

VANCOUVER'S  
NEIGHBOURHOOD  
FOOD NETWORKS



# Harvesting Food Security

Community Coming Together

# Preface

Harvesting Food Security is a collection of images, stories and video from the Vancouver Neighbourhood Food Networks representing a diversity of community based food programs. This interactive book is a grassroots experiment created to integrate and share the Network's experience with a larger audience. This collection could not have been assembled without the tireless support of many people. We hope that you enjoy it as much as we enjoyed creating it.



# Vancouver Neighbourhood Food Networks

**Vancouver Neighbourhood Food Networks (NFNs) are community food organizations that support a “right to food” philosophy: Equitable access to food that’s healthy and nutritious, affordable for all, culturally appropriate and sustainably produced.**

**We work to promote health, wellness and positive change for our communities and the environment.**

**Each NFN is involved in a variety of food initiatives that respond to a neighbourhood’s unique interests and needs. By helping to build skills, education and awareness we hope to improve food access and create engagement within our communities.**



# Vancouver NFNs Build Food Security

# Vancouver Neighbourhood Food Networks

## Interactive 1.1 Preface video



Welcome to the NFN book

[Click here to watch the introductory video](#)

### WHAT ARE NEIGHBOURHOOD FOOD NETWORKS (NFNs)?

*NFNs are a neighbourhood-based model that focuses on developing a localized and accessible food system which integrates local decision-making and skill-sharing about healthy and affordable food.*

—Vancouver Coastal Health

*[NFNs are] Coalitions of community members, community organizations, agencies, and businesses who work collaboratively to achieve food system goals, and in doing so, seek to increase overall community capacity at the neighbourhood scale.*

—City of Vancouver

*[NFNs] help residents access food and information through community gardens, edible landscapes, mini-farmers markets, food buyers clubs and by providing a space for education and training in growing, processing, handling, and cooking of food.*

—Metro Vancouver



## WHAT IS FOOD SECURITY?

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Food security can be described as when we all have access to sufficient, safe, and nutritious food for an active and healthy life. Access is meant to include both physical access and economic access. To achieve 'food security,' four conditions have to be met: availability of food in quantity for a given population; stability and reliability of food supply over time; accessibility of food, or the ease with which a population may obtain available food; and how the food is used, including cultural and culinary acceptability, as well as people's skills to properly use the food."

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*-Martiquet, 2011*

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Creating helpful environments that make "healthy eating the easy choice", where people are able to meet their nutritional requirements in personally and culturally acceptable ways. In food-secure environments, food is produced, processed, distributed, marketed, consumed and disposed of in ways that provide enough food today as well as in the future.

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*-BC Food Security Gateway*

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## South Vancouver Neighbourhood Food Security Project



The Neighbourhood Food Network (NFN) movement is a particularly unique model. Supported by a paid coordinator, the NFNs have proven to be powerful vehicles for supporting Vancouver's food security work. They operate at a neighbourhood-wide scale, which can link organizations and the public with initiatives to meaningfully address a community's food challenges and maximize its assets.

Just a few of the NFNs' projects are highlighted in this presentation, but you'll see how these collaborative networks are able to help nurture a neighbourhood-based, city-wide change to our food systems.

Using several approaches to build capacity, NFNs can:

- increase levels of food security among vulnerable and marginalized populations,
- incubate community volunteers and leaders,
- advocate for policy change in the interest of more just, sustainable, and healthy local food systems,
- increase the number of community food assets,
- utilize food as a tool for community development, promoting inclusion, and a sense of belonging and
- continue to build partnerships with other community coalitions, non-profits, governments and businesses.

Whether the focus of this work is health and nutrition, food justice or the environment, the richness of the NFN movement demonstrates the incredible energy and passion fueling the food movement today.

### **Interactive 1.2** Timeline of Neighbourhood Food Network Creation

**1998**  
**Stratheona Food Program**

## Interactive 1.3 Vancouver's Neighborhood Food Networks



## Chapter 2

# Celebrating Food

Nothing builds a party faster than great food. It's important that we take time to have fun and celebrate our different traditions, stories and food cultures. Sharing our love for food—and our passion for building a healthy, equitable, and sustainable food system—brings us all closer.



# Corn Festival



## Interactive 2.1 Corn Festival



Hadas Levy video

## CORN FESTIVAL

For many people in the Latin American community corn is the cultural, political and social expression of identity. How better to celebrate this important food source than feasting, music, and dance!

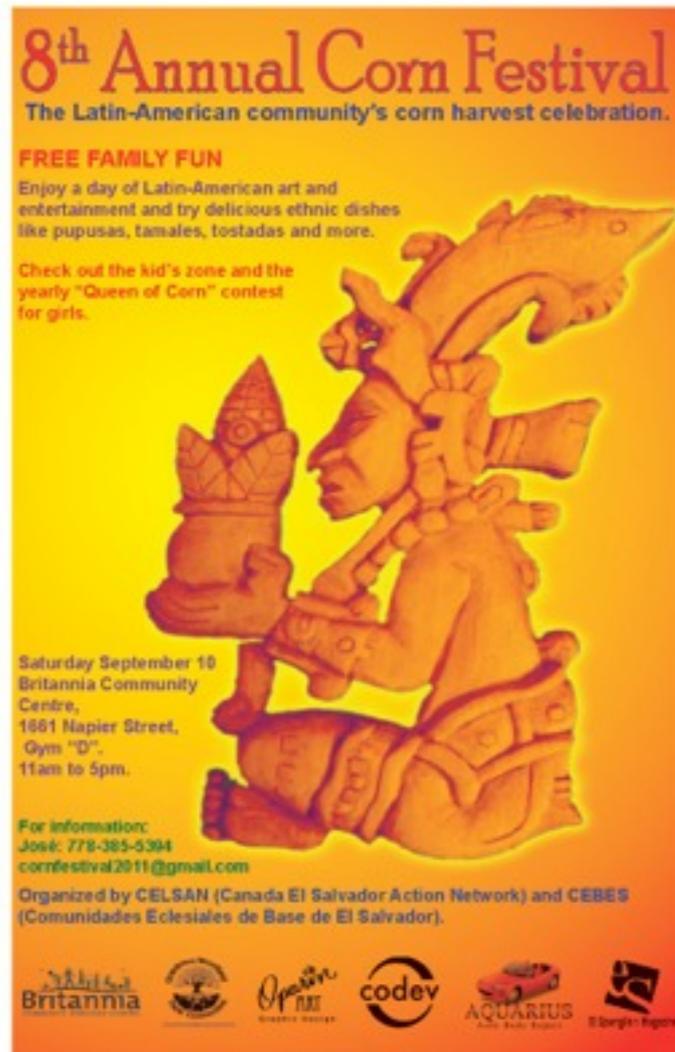
A long-time fall favorite, the Corn Festival reaches out to Britannia's diverse community and builds links between Spanish- and non-Spanish-speakers.

Welcoming non-Latin American community with traditional Latin American foods, music, dancers, food vendors and educational tables, the festival's success proves food is a wonderful way to bring people together to build inclusive communities.

But it's not just a fiesta. Since 2003 the festival has also helped to educate people on the cultural, political and social importance of corn—and issues around its security as a staple food.

The Corn Festival is hosted by the Canada El Salvador Action Network Society and co-organized by the Grandview Woodland Food Connection (GWFC) and Britannia Community Center.

## Gallery 2.1 2012 Annual Corn Festival



- Festival promo from 2011



Berenice Freedom Images

The Corn Festival features all food corn, food vendors, community tables and lots of fun family entertainment including the crowning of the Corn Queen.

# Stone Soup

## STONE SOUP

The spring Stone Soup Festival is a beloved community food celebration that brings together artists, food producers and food security activists in a day of fun and learning.



Festival promo from 2010

Grandview Woodland’s Stone Soup festival is all about bringing people together to celebrate of the importance of food in our lives.

Inspired by a folk tale where wise monks transform a village by enticing community members to add nutritious ingredients to their “stone soup,” this spring festival enhances awareness of local food security issues by showcasing many innovative projects in the community and by honouring the work, contributions and knowledge of food activists and organizers working in the food sector.

Free soup is just one part of this joyful community experience that brings together food, music, theatre, environmental art, speakers, films, book talks, cooking demos, puppet shows, a food fair and a local farmers’ market.

[Click here for the Stone Soup Story](#)



## PLANTING SEEDS

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Community awareness about food security took root at the first Stone Soup Festival in 1995. That celebratory exchange of ideas planted the seeds of the *Grandview Woodland Food Connection*. In 2004 that vision blossomed into reality after a Community Food Forum identified a need for a community food organizer.

[Click here to learn more about the GWFC](#)

Use grey arrows to scroll through photos, or [click here to see more](#)



# Celebrating Community

## CELEBRATING COMMUNITY

By celebrating our common love for food and our passion for building a healthy, equitable and environmentally sustainable food system, we all become closer.

Every year, the Hastings Community Centre organizes a **Christmas Party** for all of the families that use the drop-in resources during the year. In 2011 the Seasons of Food team wanted to help make the food local, affordable and healthy, so Chef Linda Jack supported the staff with cooking and presenting food like a restaurant would – at the right temperature and visually appealing. About 80 people enjoyed the Christmas party.



*Christmas party 2011*



Village Vancouver hosts **Drop-in "Spaghetti" Nights** (DISN), which actually rarely feature spaghetti anymore. DISN's offer neighbours a fun way to meet and connect around a meal on a very local level, while reducing their carbon footprint at the same time. The breadth and scope of DISN's is expanding to include more neighbourhood connections around food by linking different aspects of the food cycle, including growing, preparing, consuming, and waste management together with the social aspects of spaghetti nights, with the Kits Village Seed Library, Collaborative Garden, and Plastic Recycling Depot all playing a role. And, of course, we'll continue to promote other ways to source local food, such as the Kits Farmers Market, and the Kits Community Food Market, which is run by the Westside Food Collaborative and SPEC.

**Neighbour Savour** (NS) is a family friendly, entirely volunteer run, near zero waste community potluck for 300 people. It's a chance to meet new friends and catch up with old ones, while enjoying a wide variety of delicious food. NS features live music from local musicians, a children's space, community tabling and exhibits, seed and canning exchanges, recipe sharing, other low footprint activities -- and surprises...last year, someone offered and gave a dance lesson.

# Urban Agriculture & Fruit Trees

Urban agriculture allows the NFNs to facilitate mentorship and learning about wild plants and local food. It provides regular opportunities for intercultural and intergenerational sharing and teaches environmental stewardship.

Urban Agriculture may even increase a neighbourhood's safety by beautifying neglected spaces and having people actively work the land.



# Rooftop Gardens

## Interactive 3.1 Rooftop Gardens



*Heidi Sinclair introduces the garden*  
[Please click here for the video](#)

### ROOFTOP COMMUNITY BUILDING

The rooftop garden is newly developed and has a lot of potential to become a catalyst for neighbourhood networking. It could also help the community build relationships and coordinate resources.

One of the goals of the garden is to teach people how to grow food in small spaces like patios, balconies and rooftops. Visit our blog for an update of related workshops.

## Gallery 3.1 Rooftop Gardeners before and after



[Use grey arrows to scroll through photos, or click here to see more](#)

*The inspiration for a rooftop garden on the second floor of the Collingwood Neighbourhood House came from a team of individuals who saw the importance of developing community responses towards a more sustainable food system.*



# Britannia Urban Gardens Project (BUG)

**A UNIQUE PARTNERSHIP WITH THE ENVIRONMENTAL YOUTH ALLIANCE PROVIDES MENTORING AND TEACHING ON SUBJECTS INCLUDING:**

1. Garden design and construction
2. Winter gardening – mulching and crops
3. Indoor growing of seedlings
4. Bees and building Mason Bee hives
5. Building a wildlife pole complete with bee hives, butterfly and bat homes
6. Compost bin construction and cafeteria waste management
7. Pollinator and native perennial gardens

Enthusiastically embraced by the Britannia Secondary School, the Britannia Urban Garden Project creates unique multidisciplinary learning opportunities for youth. While building food awareness that helps connect them to the land and food they eat, it also enhances their food skills as they learn to make healthy food choices, provide food for the cafeteria, and foster leadership in the area of urban agriculture.

BUG is also providing new programming space for the Britannia Community Centre to offer food growing workshops to the general public thereby helping to support food security in the broader community.

## Interactive 3.2 SOYL program at BUG



Design Plant Studios

*Featuring Emerzen Zuniga and Anthony Leo*

## Gallery 3.2 BUG



*Use grey arrows to scroll through photos, or click here to see more*

*Approximately 50 students from grades eight to 10 participated in the Britannia Urban Garden (BUG) Project. School gardening projects expand student's awareness of the natural world and promote their cognitive, social and personal development.*

### BUG Testimonials

*"This whole experience has brought me to realize a greater sense of community. I knew why I wanted to be a part of the garden project from the beginning: I wanted to make a difference and help protect the environment, but this garden has provided me more than. I've learned more than just how to garden, but I've also learned about community and the way a garden can unite people in the school, community and those who are dedicated to making a difference."*

*"I have never really been too into the gardening thing, but I thought I'd give it a shot. I've come to realize that gardening is a great way to help the environment and to learn something about yourself in the process. It is also a really nice and calming activity."*

*"The new garden is now pretty much near completion. It is looking great and I am glad to see all the planning and efforts from the previous year growing right before my eyes. I am definitely glad that I participated in this project. I am helping preserve the environment and I am glad that I am part of the team that is building a foundation on which the gardens can flourish at this school many years from now."*

**- Youth participants**

# The Magic Roundabout

## WHAT IS PERMACULTURE DESIGN?

1. Permaculture seeks to link people with plants and animals through an understanding of the holistic nature of our planetary eco-system.
2. Grounded in ethics that promote care for the Earth, other people and fair share.
3. Creating through careful observation of a situation from many angles and using available resources as much as possible. This includes working with nature rather than against it, while also lessening expenses and workload.
4. Designing with the understanding that each garden element has multiple functions and when placed together they mutually benefit one another.
5. Mixing and matching as many different and diverse plants as possible to promote the most successful and stable systems.

The Magic Roundabout is a volunteer initiative that utilizes permaculture techniques to create sustainable small-scale food gardens on underused urban spaces such as traffic roundabouts. With the help of many organisations, a pilot food garden was installed this summer on the roundabout at 45<sup>th</sup> Ave. and Nanaimo Street. The garden serves the dual function of being a teaching garden for the local Kids Club and food garden for neighbourhood residents. Plans are underway to expand the pilot to other neighbourhoods within South Vancouver.

**Gallery 3.3** A roundabout food garden



Use grey arrows to scroll through photos, or [click here to see more](#)  
Initial design of the magic roundabout and proposed food items

# Fruit Trees

Renfrew Collingwood Food Security Institute (RC FSI) supports the volunteer ownership of several urban agriculture sites. These include the Collingwood Community Gardens, Cheyenne Avenue Community Garden, Gaston Park Fruit Trees, Native Berry Trail, Norquay Community Orchard, Slocan Park Fruit Trees, and the Rooftop Garden at Collingwood Neighbourhood House. Through collaboration and community partnerships, RC FSI supports and encourages food-growing initiatives in neighbourhood schools.

Through urban agriculture activities we facilitate mentorship and learning about local food and wild plants, provide opportunities for intercultural and intergenerational sharing, promote environmental and community stewardship, and increase neighbourhood safety by beautifying neglected spaces. In this way, food-growing activities are connected more broadly to our community development mandate, supporting resident-centred decision-making processes and long-term visioning.

Growing food in the city is richly rewarding, though it is not without its challenges. Theft and vandalism can be very discouraging, and we are fortunate to have the support of partners like Renfrew Park Community Centre and Translink in addressing these challenges.

## Gallery 3.4 Fruit Tree Project



[Use grey arrows to scroll through photos, or click here to see more](#)  
*Rent, childcare, small pensions, low wages--a long list of concerns affects Vancouver residents' food choices. One of our solutions to increasing access to organic food has been to plant fruit trees and shrubs in public spaces.*



Below is what Norquay Community Orchard, 2732 Horley Street (west of Earles) looked like after three orchard work parties. On the top is what the site looked like 2 years previous - an overgrown laurel, piles of abandoned construction materials, and a few surprises under the grass - including lots of glass, roofing shingles, and several mattresses.

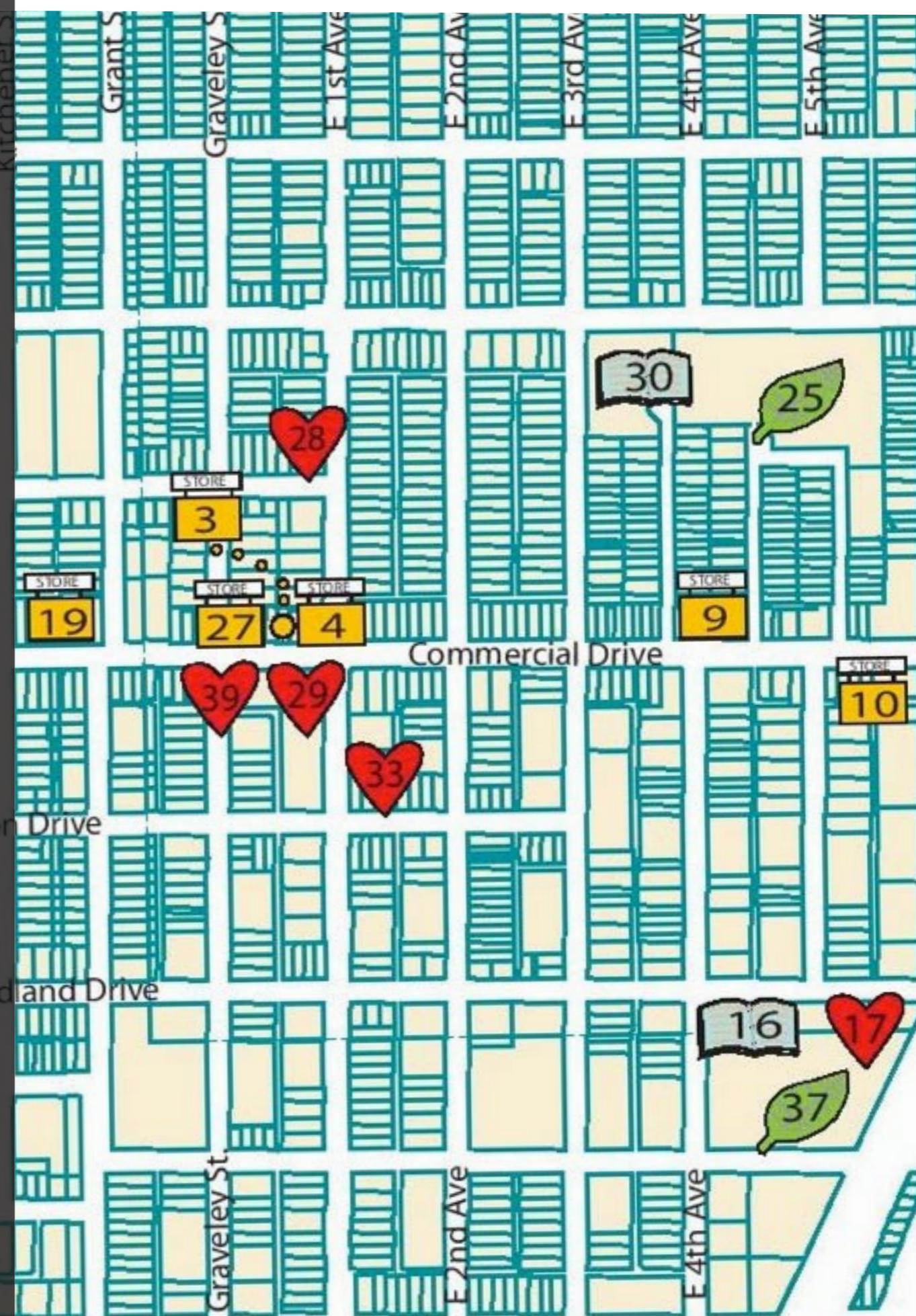
*[For more information please click here](#)*

The Community Orchard was conceived as a learning orchard by local residents and neighbourhood associations that would demonstrate sustainable, organic and innovative growing methods. It also showcases many varieties of fruit-bearing plants that are native to British Columbia's west coast.



# Asset Mapping & Food Systems

Provide residents and visitors with the location and contact details of the area's healthy food assets, such as: community gardens and kitchens; food programs including food skills workshops; and local organizations working to improve food systems.



# Asset Mapping

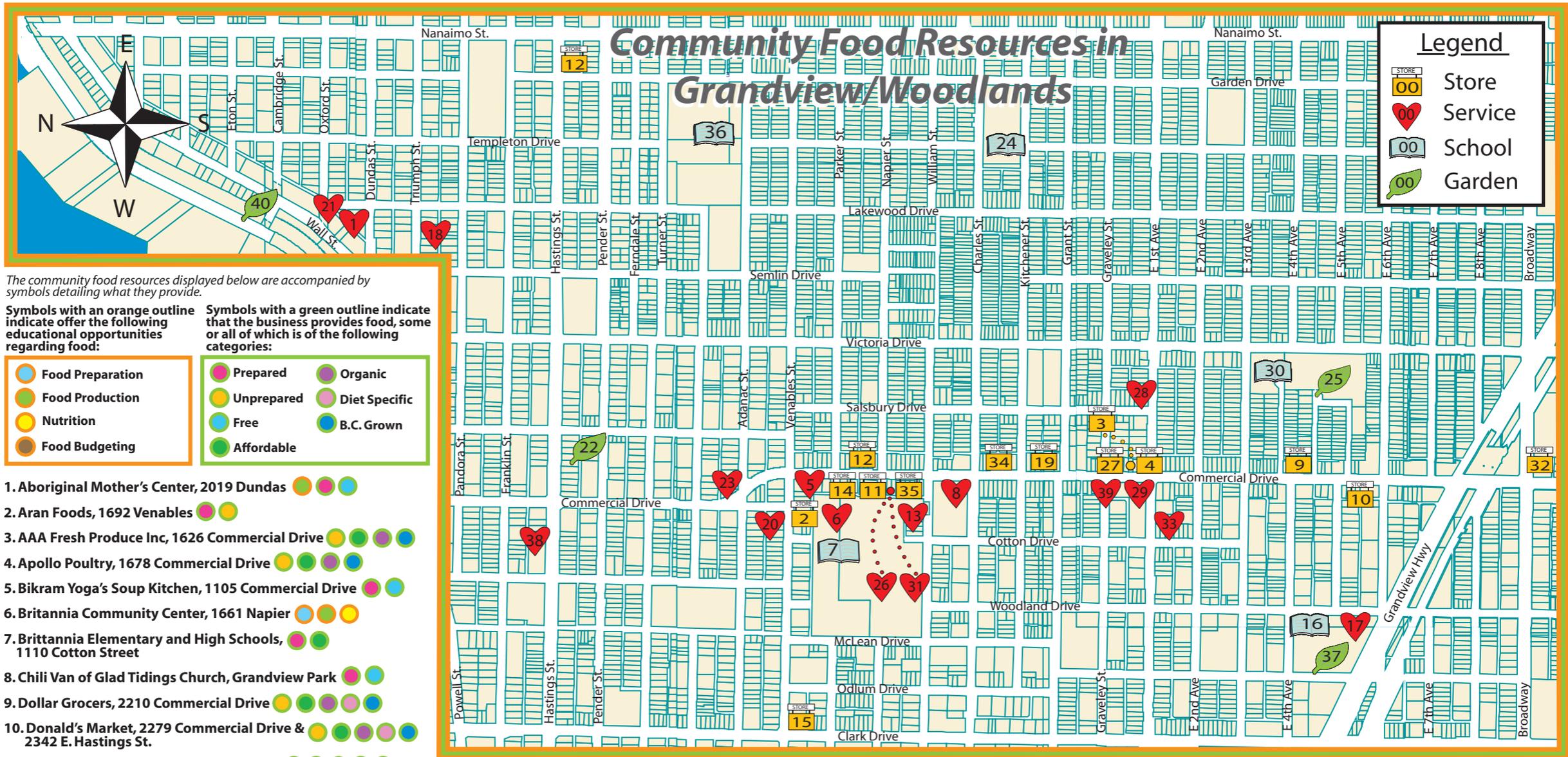
## ASSET MAPS

The final map form of **Connecting the Dots** was produced in pamphlet form and digitally in both Spanish and English and made widely available to all community members.

The **SVNFN** food asset map is available online and distributed by community partners.

**Connecting the Dots** was a first step to address food security in the Grandview Woodlands neighbourhood through a comprehensive mapping of the local food system. It utilized a participatory and barrier free community development approach mobilizing community members and community mappers from diverse backgrounds who came together to creatively determine food related needs and resources in the neighbourhood. A very specific and detailed arts-based map and glossary resulted in a map of community food assets e.g. community gardens, food stores, food programs, kitchen spaces, etc. as an initial step towards building on local food knowledge and improving the health and well-being of local residents, particularly those at risk of food insecurity.

The purpose of the **South Vancouver Neighbourhood Food Network (SVNFN)** map is to provide residents and visitors with the location and contact details of the area's healthy food assets, such as: community gardens and kitchens; food programs including food skills workshops; and local organizations working to improve food systems.



The community food resources displayed below are accompanied by symbols detailing what they provide.

Symbols with an orange outline indicate offer the following educational opportunities regarding food:

Symbols with a green outline indicate that the business provides food, some or all of which is of the following categories:

- Food Preparation
- Food Production
- Nutrition
- Food Budgeting
- Prepared
- Unprepared
- Free
- Affordable
- Organic
- Diet Specific
- B.C. Grown

1. Aboriginal Mother's Center, 2019 Dundas
2. Aran Foods, 1692 Venables
3. AAA Fresh Produce Inc, 1626 Commercial Drive
4. Apollo Poultry, 1678 Commercial Drive
5. Bikram Yoga's Soup Kitchen, 1105 Commercial Drive
6. Britannia Community Center, 1661 Napier
7. Britannia Elementary and High Schools, 1110 Cotton Street
8. Chili Van of Glad Tidings Church, Grandview Park
9. Dollar Grocers, 2210 Commercial Drive
10. Donald's Market, 2279 Commercial Drive & 2342 E. Hastings St.
11. Drive Organics, 1045 Commercial Drive
12. East End Food Co-op, 1034 Commercial Dr.
13. East Side Family Place, 1655 William Street
14. Eternal Abundance, 1025 Commercial Drive
15. Fujiya, 912 Clark Drive
16. Grandview Elementary, 2055 Woodland Drive
17. Grandview Terrace Family Resource Center, 2065 to 2075 Woodland Drive
18. Green Earth Organics, 1864 Triumph Street
19. Juicy Lucy's, 1420 Commercial Drive
20. Kettle Friendship Society, 1725 Venables

21. Kiwassa Neighborhood House, 2425 Oxford St.
22. Leveler's Co-op Rooftop Garden, 208 - 1763 East Pender
23. Lion's Den, Basement, 770 Commercial Drive
24. Lord Nelson School, 2235 Kitchener St
25. McSpadden Park Garden, Victoria Drive between East 3rd and 5th
26. Multicultural Family Center, 1145 Commercial Drive
27. Norman's Fruit and Salad, 1604 Commercial Drive
28. Out of the Cold (Grandview Calvary Baptist Church), 1803 E. 1st Ave
29. Peer to Peer, 2nd floor of the Il Mercato Building at 1st and Commercial
30. Queen Victoria Elementary, 1850 E 3rd

31. Reach Clinic, 1145 Commercial Drive
32. Safeway, 1780 E. Broadway
33. Salvation Army, 1648 E. 1st Ave
34. Santa Barbara Market, 1322 Commercial Drive
35. Sweet Cherubim, 1105 Commercial Drive
36. Templeton High School, 727 Templeton Drive
37. U'uqinak'uuh, Grandview School Garden, 2055 Woodland Drive
38. Vancouver Aboriginal Friendship Center, 1607 E. Hastings
39. Vancouver Coastal Health North Unit, #200 - 1651 Commercial Dr.
40. Wall Street Community Garden, Cambridge St. at Wall St.

Connecting the Dots was a first step to address food security in the Grandview Woodlands neighbourhood

Mobile and Stationary Markets	Details
Orchard Park Mobile Market 5988 Nanaimo St.	Local, organic, affordable produce. 2nd Sat. of every month <a href="mailto:cedarcottagefoodnetwork@gmail.com">cedarcottagefoodnetwork@gmail.com</a>
Culloden Court Mobile Market 1375 East 47th Ave.	Local, organic, affordable produce. 3rd Sat of every month <a href="mailto:cedarcottagefoodnetwork@gmail.com">cedarcottagefoodnetwork@gmail.com</a>
Green Grocers Fraser St. between 41st Ave. and 51st Ave.	Independent grocery stores with an inventory of 80% fresh fruits and vegetables

# The Neighbourhood of South Vancouver

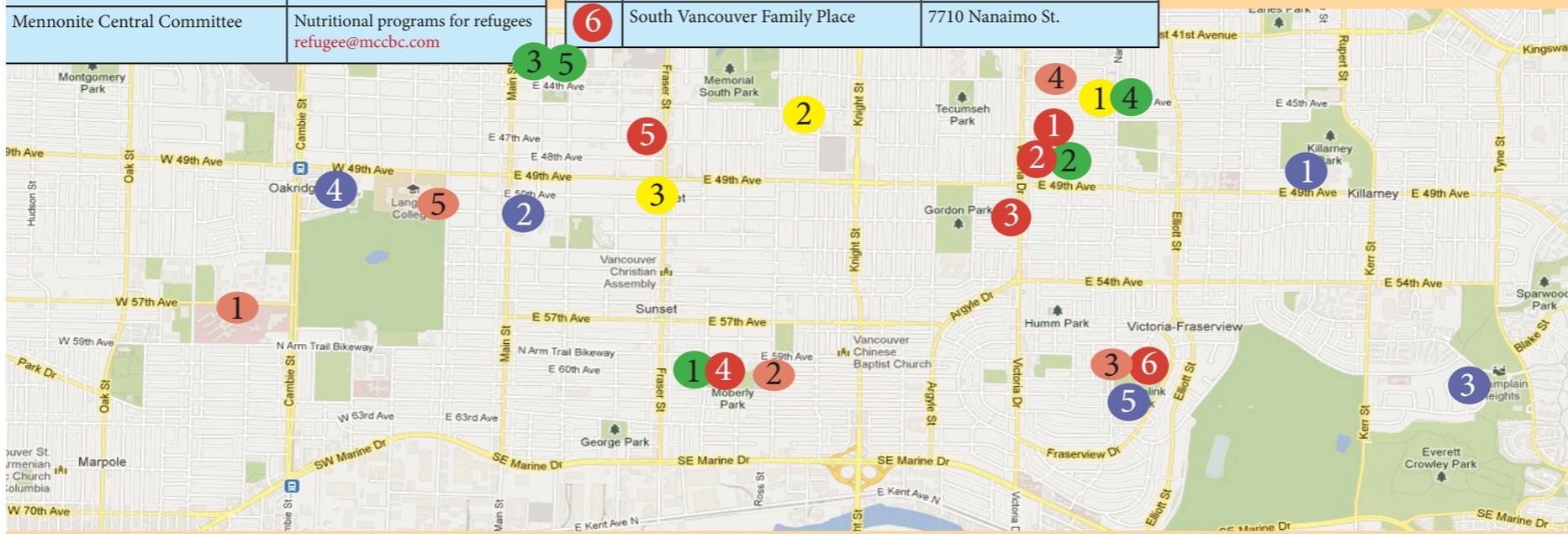
Creating community through food

Map	Community Gardens	Location
1	Pearsons Farmers on 57th	57th Ave. & Cambie St. <a href="mailto:farmerson57th@gmail.com">farmerson57th@gmail.com</a>
2	Moberly Herb Garden	Moberly Arts and Cultural Centre 61st Ave. & Prince Albert St.
3	South Vancouver Family Place (Does not offer family plots)	7710 Nanaimo St. <a href="mailto:fampla@telus.net">fampla@telus.net</a>
4	The Magic Roundabout	45th Ave and Nanaimo St.
5	Langara Gardens	Ontario St. (between 50th and 51st)

Community Kitchens and Food Education Programs	Details
Sunset Community Complex 7646 Prince Albert St. (604) 718-6505	Cooking classes from around the world. <a href="http://www.mysunset.net">www.mysunset.net</a>
South Vancouver Neighbourhood House 6470 Victoria Dr.	Food and healthy eating cooking club <a href="mailto:foodsecurity@southvan.org">foodsecurity@southvan.org</a> / <a href="http://www.southvan.org">www.southvan.org</a>
South Hill Cooking Club 5887 Prince Edward St.	Intergenerational group takes turns in sharing recipes from different cultures <a href="mailto:foodsecurity@southvan.org">foodsecurity@southvan.org</a>
Tasting Kitchen 5988 Nanaimo St. (Orchard Park) & 45th Ave.	Uses ingredients for sale at the mobile market and gives examples of how to use them in cooking <a href="mailto:foodsecurity@southvan.org">foodsecurity@southvan.org</a>
Mennonite Central Committee	Nutritional programs for refugees <a href="mailto:refugee@mccbc.com">refugee@mccbc.com</a>

Map	Educational and Community Organizations Working to Improve Food resources in South Vancouver	Location
1	South Vancouver Neighbourhood House	6470 Victoria Dr.
2	South Vancouver Neighbourhood Food Network C/O SVNH	6470 Victoria Dr.
3	Village Vancouver	<a href="http://villagevancouver.ca">villagevancouver.ca</a>
4	Moberly Arts and Cultural Centre	7646 Prince Albert St.
5	South Hill Neighbours	Prince Edward and 43rd Ave. <a href="mailto:info@southhillcommunity.ca">info@southhillcommunity.ca</a>
6	South Vancouver Family Place	7710 Nanaimo St.

Map	Community Centers and spaces with food programs	Location
1	Killarney Community Centre	6260 Killarney (604) 718-82
2	Sunset Community Centre	6810 Main St (604) 718-65
3	Champlain Heights Community Centre	3350 Maquin (604)718-657
4	YMCA Langara	282 West 49th (604) 324-YM
5	South Vancouver Family Place	7710 Nanaimo St. <a href="mailto:fampla@telus.net">fampla@telus.net</a>



# Westside Kitchen Table

## WESTSIDE KITCHEN TABLE

Forty neighbours enjoyed Kitchen Table Conversations during the Kitsilano Neighbourhood House's monthly community potluck in August of 2011.

Co-hosted by the Westside Food Collaborative the event encouraged small groups of community members from all ages and walks of life to discuss poverty, access to food, urban farming, balcony gardening, or how to build multicultural connections through food.

Conversations were driven by the groups and seeded all sorts of new connections, ideas and relationships. As a result, a new resident-lead community kitchen was started on the west side, which filled a community need.

### LIVE MURAL DISCUSSIONS

1. Poverty and access to food
2. Urban farming
3. Balcony gardening
4. Building multicultural connections through food

## Interactive 4.1 Building a Westside Kitchen Table



[Please click here to watch the video](#)

# Food Systems Resiliency

## FOOD RESILIENCY

Village Vancouver is actively considering what changes would have to be made to move the city's communities towards more resilient food systems: the Food Energy Descent Action Plan (FED-AP), Dunbar Emergency and Earthquake Preparedness (DEEP), and the Kits Village Demonstration Project.

**Gallery 4.1** From Here to There: What would a food resilient Vancouver look like in 2040?



Dana Wilson Images

*In conjunction with the Museum of Vancouver, Village Vancouver is partnering with the Vancouver Food Policy Council to develop a Food Energy Descent Action Plan (FED-AP)*





**Vancouver's Food Energy Descent Action Plan (FED-AP)** is a visioning process that outlines steps to help move us to a low energy use region. It sets out to collaboratively articulate a vision for a “powered-down, resilient, re-localized future”, as well as outline practical steps and actions for getting there. The plan is meant to be a user-friendly, inclusive and practical document for both local government and the community.

The **Dunbar Emergency and Earthquake Preparedness (DEEP)** program is developing community-based emergency preparation, addressing a broad range of issues including food security, emergency power management, communication, first aid, etc. Based on Block Watch, the DEEP approach is to organize our neighbourhood block by block so we are all as prepared as possible in the event of an earthquake or other disaster. Individuals who are well prepared at home and at work are more effective in their response to an emergency and have an increased ability to support those around them in the aftermath of a disaster.

**Kits Village** is a live demonstration of a food-friendly neighbourhood. This temporary village features a plastic recycling depot, seed library, garden space mapping, food and gardening workshops, social gatherings, live growing/ permaculture/ fruit tree projects, and more. These demo villages almost always come down when the day is done, but provide a lasting vision of what could be in the near future.

# Food Systems



## STRENGTHEN THE FOOD SYSTEM

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1. Grow Your Own
2. Buy Local
3. Compost
4. Grow a Row
5. Food Delivery
6. Fruit Trees
7. Eat Out, Green
8. Celebrate Food
9. Volunteer
10. Grocery Stores
11. Talk it Up
12. Commit

### 12 Things you can do to strengthen the food system

By Spring Gillard

1. **Grow Your Own.** In your backyard, on your balcony, on a rooftop. If you don't want to garden, share your space with someone who does. No space? Try Sharing Backyards, join a community garden or see if your child's school might be open to starting a veggie garden.
2. **Buy Local.** Shop at [farmers' markets](#). Read labels and try to buy local products. Many stores feature BC products in Granville Island Market and throughout the city — be sure to ask your store clerk for help locating them, or check online directories such as [Get Local BC](#).
3. **Compost.** Recycle your food and garden waste. Learn how at [City Farmer](#) or call the compost hotline at (604) 736-2250. Encourage your grocery store, favourite restaurants, retailers to do the same.
4. **Grow a Row.** If you do have a garden, plant a row for the hungry. Learn more on the City of Vancouver Food Policy web site.
5. **Food Delivery.** Too busy to shop? Join a local food delivery program like SPUD, or a weekly box of produce with the Fruit & Veggie Deal, or a buying co-operative like Now BC. Or sign up for a Community Shared Agriculture (CSA) program.



6. **Fruit Trees.** If you have an area near you that might be suitable for fruit trees, contact the Vancouver Park Board. If you already have too much fruit, donate it to the Fruit Tree Project. Or if you just want to lend a helping hand, sign up for a picking session.

7. **Eat Out, Green.** Look for the Green Table Network and Ocean Wise stickers in local restaurant windows or download their apps.

8. **Celebrate Food.** There are many ways to celebrate great local food. 1) Eat and cook together — with family, friends, neighbours or at a community kitchen. 2) Attend food events such as those offered by UBC Farm, or FarmFolk CityFolk's annual Feast of Fields. 3) Enjoy a unique food tour such as Bike the Blossoms offered by Slow Food Vancouver. Or check for fabulous food tours by Edible BC, Circle Farm Tours, [Spring Gillard](#) or others.

9. **Volunteer** with a group that helps strengthen the food system, such as the Westside Food Collaborative.

10. **Grocery Stores.** Talk to your grocer about bringing in more local and organic products. If the store has narrow aisles, bulky end-of-aisle displays, or other access issues that make it hard to get around in — especially for seniors — bring those to their attention, too.

11. **Talk it Up.** Talk to your friends, family and neighbours about the food system. Write letters to the editor of your local paper. Let your municipal, provincial and federal politicians know how concerned you are about strengthening our food system and retaining farmland — including the multi-purpose UBC Farm — so that we can continue to feed ourselves.

12. **Commit** to doing at least one of the above *from now on!*

# Policy Advocacy

Neighbourhood Food Networks help inform local policy and planning as channels for policy makers, city planners, health professionals, and others who have an ear to the ground. They play an important role as advocates, facilitators, and community engagers who are able to catalyse and convene their communities on policy issues.



# Sustainability on the Table

## TOP PRIORITIES

1. Strengthen and Secure the Food System, Food Assets, and Community Food Infrastructure
2. Engage, Convene, Build Networks and Promote Inclusion
3. Coordinators as Hubs (Paid & Long Term)
4. Linking and Partnering with Other Neighbourhoods and Sectors

**Gallery 5.1** Sustainability on the Table: A way forward for Vancouver's Neighbourhood Food Networks



*Shelby Tay Images*

*Members of Vancouver's Neighbourhood Food Network movement gathered at the Trout Lake Community Centre.*

In 2012, approximately 75 key stakeholders gathered at the Trout Lake Community Centre for **Sustainability on the Table**, an extensive consultation about how to sustain Vancouver's Neighbourhood Food Network movement. The group explored key priorities, challenges, and strategic links for supporting the NFNs' multiple dimensions through funding, developmental, relational, and in-kind support.

A particular focus of the project was to make recommendations for Vancouver Coastal Health's Community Food Action Initiative (CFAI) which has been supporting grassroots food action since 2005. The time is ripe for conversation and action on the sustainability of NFNs in Vancouver. Some factors contributing to this readiness include:

- Political & institutional attention and interest
- A more than doubling of the number of networks in Vancouver in 2009 - 2011, and,
- An increasingly widespread understanding that food system problems cannot be dealt with in isolation, and that collaboration across the social spectrum, scales, and sectors is necessary.

To sustain and grow this movement, we must develop solutions that are deeply collaborative, scalable, holistic, inclusive, and community-based. NFNs catalyze these solutions to improve Vancouver's food system, and perhaps even more significantly, they are powerful community-development entities.

[For more information please click here](#)

## BODY MAPPING SUMMARY

*Produced by Aja Peterson, Cedar Cottage Food Network*

A look at the collective talents and skills within NFN staff and volunteers.

### HEART & SOUL

Internal values for social, economic and food justice, driving motivation for this kind of work. Love our jobs, people we work with, community collaboration and connections. Building Capacity. Cultivating change. Working towards a more just and equitable society. Love for our environment. Passion for protecting food systems. Beliefs that poverty can be eradicated. Inspired by resilience and strength.

### BRAIN & FACE

Education-food systems, nutrition, community planning and development, social work, environment. Listening and speaking to community members, donors, partners. Strategizing and Planning. Funding, budgets. Program Timelines, reporting. Sustainability. Stress and Self-Care. Taking too much on, not enough time or resources, needing more sleep.

### INTERNAL ORGANS

Self care. Being mindful of our own health. With little time, focus on more exercise and healthier eating. Love of food — using food as a connector and a tool to explore diversity of cultures and perspectives. Cultivating relationships through food and meals. Recognition of self and what that means within our work.

### LEGS & FEET

Feet firmly rooted in beliefs behind Neighbourhood Food Networks. Moving in baby steps often. Busy Feet: running around to different places in the community. Persistence. Restlessness from not being able to achieve our full potential with limited hours, insufficient funding.

### ARMS AND HANDS

Typing emails, grants, reports and planning programming (sore wrists, fingers and hands). Shaking hands with new community members, partners, organizations: connecting. Driving to and from programming, work and home. Gardening. Cooking and preserving workshops. Setting up markets, workshops and events. Fists represent commitment, passion, and rage (about current system).

## NEIGHBOURHOOD FOOD NETWORKS CAN:

- Operate at the neighbourhood scale;
- Have a paid coordinator or volunteer lead;
- Communicate an accurate understanding of the neighbourhood and food systems including its gaps and assets;
- Have some degree of embeddedness in a community centre or neighbourhood house;
- Engage in a mixture of neighbourhood community development, capacity building, and food systems service delivery work;
- Depend on a significant number of community volunteers and other in-kind supports;
- Be incredibly collaborative and partnership based;
- Include and bring together a mix of community members and organizational participation from various sectors;
- Have a governing or advisory body; and,
- Inform local policy.

# “Food Desert” Advocacy

## Interactive 5.1 Westside Food Insecurity



*Presentation from Sustenance 2011*

[Please click here for the video](#)

Click on the links for:

### Media Coverage

[Poor and elderly stranded in westside food deserts](#)

[Malnourishment a city-wide problem: Food security people want better food access](#)

[Group hopes to feed Seniors](#)

[Scrimping on Food](#)

[How do we fare on Vancouver’s West Side?](#)

[Food Insecurity on West Side has seniors going hungry](#)

### Study on Westside Food Insecurity

[Westside Food Insecurity](#)

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## FOOD DESERTS

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Communities on the west side of Vancouver — areas otherwise known as ‘food deserts’ — are living without proper access to healthy, fresh, affordable, and sustainably-produced food.

This has been continually affirmed by years of community-based and academic research as well as lived community experience.

This is yet another area in which NFNs — or in this case the Westside Food Collaborative — take action, promote awareness, and seek to implement changes to policy and planning that will create a better local food system.

# Right to Food

## DTES NEIGHBOURHOOD HOUSE FOOD GUIDELINES

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1. Our menu planning considers food allergens, diabetes, HIV/AIDS, Hepatitis C, heart health and stroke prevention.
2. Recipe ingredients are listed.
3. We use only non-toxic cleaning products and purchase Fair Trade coffees and teas.
4. Generally, low-quality food is offered to those living in material poverty. We consciously avoid serving soup or Eurocentric menus that include refined sugars, processed foods or gluten. We also avoid silicone, non-stick cookware, aluminum (in foil, pots or pans,) and don't use plastics for prepping, cooking, serving or storing foods.
5. We take responsibility for educating our food donors about which foodstuffs will help our neighbours thrive.

Food is a communicative instrument. Offering it builds community.

The average Downtown Eastside (DTES) resident lives with one or more serious health issue, has a compromised immune system, and is under-housed. Coupled with extreme material poverty, the lack of adequate housing renders people incapable of providing themselves with adequate nutrition. If they have housing, many live in Single Room Occupancy units (SROs). These quarters are typically one small room with no cooking facilities and no perishable food storage.

The average DTES diet consists of a great deal of starch (in the form of white rice and pasta), endless soup, copious amounts of low-quality coffee with refined sugar and coffee whitener (an addictive petroleum by-product), day-old pastries and donuts, and other processed foods — often made with an alarming amount of 'taste enhancing' chemical additives. These do not support positive health outcomes for our neighbours, but remain omnipresent in our community.

What's not found in the average DTES diet is local, seasonal fresh produce, healthy sweets (such as dates and figs), homemade vinaigrettes, alternatives to dairy products, and dishes made without additives and refined sugars such as fresh, identifiable foods. These are things the Downtown Eastside Neighbourhood House (DTES NH) works to make available.

When one is materially poor, the first things lost are privacy and choice. It's a commonly held myth that those living in poverty don't have nutritional knowledge or aspirations. Offering people a choice of what foods they ingest is a critical piece of the Neighbourhood House food philosophy.

### Gallery 5.2

Right to Food mobile mural project in Oppenheimer Park



Aha Media

*This collaborative mobile mural project created seven 8' x 4' lightweight murals that represent seven solutions to reform the quality, nutritional impact, abundance and delivery of food across the DTES.*

The DTES NH embraces people of all ancestries, genders, ages and descriptions, annually welcoming almost 9,000 DTES neighbours in a community where 700 are homeless, 5,000 are under-housed, and 70% of residents are considered low-income.

Because our NH operates in a nutritionally-vulnerable community, the Right to Food is at the heart of our work. Working in consultation with residents, healthcare professionals, policy makers, growers/suppliers, researchers, and organizations from both inside and outside the community, our goal is to reform the nutritional impact, quality, abundance and delivery of food in the DTES.

Our secular, grassroots programming is highly varied and inspired by the community. It has included Nutritional Outreach Activities such as the Mobile Smoothie Project and Banana Beat, The Young Men's Healing Circle, a Harmonica Club, Mobile Mural Making, Leadership Development for Grand/Parents, community kitchen nights (for Children, Chinese Elders, and Aboriginal Grandmothers-to-Granddaughters), Kitchen Table Storytelling, Family Drop-In meetings, and publications such as *Recipes Against Racism*, *Blender Nutrition*, and *The Right to Food Zine*.

## Chapter 6

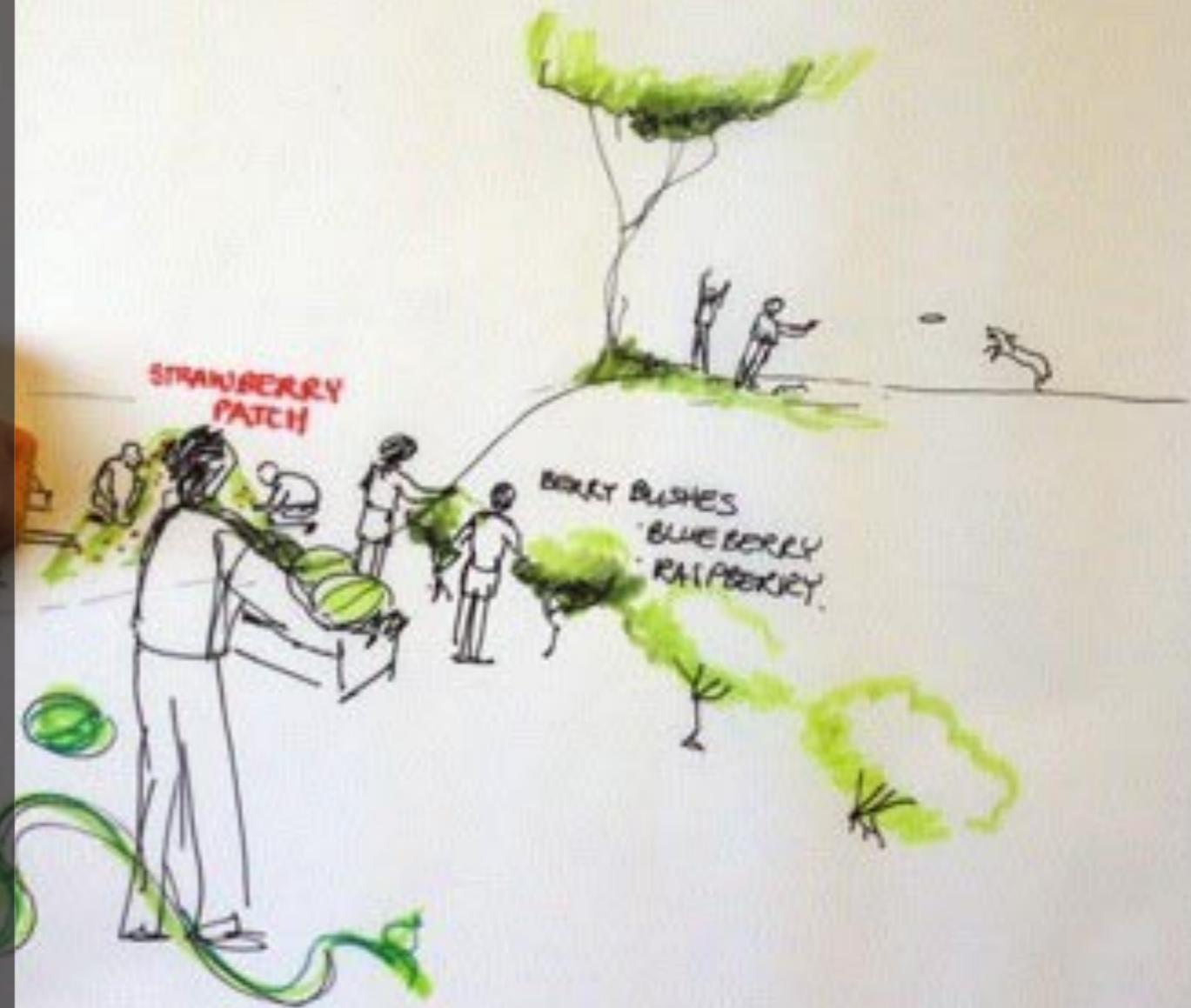
# Food Stories & Digital Storytelling

Our love and need for food gives us a common language.

We all have food stories to share. By listening and telling our stories we open our hearts and deepen our understanding of others' experiences and food cultures.

Storytelling is an important community development strategy that fosters inclusion and a sense of belonging. Learning about people's struggles and strategies to eat healthy may help inform our work as community food developers.

It's a particularly important tool when working with hard-to-reach communities, as storytelling can also strengthen cultural pride and identity.



# Buen Provecho

## BUEN PROVECHO

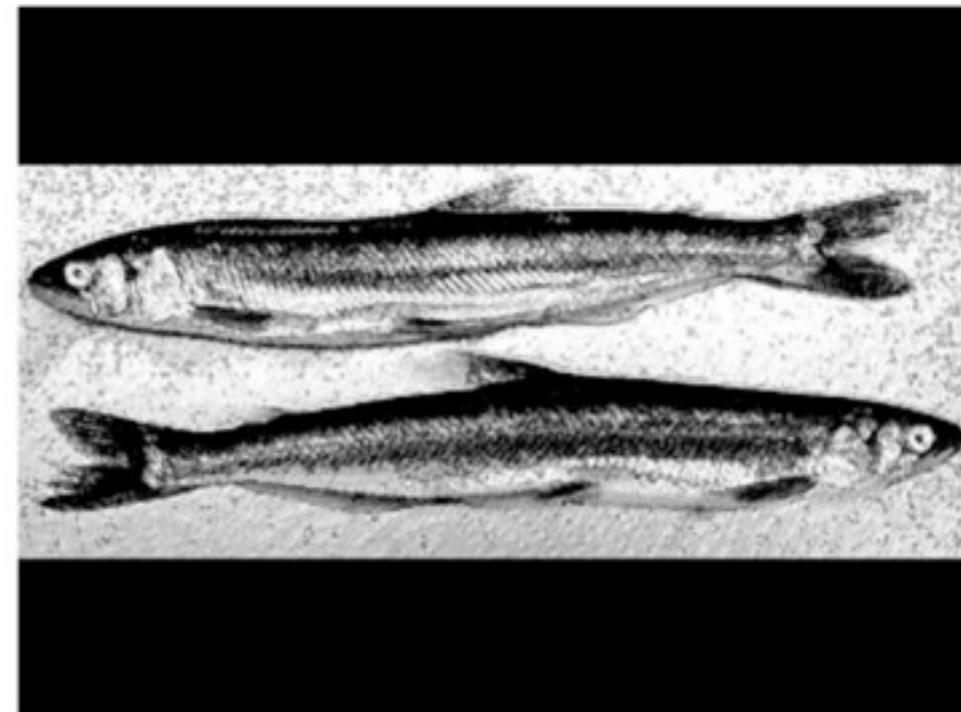
Translating as ‘good benefit/ enjoy your meal’, Buen Provecho is a project that promotes respect, mutual understanding, and awareness of cultural foods and knowledge.

Over two years roughly 60 youth joined 20 elders from varied cultural backgrounds (including Latin America and the First Nations) to participate in weekly cooking sessions where they heard the elders’ wisdom and knowledge.

During Buen Provecho elders shared traditional recipes and stories as they mentored the youth in cooking. In turn, the youth helped create a cookbook and digital storytelling project that documents this valuable knowledge and passes it down to future generations and the wider public.

The cookbook and storytelling project are valuable community assets that will further build pride and cultural identity among project participants and keep traditional food recipes alive as they teach the coming generations about traditional healthy eating.

## Interactive 6.1 "A Traditional Nisga'a Dinner" with Teresa Mark



*Teresa Mark shares with us her love of cooking and a traditional Nisga'a meal with salmon, smoked salmon, bannock, veggies and wild rice.*

*Absolutely delicious.*

[Please click here for the website](#)

## Gallery 6.1 Weekly cooking sessions with Latin Americans and the First Nations



Use grey arrows to scroll through photos, or [click here to see more](#)

### ***An Italian Feast, Maria Bouno, Italy***

*I am from Italy, but I have been in Canada for a long time. All of my four kids graduated from Britannia School. Now I volunteer at the Senior's Centre. We cook there. The food we prepared today, well it was a joy to make this food today. We made a pasta with tomato sauce and meatballs and it came out very good. I was young when I left Italy and came to Canada. I remember when I was a young girl I used to make noodles by hand before they had all these machines and equipment that they have now. It came out very nice. It was delicious. I have 4 children and lots of grandchildren, 18 grandchildren, and they love gnocchi. When they come to my place, it is just a feast, because they love gnocchi.*



## Participant Quotes

"Working on the Buen Provecho project has been a great eye opener for the Latin American Youth in learning about the importance of food security through volunteering, storytelling, and intergenerational cooking. The project helped bridge the gap between the youth and the seniors and it was huge success. The youth appreciate cooking and eating other foods."

*-Rosaura, Latin American Youth Leader*

"In one of the school classes there is a boy, recently arrived as a refugee from Iraq. Up until the Buen Provecho session, he had been very quiet, rarely talking in class. Through Buen Provecho he completely came out of his shell. He seemed to really connect with and enjoy the elder and was fully engaged in helping to prepare and cook the food. He was talkative and outgoing like I have not yet seen."

*-Denise Isomuro, Home Economics teacher*

"I liked how the elders have so much to give. I see that the elders have knowledge and good advice. I learned a few new recipes. My favorite recipe was the Japanese Chow Mein."

*-Krystal, Youth Participant*

"It was a good experience sharing the recipes that we learned from the elders. I like hanging out with friends and the cooking group is a good opportunity for us to all meet in one place."

*-Michelle, Youth Participant*

"I liked the food and everyone working as a team and having fun. I like taking pictures. We also learned a lot from the elders' stories about when they were young. They taught me how they lived."

*-Rosie, Youth Participant*

*For recipes and more, please [click here](#)*

# Britannia Urban Gardens Project (BUG)

## THE DEVELOPMENT OF NEW FOOD GARDENS

Approximately 30 students were engaged in planning new gardens for Britannia School using a collaborative design process.

The Co-Design Group of architects and artists helped students envision their new gardens. The following video describes this process.

*(see Fruit Trees and Urban Agriculture for outcome)*

[For more information, please click here](#)

## Interactive 6.2 BUG Design Process



[Please click here for the website](#)

# Film Nights and Film Festivals

## FILM NIGHTS AND FILM FESTIVALS

Special film nights and film festivals aim to broaden the community's awareness of food issues both locally and internationally.

The wide range of films appeals to a diverse audience from all walks of life and covers topics such as health and nutrition, ecology, food economics, globalization, agricultural worker rights, aboriginal food issues, and urban gardening.



Festival promo from 2010

# Mobile Pocket Markets & Community Food Markets

Smaller-scale community food markets, pocket markets, and mobile markets are sprouting up around Vancouver to aid urban agriculture and create access to locally-produced foods.

Many such markets are positioned to provide fresh food access in 'food deserts' — lower income areas of the city where access to healthy, affordable food is limited.



# Westside Community Food Market

## Interactive 7.1

### Westside Community Food Market



*Zsuzsi Fodor introduces the market*

[Please click here for the video](#)

Once a week in the summer, a stretch of sidewalk in Kitsilano transforms into a community food market. Local and sustainably-produced goods are sold right in the neighbourhood by the people who lovingly grow and/or prepare them.

Kitsilano Neighbourhood House and the Society Promoting Environmental Conservation have collaborated for two years on the project, which blossomed out of the Westside Food Collaborative's original pocket markets in 2009-2010.

[Please click here for more information](#)

## Gallery 7.1 From Pocket to Community Food Markets



*Berenice Freedome Images*

*The Westside Food Collaborative (WFC) mobilized immediately when the South Granville Seniors Centre reached out to them with concerns about the lack of affordable fresh food options in their neighbourhood.*



# Mobile Pocket Markets

## POCKET MARKET

**A pocket market is like a small farmers' market.**

**Instead of farmers selling the produce directly to the public, produce is bought at wholesale prices (either from farmers or through a distributor) and sold at cost, or slightly above cost, in areas that don't have convenient access to fresh fruits and vegetables.**

**Two ways to shop at the Trout Lake Community Center Pocket Market:**

- Pre-paid Pocket Market Tokens (available to low income community members)
- Cash (for a slight mark-up)



**Interactive 7.2 Veggie Puzzle**

*Please try and match up the pieces to put the image back together!*

# Meal Programs & Bulk Buying

**Bulk buying and meal programs are designed to support affordable access for individuals and families struggling to pay for healthy food.**

**Using a community development approach, they bring people together in fun and creative ways as community members are engaged in purchasing, preparing, and serving their food.**



## Section 1

# Meal Programs



1.



### NUTRITIONAL OUTREACH ACTIVITIES

**Two creative meal programs — the Roving Community Kitchen and Banana Beat — provide access to essential nutrients on the days that low-income residents of the DTES are least likely to access nutrition; the day before welfare cheques are issued, and cheque day, aka 'Welfare Wednesday'.**



In February 2009, the DTES Neighbourhood House instituted their **Mobile Smoothie Project**, designed to accomplish community development and to court residents who will never be attracted to traditional Community Kitchens.

The Mobile Smoothie Project visits a number of sister organizations for approximately 30 minutes every Welfare Tuesday (the day before cheque issue day.) As hundreds of community members mingle and socialize around this low-tech activity, DETS NH volunteers demonstrate the wonders of the humble blender as they hand out multiple cups of nutritious smoothies and deliver a concise nutritional lesson about that day's blender contents.

The Mobile Smoothie Project regularly stops at the Downtown Eastside Women's Centre, The Vancouver Area Network of Drug Users (VANDU), the Chill Room of InSite, and Oppenheimer Park.

Invented by the DTES NH, **Banana Beat** remains one of our most cherished vehicles for grassroots community consultation and development. Since the first one in August 2006, Banana Beat continues to bring dignity, potassium, nutritional wealth and the reminder of inherent deservedness to the hundreds of low-income residents who line up from pre-dawn hours on Welfare Wednesday, awaiting the opening of offices where they access their monthly Social Assistance payments.

The primary — and quite unique — accomplishments of these two creative programs are: the quality of ingredients offered to Vancouver's most nutritionally vulnerable population, the dignified mode of delivery, and the fact that these programs were born from DTES NH program participants' collective life experience.

## THE COST OF FOOD

Dietitians of Canada have written a report on **Cost of Eating in BC 2011**. The average cost of a basic food basket for family of four in this province is \$868.93 per month. That's about \$217 per person. As food costs increase along with everything else, affordability is a



growing concern for many British Columbians. According to the report, 7.7% of British Columbians are considered food insecure, since 2008 there's been a 15.5% increase usage of BC food banks, and during 2011 food banks were used by 90,193 individuals.

The situation for low-income-assistance households is particularly dire, with families requiring 34% to 49% of their disposable income to pay for food. After rent and other basic expenses there is little leftover money for other costs. In comparison, family of median income will spend about 15% of their disposable income on food.

### Calculate your food expenses:

monthly food bill month divided by net income = % food costs

With a low minimum wage of barely more than \$10/hr, high poverty levels, and high cost of living, food security initiatives need to be nested in strong anti-poverty strategies.

**Renfrew-Collingwood's Food Security Institute (RC FSI)**

employs a community development approach to organize meal programs. This includes a weekly breakfast for people living with few material resources and a senior-focused hot lunch program. The RC FSI also supports healthy snack and lunch initiatives for Collingwood Neighbourhood House's many childcare programs.

These free and low-cost meals are oriented towards vulnerable populations, but the Institute's focus is on building strong intergenerational and intercultural volunteer teams. RC FSI volunteers create welcoming environments for participants to enjoy a creative and nutritious meal, meet new neighbours and friends, and feel welcome to offer feedback.

Informal mentorships, leadership development, and food skills training are central components of their meal programs. Volunteers are encouraged to pursue FoodSafe and leadership training, to lend an extra hand when needed, or to get involved with menu planning.



## Healthy Snacks

Within the Hastings Community Centre (HCC) is the **Family Drop-in**, a Monday to Saturday program for families with children under the age of five. Its unstructured setting features games, art, books, a snack area and an outdoor playground. It also offers child minding while parents/ caregivers use Community Centre facilities.

Over the past nine years, food security has become central to the needs of visiting families. Because the HCC is easily accessible by walking or transit and the Family Drop-in offers access to child minding, meeting rooms, gardens and kitchens, HCC has become a neighbourhood hub for food-security and healthy eating.

Seasons of Food team members wanted to help apply this neighbourhood momentum to the snacks being provided for sale. Healthy snacks are an opportunity to put into practise, right within our own centre, the local/sustainable food philosophy we are trying to promote.

## Pajama Walk

Families from the HCC's Family Drop-in wanted to organize an event that could reach a different crowd within the Hastings-Sunrise area, such as working parents who can't participate in daytime programs or people from other ages and life-stages.

From this was born **Lights, Pajamas, Snacks** where families and neighbours could walk through Hastings Park after supper in their pajamas. After this 45 minute stroll, families would be fed healthy snacks (a chance to model and promote what Seasons of Food is hoping to do within the neighbourhood) and finish with storytime with two local dads.



## Interactive 8.1 Dinner Instagram



### Meal and Snack Programs

The weekly Family Food Bank and daily Breakfast Club programs at Kiwassa Neighbourhood House were begun by single moms living in Kiwassa's social housing almost 20 years ago.

Initially, the meetings were held at the Vancouver Food Bank, and later Quest Society, and staff provided support.

When the programs proved successful, a plan was made to build the moms' capacity to develop, organize and implement the programs. A very part-time paid staff position was created for one of the single mothers, a dedicated group of volunteers was recruited, and these much needed programs have been underway ever since.

These food programs have been strengthened with greater organization. Free nutritious meals and snacks are now provided to over 300 children, youth, and parents daily through the Breakfast Club, the Family Place Drop-in, the children's Food to Grow Program, childcare centres and youth after school programs. Healthy breakfast foods such as hard boiled eggs, mini-sandwiches, yoghurt and fresh fruit are sent daily to Tillicum School for 20 children who likely didn't have breakfast.

The seniors' weekly lunch is an important social and health event in this Hastings Sunrise community. Between 60 to 120 seniors speaking Spanish, Cantonese, Vietnamese, Mandarin, Tagalog and English enjoy nutritious lunches each week, developing cross cultural friendships and peer support at the same time. The lunches go a long way to reducing social isolation, and help the seniors stay active, healthy and connected.

All visitors can enjoy free daily coffee and tea in Kiwassa's front lobby, as well as snacks when available.



**The Backpack Program** of Strathcona Community Centre (SCC) provides nutritious snacks and meals to fill the “hunger gap” of the weekend when children are not supported by the school food programs they depend on during the week. This program has been running since November 2010 and has expanded to support over 275 children

and 110 families. Every Friday, children pick up a bag filled with a variety of foods representing the basic nutritional food groups such as soup, noodles, canned salmon, fruit juice, and yogurt with a special emphasis on produce not as readily available on low-income budgets. Our food is donated by local community partners with funding from several charitable sources.

Strathcona Community Centre presents:

# BACKPACK Program

Providing nutritious snacks and meals to fill the “hunger gap” of the weekend when children are not supported by our school's food programs they depend on during the week.

Serving Vancouver's Oldest Community

Close to half of the children at Strathcona Elementary School don't eat breakfast. Understandably, this lack of nutrition inhibits the children's academic performance. Teachers report that the hungry kids have no energy to focus on classroom activities and learning. This disrupts the entire group.

Recognizing this problem, the Strathcona Community Centre (SCC) began its **Breakfast Program**, available year-round for Strathcona Elementary School students and their parents. This free breakfast includes a variety of fruit, toast, eggs, fruit juice and milk. Daily specials range from yogurt with housemade blueberry sauce to a vegetarian breakfast sandwich.

Since the program began, not only has the students' school performance improved, but the same teachers report that students who volunteer to be chefs on the Breakfast Buddies crew demonstrate more confidence in the classroom as they learn how to nourish themselves and their community.

## **STRATHCONA COMMUNITY CENTRE**

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Located in one of Vancouver's oldest neighbourhoods, SCC has been serving the community with recreational services for over 40 years.



# Bulk Buying

### GRANDVIEW WOODLAND FOOD CONNECTION BULK BUY GROUP

Bulk Buying Groups, also known as Good Food Boxes or Buying Clubs, allow participants to purchase healthy food at wholesale prices.

Participants are typically able to save 30% or more on their fresh food bill — a huge benefit to families struggling to keep up with rising food costs. This gets food directly into household fridges without the stigma of food charity.

The cost for this program is \$13 per delivery, and includes roughly eight varieties of fruits and vegetables. There are currently 28 households participating, and members help buy, sort and distribute food.



### Britannia Bulk Buying

Are you interested in fresh fruits and veggies? Do you want to save money? The Britannia Bulk Buying Group purchases fresh produce at wholesale prices saving you about 30% on your food bill.

Food is bought once a month and brought to Britannia Community Centre to sort and pick up. Cost is \$13 for about 7- 8 varieties of food. That is two bags of food.

For more information call Ian @ 604-718-5895



Britannia Centre  
1661 Napier Street  
Vancouver, BC V5L 4X4  
604-718-5895  
[www.britanniacentre.org](http://www.britanniacentre.org)

## HASTINGS SUNRISE FOOD BUYING CLUB

Give your input and become part of a food-buying club for Hastings-Sunrise.

### *WHY?*

Putting food on the table costs time, money, effort and skill. It makes sense to work together to ease this responsibility. For example, this club is designed so that families can show up with a \$5 budget, but leave with \$15 worth of food.

### *WHAT IS IT?*

A group of people who get together to buy food in bulk at wholesale prices.

### *HOW DO YOU SAVE MONEY?*

You avoid paying the additional costs that stores add on to pay salaries and make a profit. Our clubs are run on a volunteer basis and members volunteer time toward the tasks of ordering food, keeping the books, and distributing the food when it comes in.

### *ADVANTAGES:*

- save money on the food your family needs
- have access to local, sustainable food that could otherwise be too costly
- learn new skills related to food, health, and home economics
- share recipes and learn about new products
- get to know other members and strengthen your community

## BULK-BUYING AND FOOD CO-OPS FAIR

To expose the community of Hastings-Sunrise to local avenues of obtaining food, Seasons of Food organized a Food Co-op and Bulk-buying Fair.

Organizers invited companies that can benefit residents through co-op, share or bulk-buying programs.

Rather than being a competition for buyers, the fair was more of an opportunity to find ways to work together or at least celebrate each other for helping help make food local, accessible, and reasonably priced.

### **Hastings Food Programs Testimonials**

*“I have been cooking and creating delicious meals from ingredients that I never imagined cooking with before. Physically, I feel in better health, with more energy and a better complexion... I now feel a sense of pride when I am creating in the kitchen.”*

**- Renu, mother of two**

*“My two-year-old son now knows that our home garden is where food comes from the garden that he can eat. And he eats more veggies now because he can pick them himself! I saved money by growing my own [vegetables and herbs].”*

**- Rosemary, mother of two**

### **Fruit & Veggie Deal**

Once a month fresh produce is ordered directly from FreshPoint, a local wholesaler, and delivered to Steeves Manor at 1985 Wallace Street. Coordinators and volunteers then divide the produce up into small or large boxes that are picked up by our customers from 1 to 4 pm on the third Thursday of the month.

[Click here for the Website](#)

### **Food Rescue**

The Food Rescue Mission, piloted by FarmFolk CityFolk through a United Way grant, rescues produce from wholesalers that would otherwise end up in a landfill. Kiwassa coordinates this project for the Hastings Sunrise neighbourhood, providing the van, driver and volunteers to pick up produce each week and deliver it to Thunderbird Community Centre, Frog Hollow Neighbourhood House, Hastings Community Centre, Kiwassa and City Reach Care Society, and the Saige Community Foodbank, which serves the transgender/ non-conforming queer community.

### **Gallery 8.1 Fruit and Veggie Deal**



*Berenice Freedome Images*



# Community Kitchens / Food Skills

Seasonal food skills workshops teach skills like canning, fermenting, and dehydrating as well as population-specific workshops. Monthly community kitchens are a venue for sharing, creativity, and conversations about how to eat healthfully — even on a budget.



# Community Kitchens and Food Skills Workshops

## Gallery 9.1 Community Cooking



*Seasonal food skills workshops include population-specific workshops (e.g. diabetic-friendly desserts) as well as skills like canning, fermenting, and dehydrating.*

### **FOOD SECURITY INSTITUTE COMMUNITY KITCHENS**

Shared time in the kitchen helps neighbours create a place of safety and belonging for all.

Participant-led Community Kitchens explore seasonal food, multicultural food traditions, and healthy eating. Through canning, fermenting, dehydrating, and gathering wild foods, the community gains a deeper appreciation for seasonality, gets more information about commercial food preservatives, and learns preserving methods from around the world.

These workshops connect new and old friends with learning and leadership opportunities. They help people understand how to balance budgetary concerns with awareness of global food practices and help people express kitchen creativity as they share significant food memories.

# Food Skills Workshops



## SEASONS OF FOOD

By offering food and garden workshops, HCC's Seasons of Food promotes community and cooperation. Their main mandate is to give neighbourhood families the skills and knowledge they need to grow, prepare, and preserve healthy foods within seasonal food cycles.

Based out of the Hastings Community Centre (HCC), **Seasons of Food** was launched to offer area residents three main food and garden skill-building workshops: Nutrition, Community Meals, and a Teaching Garden.

Nutrition workshops are facilitated by a registered dietitian and focus on sharing information and building skills. For example, a smoothies workshop teach parents and children how to make a tasty and wholesome snack using local organic food.

Our community kitchens are a space to share skills, learn food preservation, and enjoy community meals and celebrations. During a basic canning workshop parents learn how to make applesauce from seasonal apples.

Children's programming happens at the same time as our skill-building workshops, which allows both parent and child to learn — sometimes together and sometimes separately, depending on what's appropriate for their individual needs or safety.

In order to make the program inclusive and accessible, HCC has been able to offer these workshops for a low fee and at several times of the day. This has brought in people who have never stepped into a community centre before.

[Click here for the website](#)

## Image 9.1 How Do I Help, Support and Encourage My Child to Become a Good Eater?



- **Make Eating Times Significant**

Pay attention. Observe and solve problems to fashion a feeding interaction that is supportive and constructive

- **Be Reliable About Feeding**

Consistent family meals and snacks must be a priority

- **Maintain Structured Feedings**

Set regular times for meals and offer food to your child at those times — whether s/he asks for it or not

- **Offer Good-Tasting Food**

Set up feeding times so they are emotionally, socially, nutritionally and aesthetically rewarding for your child

- **Select Foods That Help Blood Sugar Regulation**

A balanced meal must include fresh vegetables and fruit, protein, starches like crackers or bread, and some fat

- **Permit Occasional High-Calorie Foods**

Regulate foods that are high in sugar and high in fat, but make them available often enough so kids don't believe the illusion that they're exciting or a special treat

- **Make Wise Social and Emotional Use of Food**

If you establish wholesome comfort foods such as brown rice and kale, food can be helpful and nourishing — whether your kids feel depressed, lonely, or joyous. Tune in and enjoy food!

## Review 9.1 Sample Scenarios *(Please note that the answers are ideal and not always possible)*

Question 1 of 10

**It is 7:30am and your toddler just woke up. The whole family is eating breakfast, but she is not hungry. What would you do?**

- A.** Tell her she has to eat two bites of something
- B.** Ask her to sit with the family but she doesn't have to eat
- C.** Spoon-feed her a bowl of porridge to make sure she has energy for the day
- D.** Let her go play



Check Answer





## Food Skills Workshops

Each year Kiwassa Neighbourhood House provides over 100 free workshops on food skills for Hastings Sunrise community members. Through partnership with the Canadian Diabetes Association, the staff has been trained to facilitate **Food Skills For Families**, a six week program that provides hands on nutrition and cooking classes to Aboriginal peoples, New Immigrants, and Families on a Budget. An afterschool program called **Kids Get Cooking and Growing** runs for 10 weeks three times a year and teaches children the basics of nutrition and food gardening. A program for young mothers, the **Eastside Power Mamas**, also focuses on nutrition and food skills.



## Review 9.2 Test your food skills here!

Question 1 of 5

**Vegetables, meat and game, poultry, seafood, soups, stews, tomato-vegetable sauces and tomato-meat sauces are all Low Acid Foods. All Low Acid Foods must be:**



- A. Consumed within 6 months
- B. Heat processed in a pressure canner to eliminate the risk of botulism
- C. Stored in a container with a few air bubbles
- D. Boiled overnight



Check Answer



# Cooking Club and Tasting Kitchen

## SOUTH VANCOUVER NEIGHBOURHOOD FOOD NETWORK

The South Vancouver Neighbourhood Food Network (SVNFN) connects residents to food assets through a variety of activities such as community kitchens and gardens.

With help from the United Way, the SVNFN's Food Security Project works to improve food access, production and preparation skills among primarily low-income residents in South Vancouver.

While currently overseeing a food asset map for their area, SVNFN also supports a pilot project to grow edible gardens on under-utilized urban spaces such as traffic roundabouts and verges.



### South Hill Cooking Club

- The SHCC is a multi-cultural, inter-generational community kitchen.
- Participants meet once a month at the kitchen of South Hill Church to prepare ethnic foods from around the world.
- Cooking leaders may be club participants or professional cooks volunteering their time.

Chapter 10

# Food Growing & Food Scraps

NFNs support food growing education and leadership through informal mentorships and structured workshops that include gardening, fruit trees, permaculture, and wild foods.



# Food Growing Workshops

## WORKSHOPS

RC FSI supports learning and leadership around food growing through informal mentorships and structured workshops. Topics include gardening, fruit trees, permaculture, and wild foods.



Informal mentorships and ongoing knowledge exchange is an integral part of the urban agriculture activities offered through Renfrew Collingwood's **Food Security Institute** (RC FSI). Food-growing workshops are organized in response to participants' interests, and to satisfy their mandate to support local leadership development RC seeks out workshop facilitators from within the neighbourhood whenever possible. Past workshop topics have included First Nations food growing teachings, plant identification, cooking with weeds, garden planning, succession planting, winter gardening, permaculture basics, soil basics, tree pruning, and square foot gardening. Our volunteers also host two annual seed swaps and answer gardening questions at community events.

Village Vancouver (VV) runs a number of **Seed Libraries and Seed Banks**, tabling seed libraries at 50 or more events a year where they give out seeds and people give them seeds in return. The **Cedar Cottage Seed Saving Collective** operates a seed bank aimed at preserving local seed diversity. The **Kits Seed Savers** has a small neighbourhood lending library of key seed-saving books. VV also makes seed donations to new school and youth gardens and others, organize beginning and intermediate seed saving workshops. In 2012, VV helped organize the first **BC Seeds Gathering**.

**Gallery 10.1** RC FSI's urban agriculture activities



Use grey arrows to scroll through photos, or [click here to see more](#)





Held every spring, these events attract gardeners and non-gardeners from many different cultural backgrounds, interested in trading and attaining seeds and seedlings. Seed saving is encouraged to preserve heritage seeds.



## Review 10.1 Seed Saving: How much do you know?

Question 1 of 7

### What are Heirloom seeds?

- A.** A variety of plant that has been passed down from usually a minimum of three (human) generations.
- B.** Old (over 100 years) commercial varieties of plants.
- C.** Seeds that grow without soil.
- D.** A and B



Check Answer





Seasons of Food's **Teaching Garden** provides a practical location for children and their families to develop skills relevant to the growing season. In one workshop, children helped move dirt (and worms!) to a teaching bed while parents learned how to create a similar garden bed in their own backyard.



# Composting

## WHAT IS COMPOST?

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### Interactive 10.1 Compost Wordfind!



*Please try and find the words in the letters*

**Compost is organic matter that has been decomposed and recycled as fertilizer and soil enhancer. The process of composting involves layering wet plant refuse (greens), dry materials (leaves), organic matter and soil. After a period of weeks or months, bacteria or worms (vermicompost) break it down down into mineral-rich humus.**

**Growing Kids Program**, which has exploding in energy, learning and enthusiasm for composting and gardening.

A year ago, about a dozen local high school students wanting to make a difference requested permission to build a master composter at Kiwassa based on a model used in a public composting project in Seattle.

Once built, children next door to Kiwassa at Tillicum Annex Elementary were also taught about composting and a compost pail was set up in each classroom.

**Green Team** students in grades three and four took responsibility for regularly emptying the classroom pails into the composter. Since then, Tillicum has designated a room for an indoor garden/ garden classroom and students are learning to grow food using their own compost, thus seeing the entire cycle.

As well, the school has implemented **Farm to School** salad bar days, serving greens provided by Kiwassa.

Section 3

# Food Scraps

## Interactive 10.2 West End NFN



Randal Helten discusses West End Food Scraps

[Please click here for the video](#)



*David Lee Image*

### CITY SOLUTIONS

"Almost 40 per cent of the garbage we send from Vancouver to the landfill consists of food scraps and other naturally compostable materials. If we remove all food scraps and compostables from Vancouver's landfill, it reduces pollution by the same amount as taking 10,000 cars off the road."

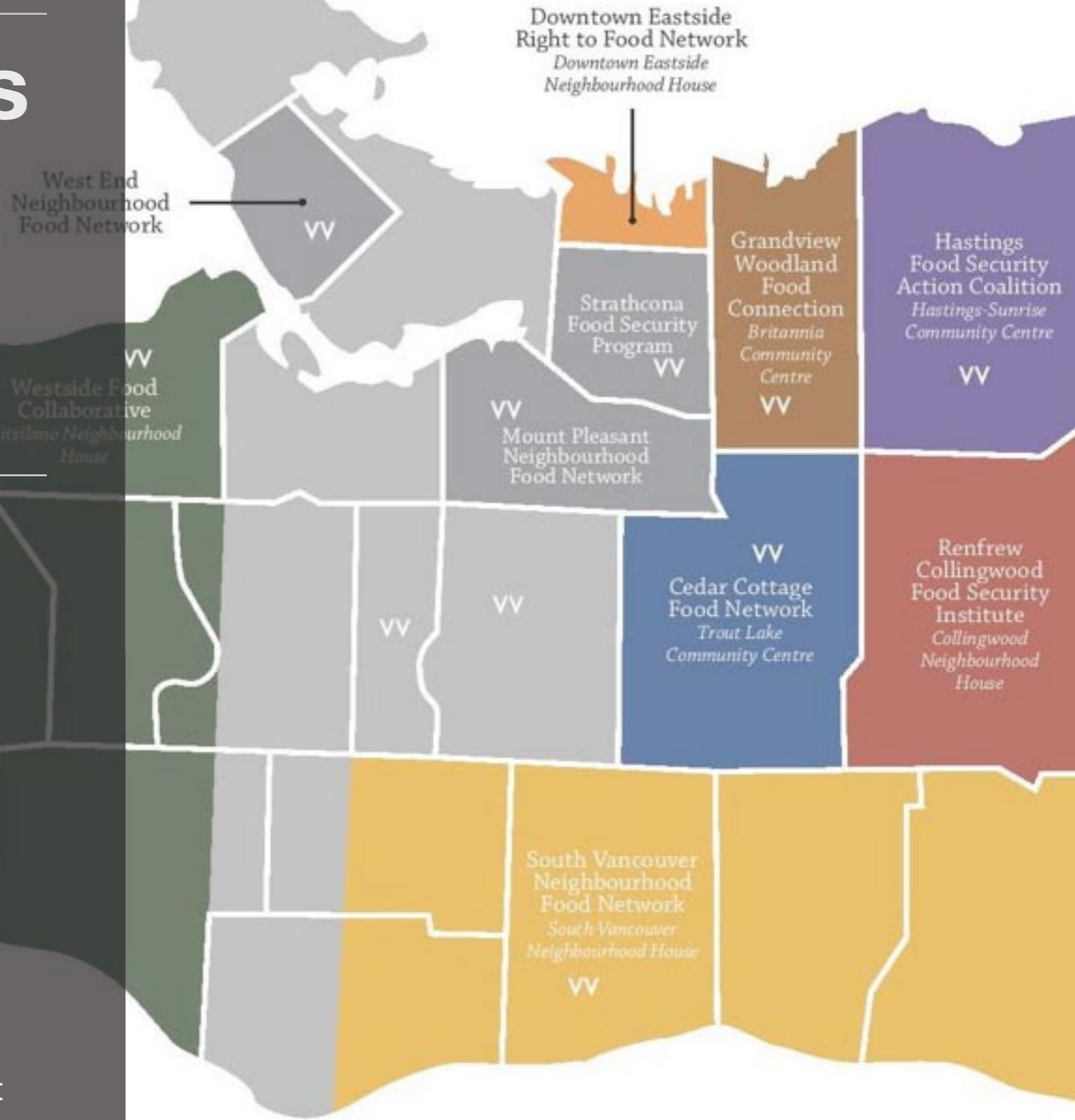
"If you live in an apartment or condo, City staff will be reporting back later this fall on requiring food scraps recycling for multi-unit buildings such as condominium complexes, apartment buildings, and businesses."

- Mayor Gregor Robertson

### what can you bring to the food scraps drop spot?

✓ fruit & vegetables	✗ plastic bags
✓ meat, bones & dairy	✗ plastics or styrofoam
✓ breads & pastries	✗ oils or grease
✓ cooked food scraps	✗ coffee cups
✓ soiled paper towels	✗ diapers or wipes
✓ coffee grounds & filters	✗ animal waste
✓ tea bags	✗ cat litter

# NFN Descriptions & Host Partners



Funders either currently supporting or that have previously supported the NFNs we worked most closely with are shown here.

*Note that the coloured Neighbourhood Food Networks indicate the 7 most deeply engaged in this process. Others in the city are also shown including a VV symbol for the Village Vancouver Neighbourhood Villages. This map does not necessarily include all networks in the city.*

# Funders

**Funding is a perennial dilemma of the NFN movement and was unquestionably the top priority of stakeholders at the forum for what challenge they wanted to collectively overcome. The current funding climate does not offer enough resources to sustain the ever-growing number of networks—especially considering that this number nearly doubled between 2009 and 2011. As such, new strategies and creative approaches are necessary to ensure that NFNs can emerge, survive, and thrive.**

**Existing and emerging NFNs currently draw on a diverse pool of funding, largely in the form of grants, and then piece these various sources together to create a base of support along with in-kind contributions.**

**Funders either currently supporting or that have previously supported the NFNs we worked most closely with are shown here.**



## **MUNICIPAL**

- **City of Vancouver Grants**
- **City of Vancouver Neighbourhood Matching Grants**

## **PROVINCIAL**

- **BC Housing**
- **BC Gaming**
- **Vancouver Coastal Health Community Food Action Initiative**
- **Vancouver Coastal Health Healthy Living Program**

## **FEDERAL**

- **New Horizons**

## **OTHER**

- **Central City Foundation**
- **Evergreen Foundation**
- **United Way**
- **Vancouver Foundation**
- **Real Estate Foundation**
- **Recreation Foundation of BC**
- **Vancity**
- **University of British Columbia Community Learning Initiative**
- **Langara College**



# NFNs and Host Partners

Especially important in sustaining the NFNs are close relationships with "host partners." Typically Community Centres and Neighbourhood Houses, these partners provide valuable in-kind support in the form of office space, facilities with kitchen spaces, admin support, and much more.

Village Vancouver, the local Transition Town initiative, also collaborates with the NFNs and runs a complementary network of food projects.

These institutions and organizations are the heart of their communities. As such they provide the ideal environment to foster a reconnection with healthy food.



# Cedar Cottage Food Network

To promote and enhance food security in the Trout Lake/ Cedar Cottage neighbourhood, The **Cedar Cottage Food Network** (CCFN) coordinates a mobile produce market as well as local, community-based programs like workshops and information sessions. As an active collaboration between community members, agencies, service providers and organizations, CCFN's goal is to improve access to nutritious foods, enhance community health and well-being, and to educate community members about food security, health and nutrition.

[Click here for the website](#)

# Downtown Eastside Right to Food Network

The Downtown Eastside (DTES) **Right to Food Network** embraces people of all ancestries, genders, ages and descriptions, annually welcoming almost 9,000 DTES residents in a community where 70% of the neighbours are considered low-income, 700 are homeless and 5,000 are under-housed.

Because the network operates in a nutritionally-vulnerable community, the Right to Food is at the heart of their work.

Working in consultation with residents, healthcare professionals, policy makers, growers/suppliers, researchers, and organizations from within and outside of the community, the network's goal is to reform the nutritional impact, quality, abundance and delivery of food in the DTES.

Their secular, grassroots programming is highly varied and inspired by the community. It has included Nutritional Outreach Activities such as the Mobile Smoothie Project and Banana Beat, The Young Men's Healing Circle, a Harmonica Club, Mobile Mural Making, Leadership Development for

Grand/Parents, community kitchen nights (for Children, Chinese Elders, and Aboriginal Grandmothers-to-Granddaughters), Kitchen Table Storytelling, Family Drop-In meetings, and publications such as *Recipes Against Racism*, *Blender Nutrition*, and *The Right to Food Zine*.

[Click here for the website](#)

# Grandview Woodland Food Connection

Principally funded through Vancouver Coastal Health's Community Food Action Initiative (CFAI), and housed at Britannia Community Centre, the Grandview Woodland Food Connection's (GWFC) mandate is to support healthy eating and disease prevention with a particular attention to vulnerable communities.

In response, the GWFC uses a community development approach to address food justice needs. This includes school/community gardening, community kitchens, community potlucks, workshops on nutrition, gardening and food preservation, food festivals, intergenerational food programs, bulk buying groups, and leadership development, which are all helping to improve the long-term health of our community.

The partnership between the GWFC and the Britannia Community Centre is critical in building long-term program sustainability. As well Britannia is the heart of the community and provides the ideal environment where a reconnection with healthy food can be fostered, and in so doing, is playing an important role in community health delivery.

The GWFC supports:

- An integration of community food security supports focusing on education, skill building, engagement and food access.

- Taking steps towards the long-term goal of building a just and sustainable food system for all in Grandview Woodlands and ensuring that everyone has access to healthy, affordable, and personally acceptable food.
- Building connections among diverse members of the community that reduce barriers that can contribute to social isolation through various food initiatives.
- Strengthening social fabric of the community by providing creative opportunities to participate in community life in an empowering, accessible way
- Building of inter-sectoral and other partnerships necessary to leverage funds and build long-term sustainability.
- Establishment of a strong institutional foundation for food policy implementation.

Working together with Britannia Community Centre we are working to create an important community food hub where a range of programming is meeting the food needs for a diversity of community members.

[Click here for the website](#)

# Hastings-Sunrise Community Food Network

The Hastings Sunrise Community Food Network (HS CFN) has grown from our desire to better connect the food security work in our neighbourhood. The first community meetings were organized through Kiwassa Neighbourhood House in early 2011 and included members from many organizations working with food in the Hastings Sunrise area. In August 2012 we began to formalize our work, with support from Village Vancouver and the working group of NFN coordinators. Members from across our diverse community have attended our meetings, including Kiwassa and Frog Hollow neighbourhood houses and community centres, Village Vancouver, Nisga'a Ts'amiks and ALIVE First Nations groups, as well as interested community members with a passion for food and community. HS CFN seeks to bring together all organizations in our community who are working on food related projects to share best practices, resources and to provide mutual support to create a vibrant food community in our neighbourhood.

Kiwassa Neighbourhood House uses a community capacity building and community development approach to offer a broad range of free food security programs in Hastings Sunrise / north Grandview Woodlands, working closely with multiple partners and residents to increase food security in our neighbourhood. Started by local single mothers almost 20 years ago, these food programs have expanded and are delivered with a strong volunteer group together with trained, experienced Food Programs staff. Food programs include free, nutritious meals and snacks for over 1,500 children and families every week through the daily breakfast program, over

200 low cost, nutritious senior's lunches every week and multiple community garden collaborations in our neighbourhood.

Hastings Community Centre is home to the Seasons of Food program. We offer weekly workshops in the areas of nutrition, cooking, canning/preserving and gardening as well as a children's program that runs concurrently, so both children and adults can learn new food skills. Workshop highlights have included the Kids Garden, a field trip to visit backyard chickens and Food Wisdom from our First Nations Elders. Seasons of Food closely collaborates with the Family Enrichment Centre at Hastings Community Centre. In Summer 2012 we participated in the Farmers Market Coupon Project, which gave families with young children coupons to spend at the farmers market after attending skill-building workshops or events at the community centre.

At Frog Hollow Neighbourhood House there are many food security programs. Our monthly potluck prompts discussions around food, environment and the importance of local buying, local farms and gardens. Our hot lunch program, prepared by volunteers, feeds families with children ages 0 to 6 in the Family Program drop-in. With the support and generosity of local organizations we offer a meat program and a day old bread and produce program, helping local families meet their daily nutritional needs. The food bank also plays a significant role, offering families additional items to their monthly food plan. In addition the Emergency food bags (valued approximately \$25 a bag) is offered to families in crisis by referral only.

[Click here for the website](#)

# Renfrew Collingwood Food Security Institute

The Renfrew Collingwood Food Security Institute (RC FSI) was established in 2002 by residents and local service providers as a community response to hunger, poverty, and food access challenges in the neighbourhood.

Based out of Collingwood Neighbourhood House, RC FSI works closely with local partners such as Collingwood Community Policy, Evergreen Community Health Centre, Renfrew Park Community Centre, and the Windermere Family of Schools. Our goals are to increase community capacity to share food knowledge and nutritional resources, and to overcome food insecurity and social isolation through leadership development, relationship-building, and volunteerism.

RC FSI serves the 50,500 population of Renfrew-Collingwood in East Vancouver. Our participants include children, parents/caregivers, youth, and seniors of diverse cultural and socio-economic backgrounds. Since 1985, our neighbourhood has seen a 40% increase in residents speaking English as a second language (first languages include Cantonese, Mandarin, Punjabi, Tagalog, Vietnamese, and Spanish), and is home to a higher proportion of single parent families, children, seniors, and low-wage earners than the City of Vancouver as a whole. Recognizing that 30% of our neighbours live below the poverty line, RC FSI fosters a continuum of supports to address complex poverty-related issues in a way that sustains dignity and holistic well-being in community.

Our organization collaborates with participants, volunteers, and community partners to identify strengths and to connect needs with solutions. Through

a community consultation process (ongoing since 2008), neighbourhood residents have identified a lack of social connections as a local priority. Our foundational initiatives (community kitchens and urban agriculture) are hubs for social connections and intercultural sharing, with an emphasis on collaborative learning and healthy social eating. These initiatives are central to addressing the following community-identified food priorities: access to fresh and local produce, affordability, cultural relevance, and food and nutritional literacy.

RC FSI is a defining presence in Renfrew-Collingwood with established and evolving strategies for building capacity to address food insecurity. In addition to community kitchens and organic growing initiatives we also support fresh food distribution programs, intercultural food celebrations, early childhood hot lunch program development, cooking workshops for school-aged children, food skills sharing, volunteer-driven meal programs for homeless and elderly residents, and food policy advocacy. As responses to community-identified needs, these strategies promote social inclusion and raise awareness of food's centrality to individual and community health.

RC FSI has demonstrated success with increasing residents' access to food which meets the diverse cultural and nutritional needs of households experiencing food insecurity. We are a non-governmental organization and our initiatives are supported by grants and donations. Food is our tool to bring neighbours together, helping to make Renfrew-Collingwood a place of safety and belonging for all.

# South Vancouver Neighbourhood Food Network

The South Vancouver Neighbourhood Food Network (SVNFN) got off the ground in late 2011 through the combined efforts of South Vancouver Neighbourhood House (SVNH), Village Vancouver, Vancouver Food Policy Council, Vancouver Coastal Health, and residents in South Vancouver. The Network aims to connect residents to food assets in South Vancouver, such as community kitchens and food gardens, as well as support activities that improve local food security. The SVNFN is currently hosted by the Food Security Project of SVNH, an initiative supported by the United Way of the Lower Mainland that works to improve food access and skills primarily among low income residents in South Vancouver. The SVNFN meets monthly at SVNH and is currently engaged in overseeing a food asset map of South Vancouver, providing technical and maintenance support to a pilot project using under-utilized urban spaces, such as traffic roundabouts and verges, for food growing and community building, as well as exploring healthy and affordable food options for low income residents. The SVNFN serves the area from Marine Drive to the south, Boundary Rd to the east, Cambie to the west, and 41<sup>st</sup> Avenue to the north.

[Click here for the website](#)

# Strathcona Food Program

The Strathcona Food Program (SFP) has integrated food into several of its existing programs, having recognized that its participants had unmet nutritional needs that are essential for them to fully benefit from its recreational programs. By establishing the Strathcona Food Security for Children initiative, SCC aims to prevent hunger and malnutrition, especially among its youth population. Currently, 17 food-related programs serve an average of 200 children daily and deliver nutrition education, hands-on food preparation skills, and a safe environment to spend time outside of school.

[Click here for the website](#)

# West End Neighbourhood Food Network

The West End Neighbourhood Food Network (WENFN) supports the entire food cycle — gardening and growing, cooking, enjoying food, recycling, composting and more.

WENFN was created in 2011 after a series of workshops and meetings. It's intended to be a network to support anything related to a sound food cycle and food security in our community.

Activities include networking, mutual support, information sharing, events, workshops, etc. Our current main project is a weekly community centre food scraps drop, but even before WENFN the community had much going on, including community gardens and kitchens. Our goal is to connect dots and add momentum.

The West End has an urban population of 46,000 in a compact space in a "village" of 100 city blocks on a peninsula, located between a bay, an inlet, a downtown business core, and a large forested park. Most residents live in multi-unit buildings and there are very few houses with yards for gardens. The neighbourhood has limited space for growing, so what we lack in space we must make up for through ingenuity and cooperation.

[Click here for the website](#)

# Westside Food Collaborative

We are a coalition of community members, health professionals, non-profit organizations, faith-based organizations, environmental organizations, students, urban food producers, and others interested in collaborating to address food system issues on Vancouver's west side.

The issue of food security on the west side kept arising as an important issue at monthly Service Providers meetings. A group from this table began meeting in 2006 for the purpose of exploring food security on the west side; this was the beginning of the Westside Food Collaborative (WFC).

Today, we are a network of nearly 100 members engaged in work throughout the west side leading to a more just, healthy, and sustainable food system. We gather several times a year to share our work and look for ways to collaborate, go on tours of community food assets, invite guest speakers, and to engage in collective action planning. We are governed by a diverse volunteer steering committee with representation from Vancouver Coastal Health, Village Vancouver, the Fruit and Veggie Deal, the Christian Food Network, UBC Farm, Kitsilano Neighbourhood House, and the Westside Community Kitchen.

Some of our past initiatives include the first west side pocket markets, commissioning an integral report on food insecurity on the west side, and being active in the media and at city-wide tables and events to raise awareness about food system issues on the west side. The mainstay of our network has been our monthly gatherings bringing together a wide range of individuals and organizations.

The WFC has also been supporting a monthly food box program – the Fruit and Veggie Deal, a mobile produce market project, the Westside Community Food System Assessment, and Westside Community Kitchen. We are a hub for people to come together in creating the food reality they want to see for their west side communities, building a sense of neighbourhood inclusion and belonging all along the way, and enabling people to take control over their food systems.

[Click here for the website](#)

# Village Vancouver: Neighbourhood Food Villages

Village Vancouver (VV) inspires individuals and organizations to take actions that build resilient and sustainable communities. One of several hundred official Transition Town Initiatives spreading across the globe, Village Vancouver is the local initiative with members in every neighbourhood, and "villages" in several neighbourhoods. Much of the focus of neighbourhood villages is around food, so each village also functions as a Neighbourhood Food Network, and connecting neighbours and working towards long term food resiliency is at the heart of VV's work as a network of NFNs. Village Vancouver has helped start a number of other Networks and collaborates with and/or plays an active role in several Networks.

VV's distinct approach to NFNs also includes several "communities of interest", including seed saving, beekeeping, and chickens.

A hub of knowledge and resources, VV helps both to spawn walkable neighbourhood villages and to assist other cities in the region with Transition. Transition being one manifestation of the idea that local action can change the world; one attempt to

create a supportive, nurturing, healthy context in which the practical solutions the world needs can flourish.

Promoting social, environmental and economic change in the face of profound ecological stresses and economic crisis, VV encourages individuals and groups to unite and collaborate in support of common goals and actions.

Most importantly is to have fun in the process, proving that doing the right thing can be a holistically profitable and endlessly enjoyable experience.

[Click here for the website](#)

## Britannia Urban Gardens Project (BUG)

For more information: Britannia Urban Garden (BUG) Project Final Report to the Recreation Foundation of BC, Prepared by Ian Marcuse, Grandview Woodland Food Connection / Britannia Community Centre May, 2012

### Project Partners and Funders

Britannia Community Centre

Britannia Secondary School

Grandview Woodland Food Connection

Environmental Youth Alliance

East Side Family Place

The Co-Design Group

UBC Landed Learning Program, Sustainable Opportunities for Youth Leadership (SOYL) Project

Vancouver Coastal Health Community Food Action Initiative

UBC School of Community and Regional Planning

City of Vancouver Greenest City Grant

Evergreen Foundation, Learning Grounds Program

Recreation Foundation of BC

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### Related Glossary Terms

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# Buen Provecho

## Project Partners

Grandview Woodland Food Connection

Britannia Seniors Centre

Britannia Teen Centre

Britannia Latin American Youth Project

Multicultural Family Centre Latin American Seniors Program

Britannia Secondary School

Vancouver Foundation – Youth Philanthropy Council

New Horizons for Seniors

Vancouver Coastal Health Community Food Action Initiative

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## Related Glossary Terms

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Chapter 6 - Buen Provecho

## BUG Design Process

Grandview Woodland Food Connection facilitated the development of new food gardens at Britannia Secondary School. As a first step, they engaged approximately 30 students in a collaborative design process in the planning of the new gardens. To achieve this they partnered with The Co-Design Group of architects and artists to help envision the new garden.

### Project Funders:

Real Estate Foundation of BC

Greenest City Action Grant

Simon Fraser Public Interest Research Group (SFPIRG)

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### Related Glossary Terms

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## Dunbar Emergency and Earthquake Preparedness (DEEP)

Dunbar Emergency and Earthquake Preparedness (DEEP) program is a collaboration involving the Dunbar Residents' Association, Dunbar Business Improvement Association, Block Watch Program, Dunbar Patrol, City of Vancouver Emergency Social Services (ESS), Village Vancouver (VV) and concerned individuals.

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### Related Glossary Terms

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# Food Scraps

## Project Partners

Recycling Alternative

Village Vancouver

Gordon Neighbourhood House

West End Community Centre

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## Related Glossary Terms

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## Fruit & Veggie Deal

This is a community program available to any community member, and hosted by Steeves Manor. This program is run solely by volunteers and is supported by a number of community organizations and sponsors

Vancouver Coastal Health (Pacific Spirit Community Health Centre)

Reach Community Health Centre

Kitsilano Neighbourhood House

Westside Food Collaborative

Gandy's Home Hardware

Staples Business Depot

Superstore

Private Individuals

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### Related Glossary Terms

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**Chapter 8 - Bulk Buying**

# Growing Kids Program

Tillicum School, the Environmental Youth Alliance, and Kiwassa NH Food and Youth Programs have partnered to create the Growing Kids Program

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## Related Glossary Terms

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# Magic Roundabout

Developed by Permaculture Design graduates from Langara College with support from:  
South Vancouver Neighborhood Food Network (SVNFN)

South Vancouver Neighbourhood House (SVNH)

BC Housing

BC Housing Kids Club

## Financial assistance

Greenest City

Rona

Sustenance Festival 2012

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## Related Glossary Terms

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# Rooftop Gardens

Project funders:

Vancouver Parks and Recreation

Vancouver Foundation

The United Way

The UBC Chapman Student Learning Grant

Vancity Credit Union

The Real Estate Foundation,

Vancouver Film Studios

Engle Family Foundation and

City of Vancouver

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## Related Glossary Terms

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# Seasons of Food

Project Partners:

Kiwassa,

Frog Hollow

ALIVE (connects First Nations people to community centres)

Village Vancouver

These connections have shown us the depth of food security work that is happening in our neighbourhood and we look forward to further developing each other's capacity in 2012

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## Related Glossary Terms

Drag related terms here

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**Chapter 9 - Food Skills Workshops**

# Seed Saving: How much do you know?

A Guide to Seed Saving, Seed Stewardship & Seed Sovereignty

By The Seed Ambassadors Project, 4th edition January 2010

[http://api.ning.com/files/0ND5BL6xBaUISIQKdl51jY1QXVOH7bKpOrbxzOKEAxInYBi1tqPAW9vqNSxK7-eVoYJft4cx7co1Waz80UpAEpM50lfx\\*odl/AGuidetoSeedSavingSeedStewardshipSeedSovereignty.pdf](http://api.ning.com/files/0ND5BL6xBaUISIQKdl51jY1QXVOH7bKpOrbxzOKEAxInYBi1tqPAW9vqNSxK7-eVoYJft4cx7co1Waz80UpAEpM50lfx*odl/AGuidetoSeedSavingSeedStewardshipSeedSovereignty.pdf)

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# South Vancouver Neighbourhood Asset Map

This is a volunteer project led by the Community Learning Initiative of UBC with financial support from Food for All 2011, and assistance from UBC students in cartography

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## Related Glossary Terms

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## Sustainability on the Table

This forum was part of a consulting project through Vancouver Coastal Health on Neighbourhood Food Network sustainability, and was hosted by the Neighbourhood Food Coordinators Working Group -- A working group of neighbourhood food coordinators from across Vancouver working collaboratively with Paula Carr & Zsuzsi Fodor, consultants on creating a sustainability plan for Neighbourhood Food Networks in Vancouver.

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### Related Glossary Terms

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# Vancouver's Food Energy Descent Action Plan (FED-AP)

In partnership with the Vancouver Food Policy Council and Village Vancouver Transition Society, the Museum of Vancouver hosted a series of public dialogues in order to support the development of a Vancouver Food Energy Descent Action Plan (FED-AP) to address Community Food Resiliency.

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## Related Glossary Terms

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# Westside Community Food Markets

A Kitsilano Neighbourhood House and Society Promoting Environmental Conservation partnership

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## Related Glossary Terms

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# What is food security? <sup>1</sup>

From “*Exploring Food Security in Vancouver’s Westside*”

By Heather Pottery Adrienne Jinkerson, Prepared for Westside Food Collaborative June 2007

## References

<http://www.bcfoodsecuritygateway.ca/>

Martiquet, P. (2011). Access to healthy food is key. Coast Reporter. February 22, 2011.

<http://www.coastreporter.net/article/20110222/SECHELT0611/302229996/-1/SECHELT/access-to-healthy-food-is-key>

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