



FOOD LITERACY



in Vancouver's West End

THE PROBLEM



91,300

BC households experienced food insecurity in 2011 (and has only continued to rise)¹

1,847

BC residents were homeless in 2016²

103,464

BC residents were helped by the Food Bank in March of 2016³

¹ Health Canada (2012); ² Thomas (2016); ³ Food Banks Canada (2016)

WHY SHOULD WE HELP?

improve food literacy



creating positive relationships built through social and cultural experiences with food, which in turn enable people to make decisions around that support a healthy and active lifestyle



food literacy is one of the underlying causes of food insecurity

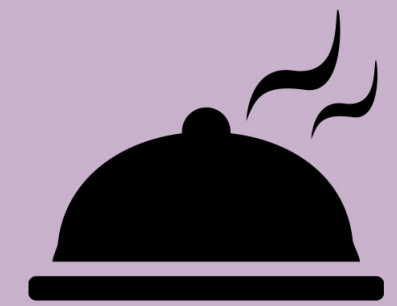
WHAT IS THE FOOD HUB?



Provides empowering and dignified experiences for those having difficulties accessing food



Goal: "create welcoming and accessible environment where additional support and services can be included"



Provides grocery-style food bank experience and restaurant-style soup kitchen

METHODS

Objective: create an accessible and permanent food literacy tool for patrons to share and disclose positive food memories

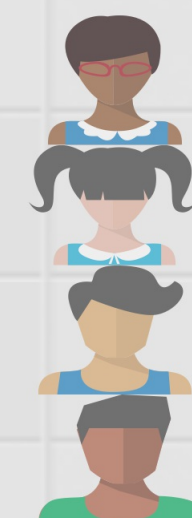
Assess strengths & assets through informal community interactions & qualitative assessment

Strategize ways to harness strengths

Utilize community resources to create a food literacy tool

OUR FINDINGS & CONTRIBUTION

Through informal community interactions and qualitative assessment, we found that there exists a disconnect between patrons and chefs, resulting in a barrier to transfer of food knowledge.



CREATION OF RECIPE BOOK TO LINK THE TWO GROUPS TOGETHER

TAKE HOME MESSAGE

Given the right circumstances and medium to share ideas, communities have tremendous capability in fostering healthy and dynamic interactions to support the growth of its people.

SUGGESTIONS FOR NEXT LFS 350 GROUP

- (1) Assess patron reception of cookbook & adjust accordingly
- (2) Improve horizontal knowledge transfer by creating novel spaces and media
- (3) Promote multifunctionality of Food Hub (look at potential intersections)

Read all about our journey at:
<http://blogs.ubc.ca/lfs350gnhfoodhubhelpers>

Sources: (1) Health Canada. (2012). Household Food Insecurity In Canada in 2007-2008: Key Statistics and Graphics. Retrieved from <http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/insecurit/key-stats-cles-2007-2008-eng.php>. Accessed March 20, 2017 (2) Food Banks Canada. (2014). Greater Vancouver Food Bank Community Report 2014. Retrieved from https://www.foodbank.bc.ca/wp-content/uploads/2015/11/CVFB-community_report-2014.pdf. Accessed March 20, 2017 (3) Food Banks Canada. (2016). HungerCount 2016. Retrieved from https://www.foodbankscanada.ca/getmedia/6173994f-8a25-40d9-acdf-660a28e40f37/HungerCount_2016_final_singlepage.pdf. Accessed March 20, 2017. (4) Thomas, Matt. (2016). Vancouver Homeless Count 2016. Retrieved from vancouver.ca/files/cov/homeless-count-2016-report.pdf. Accessed March 16, 2017