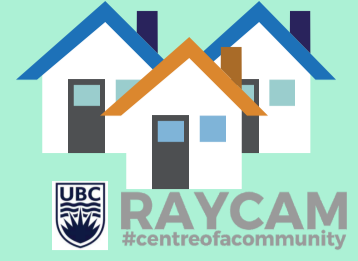


Cooking up Community

at Ray-Cam Community Centre



Ray-Cam is located in the Strathcona neighbourhood of the Downtown Eastside. It opened in 1976 as a result of residents wanting a safe place for their children and a food co-op to ensure access to healthy, affordable food.



Their mission and vision:



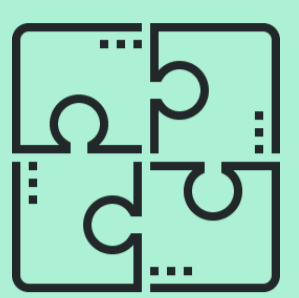
Encourage and support community members in the Downtown Eastside^[1]



Provide access to food programs in a culturally inclusive and sustainable environment^[1]



Establish relationships, create culture, and provide opportunities in a safe and accepting environment^[1]



Create the framework for a community kitchen program

THE ISSUE

RAY-CAM is interested in developing a community kitchen program



as *one way* of helping address **FOOD INSECURITY**

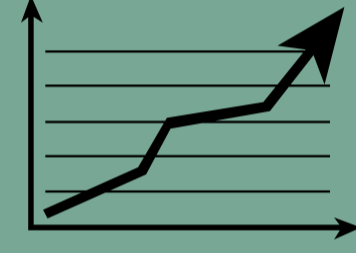
“having limited access to, or availability of, nutritious food or a limited ability to acquire food in socially acceptable ways”^[2]



1 in 8 households in Canada face food insecurity^[3]

FOOD INSECURITY = \downarrow NUTRITIONAL QUALITY^[4]
 \downarrow HEALTH OUTCOMES
 \uparrow DISEASE RISK

Rising demand for cooking and kitchen programs, voiced by members of the Ray-Cam community



BUT they do not know which model to pursue

collective kitchen?

cooking classes?

communal meal program?

WHY IT MATTERS

Downtown Eastside community & high rates of food insecurity



53% of households are low-income^[5]

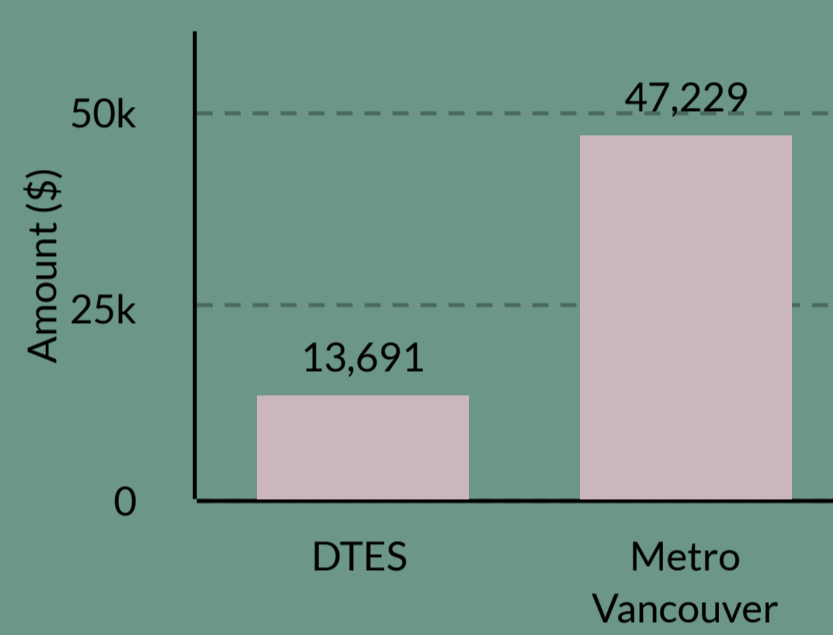
Lack of access to proper cooking facilities^[4]



24% of households are single-parent^[6]

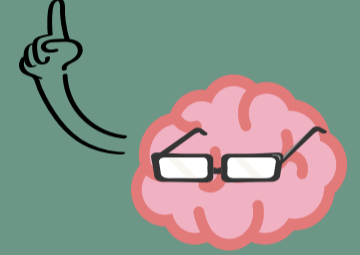


Median Income



71% median income in the DTES^[5]

Lower income is directly related to food insecurity^[5]



COMMUNITY KITCHENS can help enhance **COMMUNITY FOOD SECURITY**

“all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes self-reliance and social justice”^[7]

OUR APPROACH

To create the framework for a community kitchen program

using a **FOOD JUSTICE LENS**

“the benefits and risks of how food is grown and processed, transported, distributed, and consumed are shared equitably”^[8]

METHODS:

- Peer-reviewed literature search to determine which community kitchen model fits Ray-Cam's needs
- Site visits to 3 community kitchens in Vancouver for firsthand observation of the programs
- Interviews with the organizers of the 3 sites visited, to determine structural + operational needs of their community kitchen programs
- Create surveys to receive input from community members about their ideal program (frequency, duration, types of meals cooked, amount cooked)
- Web search for applicable funding sources

WHAT WE FOUND

Literature search

COLLECTIVE KITCHEN MODEL



small groups of community members

planning, preparing, & cooking meals

taking food home to their families^[9]

Site visits + Interviews with organizers =

Criteria of an effective collective kitchen

- Working together & mentoring each other for optimal group engagement
- Food is culturally appropriate & nutritionally adequate
- Environment is safe & socially just

Goal: increase self-reliance and empowerment

Stages for each session:

- | | | |
|--|--|---|
| 01 Planning Budget Recipe selection Grocery list Instructions | 02 Shopping Who When Where | 03 Cooking Task division Safety Sharing Clean-up |
|--|--|---|

Next Steps



Collaborate with Ray-Cam staff to review community kitchen framework and obtain approval



Establish costs, funding sources & apply for grants



Recruit participants via word of mouth and posters around Ray-Cam



Implement, evaluate, and revise program

REFERENCES
 1. Ray-Cam Cooperative Centre. (n.d.). Our Model & Style of Delivery. Retrieved from <http://raycam.org/our-model-style-of-delivery/>
 2. Anderson, S. A. (1990). Core Indicators of Nutritional State for Difficult-to-Sample Populations. *The Journal of Nutrition*, 120, 1555-1600. doi: 10.1093/jn/120.suppl_11.1555
 3. Tarasuk, V., Mitchell, A., Dachner, N. (2014) Household food insecurity in Canada, 2012. Toronto ON: *Research to Identify Policy Options to Reduce Food Insecurity (PROOF)*.
 4. Miewald, C., & Ostry, A. (2014). A Warm Meal and a Bed: Intersections of Housing and Food Security in Vancouver's Downtown Eastside. *Housing Studies*, 29(6), 709-729. doi: 10.1080/02673037.2014.920769
 5. Statistics Canada. (2006). *Census*.
 6. City of Vancouver. (2001). *Census local area profiles 2001*. Retrieved from: <https://opendata.vancouver.ca/explore/dataset/census-local-area-profiles-2001/information/>
 7. Hamm, M. W., & Bellows, A. C. (2003). Community Food Security and Nutrition Educators. *Journal of Nutrition Education and Behavior*, 35(1), 37-43. doi: 10.1016/s1499-4046(06)60325-4
 8. Gottlieb, R., & Joshi, A. (2010). *Food Justice*. MIT Press.
 9. Tarasuk, V., & Reynolds, R. (1999). A Qualitative Study of Community Kitchens as a Response to Income-Related Food Insecurity. *Canadian Journal of Dietetic Practice & Research*, 60(1), 11-16.