

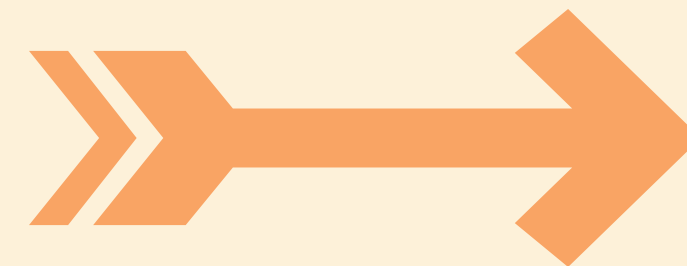
Effectiveness of Food Programs at Hastings-Sunrise Food Network

The Hastings Sunrise Community

18.1%
Low income¹

7.9%
Unemployed¹

194%
Single-parents¹



Prone to:

- Financial hardship²
- Food insecurity²
- Dietary diseases and poor health²



The Hastings-Sunrise Community Food Network (HSCFN)



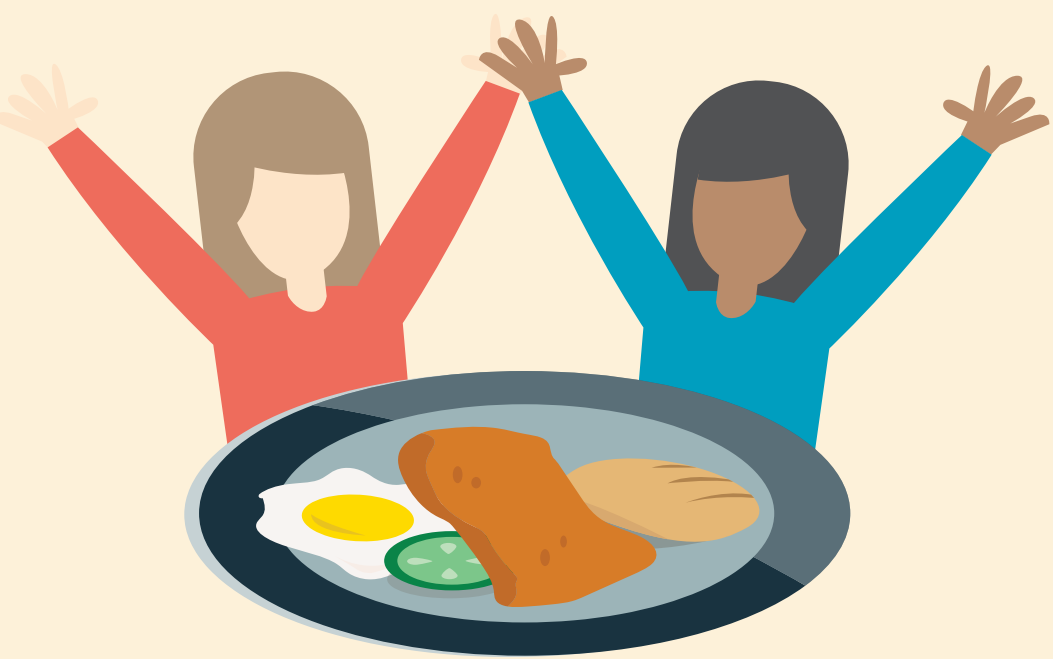
Mission:

To "bring service providers together to build a just, sustainable and resilient food system"³

What is the HSCFN doing?

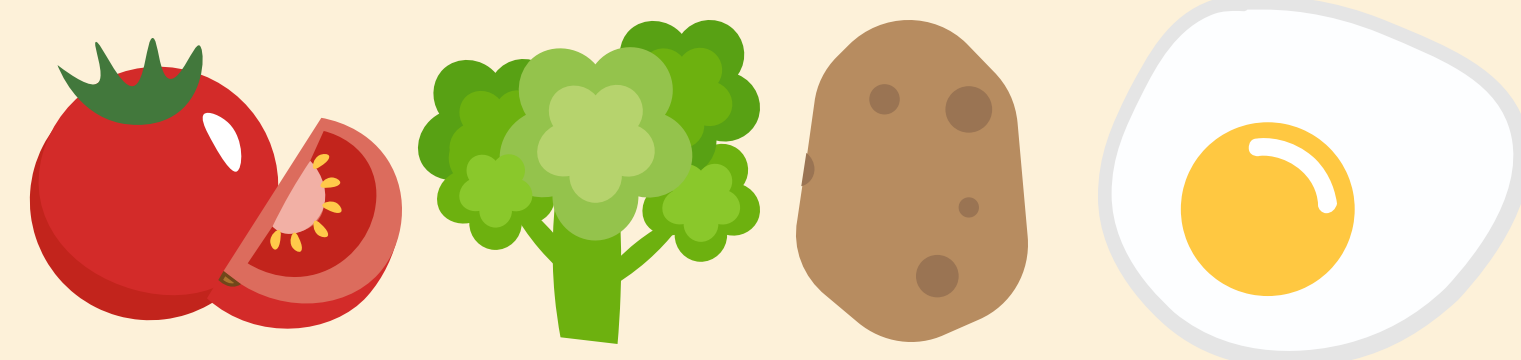
Food programming!

- Food skills workshops
- Food bank and produce market
- Farmers' market nutrition coupon
- Community gardens
- School programs
- Senior meal programs



Why does this matter?

Food programming aims to alleviate food insecurity by helping individuals and families access healthy and nutritious food while fostering a sense of community.



Our Goals:

- To evaluate programs offered by the HSCFN
- To obtain feedback from participants and come up with resulting strategies to improve future programs
- To find ways to increase awareness about programs and reach out to isolated populations

Our Approach:

1. Collected data through surveys and observations at a food program (CityReach Food Bank)
2. Evaluated feedback from food bank users



What did we observe?

What did we learn from the participants?

What does this mean?

- **Food**
 - **Types of food:** fresh fruits and vegetables, yogurt, bread
 - **Quality:** sorted into good, salvageable, and composted
- **Participants**
 - **Common age:** 55+ (seniors)
 - **Demographics:** Arabic (Syrian), Chinese, Latino, Vietnamese, West African
 - **Language:** limited English
 - **Gender count:** 12 females and 7 males
 - **Surveyed:** 10 participants

- **Barriers to consistent participation:** family obligations (e.g. sick children), poor access to transportation, physical disability, work
- **Frequency of meal prep:** daily
- **Quantity of food received:** insufficient
- **Quality of food received:** satisfactory, occasionally expired
- **Feedback for improvement:** none given, all were positive
- **How they found out about the program:** through friends

- CityReach food bank users have adequate cooking skills as evidenced by the daily meal preparations
- The CityReach food bank is a highly valued program within the community
- Increase awareness about community food programs by creating flyers in different languages for distribution



Check out our blog for more information!

<http://blogs.ubc.ca/hastings-sunrise-community-food-network/>



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

Land and Food Systems

Sources

- ¹Statistics Canada. (2011). Hastings Sunrise Community Statistics Census Data. Retrieved from <http://vancouver.ca/files/cov/Hastings-Sunrise-census-data.pdf>
- ²Tarasuk, V., Mitchell, A., & Dachner, N. (2016). Household food insecurity in Canada, 2014. Toronto: Research to identify policy options to reduce food insecurity (PROOF). Retrieved March 21, 2018 from <http://proof.utoronto.ca/wp-content/uploads/2016/04/Household-Food-Insecurity-in-Canada-2014.pdf>
- ³Hastings Sunrise Community Food Network. (n.d.). Who We Are. Retrieved March 21, 2018 from <http://hscfn.com/who-we-are/>