

Teaching Food Literacy

at **Gordon Neighbourhood House**

An Asset-Based Community Development Approach¹

Objective

Implement food literacy workshops centered on food preservation methods and storage in order to better understand the context of food literacy within the West-End community.

Significance



Moving Towards Community Food Security²

Context



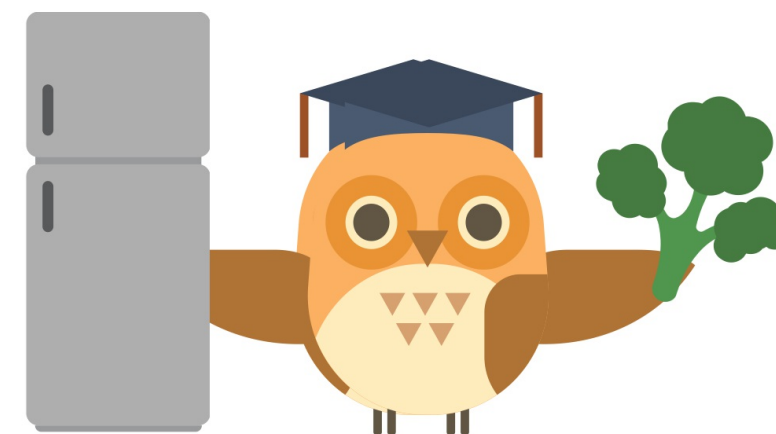
250-350

Patrons Attend the Food Hub and pick up Food Bank groceries each Friday



Gordon Neighbourhood House Identified Need for Food Preservation Workshops

Methods



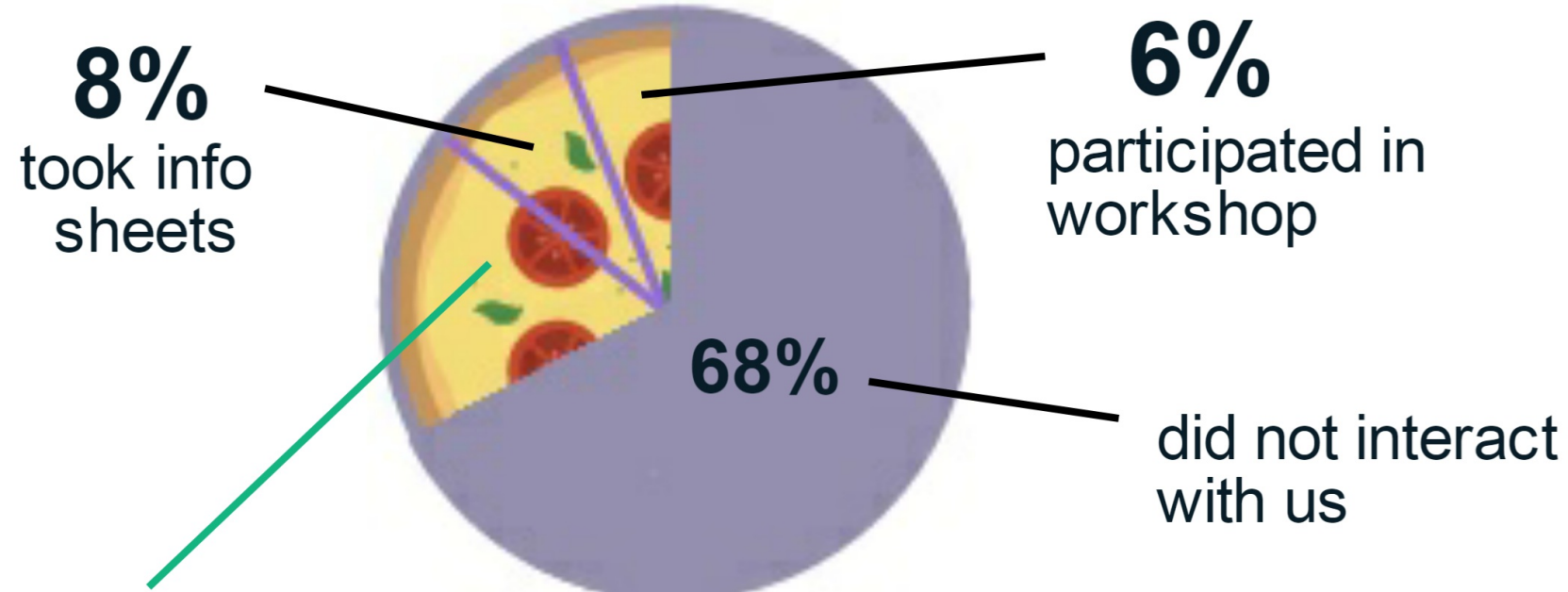
Conducted Food Storage/Preservation Workshops



Distributed Feedback Forms to Participants and Analyzed Collected Data

Findings

Of the 300 Patrons....



18% = 54 People Spoke with us!

>50% participants are in a single person household

100% participants reported an increase in food preservation & storage skills

Suggested Future Workshops by Participants



Drying Mushrooms at Home



Growing Herbs at Home



Cooking tips



More hands-on experiential learning

"A great way to learn skills that will come in handy later on... I definitely learned a thing or two on how to make my food last!"

- Workshop Participant

Special Acknowledgments to:



1. Mathie, A., & Cunningham, G. (2003). From clients to citizens: Asset-based Community Development as a strategy for community-driven development. *Development in Practice*, 13(5), 474-486.
2. Hamm, M. W., & Bellows, A. C. (2003). Community food security and nutrition Educators. *Journal of Nutrition Education and Behavior*, 35(1), 37-43. doi:10.1016/S1499-4046(06)60325-4