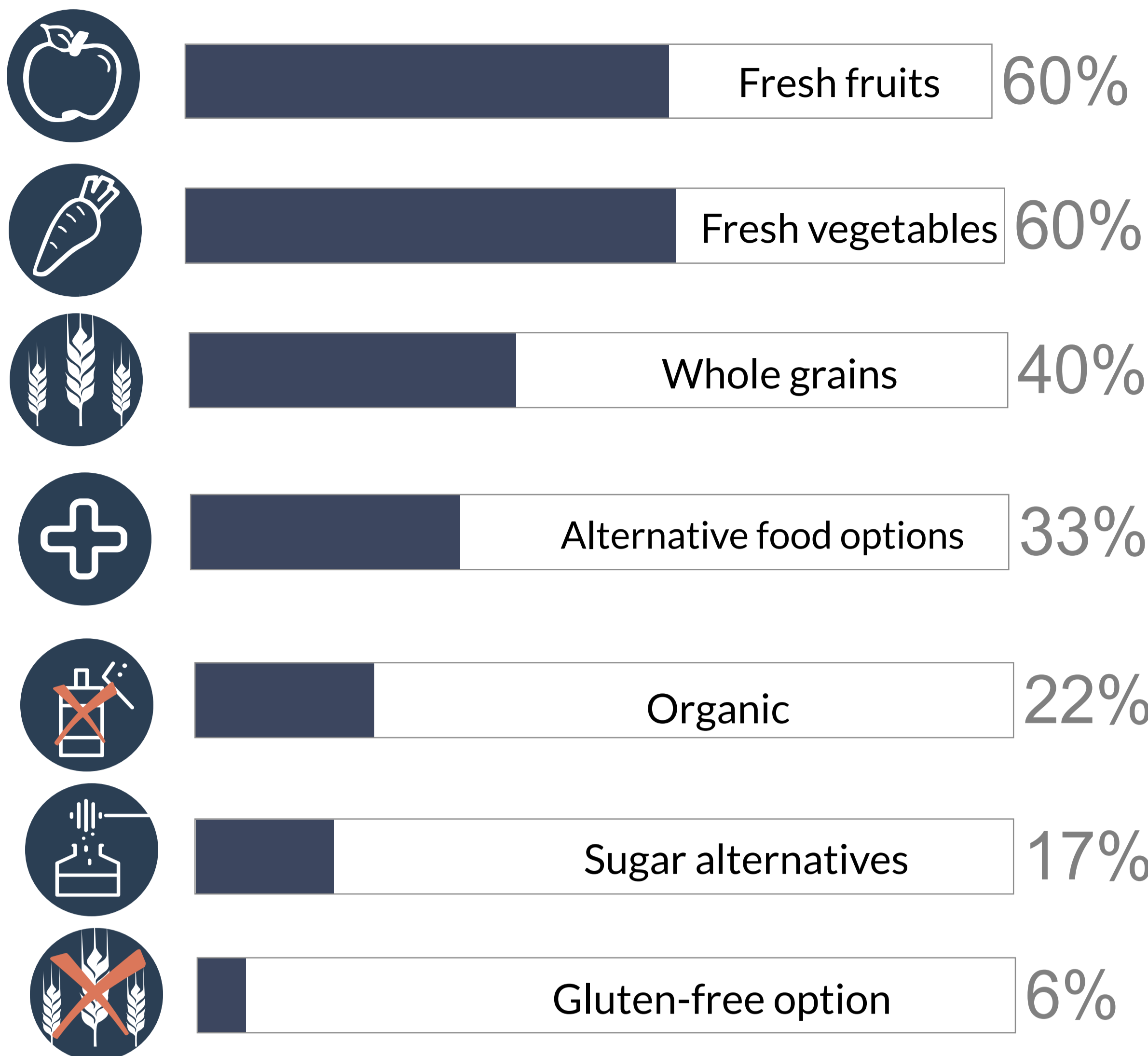


Foodscape of the Downtown Eastside

Fresh Food & Dietary Restriction Options

Below lists the percentage of the 18 community services that accommodate dietary restrictions as well as offer fresh foods daily on the Downtown Eastside of Vancouver



Our project is a collaboration with the Downtown Eastside Neighbourhood House focusing on the access of foods for low-income and/or vulnerable individuals with dietary restrictions.

The goal of this project was to survey programs in the downtown eastside to determine which programs offer food for individuals with a variety of nutritional needs.

Experience of an individual with a dietary restriction:



"My experience in different places serving food in the DTES is they do not always include a menu indicating ingredients used, which is something that would be very helpful."²

-DTES resident diagnosed with celiac disease

MAP of the DTES

The Downtown Eastside is comprised of a racially and cultural diverse population of individuals. Many of which have increased nutrient requirements due to addiction, chronic disease and dietary restrictions.

Additional Survey Findings



The majority of the organizations on the Downtown Eastside obtain more than 50% of their food through donations



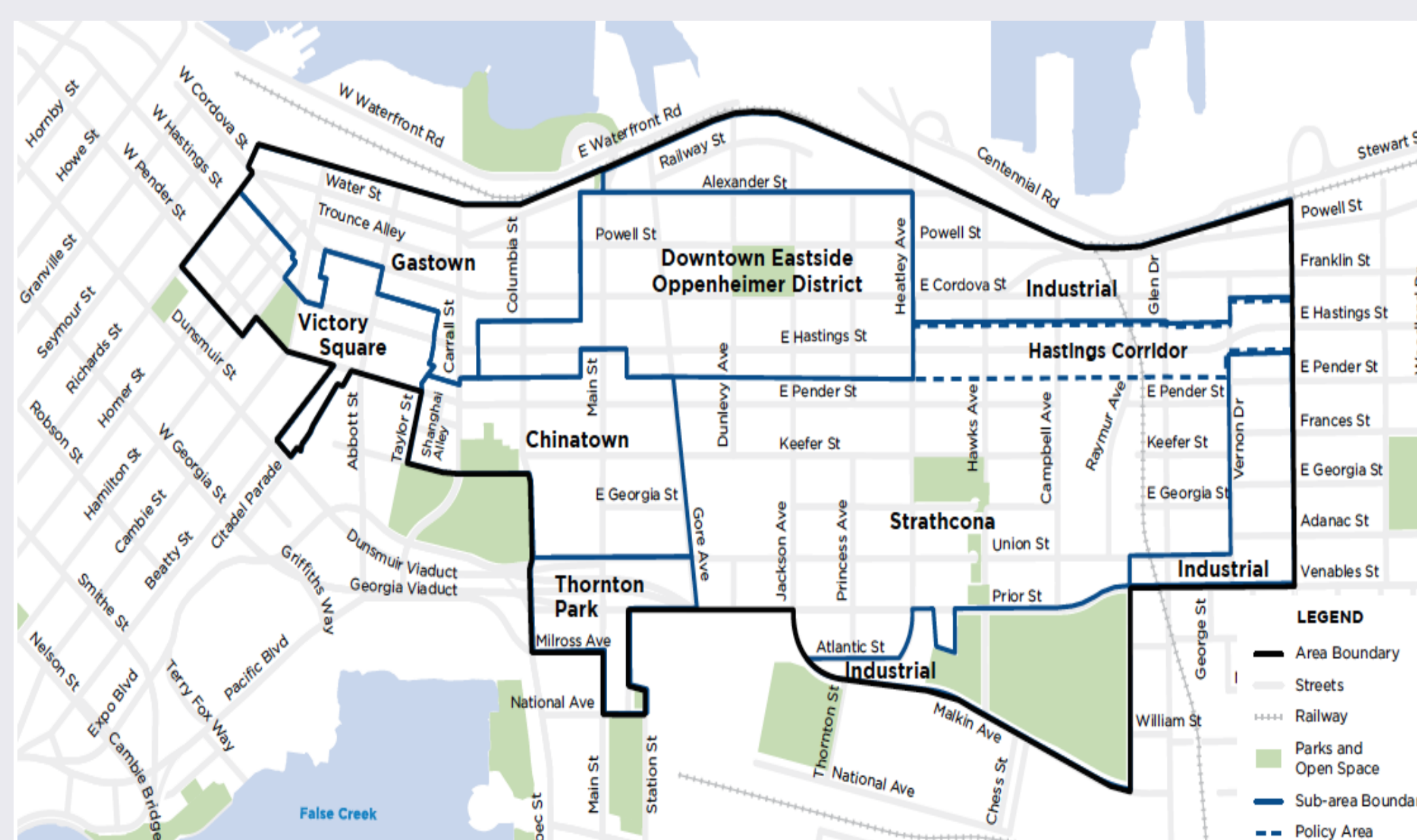
Many of the food organizations were equipped with first aid but lacked protocol for allergies including the access to EpiPens on site



Although some food services lacked options for dietary restrictions, they expressed that 99% of residents were able to eat from menu options



Different meal options are offered on various days of the week, some offering multiple snacks per day while others provide breakfast, lunch and dinner 7 days a week



Implications & Discussion

From the data and information collected in this project, we have concluded that additional research regarding food options in the Downtown Eastside area must be further explored in order for the health and wellbeing of the DTES residents to be held as a priority. This will allow for a more accurate representation of this community that ensures more resources and funding be allocated to the DTES.

Sources:
 1. Canadian Celiac Association (n.d.). Gluten-Free Certification Program. [image] Retrieved from: http://www.celiac.ca/b/?page_id=977
 2. Hecker, S. (2017). Gluten-Free Jail. Right to Food Zine, (18), pp. 22-23
 3. City of Vancouver (2014). Map 1.1: Downtown Eastside Local Area Plan Areas. [image] Retrieved from: <http://vancouver.ca/files/cov/downtown-eastside-plan.pdf>