



# Project Proposal Report

09.10.2016

---

## Group 4

Olivier, Kelsey

Maryam, Camilla

Ivy, Seraph

## Introduction

### Purpose

The purpose of this research project is to conduct an analysis of a Legion's institutional food system, focusing on legions food related infrastructure and the role of food in meeting organizational objectives, which will be conducted by employing an asset-based approach.

By avoiding the deficit-based method, we make the members of the legion the centre of all development. Research on the ABCD approach showed that developments from this method do not compromise the leadership, motivation or existing assets of a community and thus a longer termed resolution compared to other methods (Mathie and Cunningham, 2003). As a start, our group will start by simply recognizing and assessing the positive capacities, assets and available skills of the Grandview legion.

### Background

Grandview Legion is an active space that serves military families, veterans and RCMP members. It is primarily a busy residential area, at the intersection of Commercial Drive and Hastings. Nearby is a sky train station, several cafes, a school, a community centre, a church, and a big grocery store which includes access to organic and whole foods. There is a large number of seniors and a 71% increase of adults ages 50-64 in the past 2 decades. Furthermore, there is a high unemployment rate (7.8%) compared to the Vancouver average (6%) and lower income per household (35.2% vs 26.6%) (City of Vancouver, 2014).

Within the legion itself, we expect that members reflect on these statistics. Efforts are taken to combat food insecurity in the region, specifically for older and injured members in the community who are legion goers. For example, the legion hosts meat draws, bingo with prizes and dart matches. From a more social standpoint, the legion organizes commemorative programs to promote remembrance on Remembrance Day; this involves ceremonies, a Poppy campaign, youth education, pilgrims, local cenotaphs and activities to honor and remember Canadian soldiers. Advocacy efforts and Service Bureau Network work through the legion to help veterans get the care, benefits and support they deserve. A specific project involved coordination between the legion and government to address homelessness and poverty amongst veterans.

It is important to outline the goals of Vancouver Food Strategy, in order to make links between their goals and the goals of the Grandview Legion. Some of the goals of the Vancouver Food Strategy include:

- Support food friendly neighbourhoods
- Empower residents in action
- Improve access to healthy, affordable, culturally diverse food for all residents
- Make food a centerpiece of green economy
- Advocate for a just and sustainable food system

(City of Vancouver, 2010)

## Significance

-Legions are community spaces that engage with vulnerable populations that have food security related issues due to the age structure, income levels, and employment status of the members (refer to the background session). (In Deeming's survey and statistic based study (2011), he pointed out that the reduced mobility, purchasing power, and knowledge limitations are the major causes).

-Identify challenges that seniors face having secure access to nutritious food - a demographic more susceptible to food insecurity and social isolation (Tarasuk, 2009). According to a study by Wunderlich, lack of understanding on the quantity and quality of food, low income and social barriers are main causes for seniors' compromised diet (2009). Several other studies and researches (Borque et al., 2015; Wolfeet al., 2003) pointed out that physical constraint and chronic health conditions are also barriers for elderly people access to fresh and nutritious food.

-Being unable to find existing literature on the role that legions play in addressing community food security is significant as It demonstrates a gap in the literature that has yet to be explored, this absence of knowledge alone serves as a rationale to do this research

## Objectives

1. Asses state of kitchen infrastructure
2. Assess the legions food related activated and community programming
3. Determine the link between legion organization goals and community needs
4. Determine link between city of Vancouver food strategy and the food related goals of the legion

## Inquiry Questions

### I. What is the kitchen infrastructure at this legion?

**Food preparation:** Licensed for food preparation, sinks, counters, utensils, sanitation supplies

**Waste disposal:** Compost, recycling, garbage, grease trap

**Food storage:** dry, wet, freezer, fridge (food/drink)

### II. What kind of food related activities and community programming does this legion engage in?

Meat draws, bursaries, fundraising BBQ

### III. What is the link between the legions organizational goals and community needs?

Food gifts cards for those in need, poppy fund

### IV. What is this link between the city of Vancouver food strategy and the food related foals of the legion?

Vancouver food strategy

## Methods

In choosing this method, we referred to Creswell (2003) who argues that there are three pieces of information that must be taken into consideration when making the decision as to what research method is best to use. Creswell recommends the qualitative research method in cases where a particular phenomenon “needs to be understood because little research has been done on it”(22) where “the researcher does not know the important variables to examine”(22) and finally if “the topic has never been addressed with a certain sample or group of people, (22). We find that these characteristics match those of our community project at the Grandview legion, where there is an absence of research done on the role of legions in addressing community food security, and more specifically at the Grandview legion. Finally, we the researchers approach the study without being aware of the particulars of the important variables we will be examining, approaching the project with an open and curious mindset. Our chosen method therefore is a qualitative one, through detailed observations, and interviews. These interviews will be directed at both stakeholders and community members, paying close attention to dynamics in gender, age, race, position (members, staff) as well as their social surroundings. This data will be recorded through taking pictures for our observations, recording the audio of interviews, note taking of the spaces and people we interact with and open ended interview questions.

## References

- Bourque, J., VanTil, L., LeBlanc, S. R., Kopp, B., Daigle, S., LeBlanc, J., ... & More, F. (2015). Correlates of Veteran status in a Canadian sample of homeless people with mental illness. *Canadian Journal of Community Mental Health*, 33(4), 141-159.
- City of Vancouver (2010). Vancouver Food Strategy: Building just and sustainable food systems. Retrieved online from <http://vancouver.ca/people-programs/vancouver-food-strategy.aspx>
- City of Vancouver (2014). Grandview-Woodland Community Profile 2014-Updated. Retrieved online from: <http://vancouver.ca/files/cov/grandview-woodland-community-profile-2014.pdf>
- Creswell, John (2003). Research Design: Qualitative, Quantitative, and Mixed Methods Approaches. *London: Sage Publications*.
- Deeming, C. (2011). Food and Nutrition Security at Risk in Later Life: Evidence from the United Kingdom Expenditure & Food survey. *Journal of Social Policy*, 40, 471-492. doi:<http://dx.doi.org.ezproxy.library.ubc.ca/10.1017/S004727941000070X>
- Mathie, A., & Cunningham, G. (2003). From Clients to Citizens: Asset-based Community Development as a Strategy for Community-driven Development. *Development in Practice*, 13(5), 474-486.
- Tarasuk, V., & Vogt, J. (2009). Household Food Insecurity in Ontario. *Canadian Journal of Public Health / Revue Canadienne De Sante'e Publique*, 100(3), 184-188. Retrieved from <http://www.jstor.org/stable/41995242>
- Wolfe, W. S., Frongillo, E. A., & Valois, P. (2003). Understanding the Experience of Food Insecurity by Elders Suggests Ways to Improve Its Measurement. *The Journal of Nutrition*, 133(9), 2762.
- Wunderlich, G. S. (2006). Food insecurity and hunger in the united states: An assessment of the measure. *National Academies Press*. Retrieved from <http://www.ebrary.com>