

Community Food Security: What does a meal bring us?



Gordon Neighbourhood House (GNH) - Pay What You Can Lunch Program

GNH strives to ensure that the West End of Vancouver is a vibrant and active community, where everyone is empowered to play an active role in civil society



LFS 350 Experiential Learning Project



The issue

What is food security?

Food insecurity in the West End of Vancouver

- Limited Accessibility
- Food is not affordable

Why does it matter?

Low income individuals have limited access to nutritious foods for a healthy life due to financial constraints

GNH Wednesday Lunch

The meal is Pay-What-You-Can with the average donation being \$2

Volunteers from the community serve tea and coffee, as well as soup and sandwiches to every community member

We connected with GNH's vision through this lunch by providing an exceptional meal, empowering the participants

Our Approach & Findings

Asset-Based Community Development used to approach the issue of food insecurity, which is sustainable community development based on the community's strengths and potentials

An affordable, nutritious and affordable meal consisting of vegetarian chili and a seasonal green salad was prepared for 16 community members that we hoped can be more sustainable than soup and sandwiches.

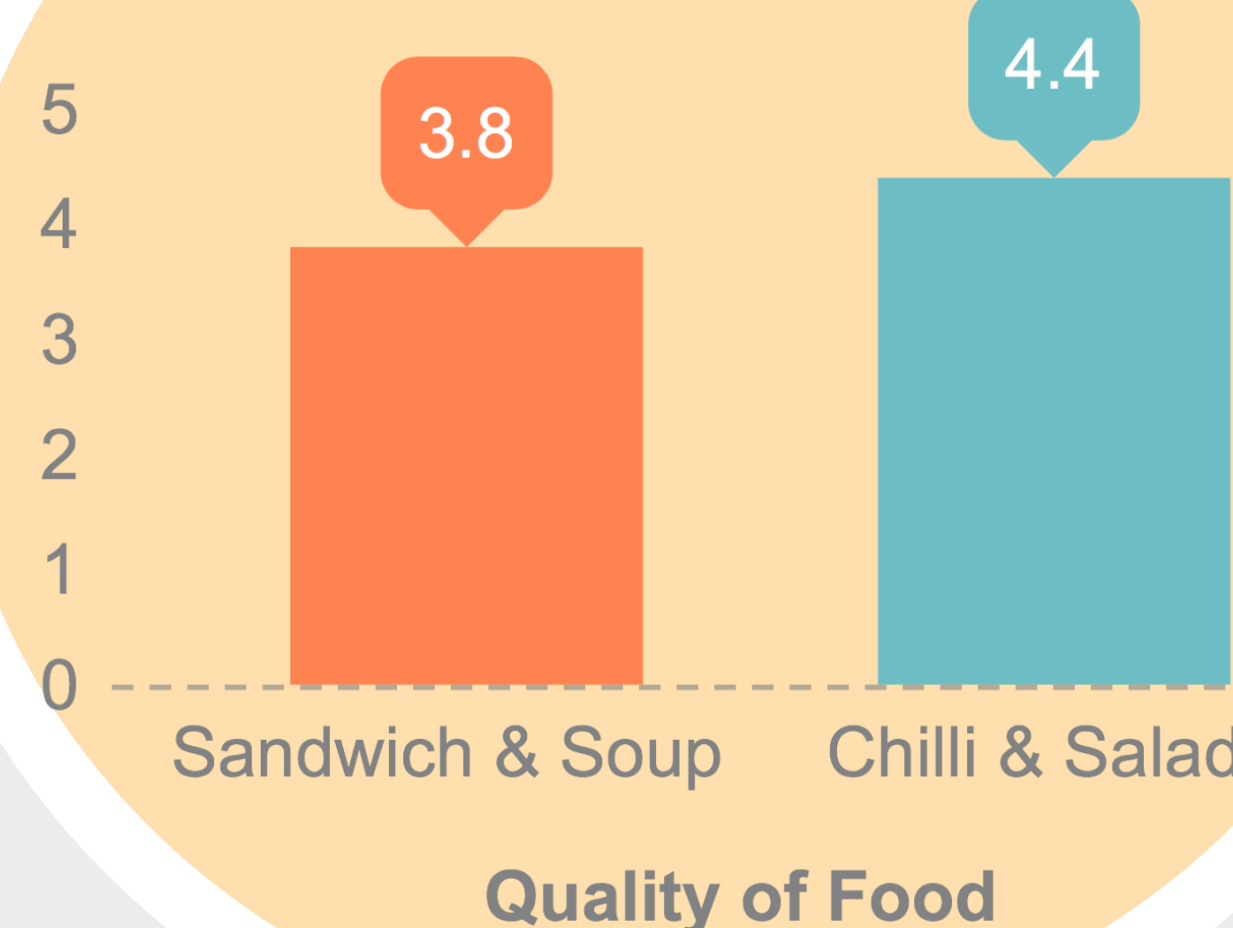
We surveyed the 16 participating members to evaluate how they liked the food served

Our meal was liked similarly to the previous Wednesday meals that include sandwiches and soup.

The community members desire a variety in the foods offered.

The community members enjoy meeting up with new and old friends around the lunch table each week.

How are members liking the food?



Take home message

We found that, to community members, the meaning of community meals were less about the food, but more about eating a meal with others.

Low cost community meals help fight food insecurity by providing wholesome food in a welcoming environment that provides a space for inter-cultural exchange and dialogue.