PAY-WHAT-YOU-CAN
A Gordon Neighbourhood House Community Lunch Program

THE ISSUE: Food insecurity is a nation-wide crisis affecting upwards of 4 million people
10% of Vancouver households currently experience food insecurity

WHY FIGHT FOR FOOD INSECURITY?
Food insecurity detrimentally affects an individuals’

Physical Health
Mental Health
Social Health

OUR OBJECTIVE
To plan, prepare, and serve two healthy, low-cost meals for guests attending the Pay-What-You-Can community Wednesday lunch program

OUR APPROACH
Conducted a survey to determine whether our interventions were effective in terms of aligning with the desires of the community to empower healthy eating and promote food security.

THE RESULTS:

Thai Peanut, Chickpea Nourish Bowl Survey Results

MIX
NO
YES
10%
10%
81%

Mongolian Tofu and Broccoli Nourish Bowl Survey Results

MIX
NO
YES
18%
18%
65%

TAKE-HOME MESSAGE

The Gordon Neighbourhood House represents 1 out of over 50 community-based kitchens in Vancouver
Imagine instituting our nourish bowls throughout all the community-based kitchens in Vancouver
Imagine providing food-insecure citizens across the nation with improved access to nourish bowls

References