DIGNIFIED FOOD ACCESS
discussion: Britannia Community Centre, June 11/2013
ensuring dignified access to healthy food for underserved populations
Community food programs
How are You currently accessing healthy FOOD?
Programs:
• Quest
• Food Bank
• Hot lunch
not tasty
• employment programs
Newstart
• Salvation Army
• cheap groceries
• Var. locations
• 6% + commercial e.g.
• Kindness of friends/family
So grateful
but it's hard to ask
• deals behind stores
Free Box
• Bulk programs
"Bulk Buy" → small program
• Dollar stores
• Sunrise produce
• B grade - cheap!
• timing
We go where we feel connected
online wholesale
How far is it?
$2.50
bus
food?
access
challenges
Finding programs
Low income vs expensive prices
ingredients that don't match
Highly processed at food bank
"spagetti for years."
income goes to rent.
75%
Finding garden space
special diets
• diabetes
• babies
• vegetarian
• and more...
low income = survival
"exhausting"
Food Health
instead of value village - food village
drop off + connect
• meals on wheels + welfare - deducted from cheque
gathering people
building trust
cooking together
Venue
disabilities
• on transit routes?
• what can I carry?
• preparation of food
• Buy Low = delivery
agencies
"Have 1 answer"
eg income assistance
★ 1 stop shop resources needed
• doors + aisles wrong size, I wait outside.
Bulk buy - train other commu. centres
How to cook with random ingredients
resource lists
business partnerships
IDEAS
meet again?
addressing needs of "at risk" of homelessness population
skill building
Social
learning
community
requires energy, stress?
"food reserves" in the city
urban agriculture
not in all buildings
community kitchens
misunderstandings about
• WHAT • WHO • WHY •
advertise: WORK BC Welfare Food Bank
email newsletter
grandview woodland food connection
Jobs
Food
events
"Food Bank this food: "isn't something you'd go out + buy."
CHARITY MODEL
transforming to community model
Our food stories
We want dignity and food.
Sacrificing for kids
Salt? Sugar?
organic? it gets confusing
"clean"
eating simple foods!
traditional & cultural foods
foods to heal
Food GUIDE
but also: local context
can I stay in Vancouver? do I have to move?
Constantly shopping...
Needed at Food Banks is
Produce
Navigating services... with low incomes
Food Bank
Waiting in line
random, poor quality
So good at managing my money
$6/week
including culturally diverse foods
Potatoes
gailan
big gap in our food security
Why?
sugar/carb overload in free programs
not nutritious
roommates don't 'get it'!
live graphic recording: sambradd.com
PROJECT OF
Social Planning Research Council of BC
Grandview Woodland Food Connection