

GORDON NEIGHBOURHOOD HOUSE

MAKING THE WEST END A BETTER NEIGHBOURHOOD IN WHICH TO LIVE AND GROW



ABOUT



Gordon Neighbourhood House (GNH) aims to strengthen the West End community through food-based programming

FOOD BASED PROGRAMS:

URBAN FARMING

GNH manages and runs local farm boxes which yield nutrient dense produce to be used in community based food events



FOOD HUB

Partnering with the food bank and providing affordable fresh food market, food bank, and chef demonstrations

COMMUNITY LUNCHES

Nutritious and diverse lunches for the community that incorporate fresh produce from the GNH farms

GNH uses a dignity model that gives community members choice and agency

sources:

GNH. (2018). Gordon Neighbourhood House Mandate and Vision. Retrieved from: <https://gordonhouse.org/>.

Gunderson, C., and B. Kreider. (2009). Bounding the effects of food insecurity on children's health outcomes. *Journal of Health Economics*, 28 (5), 971-983.

Kendall, A., Olson, C. M., & Frongillo, E. A. (1996). Relationship of hunger and food insecurity to food availability and consumption. *Journal of the American Dietetic Association*, 96(10), 1019-1024

THE ISSUE

Food insecurity in the West End

THE OBJECTIVE

Help support the integration of urban farms with GNH's food based programs

WHY IT MATTERS

+ Urban farming uses marginalized space in the city to produce food that is put back into GNH programs

+ Food insecurity is associated with negative physical and mental health outcomes (Gunderson and Kreider, 2009)

FOOD INSECURITY

Occurs when the availability of nutritionally adequate and safe foods, or the ability to acquire acceptable foods in socially acceptable ways, is limited or uncertain

(Kendall et al., 1996)

OUR APPROACH



1) Plant, harvest, and prepare farm boxes for winter



2) Volunteer at the food hub and community lunches



3) Interview 3 community members who attend GNH food programs



OUR OUTCOMES

1) 35/43 farm boxes prepared for winter

2) 275 lbs of produce harvested this season

3) Food based programs connect community members to each other and to local produce



"Peter's cooking is very imaginative, and he incorporates different spices, herbs, and produce collected from the garden to make the dishes."

-Maria

"GNH is more than just a place i come to eat. it has provided with me with a community I can rely on."

-Anonymous

TAKE HOME MESSAGE

Urban farming at GNH is valuable because of the produce it provides for food insecure individuals, and because it enhances the food hub and community lunches and increases social interaction