



Sponsors:



West End
Neighbourhood Food
Network



HOMESTEADERS
EMPORIUM



SPENCER CHANDRA HERBERT
VANCOUVER-WEST END MLA

The West End Food Festival is presented by:



gordonhouse.org [/GordonNeighbourhoodHouse](https://www.facebook.com/GordonNeighbourhoodHouse) [/GordonNHouse](https://www.twitter.com/GordonNHouse)
1019 Broughton Street. Vancouver, BC V6G 2A7 | (604) 683-2554

Thursday, Sept. 18th

Community Lunch

12:00–1:00 pm

Join us for pizza and a fresh salad, featuring ingredients from Gordon Neighbourhood House's Urban Farms.

Cost: \$5.00

Brews and Chews

7:00–9:00 pm

A West End Pop-up Pub Night, is the official launch event for the 2014 West End Food Festival. The event will highlight craft beer and food pairings and will feature local DJ Teyshan spinning 90s hip-hop.

Tickets available at Gordon Neighbourhood House front desk

Friday, September 19th

Butchery Basics

2:00–4:00 pm

Breaking down a whole chicken into retail cuts is a fast, easy way to save money, and opens up a whole new range of culinary possibilities.

Suggested Donation: \$5

Backyard Chickens 101 (for kids and others!)

3:30–5:30 pm

Learn the basics of keeping chickens in this kid and family friendly workshop. Duncan, designer-builder of the "Vancooper" chicken coop will discuss the many benefits of owning your own flock. Learn how to raise, feed and care for your own backyard hens. Discuss coop requirements, city bylaws, chicken breeds, and what to do with an old hen. Everyone welcome!

Suggested Donation: \$5

Native Edibles

6:30–8:30 pm

It can be easy to forget about the wealth of food that grows all around us. Come out and learn about edible plants that call our region home. Lori Snyder from the Métis Nation will discuss how to identify and harvest wild, edible, and medicinal plants in an ethical way. Weather permitting; most of the workshop will be outside. Wear comfortable walking shoes and, if possible, bring a flashlight.

Suggested Donation: \$5



Saturday, September 20

Farmers' Market Tours

10:00 am

Join local nutritionist Lisa Halliwell and West End MLA Spencer Chandra Herbert for a tour of your Farmers' Market! Meet vendors and learn about the health benefits and environmental impact of buying locally produced food. Lisa and Spencer are available for any questions you might have about your market. Scavenger hunt and prizes included in every tour! All ages.

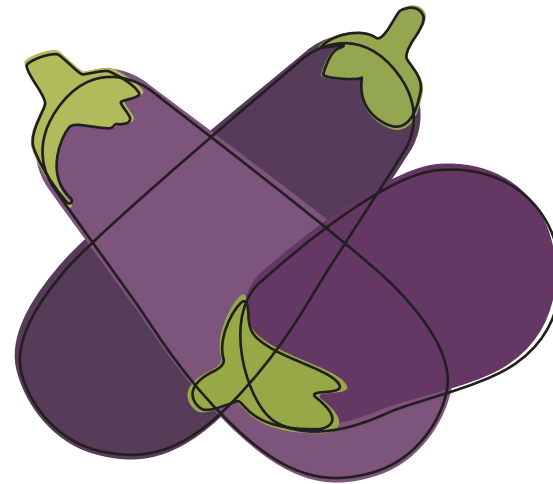
Cost: Free

The Suppermobile

10:00 am

Is produce at the Farmers' Market unaffordable for your family? Want to introduce your kids to new foods, while supporting local farmers? Gordon Neighbourhood House's Suppermobile program works to mitigate physical and financial access barriers to fresh, healthy produce. Please phone 604 683-2554 for more details.

Cost: Free



Healthy Eating

1:00–3:00 pm

Healthy eating doesn't have to be expensive. Discover how affordable and delicious meals can be with a few pointers from our local nutritionist. We'll learn some tips and tricks to help navigate the aisles and our kitchens. Join us for "Eating Well on a Budget"

Suggested Donation: \$5

Homemade Mozzarella

1:00–3:00 pm

Join Rick Havlak from Homesteader's Emporium to learn how to make fresh cow's milk mozzarella at home, with only a few, simple ingredients and tools.

Suggested Donation: \$5

Family Movie Night: Ratatouille

6:30–9:00 pm

Join other West End families for popcorn and a Saturday night screening of Ratatouille. Everyone is invited to come dressed up as mice in pajamas to cheer for Remy, the little rat with big culinary ambitions.

Cost: By Donation

Sunday, Sept. 21, 2014

Community Finger-Food Potluck and Food Assets Showcase

12:00–2:00 pm

Try new foods, make new friends, and learn about your community's food assets at the GNH finger-food potluck. A variety of West End food organizations will be in attendance to share how they contribute to the community's food assets. Please bring shareable finger foods that can be eaten without cutlery.

Cost: Free

Urban Farming Initiatives Tour

2:00–4:00 pm

Join local urban farmers Susanna Millar and Nathan Saade on a tour of 4 urban farming sites in the West End. Visit the Davie Village Community garden and three other sites tied to food security programs at Gordon House. Space is limited, so please sign up soon!

Cost: By Donation

Monday, September 22

Creative Playtime Goes to the Farm

9:00 am–12:30 pm

Join us on a trip to Westham Island Herb Farm. We will learn about farming, vegetables, and the animals that live on the farm. Each child will also get to pick a pumpkin to take home from the pumpkin patch. Space is limited, so please sign up soon!

Cost: \$10/ Adults, \$6/ kids

A Place at the Table Screening and Discussion

6:30–9:00 pm

Fifty million people in the U.S.—one in four children—don't know where their next meal is coming from. Directors Kristi Jacobson and Lori Silverbush examine the issue of hunger in America through the lens of three people struggling with food insecurity. A Place at the Table shows us how hunger poses serious economic, social and cultural implications for our nation, and that it could be solved once and for all, if the American public decides — as they have in the past — that making healthy food available and affordable is in the best interest of us all. A facilitated discussion will follow.

Cost: By Donation

*All events will be hosted at Gordon Neighbourhood House