

On Jan. 14, 2025, the City of Kingston declared a Food Emergency, stating that one out of three households in Kingston do not have equitable access to food and the usage of the city's food banks are at an all-time high. Yet, the non-profit community organization Loving Spoonful, which has served more than 1,550 people over the past 16 years, will close its doors for good next month. As a member of the Kingston community and an RN, I am deeply concerned about how this lack of food security is affecting both the physical and mental health of our citizens. Food is a fundamental human right.

Currently, Kingston's Food Policy Council and Kingston Community Health Center are developing a Food Strategy Project to establish goals and objectives for local food programs based on five pillars: food education and literacy, food production, food infrastructure, food system governance, and food access. Nurses call on everyone in Kingston to spread the to word and encourage everyone to get involved in the food strategy project, at foodpolicykfla.ca to help provide affordable, local and nourishing food to individuals who need it most.

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