



Food in the City

Social Policy Division

Food is more than a meal. A food system that considers all aspects of food, from field to table and back again, can help to enhance the environmental, economic, social and nutritional health of a place.

Since 2004, the City of Vancouver has been working to build a strong and healthy food system.



In 2007, the City adopted the **Vancouver Food Charter**.

Developed by the Vancouver Food Policy Council, in consultation with community groups, citizens, and the Social Policy Division, the Food Charter describes our common commitment to developing a just and sustainable food system.

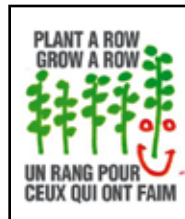
When you share your harvest through **Grow a Row, Share a Row**, you can support local programs, and help strengthen your community. Your shared garden can also be counted towards the City's **2,010 Community Gardens by 2010 Challenge**.

Get Involved!

Having nutritious, locally-produced food that is readily available is one of the hallmarks of an inclusive community.

It's easy to get involved with the **Grow a Row, Share a Row** program.

- Plant your trees, shrubs, or seeds, and nurture your garden.
- At harvest time, take the produce from your garden and backyard fruit trees to a drop-off site in your area (listed in this brochure)
- Register your garden for the 2010 Community Garden Challenge, at foodpolicy@vancouver.ca.
- Encourage your family and friends to get involved, too!



Plant a Row ~ Grow a Row was established by the Canadian Association of Food Banks, The Composting Council of Canada and the Garden Writers Association of America.

www.growarow.org

To register your garden, or to learn more about the City's work, visit the Social Policy/Food Policy website at www.vancouver.ca/foodpolicy

2009

Grow a Row Share a Row

Share this year's backyard harvest with your community



Donation Drop-off

Locations & Times

What is Grow a Row, Share a Row?

Grow a Row, Share a Row builds on the long-standing tradition of gardeners loving to share their harvest with others.

Add an additional row, bed or pot to your vegetable plot or balcony garden. Plant or harvest a fruit tree. Then, set aside the extra fruits and vegetables from your garden for donation at a community drop-off site listed in this brochure.

Your garden-fresh produce will go directly to pre-school, after-school, youth, single parents, newcomers and seniors programs at the location of your choice.

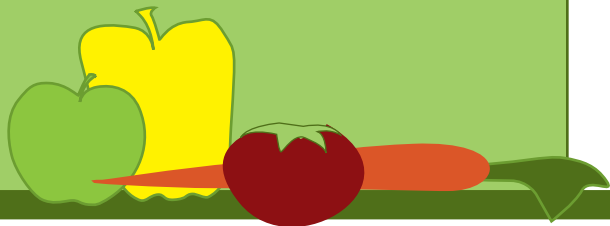
Which Crops are Best?

Root vegetables are best, such as potatoes, beets, carrots, turnips, yams, taro, *etc.*

But any produce that can be easily handled and stored is welcome.

Some more great crops to donate:

broccoli, cabbage, bok choy, peas, beans, okra, tomatoes, sweet peppers, summer squash (including zucchini), apples and pears, and more!



Donation Drop-Off

Locations & Times

From June through October, fresh produce can be taken to one of these drop-off sites.

Check the list below to find the location closest to you.

PLEASE make your donations only during the times and days of the week identified.

Central Vancouver

Little Mountain Neighbourhood House
3981 Main St. (604) 879-7104
Monday - Friday 9am - 4:30pm

Mt. Pleasant Neighbourhood House
800 East Broadway. (604) 879-8208
Monday - Friday, 8:30am - 5pm,
Saturday & Sunday noon - 4pm

West Side

Kitsilano Neighbourhood House
2325 West 7th Ave. (604) 736-3588
Monday - Friday, 9am - 4:30pm
(After 4:30pm, or on weekends, leave on front deck).

West Side Family Place
2819 West 11th Ave. (604) 738-2819
Monday - Thursday, 9am - 3pm

West End

No sites currently available in the West End.

East Vancouver

Cedar Cottage Neighbourhood House
4065 Victoria Dr. (604) 874-4231
Monday - Friday, 9am - 5pm

Collingwood Neighbourhood House
5288 Joyce St. (604) 435-0323
Monday, Wednesday, Friday, 11am - 3pm
Call for weekend or evening times.

Food for Families Food Bank
2650 Slocan St. (604) 254-2489
Monday - Wednesday, 10am - 4pm
Please call in advance

Frog Hollow Neighbourhood House
2131 Renfrew St. (604) 251-1225
Monday - Friday 1pm - 4pm

Kiwassa Neighbourhood House
2425 Oxford St. (604)-254-5401
Monday - Friday 8am - 6pm
Call for weekend or evening times.

South Vancouver Family Place
7710 Nanaimo St. (604) 325-5213
Tuesday - Friday, 9am - 3pm

Wilson Heights United Church
1634 East 41st Ave. (604) 325-9944, x225
Tuesday - Friday, 9:30am - 2:30pm

