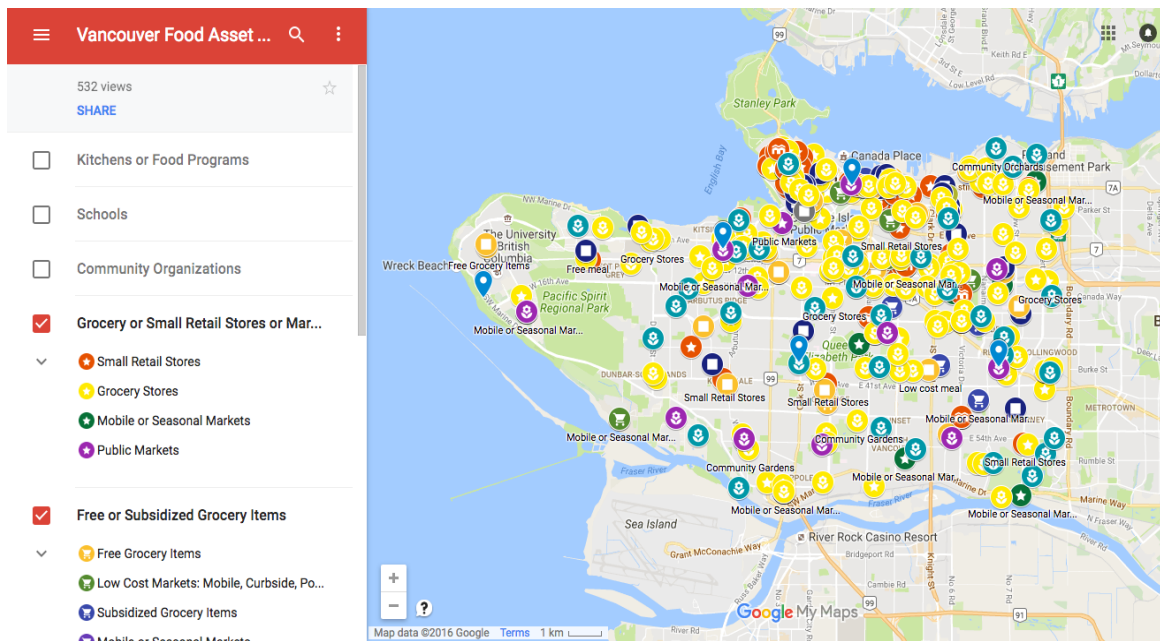


Vancouver Food Asset Map

Kitchen Programs + Food Skills Workshops

Proposal Report



LFS 350 - Group 9

Ya Wen (14100093), Ya Gao (42396144), Yanzhao Wu (49405146)

Lingyun Pei (13359147), Peiying Wu (39182134),

Christine Hsu (35430140)

TA: Fransisco Gomez

October 9th, 2016

Introduction

Vancouver, a city gifted with breathtaking sceneries is always crowned as one of the most-livable places in the world. In a glance, it seems perfect; however, we are still in the process of eliminating some of the most difficult issues, such as food insecurity. As defined by World Food Programme, people are considered food secure when they have available access at all times to sufficient, safe, nutritious food to maintain a healthy and active life.

The aim of our project is to help support and contribute to food security in Vancouver by using the Vancouver Food Asset Map (VFAM) in respect of kitchen programs and food skill workshops. We are intent to evaluate and fill in any informational gaps on the map, and hope to make this food asset map more accessible for community members, partners and organizations.

Background

The organization in partner of this project is Vancouver Coastal Health, their main vision is to promote and ensure community wellness. By mapping food assets, it

helps to highlight the strengths and gaps of the current local food system, and also brings out the unequal distribution of the assets in the area. This information can further contribute to program planning and identifying opportunities for strategic investments of resources; which in turn supports the promotion of a healthy community. This time, we will be conducting the project in the Grandview-Woodland neighbourhood.

Grandview-Woodland neighbourhood is one of the most ethnically diverse areas in Vancouver. According to the 2011 census, this area is home to 27,305 people. Similar to the city of Vancouver, the largest age group is 30 to 50 years old; and about 10% of the population identify themselves as being aboriginal. Sixty-nine percent of Grandview-Woodland residents speak English as a first language, and 12% speak a Chinese language. Spanish (2%), French (2%), and Vietnamese (2%) are also common first languages. The median household income is \$43,038, and about 23.4% of the population live in low-income households, with 8.8% unemployment rate. Compared with the rest of Vancouver, Grandview-Woodland has relatively lower median household income, higher unemployment rates and more low-income families.

Significance

The significance of our project is to employ Community Asset Mapping approach to enhance the accessibility and utilization aspects of food security in Vancouver, with a specific focus on Grandview-Woodland neighbourhood.

At least 5% of Vancouver population is facing food insecurity (Statistics Canada, 2005). In Grandview--Woodland, the rate of food insecurity is as high as 22% (Masse et al., 2007). People who have less access to food of reasonable quality, fewer kitchen appliances and a lower rating of their cooking skills had greater odds of experiencing household food insecurity in Vancouver inner city communities (Broughton et al., 2006). Therefore, improving food accessibility and utilization may be the key to ensuring food security in Grandview-Woodland neighbourhood.

Community Asset Mapping (CAM) is a feasible approach to enhance food accessibility and utilization. CAM is grounded on the theory of Asset-Based Community Development (ABCD), which aims to identify and mobilize the assets created “by the community” to serve “for the community” (Kretzmann and McKnight, 1993). As the first

step of ABCD, mapping community asset could significantly enhance community members' awareness and mobilization of local assets (Beaulieu, 2002). Using CAM approach, VFAM will certainly enhance community food accessibility and utilization, ensure food security, and further benefit the sustainability of local food system.

Toronto has created its food asset map, called "Food By Ward". However, we have identified two gaps in knowledge in their project. First, in "Food by Ward", there is no subcategory addressing kitchen programs and food skills workshops. As Dr. Lewis Smith said, "You are what you eat, but that's a whole constellation of foods, not just a single food or a single component of a food" ("Soy", 2016). Kitchen and food skills workshops, with their irreplaceable roles in promoting food utilization aspect of food security, are necessary to be included in VFAM. Second, there is no satisfaction study on the "Food by Ward" map. According to Dr. Ernesto Sirolli, to help local communities is "to listen to them, instead of just tell them what to do" (2012). Implementing "listening" strategy is especially important in neighbourhoods with ethnical and cultural diversity,

such as Grandview-Woodland. Thus, collecting feedbacks from Grandview-Woodland neighbourhood will provide us valuable information on how to improve VFAM.

Objectives

The objective of this study is to help Vancouver Coastal Health Institute to identify any gaps of information in the current food asset map of kitchen programs and food skill workshops; as well as evaluating and testing out the food asset map in the community of Grandview-Woodland.

Inquiry Questions

- Is the information of kitchen programs and food skills workshops on the map up-to-date and useful?
- How accessible and self-explanatory is this map for the community members in Grandview-Woodland?

Methods

Part 1: Verify kitchen programs/food skills workshops information on VFAM

- Approach: Interview (qualitative)
- Participants: Program coordinators of the kitchen/food programs listed on VFAM
(information provided by VFAM leader, Teya Stephens, RD)
- Procedure: We will contact each program coordinator via e-mail, over the phone or in-person, collect their up-to-date program information and enter it into the Vancouver Food Asset Map Data Collection Excel Spreadsheet.
- Analysis and interpretation: we will compare the data we collect with the previous information listed in the database. Any mismatch will be highlighted, and new program information will be updated to the database.

Part 2: Evaluate food asset map in the community

- Approach: Survey (qualitative + quantitative)
- Participants: Community members in Grandview-Woodland neighbourhood (study date and location will be assigned by community partner, Ian Marcuse).

- Procedure: We will kindly approach the community members in designated site. If they agree to trial VFAM, we will go over the 2-page instructions with them and help them navigate the map on iPad. After trialing, we will ask them to fill out an Evaluation Survey produced by Teya. We may assist them complete the form (e.g. translation, writing) if they have difficulty.
- Analysis and interpretation: results from feedback forms will be summarized to evaluate if the VFAM is useful, accessible and self-explanatory to the community members.

Ethical consideration

The following ethical practices will be implemented.

1. UBC consent form will be signed before community members participate the study.
2. Permission from program coordinator will be obtained before adding the program information on VFAM.
3. All information collected will stay confidential unless be permitted to release.
4. Communication will be respectful and non-judgemental.

References

Broughton, M., Janssen, P., Hertzman, C., Innis, S., & Frankish, C. (2006). Predictors

and Outcomes of Household Food Insecurity Among Inner City Families with

Preschool Children in Vancouver. *Canadian Journal of Public Health / Revue*

Canadienne De Sante'e Publique, 97(3), 214-216. Retrieved from

<http://www.jstor.org/stable/41994727>

Census data, retrieved from

<http://vancouver.ca/files/cov/Grandview-Woodland-census-data.pdf>

Kretzmann, John P. and John L. McKnight (1993). *Building Communities from the Inside*

Out: A Path Towards Finding and Mobilising a Community's Assets. ACTA

Publications, Chicago, IL.

Masse, L, Goa, M, Fang, R, & May, L (2007). *B.C. Health and Wellness Survey*

Descriptive Report. Provincial Health Services Authority.

Ontario, Network, S. A., Scholars Portal Books: Legislative Library of Ontario, &

Ontario Investment and Trade Centre. (2010). *Global hub for food processing:*

Agri-food asset map : An analysis of ontario's R&D excellence and

commercialization capacity in food processing Ministry of Research & Innovation.

Sirolli, E. (2012). Want to help someone? Shut up and listen! Retrieved October 10, 2016,

from

https://www.ted.com/talks/ernesto_sirolli_want_to_help_someone_shut_up_and_listen?language=en

Soy Supplements Don't Help With Asthma Severity. Retrieved October 10, 2016, from

http://www.science20.com/news_articles/soy_supplements_dont_help_with_asthma_severity-155808

Statistics Canada (2005). *Level of Household Food Insecurity, by Sex, Household*

Population, Canada and Provinces, CANSIM Table 105-2004. Cat. No. 82-620, Vol.

0 No. 0. Ottawa: Statistics Canada, 2005.

World Food Programme, retrieved from <http://www.wfp.org/food-security>