



# VEGAN MEALS

... .. FOR GORDON NEIGHBOURHOOD HOUSE COMMUNITY LUNCHES ... ..

## ABOUT THE WEST END OF VANCOUVER

33%

of west end residents are in low-income households

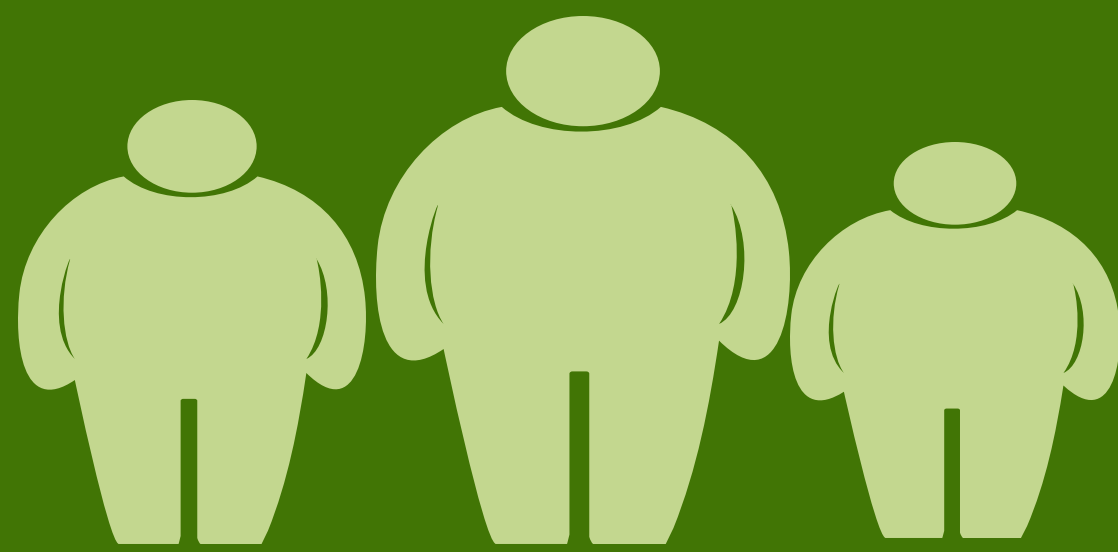
Income inequality and health issues in the west end

14%

are obese (2)

11%

have high blood pressure (2)



## GORDON NEIGHBOURHOOD HOUSE

GNH is a place-based facility, focused on serving the West End community, with services such as community lunches, urban farming and a produce market (1).

Community lunches at GNH provide an opportunity for community members to enjoy a delicious meal with others, meet new friends, and catch up with friends in a casual environment (4). These low-cost but delicious community lunches, prepared by volunteers, serve around 20-25 guests.

## WHY VEGAN

- Health benefits include having a lower mortality rate from heart disease, lower cholesterol levels and a lower risk for certain cancers and hypertension (3).
- Increases the diversity of the diet
- Low-cost
- More sustainable as vegan diets decrease the consumption of dairy and animal products (5)

## APPROACH



## GOAL

To work with the community lunch program in GNH to adapt & scale up vegan recipes

## OUTCOME

- ✓ Scaled up 8 lunch recipes, provided by GNH, to serve 30 community members
- ✓ Created 3 new vegan recipes (Mexican Rice, Peanut Noodles & Celery Black Pepper Tofu) to promote health of community members
- ✓ Provided suggestions for low-cost alternative ingredients such as using ingredients grown in their garden and ingredients that they typically have in their storage room

## TAKE HOME MESSAGE

- ★ Promotion of vegan diets can be done through community meal programs
- ★ Gordon Neighbourhood House can print out the necessary vegan recipes used to prepare the community lunches for each day. If community members like a particular dish, they can bring home the respective recipe and use it when they cook for themselves

## SOURCES

- (1) About Gordon Neighbourhood House. (n.d.). Retrieved March 19, 2018, from <https://gordonhouse.org/about-gordon-neighbourhood-house/>
- (2) My Health My Community (2012). Neighbourhood Health Indicators - Vancouver. Retrieved March 21, 2018, from [https://www.myhealthmycommunity.org/portals/0/Documents/Neighborhood/2016\\_MHMC\\_West\\_End.pdf](https://www.myhealthmycommunity.org/portals/0/Documents/Neighborhood/2016_MHMC_West_End.pdf)
- (3) Vegan Diet. (n.d.). Retrieved March 20, 2018, from <https://www.healthlinkbc.ca/health-topics/abq2485>
- (4) Community Lunches. (n.d.). Retrieved March 24, 2018, from <https://gordonhouse.org/programs/community-lunches/>
- (5) Goodland, R. (1997). Environmental sustainability in agriculture: Diet matters. *Ecological Economics*, 23 (3), 189-200.



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