

# Barriers to Food Access In Vancouver

## - A survey of 5 organizations

### Little Mountain<sup>4</sup> Neighbourhood House

#### Background

Established in 1978 by committed volunteers and staff members to identify and respond to a spectrum of local, regional and national issues.

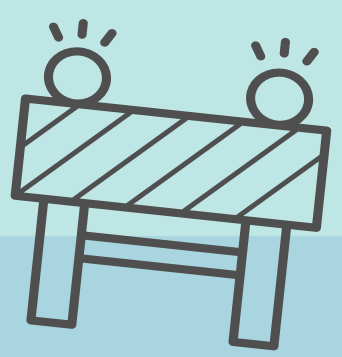
#### Goals

Tackle food insecurity & enhance community engagement



#### Food Programs

- Riley Park Community Garden
- Produce Library
- Community Kitchen
- Food Asset Map



### Barriers to Food Security<sup>(1,2,5,9,10)</sup>



Income vs expenses



Language & cultural Differences



Transportation



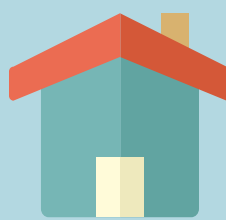
Self-worth



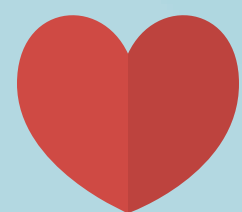
Lack of access to technology



Health & Mobility



Housing & Infrastructure



Capability to host food programs



Incongruent information between organizations



Income inequality



Capacity and focus of organizers



Limited access to programs/accurate info

### What is Food Insecurity?<sup>6</sup>



A state of being without reliable access to a sufficient quantity of affordable, nutritious food.

### Our Project Goal

Assessing the barriers food insecure individuals face from an organizational perspective around the Little Mountain Neighbourhood area by surveying local service providers.

### The 5 Organizations<sup>(1,2,5,9,10)</sup>

Riley Park Fieldhouse Residency

Provides senior community services with a focus on the Downtown East Side

City Heights Housing

Accommodate seniors and people with disabilities with housing and food service

Hillcrest CC\*

Recreational-centred, with a variety of food programs

Kensington CC\*

Provides free senior lunch once per month

Mount Pleasant CC\*

Recreational-centred; serves 3000 community members per day

\*CC: Community Centre

### Why Do We Care?<sup>6</sup>

"The problem of food insecurity is far greater and more complex than most Canadians realize"

### British Columbia



**10.2%** of households are food insecure



**15.9%** of children live in food insecure households



**65.5%** of food insecure households rely on wages and salaries



**71.9%** of those reliant on social assistance are food insecure

#### Resources

1. Hermann, D. (2019, Mar 6). Personal interview.
2. Hooles, B. (2019, Mar 6). Personal interview.
3. Kamdar, N., Rozmus, C. L., Grimes, D. E., & Meininger, J. C. (2019). Ethnic/Racial comparisons in strategies parents use to cope with food insecurity: A systematic review of published research. *Journal of Immigrant and Minority Health*, 21(1), 175-188. doi:10.1007/s10903-018-0720-y
4. Little Mountain Neighbourhood House (n.d.) Retrieved from <https://web2.lmnh.bc.ca/>

5. Naylor, M. (2019, Mar 6). Personal interview.
6. PROOF (2018). Household Food Insecurity in Canada, 2015-16 Graphic Series Preview. Retrieved from <https://proof.utoronto.ca/resources/1516-graphic-series/>
7. Riley Park Community Garden. (n.d.) Retrieved from <https://www.rileyparkgarden.org/>
8. Vancouver Neighbourhood Food Networks. (n.d.) Retrieved from <https://vancouverfoodnetworks.com/>
9. Warner, A. (2019, Mar 6). Personal interview.
10. Wong, J. Kelsey, W. (2019, Feb 15). Personal interview.



**Little Mountain Neighbourhood House**  
neighbour helping neighbour

### What Are the Root causes?<sup>(1,2,5,9,10)</sup>