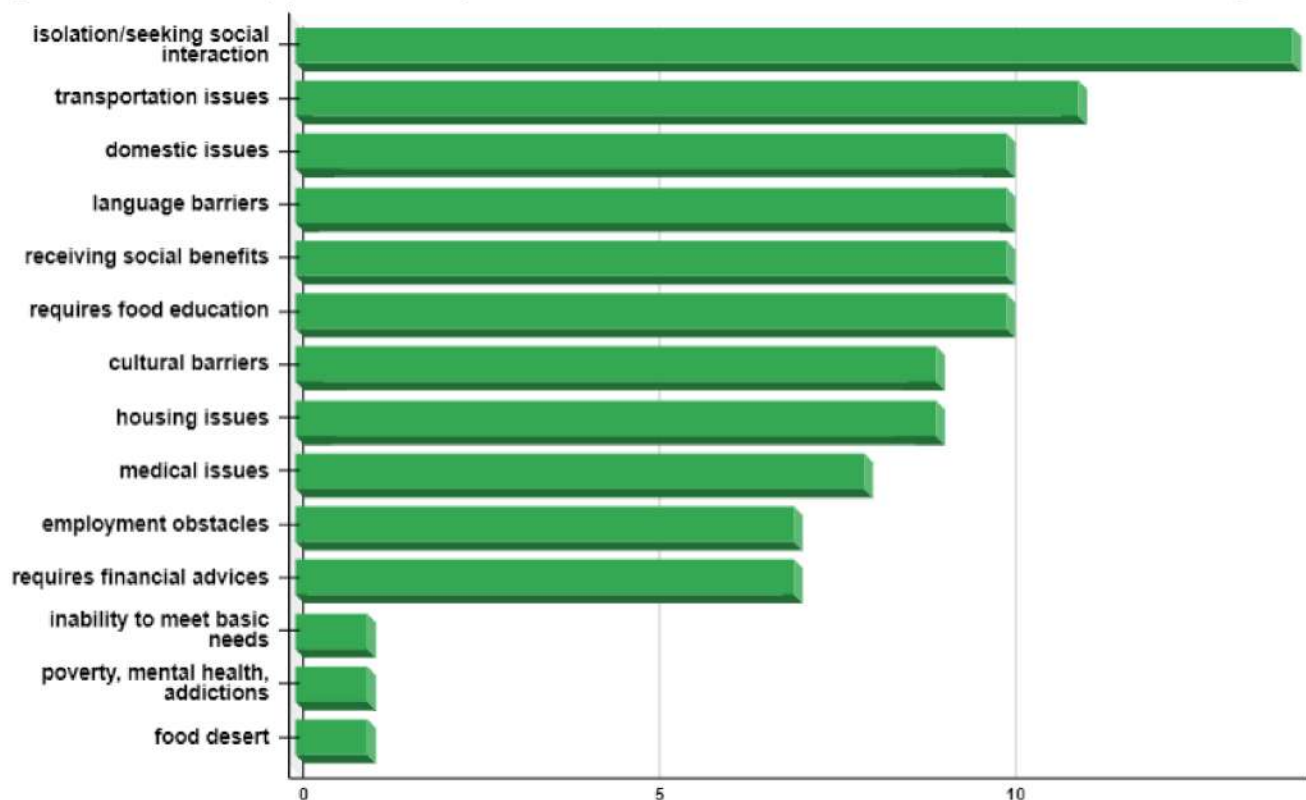
## Barriers to collaboration

Even though the majority of organizations answered being willing to collaborate with each other, there are challenges to overcome. **Some of the limits to collaboration that have been mentioned are a lack of time, a lack of knowledge of what other organizations are working on and improper or a lack of communication channels.** Since there are limited resources for food security projects, there can also be a feeling of competition among the organizations trying to get the same resources.

# NEEDS ASSESSMENT

## Additional challenges from the organizations' perspective

The organizations' clients are **likely to experience additional challenges that may prevent them from achieving and maintaining a food secure household**. Below are some of the barriers perceived by the organizations. The most common answer was isolation and seeking social interaction, followed by transportation issues. Then receiving the same amount of answers were domestic issues, language barriers, receiving social benefits and in need of food education. Overall, the need for more governmental support was expressed, in order to better the state of food security.



**Figure 16:** Additional challenges clients may be facing from the organizations' perspective.

“

We are seeing a broader spectrum. Refugees, unemployment issues, welfare, seniors on fixed income, domestic violence, mental health, physical health restrictions. We have people canceling appointments because they don't have the bus fare to get to our location, the list is never ending. We thought 2020 was bad, this is MUCH worse.

”

“

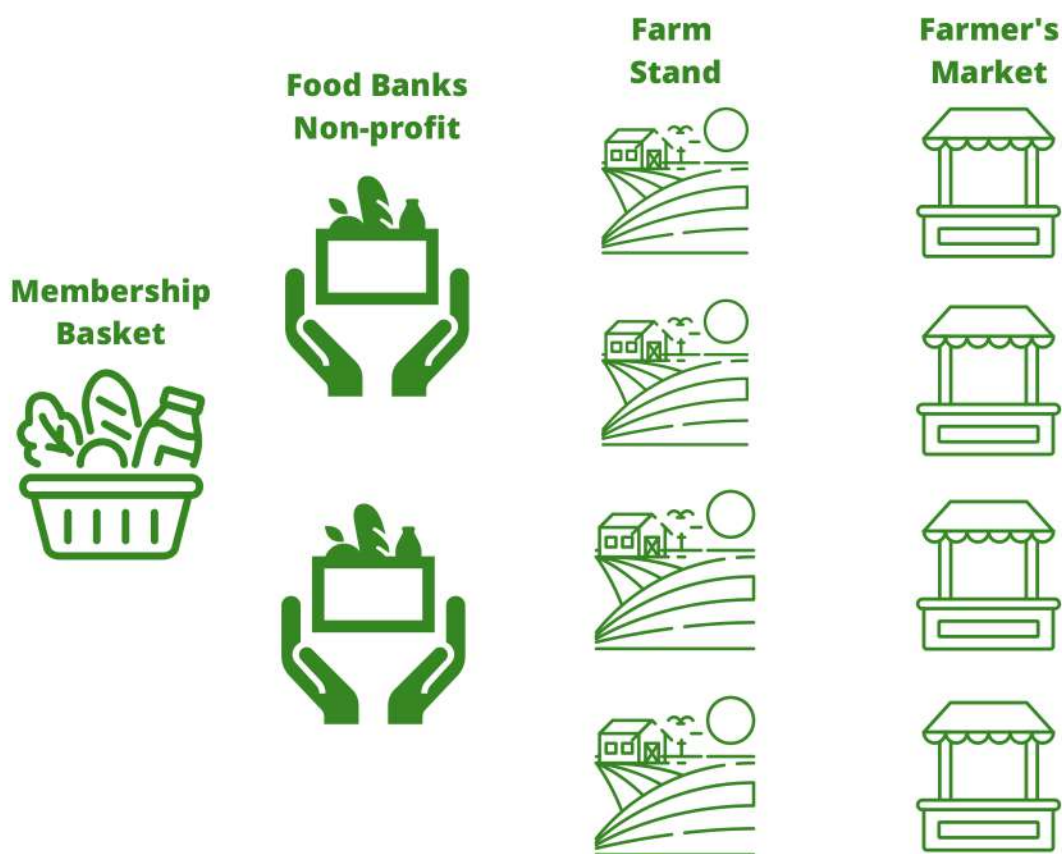
Also, one of our objectives is to offer healthy food at a low cost to the community. With the rising cost of food, our profit margin is making it increasingly difficult to maintain our price point. The cost of food is going up and the income of those who use our services is not.

”

# NEEDS ASSESSMENT

## Producers' responses

We have collected a total of 8 completed surveys from agricultural producers of the West Island. A summary of the trends shared among those producers will follow. **The focus of this survey was to understand the barriers to the integration of local produce on the West Island market from a producers' perspective, and to gather more information on the management of surplus.**



**Figure 17:** Proportional distribution of chosen points of sale and distribution for their produce.

## Point of sale

Among the eight producers we have surveyed, **two are donating or selling their production at a low price to non-profit organizations, while the six others are selling either through a stand on their farm, farmer's markets, membership baskets or a combination of those.** The proportion of each is illustrated on the figure 17 above.

# NEEDS ASSESSMENT

## Increasing distribution

Producers, especially small-scale ones, are facing multiple barriers when it comes to increasing their distribution. On figure 18 are some of the main ones that were brought back through the survey. **Half of the respondents didn't feel any barrier to increasing their distribution, although the other half experienced one or more of the following: lack of labour and/or time, limited vehicle storage space, or the cost feasibility of increased transportation.**



**Figure 18:** Barriers to increasing distribution to more point of sales for producers.

However from figure 19, we can gather **that five of the producers are in charge of the transportation themselves while the three others are delegating it or don't transport their produce at all.** This explains why half of the respondents answered that they are not experiencing any barriers towards increasing distribution.



**Figure 19:** Who is responsible of the transportation of the produce.

# NEEDS ASSESSMENT

## Increasing production

Similarly with distribution, there exists barriers to increasing production. **Finding reliable labor is an issue for half the producers and the increased costs of production for a quarter of them while the other quarter did not express any barrier,** as illustrated on figure 20.



Figure 20: Barriers to increasing production.

## Surplus management

Dealing with surpluses can be challenging for producers, but they can also be an opportunity for food redistribution initiatives and food aid programs that seek to provide fresh and nutritious food to those in need. **As seen below, six out of eight are choosing this option for their surplus, the rest are re-using them on farm or don't have any significant amount.**

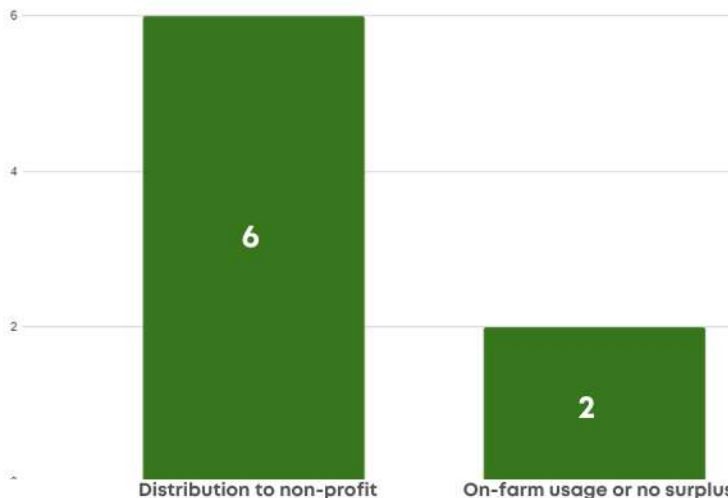


Figure 21: Different strategies used for surplus management.

## CONCLUSION

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As aforementioned, food insecurity is linked to multiple determinants, such as main source of income, homeownership status, household sizes and presence of children, racial groups and immigration status. Although, in Canada, food insecurity is mainly linked to income. The lower the income, the higher the risk of being severely food insecure.

The West Island being home to over 20 thousand people living in low-income is no exception. Moreover, its geographic location being composed of eight municipalities and two boroughs with each their own pockets of poverty and underserved areas is adding a layer of complexity. In fact, 90% of the West Island's territory is considered a food desert. Those large food desert areas are increasing the dependency on cars to get nutritious food options. This phenomenon is aggravating the level of food insecurity, since the most vulnerable often don't have access to such vehicles. Based on our assessment, the main barriers people have to overcome in order to achieve food security in the West Island are physical and economic accessibility to nutritious food options. There exists many non-profit organizations in the West Island offering great services to help overcome those barriers. Meals on wheels, collective kitchens, community meals, food banks, Christmas baskets, transportation and delivery services, solidarity gardens and neighbourhood markets are a few examples.

Despite the fact that great work is being done everyday to reduce food insecurity and provide emergency response to those in need, the organizations' impact are being limited by their resources. Securing funds is known to be a major challenge for non-profit, especially in the West Island, due to its wealthy reputation. Thus, there is a strong need for more financial support to those offering essential services for those in need, which are more and more in demand. Human and material resources are also a challenge. Indeed, a lot of organizations depend on volunteers to fully function and most have expressed experiencing issues with finding office or storage space. Overall, more support is needed for organizations and residents to build a more food secure West Island.

## ANNEX - RESOURCE LIST

Food Banks				
Organization	Program(s)	Details	Contact	Address
<b>West Island Assistance Fund</b>	Emergency food assistance / food bank	Tuesday, Wednesday, Thursday: 9:30 a.m to 11:30 a.m to 4:00 p.m Friday: 1:00 p.m to 4:00 p.m	514-683-0456	23 Centre-Commercial St. Roxboro, QC H8Y 3K6
<b>Maison Entre Familles</b>	Food assistance	By appointment only. Thursday : 6:30 p.m. to 9 p.m.	514-814-0402	72E Brunswick DDO, H9B 2C5
<b>On Rock Community Services</b>	Emergency food boxes, school lunch program, holiday baskets.	Fees of 7\$/week. Inscription via website. Pickup Tuesday between 2 and 5:30 p.m. or Wednesday between 10 and 5 p.m.	514-696-1905	9554 Boulevard Gouin Ouest, Pierrefonds, Quebec H8Y 1R3, Canada
<b>Comptoir alimentaire Ste-Anne-de-Bellevue</b>	Food items and food coupons	Once a month	514-838-5713	1, rue de l'Église, H9X 1W4, Sainte-Anne-de-Bellevue
<b>West Island Mission Ouest-de-l'île</b>	Emergency food assistance/monthly or bi-monthly food bank, christmas baskets, back to school support program	5\$ fees. With appointment only. Pickup Wednesday and Friday.	514-912-6813	219 Labrosse, Pointe-Claire, QC, H9R 1A3

Community Organizations				
Organization	Program(s)	Details	Contact	Address
<b>Cummings Centre</b>	Kosher meals delivery (comes from Paradise Kosher in marché de l'ouest). For longterm needs.	See the menu and price list on their website. You have to call to make an order(minimum of 3 meals/week). Cannot accomodate all special diets.	514-343-3514	5700 Westbury Avenue, Montreal, QC, H3W 3E8
<b>Volunteer West Island</b>	Meals on wheels	Hot nutritious meals to home-bound or isolated seniors and to those with reduced autonomy.	514-457-5445, # 225	1, rue de l'Église Sainte-Anne-de-Bellevue
<b>Centre d'encadrement pour jeunes femmes immigrantes (CEJFI)</b>	Emergency food assistance	Food assistance for young immigrant women.	514-744-2252	1775, boul. Édouard Laurin, Saint-Laurent
<b>Corbeille de pain</b>	Community kitchen/Cooking workshops		514-894-5850	Bureau : 11 Av. Rodney, Pointe-Claire Diverses cuisines communautaires à travers l'ouest de l'île
	Community garden	Organized activities for participants		Many gardens throughout the West Island
<b>Équipe Entreprise</b>	Frozen healthy and affordable meals (Low fat, no salt, without OGM, no preservatives)	between 5 and 7\$/meal	514-636-1081	1375 Route Transcanadienne, H9P 2W8, Dorval
<b>SunYouth</b>	Emergency food assistance	Food bank located in Parc-Extension. Delivery in the West Island if eligible.	514-842-6822	6700, avenue du Parc, suite 100 Montreal, Quebec H2V 4H9
<b>Maison des jeunes À-Ma-Baie</b>	Cooking workshop	Activities and ressources for youth between 12 and 17 years old.	514-685-2989	9625 Blvd Gouin Ouest Pierrefonds, Qc H8Y 1R4

Faith Organizations				
Organization	Program(s)	Details	Contact	Address
<b>Banque alimentaire action chrétienne</b>	Pizza lunch for teenagers, Christmas baskets	5\$ Pizza lunch for teenagers on Thursday 12 to 2p.m. They accept food donations every first Sunday of the month.	514-695-6248	275 Braebrook Ave., Pointe-Claire
<b>Comptoir alimentaire Ste-Anne-de-Bellevue</b>	Food items and food coupons	Once a month	514-838-5713	1, rue de l'Église, H9X 1W4, Sainte-Anne-de-Bellevue

## ANNEX - RESOURCE LIST

Farms and Markets				
Organization	Program(s)	Details	Contact	Address
<b>AlterNative Bio</b>	Livraison de paniers bio	Jeu­di entre 16h et 21h.	Formu­laire en ligne: <a href="http://Alternativebio.com/je-minscris/"><u>Alternativebio.com/je-minscris/</u></a>	Point de ramassage: Pointe Claire Aliments Papillon 313, boul Saint-Jean Tél. : 514-697-5157
<b>Ferme Coopérative Tournesol</b>	Organic weekly or bi-weekly vegetable baskets	Organic vegetables at a competitive price. You can also add fruits, eggs, flowers and more to your baskets.	Register online: <a href="https://www.fermetournesoil.qc.ca/pages/contact"><u>https://www.fermetournesoil.qc.ca/pages/contact</u></a>	Pickup location: Kirkland, Christmas Park (Beaconsfield), Vaudreuil (AMT train station), Ferme Tournesol (Les Cèdres), Pointe-Claire
<b>Jardins Tierra Viva</b>	Organic fruits and vegetables cultivated in Mirabel.	Place your order online between Wednesday pm and Friday at noon via <a href="http://tierraviva.ca"><u>tierraviva.ca</u></a>	info@tierraviva.ca	Pickup at Marché Valois
<b>Marché Dorval</b>	Variety of fresh and local products.	Monday to Saturday 10 to 5:30 p.m. Sunday 9 to 4 p.m.		485 Chemin Bord-du-Lac, Dorval, QC H9S 2A9
<b>Marché du campus MacDonald (MacMarket)</b>	Fresh produce from their farm and other local products.	From July to November. Every Friday, they offer a discounted basket for MacDonald campus students.	514-398-4455, # 7875	17 Rue East Cottages, Sainte-Anne-de-Bellevue, QC H9X
<b>Marchés solidaire de Corbeille de Pain</b>	Fresh and local produce market.	«Pay-what-you-can» model to make it accessible to all.	514-894-5850	Market A-Ma-Baie at Gerry-Robertson Community Centre in Pierrefonds: Thursday 3 to 6 p.m. & Neighbourhood Market at Bob-Birnie Arena's parking lot in Pointe Claire: Wednesday 4 to 7 p.m.
<b>Marché de l'Ouest</b>	Marché de l'Ouest features indoor and outdoor shops, with a large variety of horticultural products, meat, fresh fish, cheeses, tea, breads and pastries.			11600, boulevard de Salaberry, Dollard-des-Ormeaux (Québec) H9B 2R8
<b>Marché Valois Pointe-Claire</b>	Fresh and local produce market.	Open Saturday 10 a.m. to 2 p.m. location may change	marche.valois@gmail.com	37 Donégani, Pointe-Claire, QC, Canada, Quebec
<b>TerraBella</b>	Organic fruits and vegetables delivered to your home.	West Island deliveries on Tuesday evenings. Minimum order of 75\$ (\$5 delivery fee)	514-240-8026 georgeterrabella@yahoo.ca	2995 Rue Sartelon, Saint-Laurent, QC H4R 1E6

B2B				
Organization	Program(s)	Details	Contact	Address
<b>21st century food</b>	Catering services, cafeteria and meal delivery for businesses.	Gourmet healthy meals for your employees and events.	Online : <a href="http://www.21stcenturyfood.com"><u>www.21stcenturyfood.com</u></a>	Delivery available
<b>D3-Pierres/Jardins du cap</b>	Organic farm located in Cap-Saint-Jacques and Bois-de-la-Roche.	Their production is distributed to organizations for families in need through Cultiver l'espoir.	514-648-8805	183, chemin du Cap-Saint-Jacques, Pierrefonds (Québec) H9K 1C6
<b>Les vergers de chez nous</b>	Collect fruits from your trees located in the West Island.	What is collected is then shared between volunteers and organizations in need.	vergersdechez nous@gmail.com	
<b>Jardins Carya</b>	Selling their produce to local institutions, donations of surplus to organizations.	Member of Pôle nourricier L'aube which groups different producers of the West Island to sell directly to institutions (hospital, CPE, food banks..)	514-505-4300	39 ave. Phillips, Senneville, H9X 3X8
<b>Jardin Fritz</b>	Everything goes to the West Island food banks.			Fritz Park, Baie-d'Urfé, QC, Canada, Quebec
<b>Ferme Lufa</b>	They have a direct donation program which provides fresh fruits and vegetables to families in need.	They partner with organizations to select the families.	community@lufa.com	



## ANNEX - RESOURCE LIST

At Home Delivery Services				
Enterprise	Service(s)	Details *	Contact	Address
<b>Agrigourmet</b>	Healthy meals delivered. Local and fresh ingredients. Can accommodate dietary needs (dialysis, allergies...)	From 5.40\$/meal	514-508-4383	At home delivery
<b>Bon c bon</b>	Healthy meals delivered. Gluten free option available.	Minimum order amount and delivery fee according to your location. Order online: <a href="http://boncbon.com">boncbon.com</a>	514-358-2669	At home delivery
<b>Chefs plate</b>	Mealkit offering ready-to-eat and ready-to-cook options. With subscription.	From 9\$/meal. Order online : <a href="http://chefsplate.com">chefsplate.com</a>		At home delivery
<b>Cook it</b>	Mealkit offering ready-to-eat and ready-to-cook options using local ingredients. With subscription.	From 12\$/portion. Order online : <a href="http://chefcookit.com">chefcookit.com</a>		At home delivery
<b>Ferme Lufa</b>	Online grocery store with local products and their greenhouse vegetables grown in Montréal.	15\$ minimum order. Order online : <a href="http://montreal.lufa.com">montreal.lufa.com</a>		Many pickup location or at home delivery
<b>GoodFood</b>	Mealkit offering ready-to-eat and ready-to-cook options. With subscription.	Entre 10.75 - 15\$/portion. Commande via site web : <a href="http://makegoodfood.ca">makegoodfood.ca</a>		At home delivery
<b>HelloFresh</b>	Mealkit offering ready-to-eat and ready-to-cook options. With subscription.	Between 10 - 13\$/portion. Order online : <a href="http://hellofresh.ca">hellofresh.ca</a>		At home delivery
<b>Hunger Busterzz</b>	Hot and ready-to-eat meals. Catering services.	Order online or by phone. <a href="http://hungerbusterzz.com">hungerbusterzz.com</a>	514-834-2878	At home delivery
<b>La boîte du chef</b>	Ready-to-eat mealkit. No subscription.	Option starting at 5.75\$/portion. Order online: <a href="http://laboiteduchef.ca">laboiteduchef.ca</a>		At home delivery
<b>La réserve culinaire</b>	Ready-to-eat mealkit. No subscription.	From 10\$/portion. Order online : <a href="http://lareserveculinaire.com">lareserveculinaire.com</a>	514-393-8024	At home delivery
<b>Les 3 maitres gourmands</b>	Healthy meals delivered.	13\$-27\$/meal for two.	514-583-7711	At home delivery
<b>Saveurs Santé</b>	Healthy meals delivered everywhere in Québec. Options available for vegetarians, gluten free, hypoglycemia, weight loss and for kids.	From 8.5\$/portion. Order online: <a href="http://saveurssante.com">saveurssante.com</a>	1-877-589-8998	At home delivery
<b>Tout cuit</b>	Ready-to-eat mealkit. No subscription.	From 8.5\$/portion. Order online: <a href="http://toutcuit.ca">toutcuit.ca</a>	1-833-570-5677	At home delivery
<b>We Cook</b>	Mealkit offering ready-to-eat and ready-to-cook options. With subscription.	From 11.5\$/portion. Order online : <a href="http://wecookmeals.ca">wecookmeals.ca</a>	1-844-493-2665	At home delivery

\* please note that mentioned pricing may change.

Municipal and Governmental Resources				
Organisme	Programme(s)	Détails	Contact	Adresse
<b>Fondation Olo</b>	Offer follow-up care and coupon distribution for dietary supplements and vitamins to help support a healthy pregnancy for women with low income.	Contact your CLSC or CSSS to register	514 849-3656	550, rue Sherbrooke Ouest, Tour Est, bureau 230 Montréal (Québec) H3A 1B9
<b>Ville de Pointe-Claire</b>	Supporting solidarity markets and community gardens			
<b>Assistance Communautaire Dorval</b>	Monthly food assistance and community garden.	Must be resident of Dorval.	514-633-4100	1335, chemin Bord du Lac, bureau S-020, H9S 2E5, Dorval

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**Author**

Marie-Eve Lemaire St-Gelais

**Contributors**

Kassandra Craven-Fisher,  
Alicia Diaz-Pappas

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**Contact information**

info@tqsoi.org  
<https://tqsoi.org/>

