



# India Cultural Centre - Richmond, BC

## WHO are they?<sup>2,4</sup>

 Accommodate 1000 worshippers

 Volunteer-based

## WHAT do they do?<sup>2,4</sup>


 Run by the donation

 ~ 100 portions of vegetarian food prepared 2-3x per week

## WHY do we care?<sup>2,4</sup>

 Increases food security in the community

 Fosters connection between culture and food

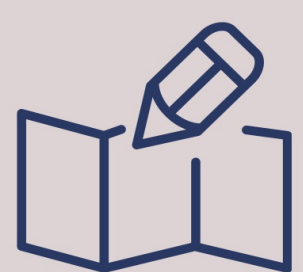
 A resource to educate the community and improve health

## India Cultural Centre OBJECTIVES

1) Meet Vancouver Food Policy Goals:<sup>3</sup>

- Strategy 3.1 : Enabled residents to make healthy food choices
- Strategy 4.1 : Improve access to nutritious food among vulnerable groups

2) Fulfill basic sikh principles (sewa, kirat, and equality) through Langar



## THE ISSUES faced by India Cultural Centre

- The prevalence of diabetes among South Asians living in Canada can be as high as 12 - 15 %<sup>5</sup>
- South Asians in Canada have 1.5x - 2x the prevalence of cardiovascular disease compared to Caucasians.<sup>1</sup>




## OUR GOALS as LFS 350 students


- To collect info to learn how food initiatives addresses goals at India Cultural Centre
- Help shape future LFS community projects

## OUR APPROACH



**1** Learning about Sikh beliefs:  
EQUALITY + SERVICE + WORK 

**2** Communications:  
Contact our Community Partners and Online Research. 

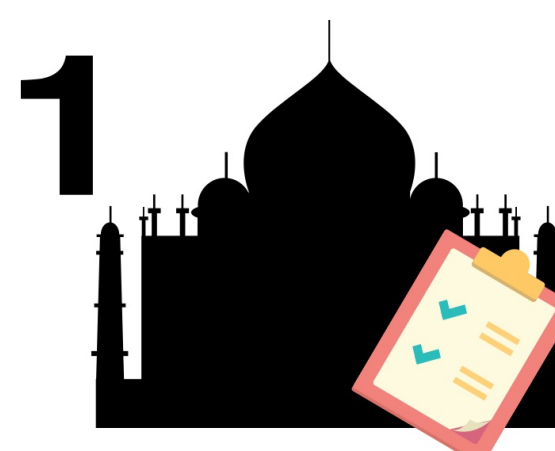
**3** Action:  
Data Collection: interviews with committee members and kitchen staff. 

**4** Analysis:  
Compile data and analyze temple committee's concerns. 

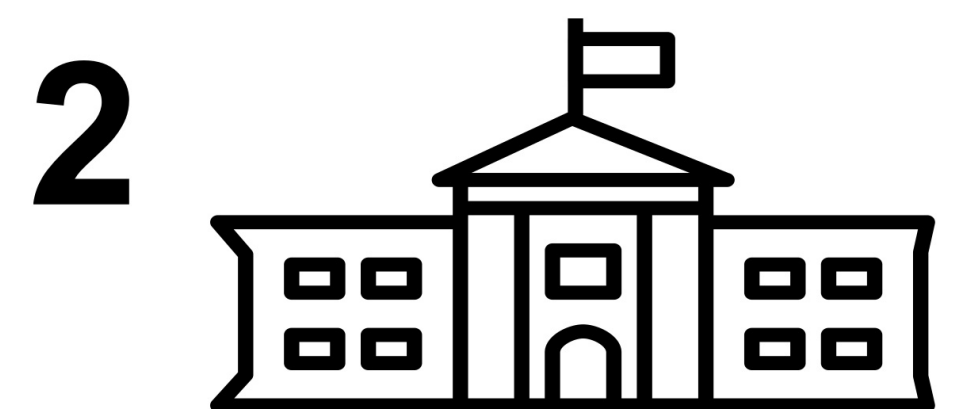
## RESULTS

-  Main concern with traditional sweets rather than savoury vegetarian foods
-  Leftovers kept in freezers, then brought to downtown east side within 1 week

## VISION + TAKE HOME MESSAGE



1  
Equality Service Work



2  
Vancouver Food Policy (3.1 & 4.1)



3  
Future partnership with health authorities

1. Fernando, E., Razak, F., Lear, S. A., & Anand, S. S. (2015). Cardiovascular disease in South Asian migrants. Canadian Journal of Cardiology, 31(9), 1139-1150.

2. India Cultural Centre of Canada (n.d.). Introduction to Sikhism (Pamphlet). Gurdwara Nanak Niwas.

3. Regional Food System Action Plan. (2016). Retrieved February 6, 2017, from <http://www.metrovancouver.org/services/regional-planning/PlanningPublications/RegionalFoodSystemActionPlan.pdf>

4. Sanghera, B. (2017). Personal Communication

5. Sohal, P. S. (2008). Prevention and management of diabetes in South Asians. Canadian Journal of Diabetes, 32(3), 206-210.