

Project Proposal
Community Kitchen Assessment in Kerrisdale and Marpole areas

LFS 350 - Group 22
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Introduction

Community kitchens actively bring individuals who are willing to share healthy and nutritious meals together, and provide kitchen facilities for them to meet up regularly and cook and eat together (Greater Vancouver Foodbank, n.d.). Community kitchens also help participants to build friendships with each other, acquire nutritional knowledge, and improve culinary skills (Great Vancouver Foodbank, n.d.). As meals are shared within community kitchens and sometimes even taken home by participants for later consumption, the safety of food must be strictly controlled (Great Vancouver Foodbank, n.d.). This project aims to evaluate the infrastructure of community kitchens, while applying the principles of Asset-Based Community Development, that encourages researchers to focus on the contributions that have been made and could be made in the future by community partners for positive development of the community (Mathie and Cunningham, 2002, pp.5-6). The project could potentially provide information for community partners and the City of Vancouver to contribute to future improvements of community kitchens.

The objectives for the project include the followings:

- To evaluate the facilities and programs available at privately operated community kitchens in the Kerrisdale and Marpole areas with respect to the food safety and accessibility aspects.
- To understand the challenges faced by community kitchens participating in this project.

The question we expect to answer from this project is: What facilities and programming are generally available in community kitchens in the Kerrisdale and Marpole areas?

Background and Significance

The areas of interest in our project are the Kerrisdale (Figure 1) and Marpole (Figure 2) communities, both located at the lower south end of Vancouver West. Kerrisdale has a population of 14,615 in 2006 while Marpole is slightly larger with 23,832 in 2011, of the inhabitants, majority are of foreign descent primarily from Chinese origin (City of Vancouver, 2006). These communities have a higher projected household income comparative to Vancouver and Metro Vancouver (City of Vancouver, 2012).

Food safety is defined as “actions aimed at ensuring that all food is as safe as possible...covers the entire food chain, from production to consumption” (World Health

Organization, n.d., para. 2). It is affected by chemical (such as allergens), microphysical (such as exposed sharp glass or metal that could cause injury), and microbiological factors (such as pathogenic bacteria) (Hanning, O'Bryan, Crandall & Ricke, 2012). In the study by Byrd et al. (2013), preventive actions that contribute to the maintenance of food safety have been identified, including preventing cross contamination through contact surfaces and kitchen equipment, to adequate refrigeration and storage, as well as preparation that meets temperature standards (Byrd-Bredbenner, Berning, Martin-Biggers, & Quick, 2013). Therefore, by conducting our study we may be able to provide information to community partners regarding food safety.

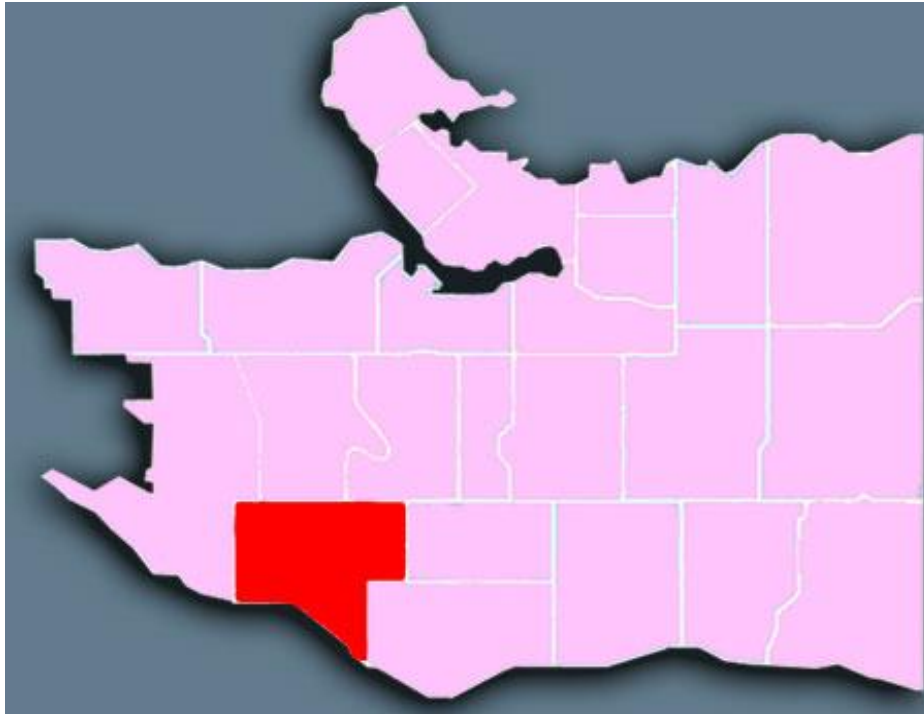


Figure 1: *Kerrisdale Neighbourhood, Vancouver, BC.*

Source: https://commons.wikimedia.org/wiki/File:Vancouver_Kerrisdale.jpg

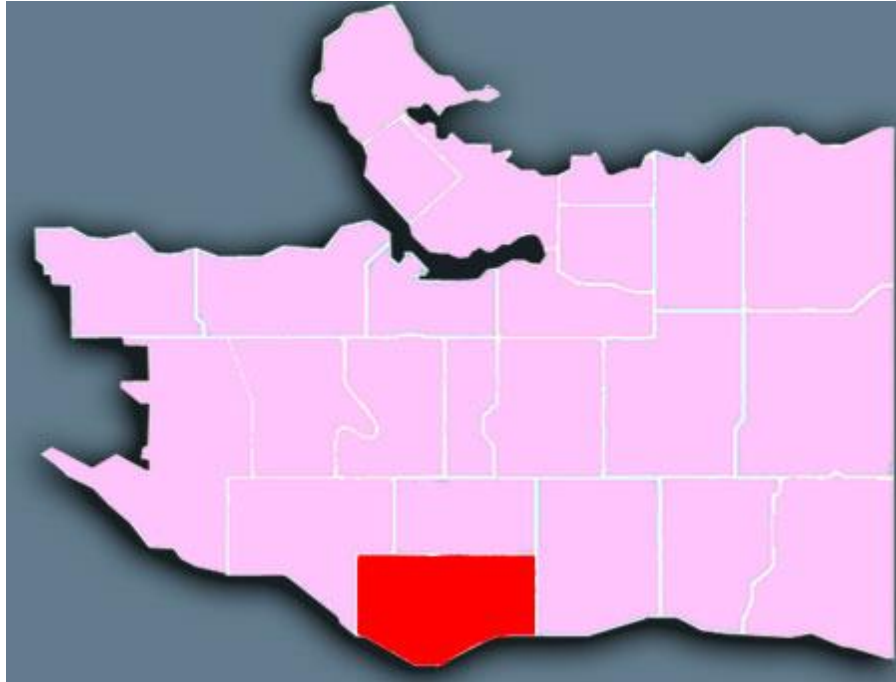


Figure 2: Marpole Neighbourhood, Vancouver, BC.

Source: <http://vancouver.ca/files/cov/marpole-community-plan-open-house-display-boards-2012-may.pdf>

Food accessibility is recognized as “sources for healthy food are easy to get to at a manageable distance from home or work, using affordable and convenient personal or public transportation” (Minnesota Food Charter, n.d., para. 1). Due to the inaccessibility of food resources and cooking tools, and the lack of skills to prepare the food, many families can become hesitant in providing food of quality and quantity (Broughton et al., 2006; Minnesota Food Charter, n.d.). Taking this into consideration, by looking at our survey results, we may be able to determine if community kitchens are adequately prepared to minimize possibilities for food inaccessibility to their current and potential participants.

Due to the lack of data regarding food safe practices and equipment of community kitchens in the Vancouver municipality, this project will be researching into the infrastructure and maintenance of these facilities addressing those issues related to community kitchen in the Kerrisdale and Marpole areas, and providing sufficient data to fulfill those knowledge gaps.

Research Methods

For our project, we will be conducting standardized surveys and observations at community kitchens around the Kerrisdale and Marpole area.

Detailed work plan includes:

- Contacting private community kitchens or kitchens attached to other community facilities that are not operated by the City of Vancouver via email in order to establish an initial relationship and provide insight into our project;
- Upon an agreement to participate or a request for further information, in-person meetings will be scheduled with each community partner in order to acquire basic knowledge about the community partners based on the survey questions. Other observations regarding kitchen infrastructure and/or facilities may be included upon visiting;
- To partake in general activities or services provided by the organization, with community partners' permission, to gain realistic exposure for evaluation;
- To conduct thematic analysis after obtaining sufficient data, and to present results in statistical format. This allows us and readers to visualize our findings, and allows us to generate constructive advice for community partners.

In terms of the ethical considerations, after the completion of the TCPS 2 Tutorial, we've decided to acquire the consent for participation from community partners and emphasize their privacy and confidentiality (Government of Canada, 2014). Data kept on our devices will be secured using encryption, non-identifying names, or reducing device exposure.

Success Factors

One of the criteria indicating successful completion of our objectives, from the students' perspective, could be receiving positive feedback from the LFS teaching team on the final presentation and report we will be presenting. From the community partners' perspective, success could be measured by whether or not the community partners have been appropriately involved and feel comfortable when approached by the student team, while daily operations of their organizations have not been interfered by this project. The long term success could be reflected by the City of Vancouver using the data from the project to evaluate and improve community kitchens in the future.

Community partners could apply the project findings that are specific to their organization, in order to improve their program quality and to assist with their future program planning. The findings could also help the City obtain updated information on non-city facilities for future improvements. The strategies used during the process and the outcome of this project could be good learning tools, by assisting fellow students interested in learning about or working in a community. Not only are the findings desirable, but the whole process of the project would also be significant to the LFS 350 course through feedback to improve the course.

In order to achieve success, each group member will actively participate in group activities such as attending group meetings and contacting community partners. The effort should also be put into engaging organizations properly so that valuable information could be effectively obtained with their permission.

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