

Richmond Food Asset Map: Kitchen + Food Programs

Proposal Report

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Group 3
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Introduction:

This project is intended to gather information about community food assets across the city of Richmond. Food assets are “places where people can grow, prepare, share, buy, receive and learn about food” (VCH, 2017). We will be working with Vancouver Coastal Health (VCH) Public Health dietitians and community partners to create a mapping tool to help community members to seek food resources and help Public Health Dietitians assess neighbourhood needs.

Vancouver Coastal Health provides health care services such as primary care, community-based residential and public health in hospitals, primary care clinics, community health centres and residential care homes in Vancouver, Richmond, West Vancouver, along the sea-to sky highway, sunshine coast and BC’s Central Coast (VCH, 2017). Their mission is to “be committed in supporting healthy lives in healthy communities with their partners through care, education and research” (VCH, 2017).

Richmond is located in Metro Vancouver and is between downtown Vancouver and the US border (Richmond, 2017). Richmond is a very dynamic and multi-ethnic community with a population of over 200,000 people (Richmond, 2017). Being the city with the lowest median household income in Metro Vancouver (Richmond, 2017), residents of the city may be more susceptible to food insecurity. At present, organizations such as VCH and the Richmond Food Bank are providing knowledge and resources to the residents of Richmond in hopes of spreading awareness and knowledge of food security. By building upon the previous term’s Richmond Food Asset Map, we hope to do follow up on food assets that currently exist within the community and allow people to access these food assets via the food asset map.

Significance:

This project aims to strengthen community food security through the integration of community food assets which include community kitchens, food skill workshops and free kitchen spaces. The goals of a community kitchen are to “design a public space and common property as a necessary alternative to commodity consumption as well as connect to community through the sharing of knowledge, produce, space, and food” (Kuskoff, 2014); whereas a food skill workshop and free kitchen access will provide an environment where they can increase their food literacy skills. These food assets align with the goals of VCH of conducting research to be committed in supporting healthy lives in healthy community.

Community food security is defined as a situation in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a

sustainable food system that maximize community self-reliance and social justice (Hamm & Bellows, 2006). Statistics collected by the government of Canada in 2012 showed food insecurity affecting 8.4% of all households in Canada (Government of Canada, 2017), with Richmond being just one of the many Canadian cities facing this problem. Richmond has the second highest visible minority population in Canada, with approximately 38.5% of the city's population earning a household income of under \$40,000 and child poverty rates as high as 25%, making it hard for families to secure meals on a daily basis (VCH, 2017).

A food asset map will help the vulnerable families that reside in Richmond by increasing their knowledge of food assets in their neighborhood. As stated by McCullum *et al.* (2005), the food asset map will help food security advocates analyze the community environment, examine the causes of food insecurity and implement strategies that will help the local food system become more food secure. Education is a crucial factor in addressing food insecurity because it allows people to make appropriate choices when they know what is available to them. This education is provided through creating a space where people can open up and share with each other what they know as well as learn from one another to enable the community to provide food in a more ecological way to tackle food insecurity issues (Guthman, 2011).

Objectives:

- To gather information regarding food assets in the city of Richmond to add on to the current list
- To obtain feedback from community members on the usage of the newly created Richmond Food Asset Map
- Using received feedback from community partners to identify changes that can be made to improve the food asset maps' usage and functionality

Methods:

Data Collection Approach

To determine which organizations can provide information on food assets in Richmond, we will refer to a brochure containing information on low cost/no cost cooking programs provided by Anne Swann. In addition, we will also search for more organizations via the internet. We will thoroughly look through the excel spreadsheets

completed by the group from last term to prevent contacting organizations that have already given their approval. We will also contact organizations that did not reply to the group last semester. The food assets we will include on the map are community kitchen programs, food skill workshops, and free kitchen spaces in Richmond.

After sharing the proposal report to Anne Swann, we will email a minimum of five organizations to request for information regarding their food assets by providing a link to an excel spreadsheet, where they can input their information until March 6th. We chose to email a minimum of five organization because it is an achievable goal given the limited amount of time we have. In the email, we will also include a consent form requesting for permission to utilize the food asset's information on the food asset map. The information we will ask for include: who the food asset is for, the participation cost, when it can be accessed, the organization or program's website, phone number, email address and location. After hearing back from the food assets, we will input their information into the excel spreadsheets and submit to Anne for approval by March 6th. If organizations do not reply by March 6th, we will input their information in red, indicating they have not responded to us, therefore future groups should follow up with them.

Starting March 12th, we will be conducting in-person interviews and giving demonstrations on how to use the food asset map to get feedback on it. These will be conducted on community partners, organizations and VCH staff who have given consent to be interviewed.

Data Analysis

The data collected from the organizations will be analyzed and then organized into appropriate excel spreadsheets provided by Anne Swann. The data will be organized based on whether or not permission by the organization was given to apply the information to the food asset map.

The feedback from the in-person interviews will provide insight on how to modify the food asset map for easier use and understanding. In addition to that, the feedback will allow us to enquire about how useful the map is to people in the Richmond community.

Ethical Considerations

All group members completed the online tutorial Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans (TCPS 2).

Before applying the organization's data onto the food asset map, we will ensure we get permission to use their data via email. The e-mail will include a document to teach them how to use the food asset map, glossary of what to label their food asset as and a link to an excel spreadsheet. The interviewees' consents will need to be provided

before we can ask for feedback on the map. A consent form will be used to collect feedback regarding the food asset map during the in-person interviews.

Outcomes:

Firstly, an excel spreadsheet with food assets that have agreed to be included in the food asset map will be submitted to VCH dietitians on March 6th, 2018. In addition, an infographic describing our project including: why it matters, how we approached the issue, what we found and the take home message will be created and presented on March 26, 2018. Lastly, a final project report will be submitted to Canvas by April 8, 2018.

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