Assessment of Killarney Neighbourhood Community Kitchens Proposal

University of British Columbia

LFS350 Group 17

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Introduction

In 2012 the city of Vancouver, British Columbia created a plan to become the "Greenest City" by 2020 (City of Vancouver, 2012). This plan includes goals to increase the infrastructure for local food access. According to the Greenest City 2020 Action Plan (GCAP), the local food goal is to increase city and neighbourhood food assets a minimum of 50% by the year of 2020 (City of Vancouver, 2015). A type of food asset is community kitchen, which is a source of cooking and nutritional information where individuals can prepare a meal as a group (City of Vancouver, 2015). The area of our study is in Killarney, a south-east side neighbourhood in Vancouver. The aim of this study is to understand the accessibility and availability of community kitchens in the Killarney neighbourhood. There are two main objectives this study will identify, the condition and current usage of the community kitchens, and the types of programs provided through these kitchens. The detail on participatory demographic is also collected but it is not used as objective. Since it is a crucial component for us to know more about the background information. A survey given to each community kitchen will give insight of our objectives along with an inquiry question of "Do the types of infrastructure and programs provided by a community kitchen impact the ability of citizens to get access to food?"

Background and Significance

The Asset-Based Community Development (ABCD) approach enhances and builds connections by focusing on the community's capabilities, strengths, and assets (Holmer R, and Mercado, A., 2007). Our group will be using an ABCD approach by identifying the strengths and the assets of community kitchens in Killarney in order to support their community to improve food knowledge and security. Community kitchens are ideal for

running cooking programs which will increase one's cooking skills, nutritional knowledge, and improve food security (Iacovou *et. al*, 2013) through access to a variety of foods, improving budgeting, and cooking skills (Crawford, SM, and Kalina, L,1997). However, it is uncertain of the location and number of community kitchens in Killarney, or how many people benefit from these community kitchens.

Killarney's population is 28,455 with 57.2% as immigrants, and an average annual household income of $64,189. (Vancouver Courier, 2016). In addition, with a median household income of $53,242, Killarney has the second highest median household income among the South Vancouver neighbourhoods. Based on these data, it may have a different impact on our study of Killarney community kitchens as majority of the literature's participants are in low-income families (Iacovou *et. al*, 2013). Killarney borders are from north East 41st Avenue and Kingsway to the Fraser River, and from east Boundary Rd to Elliot Street/Vivian Drive (Figure 1). Killarney also includes the small neighbourhood of Champlain Heights (Vancouver Courier, 2016). The three food assets that we found within the Killarney area include two Community Centres, and one Farmer's Market (Figure 2). There are still a lot to discover within the Killarney area such as where do they get their food supply from and who manages and facilitates the programs they conduct in their community kitchens.

Figure 1: Killarney, Vancouver

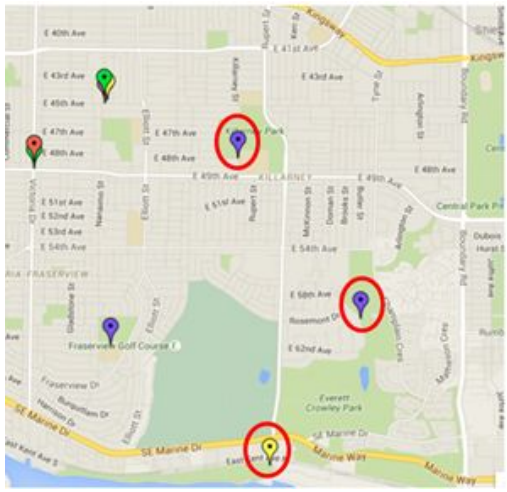

Figure 2: Food Assets in Killarney, Vancouver

Methods

Recruitment Approach

Potential candidates for this study will be scouted out online through Vancouver food networking sites including the South Vancouver Neighbourhood Food Network (South Vancouver Neighbourhood Food Network, 2015) and Greater Vancouver Food Bank Community Kitchen Library (Fresh Choice Community Kitchen Library, 2015). Community kitchens may be located in community centres, neighbourhood houses, schools, cooperative housing sites, or in personal residences (Fresh Choice Community Kitchen Library, 2015). A list of possible partners will be contacted either through phone or email with a script/letter of intent that has been drafted out by our team (Appendix A). They will be informed of the study and discuss their interest to participate. After confirmation, a meeting with each community kitchen will be used to sign consent forms, visit their facility, and conduct the survey.

Ethical Considerations

Several ethical principles outlined in Mathie and Cunningham (2003) and Community-based Participatory Research; A Guide to Ethical Principles and Practice (2012) will be used to conduct this study. Before the survey is conducted, community partners are to be clearly debriefed on the procedures. A consent form is mandatory prior to conducting the survey. Participants are also allow the right to refuse to answer certain questions during the interview. All information will be kept confidential and names of the employees are not used in the analysis.

Data Collection and Analysis

The City of Vancouver will provide a standard survey for data collection from the community partners (Appendix B). Slight modifications will be made if necessary when community kitchens are interviewed. Two members are to visit each community kitchen with a prepared survey and record accurate notes during the interview. Observations of the kitchen and environment will also be recorded.

Once interviews are complete, we will analyze the collected data. For quantitative data we will analyze the equipment, condition of kitchen, and amount of funding received using comparison charts and excel spreadsheets. This data will help determine the accessibility and availability of community kitchens in Killarney. Qualitative data can be obtained by comparing facilities and programs to see the similarties and differences between all the community kitchens we interview in Killarney. Such data will better inform the project partners of suggested improvements as they can see the differences between community owned and city owned kitchens.

Success Factors

From the perspective of student learning, success will be measured by establishing a relationship with project partners and keeping an open channel of communication in which necessary information can be gathered. It will also be measured by the number of community kitchens surveyed. Another indicator of success will be gaining insight about the operations, logistics, and types of facilities community kitchens have access to. Information on number of staff, hours of operation, resources, suppliers, and funding are critical factors to understanding how community kitchens are able to keep running. This type of information can provide useful recommendations to all partners to optimize their individual operations. In terms of the community partner's expectations, success will be dependent on how many community kitchens we get in contact with and the percentage of survey completion that occurs. The more information a particular community kitchen gives us, the more of a personalized report we can provide that may address issues to review or successes that can be reinforced. Another key success factor will be to respect their privacy and not to disrupt their personal affiliations. The steps to achieve success include; persistence in locating Killarney area community kitchens, establishing guidelines with each community kitchen, outlining what information they are comfortable sharing, and what they would like from us, the students. The purpose of our project is to identify the challenges in community kitchens and the summarized data will be shared with the community kitchen in a report.

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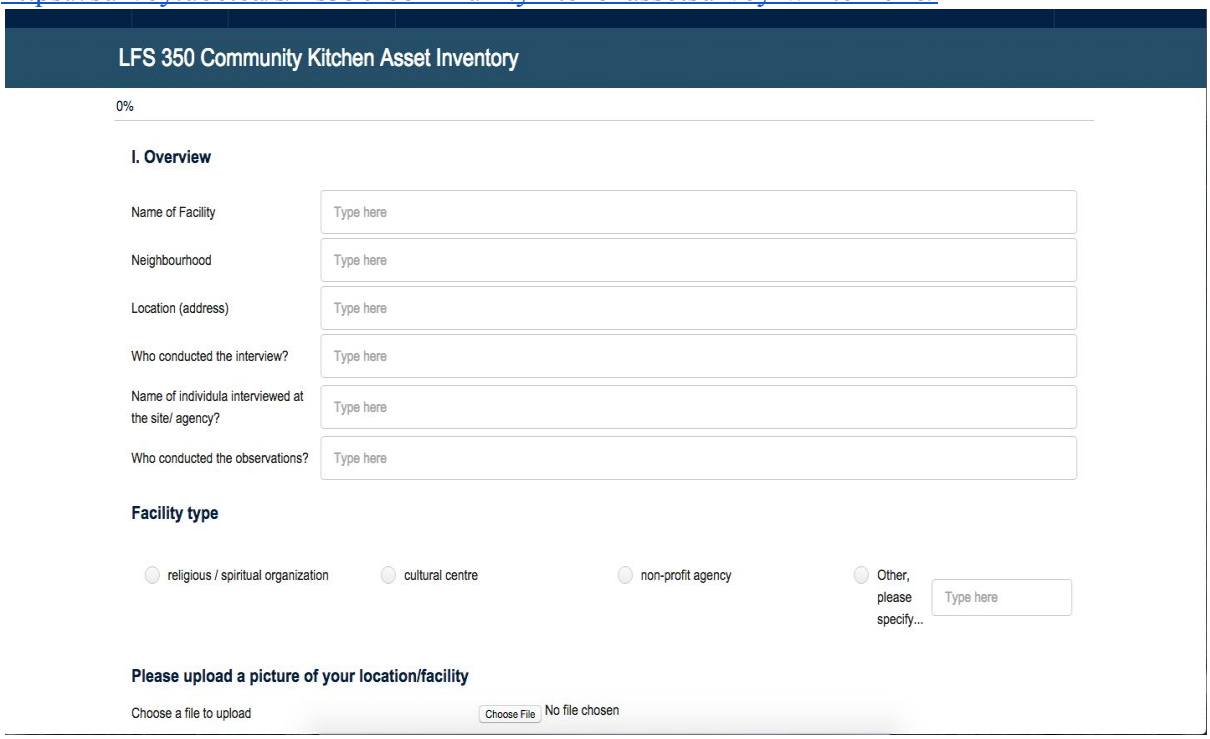
Appendix

Appendix A (Screenshots). Retrieved from https://survey.ubc.ca/s/lfs350-communitykitchenassetsurvey-winter2016/



LFS 350 Community Kitchen Asset Inventory

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I. Overview

Name of Facility — Type here

Neighbourhood — Type here

Location (address) — Type here

Who conducted the interview? — Type here

Name of individula interviewed at the site/ agency? — Type here

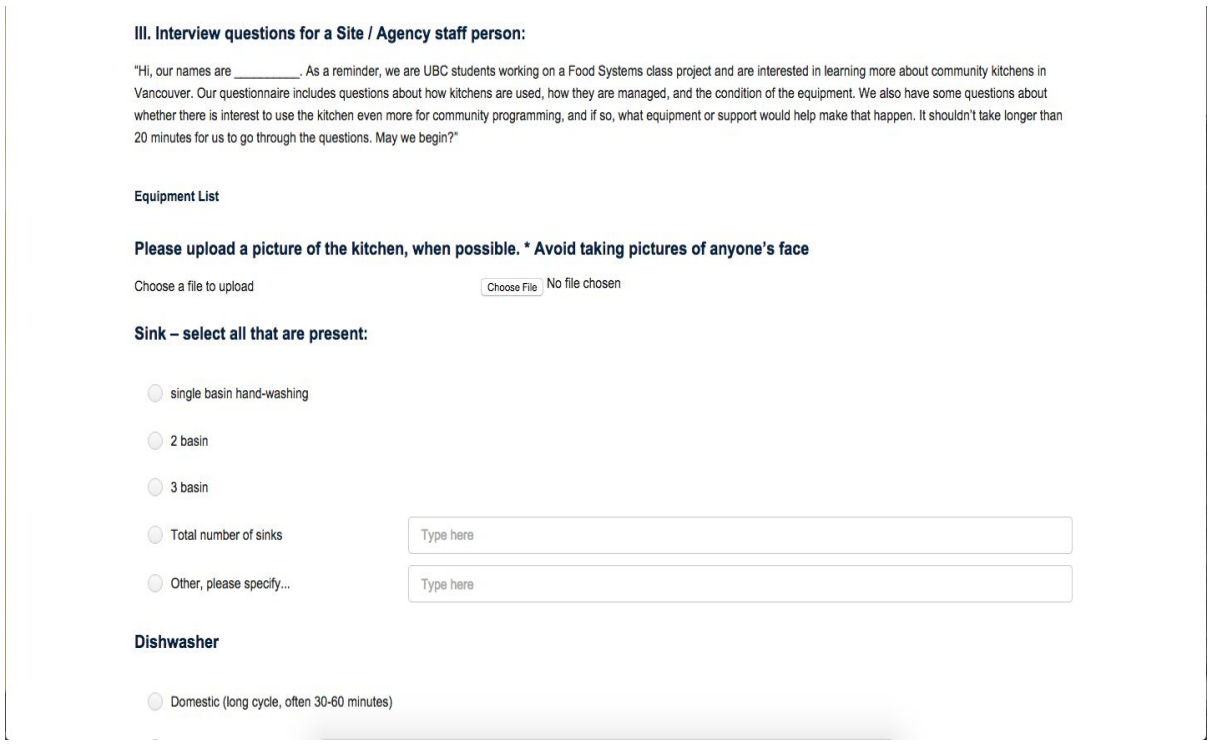
Who conducted the observations? — Type here

Facility type

- religious / spiritual organization
- cultural centre
- non-profit agency
- Other, please specify... — Type here

Please upload a picture of your location/facility

Choose a file to upload — Choose File — No file chosen



III. Interview questions for a Site / Agency staff person:

"Hi, our names are _____. As a reminder, we are UBC students working on a Food Systems class project and are interested in learning more about community kitchens in Vancouver. Our questionnaire includes questions about how kitchens are used, how they are managed, and the condition of the equipment. We also have some questions about whether there is interest to use the kitchen even more for community programming, and if so, what equipment or support would help make that happen. It shouldn't take longer than 20 minutes for us to go through the questions. May we begin?"

Equipment List

Please upload a picture of the kitchen, when possible. * Avoid taking pictures of anyone's face

Choose a file to upload — Choose File — No file chosen

Sink – select all that are present:

- single basin hand-washing
- 2 basin
- 3 basin
- Total number of sinks — Type here
- Other, please specify... — Type here

Dishwasher

- Domestic (long cycle, often 30-60 minutes)

- Industrial (high heat, cycles only take a few minutes)
- None

Equipment

	Yes	No
Are there pots / pans available for public use?		
Are there cooking utensils (spatulas, knives, wooden spoons, can openers, etc) available for public use?		
Are there plates / bowls/ cutlery for public use?		
Are there adequate fuses for the kitchen? (i.e. the fuses don't typically blow)		

What type of improvements, if any, would you like to make to the kitchen?

Type here

Usage

Is the kitchen more domestic type or commercial? *'Commercial' would typically have an industrial dishwasher, a 2 or 3-bin sink, possibly stainless steel counters.

- Domestic
- Commercial

For what purposes is the kitchen used? (Select all that apply)

- for teaching classes and cooking skills
- for groups to cook together such as 'community kitchens'
- for preparing food for groups that meet on-site, for large functions/events
- for businesses or for-profit enterprises, social entrepreneurial entreprises
- Other, please specify... Type here

If you have any food service or serve any meals / snacks to clients / participants, how many meals are served each week?

Who uses the kitchen? (select all that apply)

- Staff or paid employee(s) or member(s)
- Community members along with staff / volunteers from the site / agency– e.g. on-site programming like classes and facilitated cooking groups
- Community members with staff / volunteers who are not from the site/ agency – eg. community kitchen facilitated by a food bank or Canadian Diabetes Association staff/volunteer
- Community members without staff presence – eg. community kitchen that isn't facilitated by the host site;
- Neither – i.e. the kitchen is not available for any programming for the public

If you have onsite community kitchen programming or cooking classes, how many different groups use the kitchen each week?

How many hours a week is the kitchen used?

Comments

Type here

How many hours per week does it take to manage the kitchen?

Regulations / restrictions

If the kitchen is available to the public, what regulations are in place? (Select all that apply)

- insurance
- damage deposit
- restrictions on sales
- timing of when the kitchen can be used
- cleaning requirements

Regulations / restrictions

If the kitchen is available to the public, what regulations are in place? (Select all that apply)

- insurance
- damage deposit
- restrictions on sales
- timing of when the kitchen can be used
- cleaning requirements
- food safe certificate
- none
- N/A

Type here

- Other, please specify...

Comments

Type here

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Additional questions:

Are you interested in having your kitchen used more for community programming (e.g. cooking classes, cooking groups, bulk buying clubs)?

- [ ] Yes
- [ ] Maybe
- [ ] No
- [ ] Examples — Type here

Are you interested in having your kitchen used by community members trying to start a food-based business with a social mandate?

- [ ] Yes
- [ ] Maybe
- [ ] No
- [ ] Comments — Type here

Are you interested in offering / renting space to non-profits or local farmers to store food? * Either based on your current capacity or if equipment such as fridges / freezers were provided for you.

- [ ] Yes

Are you interested in offering / renting space to non-profits or local farmers to store food? * Either based on your current capacity or if equipment such as fridges / freezers were provided for you.

- [ ] Yes
- [ ] Maybe
- [ ] No
- [ ] Comments — Type here

What would allow you to have your kitchen used more?

Type here

In your opinion, what is the most important piece of equipment, infrastructure, or policy that enables your kitchen to be used as much as it is currently used? (i.e. what could you not live without?)

Type here

In a sentence or two, how would you describe the value of your kitchen space to your organization or community?

Type here

II. Observations

Facilities

	Yes	No

II. Observations

Facilities

	Yes	No
Is there any additional learning space adjacent to the kitchen?		
Is there a play area for children adjacent to the kitchen?		
Is there a childcare facility onsite?		

Is there an eating area with tables and chairs that is part of or attached to the kitchen?

- [ ] Yes
- [ ] No
- [ ] If yes, about how many people can eat together? Type here

How many people can the counter space accommodate to do food cutting and preparation?

Comments

Is there an eating area with tables and chairs that is part of or attached to the kitchen?

- [ ] Yes
- [ ] No
- [ ] If yes, about how many people can eat together? Type here

How many people can the counter space accommodate to do food cutting and preparation?

Comments

Type here

Accessibility

	Yes	No
Is the kitchen wheelchair accessible?		
Is it wheelchair friendly? (i.e. low counters, wide aisles for wheelchairs)		
Is there accessible parking?		

Back Next

IV. Reflection questions as a group afterwards:

Comments about presence / ability to access of any of the equipment?

Type here

Comments about the quality of any of the equipment?

Type here

How would you categorize the kitchen in terms of equipment?

- Appropriate for commercial use (E.g. well-functioning equipment, counters that can be cleaned, 2 or 3-bin sink)
- Appropriate for commercial use with modifications (E.g. requires new equipment to make it functional)
- Appropriate for community use (E.g. well-functioning equipment and it can fit ~6 or more people into the space comfortably)
- Appropriate for community use with modifications (E.g. requires new equipment to make it functional)
- Appropriate for domestic cooking (E.g. Similar to a home kitchen with well functioning equipment, it would be ok for 2-3 people to cook at a time)
- Appropriate for domestic use with modifications (E.g. requires new equipment to make it functional)

Is the kitchen primarily used

- Internally (staff / agency-led initiatives)
- Externally (external partner led initiatives)
- N/A (Not used)

- Appropriate for community use (E.g. well-functioning equipment and it can fit ~6 or more people into the space comfortably)
- Appropriate for community use with modifications (E.g. requires new equipment to make it functional)
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- N/A (Not used)

After visiting and surveying all of the kitchens in your assigned neighbourhood(s), reflect on usage, barriers and facilitators. Based on the conversations you have had, discuss the contribution that kitchens can make to a community and propose recommendations to better support kitchen use in your assigned Vancouver neighbourhood(s).

Type here

Back Submit

Appendix B

Contact letter/Script:

Hello____,

I am looking to connect with Community Kitchens in the Killarney Neighbourhood as part of a project on accessing food security in relationship to the Vancouver Greenest City 2020 Action Plan. I would like to meet with community kitchen members to discuss experiences, success and impact of the communit kitchen in the neighbourhood.

Cheers,

_____