

Hastings-Sunrise Community Food Network Proposal

Introduction

The aim of this project is to increase education and utilization of healthy food among culturally diverse members helping to address community food security within the Hastings-Sunrise district. This project is done in collaboration with the Hastings-Sunrise Community Food Network (HSCFN) and the Hastings Community Association. The Hastings-Sunrise community is a culturally diverse group located in East Vancouver, consisting primarily of 41.8% English-speaking and 35.4% Chinese-speaking residents. In the last 15 years, the median income in the Hastings-Sunrise community has risen from \$38,596 in 1996 to \$59,952 in 2011(Statistics Canada, Census, 2011). However 19.4% of households are single-parent and 18.1% of households report low income (Statistics Canada, Census, 2011).

The Hastings-Sunrise Community Food Network is a non-profit organization which includes the Thunderbird Community Center, Hastings Community Center, Kiwassa Neighbourhood House, Frog Hollow Neighbourhood House, and City Reach. All of which aim to increase food security within the community through increasing community members' access to healthy and affordable foods (HSCFN, 2015). Through this network, the community has been continually progressing in community capacity building from food programs and activities conducted at local centers (HSCFN, 2015).

Significance

This project signifies the importance of food literacy and its role in contributing to improved community food security, which is defined as the “situation in which all

community residents obtain a safe, culturally acceptable, nutritionally adequate diet through sustainable food system that maximizes self-reliance and social justice” (McCullum, Desjardins, Kraak, Ladip & Costello, 2005). To be food literate is to have appropriate food skills that allow an individual to actively participate in the food system (Cullen, Hatch, Martin, Higgins, & Sheppard, 2015). Individuals who are culturally diverse and on a low income are in a situation where their capacity to develop food skills are unique, thus impacting their level of food security. Furthermore, Miewald and Ostry (2014) argue that housing and food security are interlinked where low-income households are more likely to be food insecure. As a result, these households tend to rely on charitable foods that do not focus on nutritional value, which can lead to additional problems (Miewald & Ostry, 2014). Moreover, this project seeks to address the challenges in food literacy that low-income culturally diverse households experiencing food insecurity face when they receive food from food assistance organizations. In an attempt to address food skills, Miewald and Ostry (2014) suggest that food programs can play an essential role in helping individuals gain food preparation and shopping skills. Therefore, HSCFN’s food project this year is implementing Year 2 workshops, which includes food workshops in 5 locations including community centres and neighbourhood houses on mystery box cooking and how to make use of all the veggies in the donated food box. The food boxes and food workshops attempt to provide adequate nutrition and food skills to food insecure households in the Hasting-Sunrise community. The goal of this project is to facilitate a workshop and create durable platforms for food education that is easily accessible and readily available to community members beyond the workshops.

Objective

In order to build the HSCFN's collective capacity around food security and act on what was learned from year 1 of the CFC project, our major objective is to educate food bank, food rescue mission, and locally sourced food recipients on how to use everything from their food boxes. Additionally, we will develop food knowledge platforms as accessible resources in the Hasting-Sunrise Community to contribute to collective capacity.

To address our objectives, we will focus on the questions below:

1. Are the workshops an effective method in increasing vegetable and fruit intake in workshop participants in the Hastings-Sunrise community?
2. Have the participants gained additional knowledge on how to prepare foods they are unfamiliar with?

Methods

We will attend the Facilitator Training Session to better understand the process of the workshops in order to help aid the facilitator conduct the workshop in November. Prior to this, we will research easy, replicable recipes that can be used for the workshop. Additionally, we will set up the Instagram account, recipe email and redesign the HSCFN blog into a recipe/resource blog. These deliverables will be presented during the meeting, and will be continually updated and revised during and after the workshop.

We will then participate in November's workshop that will teach participants how to prepare and cook the vegetables they obtain from their food box. A survey will be handed out

to each participant, containing questions about demographics and the effectiveness of the workshop. One group member will be observing and taking notes during the course of the workshop. Details in these notes include the number of participants and which station garnered the most interest. Participants will be briefed on what we are conducting and can fill a consent form. Their privacy will be respected as the survey and notes will not contain personal information. As we will also take pictures, the form will ask for photo permission. We will ensure that those who refuse will have an indicator that tells us to not include them in the photo.

Afterwards, these results from the surveys will be compiled and put into Excel to create a visual representation to show which answers and observations are more prominent. Any additional comments from participants will also be included in the Results section in the final report. We will also use these results to tailor the online resources to reflect the community's needs.

Outcome

The major outcome for this project is to learn about the process of community capacity building through engagement with the Hastings-Sunrise community. A recipe book will be created to facilitate the execution of the food workshops. The recipe/resource blog and Instagram account will be passed over to the community partner to further encourage community food awareness and knowledge. The final project is expected to be delivered in early November.

Budget

The budget is \$4575 in total for the 5 workshops where there are funds used for before, during, and after the workshops. For instance, before the workshop, facilitators and on-site helpers will need to be hired and trained as well as be given a resource package to refer to during the workshop. Then, during the workshop, children will need to be supervised and food will be used for cooking, tasting, and eating where containers can be given out to take the food home.

References

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