



# Knocking Out Food Insecurity in Vancouver's Downtown Eastside

## Good Food For All

A non-profit organization that strives to raise awareness of nutrition, health, and tackle food insecurity within the Downtown Eastside.

## Their Boxing Belts



3000 snacks served

480 LBS food stocked



8 nutrition education sessions

## Eastside Boxing Club

A free after school boxing program that meets 3 times a week to introduce exercise, while providing mentorship and relationship building.



## The Fight



### In the red corner

The average amount of food consumed in one year, weighing in at 1996lbs, food insecurity.

### In the blue corner

Weighing in at 120 lbs, the youth aged 13-18 of Eastside Boxing Club sponsored by Good Food for All.



### Food insecurity is defined

as "having limited access to, or availability of, nutritious food, or a limited ability to acquire food in socially acceptable ways" (Miewald & Ostry, 2014).

1 in 6 youth experience food insecurity

60% of food insecure households rely on wages as a main source of income

Sources:  
Miewald, C., & Ostry, A. (2014). A Warm Meal and a Bed: Intersections of Housing and Food Security in Vancouver's Downtown Eastside. *Housing Studies*, 29(6), 709–729.  
Tarasuk, V., Mitchell, A., & Dachner, N. (2016). Household food insecurity in Canada, 2012. Research to identify policy options to reduce food insecurity.

Good Food for All. (2018). *Increasing access, interest, and knowledge of health and nutritious food for youth in East Vancouver* [PDF]. Retrieved from [goodfoodforall.org](http://goodfoodforall.org)



## Our Combat Strategy

Participants let us into the ring and gave us their input on the resources they already had access to and the gaps in knowledge they were hoping to fill.



## Why this fight matters?

It's time to level this unfair fight and help vulnerable kids "bulk up" their employment opportunities using job search education and mentorship!



## Survey Results

A survey conducted with 13 participants in February 2018 was analyzed before the creation of our 4 modules.



Youth that have a resume



85%



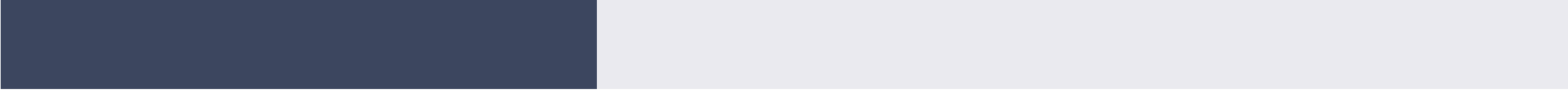
Youth that will be looking for a job in the next 6 months



54%



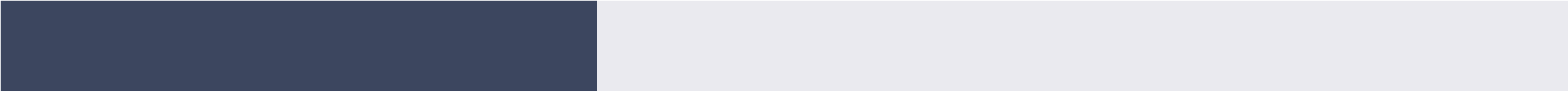
Youth that had a mentor



38%



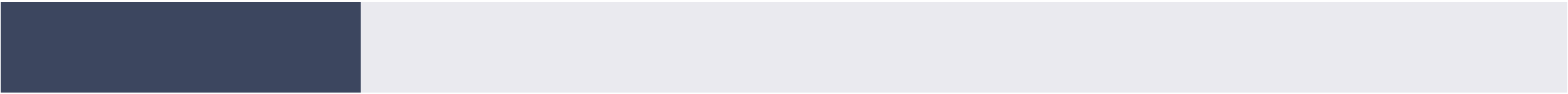
Youth that are seeking post secondary education



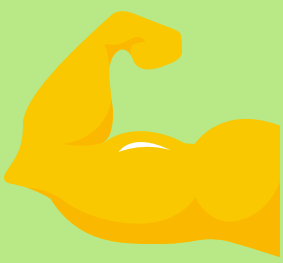
38%



Youth that have jobs



23%



## The Knock Out Punch

Like the 4 corners of a boxing ring, we developed 4 modules to be offered in group workshops and individual advising sessions.



1) Jobs in the Food Industry



2) Resources and Training Programs



3) Speaker and Mentor Series



4) Resume and Cover Letter Building

Information was converted into an interactive website for the youth to access. All good boxers have experienced coaches, so we developed an additional pitch that will recruit community members to "coach" youth participants on the steps needed to acquire jobs in the food industry.

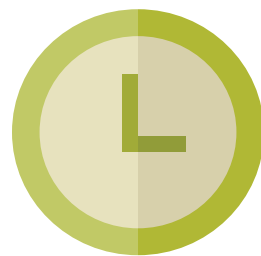


## Conclusions

Majority of the youth lack resources to help them with employment opportunities.

Although many of the youth already had a resume built, they lacked mentorship for their transition from high school into the workforce.

Now that the modules and website are complete, all that is left is to watch the match play out and see the youth at Eastside Boxing Club take home the champion title.



## What's next?

1) Collect youth participant feedback on current module setup.

2) Secure partnerships with other community partner mentors and teachers who can help relay module specifics to youth participants.



## Take-Home Message

There is a connection between food insecurity and lower income levels. We want to help increase opportunities for youth to gain meaningful employment within the food industry that will lead to a steady source of future income.

The youth may not always win this battle, but we hope to provide them with the resources that will give them a fighting chance.