

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

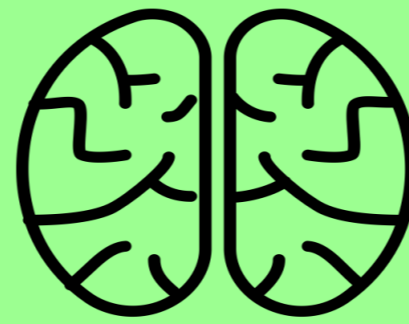
WHY FIGHT FOR FOOD INSECURITY?

Food insecurity detrimentally affects an individuals':

Physical Health



Mental Health



Social Health



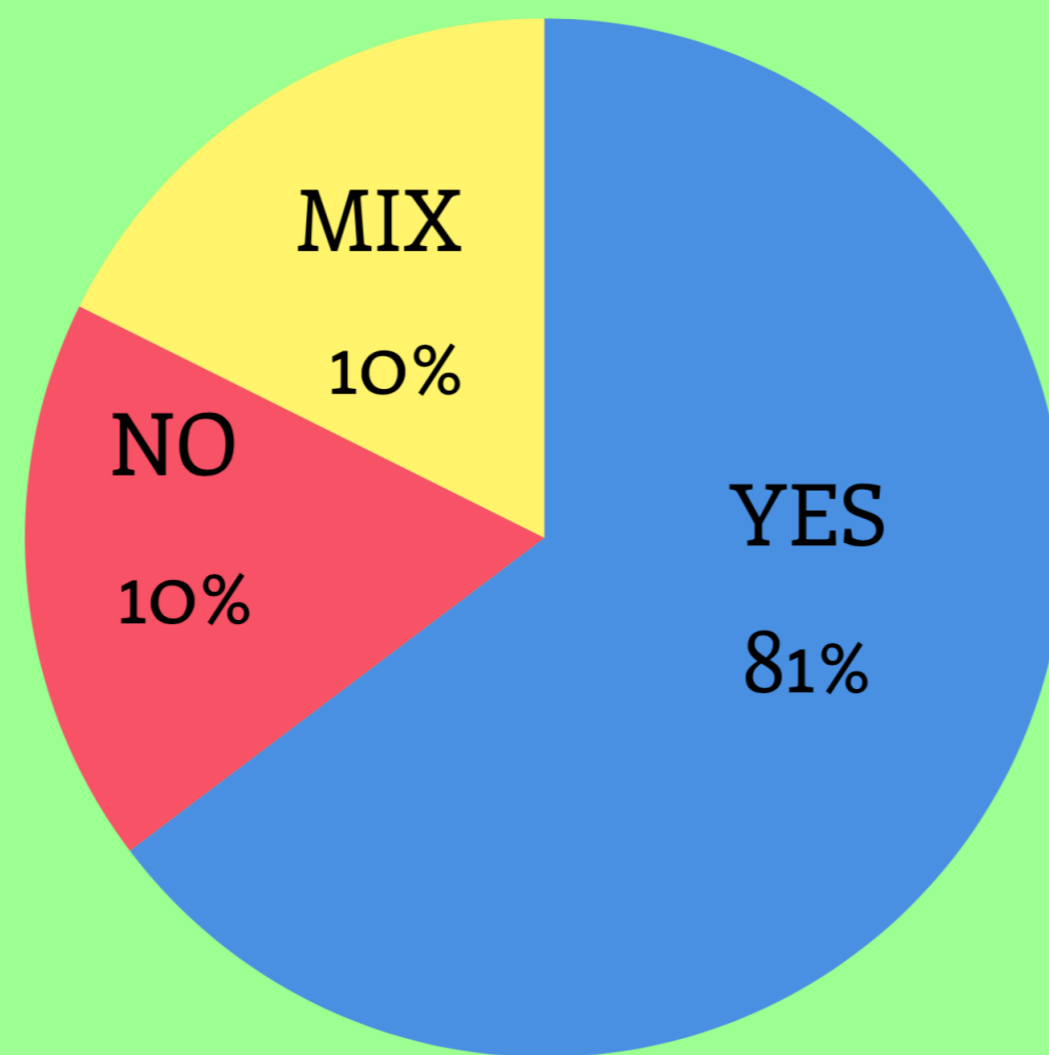
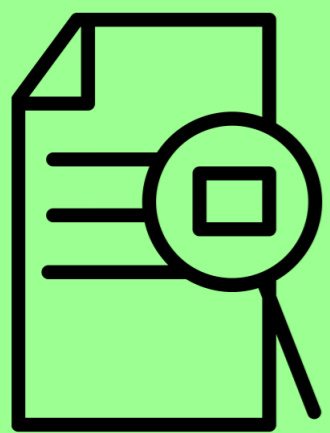
OUR OBJECTIVE

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

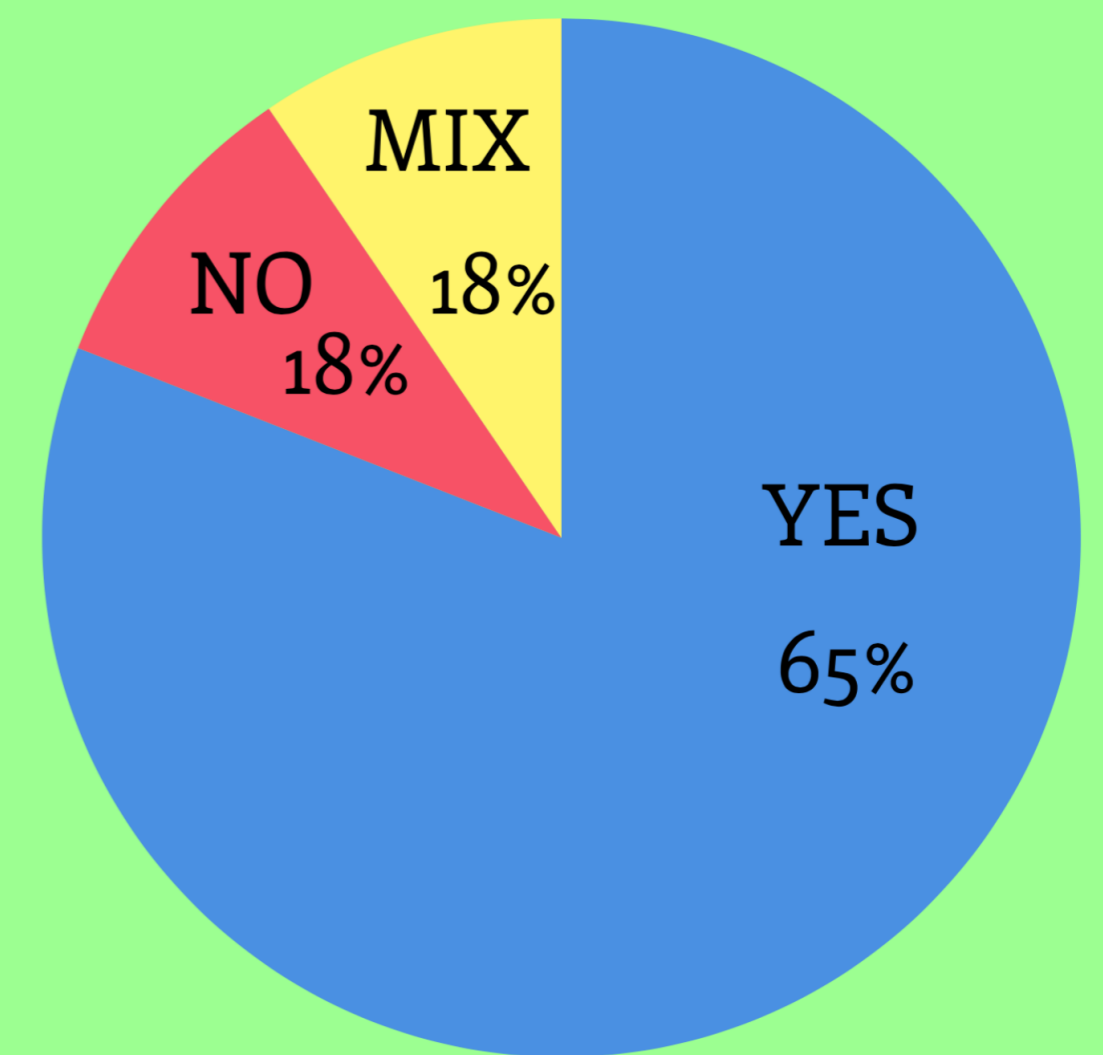
OUR APPROACH

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



Mongolian Tofu and Broccoli Nourish Bowl Survey Results

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



Read more about our journey on: <https://blogs.ubc.ca/communitylunchgroup16/>

References
McIntyre, L., Lukic, R., Patterson, P.B., Anderson, L.C., & Mah, C. L. (2016). Legislation debated as responses to household food insecurity in Canada, 1995-2012. Journal of Hunger & Environmental Nutrition, 11(4), 441-455
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