

# Community Food Action Initiative Three-Year Action Plan

## Appendices A to J

Produced by FORC

Susan Kurbis, EYA  
Christiana Miewald, CSCD-SFU  
Fern Jeffries, NEVCO  
Herb Barbolet, CSCD-SFU  
Vijay Cuddeford  
Dawn Hanson  
Janine de la Salle  
Holly Korstad

For Vancouver Coastal Health

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# Appendix A: Focus Group, Interview and Community Forum Overview and Methodology

## *2004 Focus Groups and Interviews*

In 2004, FORC conducted a series of interviews as part of the Vancouver Food System Assessment. These focus groups, each with 12 to 15 individuals, were convened to address a set of pre-tested questions. The participants were selected by sponsoring agencies, based on these agencies' knowledge of their clients' food related needs and issues.

### **Strathcona/DTES**

**Families** -- This focus group comprised 8 women who were each responsible for families of approximately 4 persons, including children. They ranged in age from 25 to 44 years of age. For the most part, the women lived in social housing and the majority were Asian, with English as a second language. One member of the group was pregnant.

**Singles** - There were 17 participants in this group. The majority were street- and or drug-involved. These were older adults - 3 were over 55, the remainder were between 35 and 54 years of age. While a few participants lived in social housing, most lived in SRO accommodation, paying the housing portion of social assistance as their monthly rent. Approximately one third of the group were First Nations. One member of the group was in a wheel chair. Some members of the group were HIV+.

**Youth** - There were 7 people in this group, between the ages of 18 and 21. These are street-involved youth. While 2 youth were receiving social assistance, the majority were too street-involved to bear the welfare application process. These youth received no income. All were using drugs, with crystal methamphetamine being the drug of choice. At least two members of the group were First Nations. For the most part, these youth had no fixed address. They lived on the street or stayed "with friends".

### **Hastings Sunrise**

This was a mixed group of 16 people - both singles and heads of families. Most were young adults, between 19 and 24, with one person over 40. One participant was on a disability pension, living in social housing. The majority of this group were involved in a job-training program that paid minimum wage. At least 8 members of this group reported that they had experienced homelessness in the recent past.

### **Grandview Woodlands**

Two groups were convened in this area. One was a family focus group comprised of parents of young children. There were 8 participants in this group, including 2 pregnant mothers. Most had over 4 people in the household. This group ranged in age from 25 to 39. The second group was comprised of Vietnamese-speaking new Canadians. There were 11 participants, all over 40 with large families paying market rent.

In addition, there was a focus group comprised of staff from Community Serving Agencies and another with Charitable Food Providers in order to elicit their perspectives and to ascertain whether the staff perspective differs substantially from the perspectives of those food insecure families and individuals who participated in our focus groups.

At the beginning of each group the Facilitator described the purpose of the work and assured participants of the confidentiality and anonymity of the enquiry. The Facilitator posed the question and ensured that everyone had an opportunity to speak to each question. At the closing the facilitator asked each individual to provide his/her closing remarks. Detailed notes were taken by a research assistant.

Focus Group Questions Include:

1. When you have money, where do you shop?
2. In any month, how long does your money last?
3. Do you use a food bank? Which one? Can you get there easily?
4. How would you describe the food bank service? Can you get what you need/want there?
5. Do you have suggestions for improving this? access? variety or choice? other?
6. Do you access prepared meals? where?
7. How would you describe the prepared meal service?
8. Do you have suggestions for improving this?
9. Do you ever grow your own vegetables?
10. Have you every taken a program about cooking or nutrition? Would you be interested?
11. Do you rely on friends or family for extra food or money?
12. Do you have a plan for improving your situation?

The agency staff members were asked:

1. Is food available to those in need? How are people currently coping?
2. Where are areas of strength in the current 'system'? What works well?
3. What are the gaps? Where are there problems?
4. What would you recommend to fill those gaps?
5. Are food bank clients being adequately served? If not, how could this be improved? Do you think line-ups are inevitable?
6. People have complained that they don't get enough fresh fruit and vegetables in what emergency food providers hand out. Yet the DTES is home to many stores selling great produce. What's the problem here?
7. Do you think people who are 'food insecure' would participate in some type of social venture or program to improve their situation? What type of program? By whom?
8. What are your ideas to improve food security?

### *2006 Focus Groups and Interviews*

As an update and extension of the research originally included in the Vancouver Food System Assessment, FORC conducted an additional a series of 8 focus groups and 7 interviews. The purpose of these focus groups and interviews were to 1) update information found in the VFSA and 2) obtain information from groups and/or neighborhoods not included in the first round of research.

These focus groups consisted of:

- ◆ Street-involved youth
- ◆ Community-garden advocates working with vulnerable populations in the DTES
- ◆ Charitable food providers and other social service agencies (2)

- ◆ Seniors in the West End and Kitsilano Neighborhoods (Gordon Neighborhood House and Kitsilano Neighborhood House).
- ◆ Residents of a social housing complex in Point Grey, sponsored by the Kitsilano Neighbourhood House.
- ◆ Indo-Canadian women (sponsored by the South Vancouver Neighborhood House)
- ◆ Participants in a Community Kitchen in the DTES

We also conducted interviews with key informants within the charitable food sector and school system. Finally, we held informal discussions with VCH Community Developers and VCH staff (e.g., nutritionists, counselors, physicians) in order to elicit their experience with food insecurity among the populations they serve.

In these focus groups, we asked participants to respond to the findings and recommendations found in the VFSA. We also asked participants to specify gaps in the current food system and suggest positive actions to address these gaps.

Questions included:

1. What Works?
2. How do you currently get your food? What is good about that? Shop? Eat at home?
3. What problems do you have?
4. Gaps? Challenges in storing food? Carrying food? Paying for food?
5. What ideas do you have for improving the situation?
6. Do you use any Community programs? Food gardens? Good Food Box? Community kitchens? What programs would you like to see?

### *Community Forum*

On June 7, 2006 FORC organized a community food security forum to 1) discuss the findings of the environmental scan and food assessment, 2) to identify gaps in the food system for specific vulnerable populations, 3) elicit recommended actions for VCH to take to address these gaps.

There were approximately 40 individuals attending the forum. Participants were divided into 5 groups focused on specific populations/topics 1) homeless and low-income, 2) seniors, 3) maternal, infant and child, 4) immigrants and 5) urban agricultures. Notes from this meeting were transcribed and analyzed into themes that were then combined with information gathered through focus groups and interviews in order to create a detailed list of gaps and actions (flipchart notes can be found in Appendix B).

# Appendix B: Community Food Action Initiative Public Forum Notes

June 7, 2006

## WHAT WORKS?

- Caring, consistent and dedicated staff
- Community and volunteer participation
- Community Kitchens that are inclusive with respect to age and ethnicity
- Programs that provide practical information and education
- Programs and services that are low or no cost
- Multi-generational programs
- Programs that build community capacity
- Programs that are respectful and non-judgmental
- Celebrating successes
- Peer support

### For Seniors:

- ✓ Transportation to and from programs and services
- ✓ Programs that provide social connections not just food

### For Mothers, Fathers, Children, and Youth

- ✓ Link and connect programs to reduce the cost and inconvenience of transportation and promote networking
- ✓ Family places that are safe and welcoming to children and families

### For Immigrants and New Canadians

- ✓ Staff that speak the language of the group
- ✓ Access to culturally appropriate recipes, foods, and techniques.

### For Urban Agriculture:

- ✓ Providing access to land and space for those who do not own land, e.g. homeless, low income, children, youth
- ✓ Ability to make money from food enterprises
- ✓ Programs that involve the whole family and community
- ✓ Programs that take advantage of existing community resources, e.g. school yards

#### **For People who are Homeless or on Income Assistance**

- ✓ Programs that provide for 'in-kind' contributions and 'sweat labour', e.g. working for food vouchers
- ✓ Programs that operate 24/7
- ✓ Programs that are sensitive to addictions and health issues

#### **WHAT'S MISSING?**

- Comprehensive social policy that provides for a suitable housing, livable wage, adequate social assistance, and acknowledges that access to a safe healthy and reliable food supply is a basic right
- Educational programs that demonstrate the link between good food and good health
- Core-funded centres across the city - centres that are not dependent on competing for government-contracted services.
- Consistent, reliable funding for programs
- Easy access to comprehensive information on all programs and services
- Programs and Services for the City's western communities, e.g. Kitsilano.
- Education and information that is culturally and age appropriate, and is useful for newcomers.
- Coordination among services that addresses existing fragmentation

#### **For Seniors**

- ✓ Raised beds in community gardens
- ✓ Local access to good inexpensive food sold in manageable quantities

#### **For Mothers, Fathers, Children, and Youth**

- ✓ Programs and Services in the DTES

- ✓ Programs that involve and educate children about eating and growing good food

#### **For Immigrants and New Canadians**

- ✓ Connections with mainstream food security initiatives
- ✓ Data and clear information on this population's needs
- ✓ Targeted funding to ensure that needs are met

#### **For Urban Agriculture:**

- ✓ Comprehensive systemic approach - e.g. not just harvesting the fruit trees, but spring pruning and year long grooming.
- ✓ Seed bank for the City
- ✓ Sufficient space awareness and commitment

#### **For People who are Homeless or on Income Assistance**

- ✓ Programs and services across the city, not just in the DTES
- ✓ Sufficient funds to buy, store, or cook healthy food

#### **HOW DO WE GET WHAT WE NEED?**

- Urge the provincial government to: increase raise the welfare rates, improve accessibility of people in need to welfare, increase minimum wage, and eliminate the "training wage".
- Support existing community infrastructure and eliminate competitive tendering processes that pit one community organization against another
- Promote networking among existing programs and services
- Fund programs that build community capacity
- Develop mechanism to ensure that charitable food programs meet minimum health and freshness standards, are culturally appropriate, and are provided in a respectful and sensitive manner.
- Develop long-term funding strategies
- Ensure inter-active policy and funding process that builds on community knowledge and experience
- Ensure policy and funding process is transparent.

### **For Seniors**

- ✓ Food security programs that also address social isolation
- ✓ Improve seniors' access to Home Support Workers, Public Health Nurses, and transportation and delivery services.
- ✓ Incorporate access for seniors to participate in multi-generational community programs and services.

### **For Mothers, Fathers, Children and Youth**

- ✓ Develop school-based programs that teach parents through their children
- ✓ Develop maternal and child-friendly programs and services in the DTES

### **For Immigrants and New Canadians**

- ✓ Ensure all new programs and services reflect the cultural make-up of the community

### **For Urban Agriculture**

- ✓ Develop policy that facilitates urban agriculture, e.g. incorporate urban agriculture into city's requirements for new development permits; make public lands available for urban agriculture.
- ✓ Assess all publicly owned buildings for suitability for rooftop gardening, and develop programs everywhere there is a suitable rooftop.
- ✓ Provide more resources for urban agriculture, including land, facilitation.
- ✓ Promote local purchasing policies

### **For People Who Are Homeless or on Income Assistance**

- ✓ Ensure that new social housing developments incorporate food security issues: communal cooking facilities, gardens, and food storage capacity.
- ✓ Develop meal programs across the city - programs that enable everyone to participate through 'sweat labour' or in-kind contributions.

## Appendix C: Charitable Food Programmes

	Program	Description	Contact	Location	Hours	Website
<b>Meal Delivery</b>						
HIV/AIDS	A Loving Spoonful	-Clients primarily homebound or face physical access barriers because of HIV/AIDS -Every Tuesday, volunteer drivers deliver a week's worth of frozen meals, fresh fruit and bread -Have meal programs for those who can't store a week's food or require daily food delivery -Provide infant formula	604-682-6325 fax: (604) 682-6327 email: <a href="mailto:info@alovin spoonful.org">info@alovin spoonful.org</a>	Suite 100 - 1300 Richards Street Vancouver, BC V6B 3G6	Monday to Thursday, alternate Fridays drop in from 10am-1:30pm -Call for appoint another time	<a href="http://www.alovingspoonful.org">http://www.alovingspoonful.org</a>
Elderly	Kosher Meals on Wheels (Jewish Family Service Agency)	Kosher Meals on Wheels delivers frozen kosher meals to people. Cost of meal is \$8.50; sliding scale available.	604-257-5151	300-950 West 41st Avenue Vancouver, BC V5Z 2N7	Meals delivered on Thursdays	<a href="http://www.jccgv.com/index.htm">http://www.jccgv.com/index.htm</a>
Elderly	VON (Victorian Order of Nurses) BC Meals on Wheels	Hot meals - Daily; special diets; frozen meals delivered monthly; Delivered Cost: \$4.99 Minimum 6 meal order for new clients. Also offers Chinese meals delivered by Chinese-speaking volunteers.	604-732-7638 Fax: 604-733-6698 Chinese Speaking Coordinator 604-292-7200	1525 West 7th Avenue Vancouver, BC V6J 1S1	Delivered Monday-Friday between 11am & 1pm, Office hours: Mon-Friday 8am-4:30pm	<a href="http://www.carebc.ca/meals.htm">http://www.carebc.ca/meals.htm</a>
Elderly	Lions Den Wheels-To-Meals (Lions Den Recreation Centre)	Provides a supportive environment for people aged 55 and older \$4.00 for meal and 1 way transportation included. Boundaries: Nanaimo to Clark, Waterfront to Broadway. 24 hours notice required.	604-718-5848	770 Commercial Drive Vancouver, BC V5L 3W5	Operates 11 am to 2 pm Tuesdays and Fridays.  Hot lunch Tuesday and Friday from noon-1:30 pm.	
<b>Food Hampers/Grocery Delivery/Good Food Box</b>						
HIV/AIDS	AIDS Vancouver	Provide supplemental groceries	604-893-	1107 Seymour	Grocery hours:	<a href="http://www.aidsvan">http://www.aidsvan</a>

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	to HIV-positive people in order to promote nutritional health. Must be registered with AIDS Vancouver. Income below \$20,000/year.	2201 Fax: 604-893-2211 E-mail: <a href="mailto:contact@aidsvancouver.org">contact@aidsvancouver.org</a>	St., Vancouver, BC, Canada V6B 5S8	Tues and Wed 1pm - 4pm (except check issue week. At 12:00 noon you can pick up a number to reserve a place in line.	<a href="http://couver.org/">couver.org/</a>
Single-Parents	Frog Hollow N.H.  Meat Program for Single Parents only. Receive free box of meat every two weeks. Waitlist. Emergency Hamper (meet need for crisis). A few days worth of food.  No seniors delivery program	604-251-1225	2131 Renfrew Street; Vancouver BC	Office 9am-5pm M-F	<a href="http://www.froghollow.bc.ca/">http://www.froghollow.bc.ca/</a>
Single Parents	Us Moms  Free organic food boxes for single parent families only. Pick-up.	Katie or Karen@ 604-261-2282.	Mailing Address:  PO Box 62002 #147 - 4255 Arbutus RPO Vancouver, BC V6J 1Z1	Food program Thursdays 2:30-4:30pm  At 2650 Slocan and Broadway.	Call first to register <a href="http://www.us-moms.com">www.us-moms.com</a>
Expecting or New Mothers	Good Food Bag, Healthiest Babies Possible	604-877-4673 Fax: 604-871-0174 E-mail: <a href="mailto:jeannie.dickie@vch.ca">jeannie.dickie@vch.ca</a>	Evergreen Community Health Centre 3425 Crowley Drive Vancouver, BC V5R 6G3		
Seniors and Disabled	Good Food Box	Steeves Manor Residents, boxes are \$10 or \$15 dollars.	1985 Wallace St., Vancouver, BC		

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	Program	Description	Contact	Location	Hours	Website
Everyone	Greater Vancouver Food Bank Society	<p>Individuals can access the food bank once a week and are provided with 3 to 4 days worth of food. Also have</p> <p>Basics for Babies which supports families coping with the challenge of raising a young infant by providing them with needed food, formula and diapers.</p> <p>Kids Picks which provides preschoolers aged 18 months through 5 years with a supplemental bag of healthy, ready-to-eat snacks.</p> <p>Food 2 U program delivers hampers to those unable to come to the food bank depot.</p>	<a href="mailto:foodbank@foodbank.bc.ca">foodbank@foodbank.bc.ca</a>	1150 Raymur Avenue, there are 13 food bank depots throughout the city	Tues - Friday except the week social assistance cheques are issued.	<a href="http://www.foodbank.bc.ca/">http://www.foodbank.bc.ca/</a>
<b>Charitable free/low cost meals</b>						
<b>Programs for Youth</b>						
	Broadway Youth Resource Centre	Youth ages 13 to 24. Snacks available such as fruit and sandwiches.	604-709-5720	619 E. Broadway		<a href="http://www.pcrs.ca/Content/Program%20Pages/Youth%20Services/BYRC/BYRC%20Home.asp">http://www.pcrs.ca/Content/Program%20Pages/Youth%20Services/BYRC/BYRC%20Home.asp</a>
	Covenant House Vancouver	<p>-free meals 4-6pm Thurs - for youth between 13 and 24 years (non-residents and residents) -</p> <p>-if living there, free meals daily</p>	604-685-7474	575 Drake Street Vancouver, BC V6B 4K8	Open 24 hours	<a href="http://www.covenanthousebc.org/">http://www.covenanthousebc.org/</a>
	Drop-In Centre for Youth (Union Gospel Mission)	<p>Open to street-involved youth, 2 pm to 4 pm Tuesdays and Thursdays.</p> <p>-Provides meals for youth ages 25 and under at 7 pm Tuesday to Saturday,</p>	604-688-7587	1075 Seymour Street Vancouver, BC	2-4pm Tuesday and Thurs., 7pm Tues, 3pm Sat	<a href="http://www.ugm.ca">www.ugm.ca</a>

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Program	Description	Contact	Location	Hours	Website
	and for all ages at 3 pm Saturdays.		V6B 3M3		
Paper Cup (Hobbit House/First Baptist Church)	6:00pm Saturday Paper Cup ministry - Hobbit House (meal from 7:00 -8:00pm for street-involved youth) -serve 40-50 meals every Saturday night -shelter on Tuesday nights - free hot meal for about 100 people. About 20 people stay overnight and receive breakfast in the morning	604 683-8441	1025 Nelson Street	Meal 7-8pm Sat	<a href="http://fbym.com/papercup/index.html">fbym.com/papercup/index.html</a>
WATARI Street Youth Day Treatment Program	Offers alcohol and drug counselling group - harm reduction so allowed to still be using (within a limit) Laundry, showers, and meals available. -youth in program provided snacks on sight - for youth aged 13-24 in Van - up to 8 youth at a time	(604) 438-3722	301 - 877 East Hastings	Program hours are 11:00 a.m.--4:00 p.m. Monday to Friday. Administration hours are 9:00 a.m.--5:00 p.m. Monday to Friday.	<a href="http://www.watari.org">www.watari.org</a>
Youth Action Centre (Downtown Eastside Youth Activity Society)	Drop-in centre for street-involved youth ages 13 to 21 Food bank Thurs. 4:45pm - 25-30 bags of food. Breakfast from 8:30 to 10:00 (7 days); dinner from 3 to 4pm (7 days). Serves 20-30 per meal. Tables with bread, peanut butter, jam, and beverages all day. Pancake breakfast on Thursday. Serves 20-30 per meal.	604-602-9747	45 West Cordova Street Vancouver, BC V6B 1C8	Hours are 8:30 am to 5:00 pm seven days a week; 8:30 to noon on cheque issue days	<a href="http://www.deyas.org/">http://www.deyas.org/</a>
<b>Women only</b>					
Aboriginal Mother Centre Society	Provides a safe place where Aboriginal women with or without children can gather. -free lunch program 12 pm and dinner at 4 pm, Monday to Friday, to women and their children. Serves 40-60 people per meal	Christine 604-253-6262 Fax: 604-253-6263 E-mail: <a href="mailto:amc@amcs.ca">amc@amcs.ca</a>	208-2019 Dundas Street Vancouver, BC V5L 1J5	Centre hours are 10 am to 6:30 pm Monday to Friday.	<a href="http://www.amcs.ca">www.amcs.ca</a>

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Program	Description	Contact	Location	Hours	Website
Downtown Eastside Women's Centre	12:30pm - free lunches daily Mon-Sun  Offers services to women of the Downtown Eastside. Drop-in centre has free clothing, showers, laundry, meals, and programmed activities.	Tel: (604) 681-8480 Fax: (604) 681-8470	302 Columbia Street Vancouver, BC V6A 4J1	Open: Mon/Tues: 10am -5pm; Wed 11 am-5pm; Thurs/Fri 10am-5pm Sat/Sun 12pm-5pm	<a href="http://www.dewc.ca/">http://www.dewc.ca/</a>
Drop-In Centre for Women (Union Gospel Mission)	Free lunch served on Thursdays and Fridays at 1:30 pm, and dinner Monday to Friday at 6 pm. Offers supportive counselling, 12-step meetings, movies, crafts, games, outings, and referrals. Serves women only. Serves free lunch to about 50 people per day.	604-253-3735	601 East Hastings Street Vancouver, BC V6A 1L9	Open 1 pm to 3:30 pm Monday to Friday (except Wednesdays); 6 pm to 9 pm Monday to Friday	<a href="http://www.ugm.ca">www.ugm.ca</a>
Wish Drop-in Centre (First United)	-hot meals in evening - 6-8pm for sex workers only - free  Provides a safe and caring atmosphere for women sex trade workers. Offers support, health care services, advocacy, referrals, literacy program, meals, refreshments, showers, condoms, and personal care items. Operates in donated space from First United Church.	604-681-9244	First United Church (Gore Street entrance) 320 East Hastings Street Vancouver, BC V6A 1P4	Hours are 6 pm to 10 pm Sunday to Friday.	<a href="http://www.wish-vancouver.net/">http://www.wish-vancouver.net/</a>
<b>Families</b>					
Cedar Cottage Neighbourhood House	Family Meals Thursdays at 6:00 pm. Cost adult \$2.50; children \$1.50 Community kitchen - some Tuesdays from 2 to 5pm. Saturdays- drop in food for parents and children. Provides early breakfasts for kids before school.	604-874-4231	4065 Victoria Drive	Hours vary depending on day - call ahead	<a href="http://www.anhqv.org/Houses/Cedar+Cottage">www.anhqv.org/Houses/Cedar+Cottage</a>
Central Presbyterian Church	Family breakfast		1155 Thurlow	Sunday before welfare cheque,	

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Program	Description	Contact	Location	Hours	Website
Eastside Family Place	Provide nutritious snacks for both children and adults on a daily basis. - Tuesdays and Thursdays, light lunch of soup, sandwiches or salads 11:45 am - only for parents/caregivers with children aged 0-6 - Free	Phone: (604) 255-9841 Fax: (604) 255-9802 Email: <a href="mailto:info@eastsidefamilyplace.org">info@eastsidefamilyplace.org</a>	1655 William St Vancouver, BC, V5L 2R3	8:00-9:30 Monday, Wednesday, Friday: 9:00 am to 12:00 noon Tuesday & Thursday: 9:00 am to 2:30 pm (Summer: 9:00 am to 1:00 pm)	<a href="http://www.eastsidefamilyplace.org/pages/page_base.php">http://www.eastsidefamilyplace.org/pages/page_base.php</a>
Frog Hollow Neighbourhood House	"Learning Together" Family Drop-In FREE M-F, 9:30am to 12:00 pm activities - free lunch provided  -Usually offer some meal with most programs	604-251-1225 Fax: 604-254-3764 E-mail: <a href="mailto:contact@froghollo.bc.ca">contact@froghollo.bc.ca</a>	2131 Renfrew Street Vancouver, BC V5M 4M5	9:30am-12pm M-F	<a href="http://www.froghollo.bc.ca/">http://www.froghollo.bc.ca/</a>
The Open Door/Out of the Cold Programs (Grandview Calvary Baptist Church)	-Free drop in childcare for single mothers with preschoolers (9:30am-1pm) Grandview/Woodland area. Snack and lunch (noon) provided for kids and moms. Moms can stay for bible discussion, or leave to do errands. Free meal 8pm Thursdays all year for anyone. Serves 100-125. Doors open at 6:30.	604-255-1411 Fax: 604-255-0414	1803 East 1st Avenue Vancouver, BC V5N 1B2	Office - Tuesday to Thursday 10am to 2pm.	The Open Door/Out of the Cold Programs (Grandview Calvary Baptist Church)
Kiwassa Neighbourhood House	Breakfast Club - Mon-Fri. 8- 8:45am Pay what you can. The food is primarily for children, but their parents can have some too if there's enough to go around. Average of children daily - 25. Average number of parents daily - 12.	604-254-5401 Fax: 604-254-7673	2425 Oxford Street Vancouver, BC V5K 1M7	Open: Monday - Friday 8:30AM - 9 PM and Saturdays 9 AM -4 PM	<a href="http://www.kiwassa.bc.ca/">http://www.kiwassa.bc.ca/</a>
Kitsilano Neighbourhood House	Rainbow Family Nights - family night for queer families first Sunday of every month - food (potluck style) + community. 5 - 7:30 PM. Drop-in fee: \$2.00. About 15 families attend	604. 736. 3588 Fax: 604. 736. 3640 Email: <a href="mailto:beryl_kitsho">beryl_kitsho</a>	2325 W. 7 <sup>th</sup> Ave Vancouver, BC, V6K 1Y4	Office Hours: Mon / Fri 8:30 a.m. - 4:30 p.m. Closed	<a href="http://www.kitshouse.com">www.kitshouse.com</a>

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Program	Description	Contact	Location	Hours	Website
		use@telus.net		weekends and statutory holidays!	
Marpole Community Centre/Marpole Oakridge Area Council	Lunches \$5, breakfast, \$2.50 (Fridays), Dinner (Thurs)	604-266-5301	1305 W. 70th	Breakfast 8:30 till 10:00, Dinner 6-9	<a href="http://vancouver.ca/parks/cc/marpole/index.htm">http://vancouver.ca/parks/cc/marpole/index.htm</a>
Mount Pleasant Neighbourhood House	Mostly registered-based food programs. Has licensed preschools with snacks in the morning and afternoon (serves 60 preschoolers). Family drop in program Monday, Tuesday, Wednesday, Friday to 10-20 families. Nobody's Perfect and Mother Goose - snack provided - for registered families only. Adult day care for disabled adults on Tuesdays and Thursdays - dinner provided (about 20). Teen programs Wednesday to Friday - dinner and snack for about 25 kids. Spring break camp and 9 week summer day camp - 60 kids - provides morning and afternoon sack. Family night - monthly dinner parties, monthly multicultural night - both serve about 80 people. Food box for walk-ins on case-by-case basis - number varies.	879-8208 FAX 879-4136	800 E. Broadway Vancouver, BC V5T 1Y1	Hours vary. Call ahead.	<a href="http://www.anhgv.org/Houses/Mount+Pleasant">www.anhgv.org/Houses/Mount+Pleasant</a>
Ray-Cam Cooperative Centre	Lunch and food distribution	(604) 257-6949	920 E. Hastings	Lunch, 11:00-12:00 Wednesdays Food distribution, Wednesdays 2-3	<a href="http://raycam.vcn.bc.ca/home">http://raycam.vcn.bc.ca/home</a>
Salvation Army Community and Family Services Centre	For families with children under 18, breakfast	604-872-7676	3213 Fraser St.	M, F 9 am breakfast, W 9:30 breakfast	
Strathcona Community Centre	Breakfast program for kids - free, 7:30am daily	604-713-1838	601 Keefer Street Vancouver, BC	M-F 9am - 9:30pm	<a href="http://www.city.vancouver.bc.ca/parks/cc/strathcona">http://www.city.vancouver.bc.ca/parks/cc/strathcona</a>

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Program	Description	Contact	Location	Hours	Website
Thunderbird Neighbourhood Community Centre	<p><u>Friday Night Dinner</u> 5:30-5:45pm \$3.00/family - need kids under 12</p> <p><u>Community Lunch</u> Wed 12:00 - 12:30pm (Starts Apr 9) *Every Wednesday except Ministry issue days. Give out tickets at food bank - Monday night family dinner - \$3/family, must have kids under 12years old</p> <p><u>Parent and Tot Breakfast (2 - 6 yrs)</u> Sat 10:00 - 11:30am \$5/10 sessions - need to register in the program</p>	604-713-1818 Fax: 604-713-1828	V6A 3V8 2311 Cassiar Street Vancouver, BC V5M 3X3	Hours are 9:30 am to 2:30 pm Mondays and Tuesdays, and 10 am to 2:30 pm Fridays. Programs are free, but Thunderbird Community Centre membership is required.	<p><a href="http://www.geocities.com/familiesbranchingout_capc/">http://www.geocities.com/familiesbranchingout_capc/</a></p> <p><a href="http://www.geocities.com/thunderbirdcentre/">http://www.geocities.com/thunderbirdcentre/</a></p>
<b>First Nations</b>					
Aboriginal Mother Centre Society	Provides a safe place where Aboriginal women with or without children can gather. Men are also allowed in the space (except abusive partners). A free meal program provides lunch at 12 noon and dinner at 4 pm, Monday to Friday, to women and their children. Serves 40-60 people per meal	Christine 604-253-6262 Fax: 604-253-6263 E-mail: <a href="mailto:amc@amcs.ca">amc@amcs.ca</a>	208-2019 Dundas Street Vancouver, BC V5L 1J5	Centre hours are 10 am to 6:30 pm Monday to Friday.	<a href="http://www.amcs.ca">www.amcs.ca</a>
Cedar Cottage Neighbourhood House	Friday First Nations Supper from 6-8:00 pm. Free. About 40 people attend	604-874-4231	4065 Victoria Drive	Hours vary depending on day - call ahead	<a href="http://www.anhgv.org/Houses/Cedar+Cottage">www.anhgv.org/Houses/Cedar+Cottage</a>
Sheway (Native Health Society)	Daily hot lunch program. Mon to Fri- 12pm-2pm - health and social services to women who are either pregnant or parenting children less than 18 months old and who are experiencing current or previous issues with substance use. Food bags, a food pantry, and food vouchers are also available. Must be a client to access any of the services. There are about 120 clients.	(604) 216-1699 Fax: (604) 658-1221	533 East Hastings St. Vancouver BC V6A 1P9	Mon-Fri 8:30 to 4:30	<a href="http://www.vnhs.net/programs/sheway.htm">http://www.vnhs.net/programs/sheway.htm</a>
<b>Mental health consumers</b>					

## Appendix C: Charitable Food Programmes

Program	Description	Contact	Location	Hours	Website
Coast Foundation Clubhouse	A safe and supportive environment providing social, vocational, and employment services for people with emotional and/or psychiatric barriers. Services include low-cost meals for 1\$ to members, Monday to Friday. Serves about 80 people per day	604-872-3502	295 East 11 <sup>th</sup> Avenue Vancouver, BC V5T 2C5	Monday to Friday 9 to 5	<a href="http://www.coastfoundation.com/">http://www.coastfoundation.com/</a>
Living Room Drop-In Activity Centre (Lookout Emergency Aid Society)	A resource for mental health consumers in the Downtown Eastside - provides breakfast, lunch and dinner to people staying in the shelter. Serves about 85 people daily	Phone: (604) 255-0340 Fax: (604) 255-0790 <a href="mailto:info@lookoutsociety.bc.ca">info@lookoutsociety.bc.ca</a>	528 Powell Street, Vancouver, BC V6A 1G9 Canada	Opens at 10 am every day. Closes at 8 pm Monday to Friday, and 6 pm on Saturdays, Sundays, and holidays.	<a href="http://www.lookoutsociety.bc.ca/">http://www.lookoutsociety.bc.ca/</a>
Motivation, Power, and Achievement (MPA) Society (formerly Mental Patients' Association)	Offers support services to adult ex-psychiatric patients. Provides free and low-cost meals daily. A food bank is available on Tuesdays (except for cheque-issue weeks). Distributes 125-145 bags/week. Daily meals - 25 cents each, seconds are free - open to members only. Serves about 2000 hot meals/month. Serves free breakfast the first hour they're open every day.	604-738-1422 or 604-738-5177 Fax: 604-738-4132	1731 West 4th Avenue Vancouver, BC V6J 1M2	Drop-in centre is open 10 am to 10 pm Monday to Friday, and 12 noon to 7:30 pm Saturdays and Sundays.	<a href="http://www.vmpa.org">www.vmpa.org</a>
<b>HIV/AIDS</b>					
Dr Peter Centre	Offers comfort care through a day program and residence for people with HIV/AIDS - including meals. Free breakfast, lunch, and dessert for people in the day program. Also serves dinner to residents. Serves to 60 to 100 people per day	604-608-1874 Fax: 604-608-4259 E-mail: <a href="mailto:info@drpeter.org">info@drpeter.org</a>	1110 Comox Street Vancouver, BC V6E 1K5		<a href="http://www.drpeter.org">www.drpeter.org</a>
Positive Outlook Program HIV/AIDS (Operated by Native Health Society)	-breakfast 9:30 am - 11:30 am Positive Outlook provides care, treatment and support services to	(604) 254-9937	449 East Hasting St, Vancouver,	<b>Drop-in:</b> Mon - Sun 9:00 am - 3:30 pm except	<a href="http://www.vnhs.net/programs/positive.htm">http://www.vnhs.net/programs/positive.htm</a>

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Program	Description	Contact	Location	Hours	Website
	people living with HIV/AIDS in the downtown eastside of Vancouver with a focus on First Nations people -Must have doctor's and recent blood work certificate to confirm HIV/AIDS status. -Must be a registered client. -Serves 180-200 daily through medication/food programs.		BC, V6A 1P5	Tues  Thursdays open at 10:00, except cheque issue week	
Positive Women's Network	Food bank, hot lunch program Lunch Program- Hot lunches are served on Tuesdays from 12p.m. - 2pm. Sandwiches are available on Thursdays. Lunches are free for PWN members and their children. Membership free for any HIV-positive woman. There are 500+ members. About 40-60 lunches are served per week.	604-692-3000 or 1-866-692-3001 Fax: 604-684-3126 E-mail: <a href="mailto:pwn@pwn.bc.ca">pwn@pwn.bc.ca</a>	Suite 614, 1033 Davie Street Vancouver, BC V6E 1M7	Drop-in hours are 11:30 am to 3:30 pm Tuesday to Friday. Office hours are 9 am to 4 pm Monday to Friday.	<a href="http://www.pwn.bc.ca/cms/">http://www.pwn.bc.ca/cms/</a>
ASIA - Asian Society for the Intervention of Aids	IUD support group - Wed lunch Serve meal at 12pm with drop-in group. Open to anyone	604-669-5567	201-119 W. Pender Street Vancouver, BC V6B 1S5		
<b>Everyone</b>					
All Tribes Mission	Soup/Sandwiches	604-876-4166	331 Carrall V6B 2J4	Thurs 7-8pm with service, Saturday 2pm	
Carnegie Community Centre	Has a low-cost cafeteria Concession/kitchen; prep & operation by staff & volunteers. Pre-fixed # of breakfasts (40) at 10am. \$1.75; Lunches(120-180) 7 days, noon, \$1.75; Dinners (100-120) 5:00pm, \$3.00. Dinners: Monday - pasta; Tuesday - vegan; Wednesday - chilli or stew; Thursday - fish; Friday - vegetarian; Saturday and Sunday - meat and potatoes	Katrina Moore (kitchen coordinator) :604 665-3349 Community Centre: 604-665-2220 Menu mailbox: 665-3019	401 Main Street, Vancouver, BC. V6A 2T7	Centre open 9am-11pm everyday	<a href="http://www.city.vancouver.bc.ca/comms/vcs/CARNEGIECENTRE/index.htm">http://www.city.vancouver.bc.ca/comms/vcs/CARNEGIECENTRE/index.htm</a>

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Program	Description	Contact	Location	Hours	Website
Christ Church Cathedral	Free sandwich and coffee. Mon-Fri 10am-11am	604-682-3848	690 Burrard Street V6C 2L1	Office: Monday to Friday 9:30 to 4:00; open Sundays for services	<a href="http://www.cathedral.vancouver.bc.ca/">www.cathedral.vancouver.bc.ca/</a>
Khalsa Diwan Society Sikh Temple		604-324-2010	8000 Ross St.	Serves food until 9pm	
Universal Buddhist Temple	Vegetarian meal		525 49 <sup>th</sup> St.	12:30 Sundays	
Collingwood Neighbourhood House	Community Dinner - Wed for everyone, 5:30pm, \$1/person Breakfast Program- all ages every Wed. 7:30-9 am and Sat. 9-10:45am cost: 50 cents	604-435-0323 fax:604-451-1191 email: info@cnh.bc.ca	5288 Joyce Street, Vancouver V5R 6C9	Mon-Fri 8am-9pm Sat:9am-8pm Sun:10am-8pm	<a href="http://www.cnh.bc.ca/">http://www.cnh.bc.ca/</a>
Community of Hope	Lunch Tues, Wed, Thurs and Sat		535 E. Broadway	12 noon to 2 pm	
Crosswalk	Coffee, drop in, muffins - every night except Tuesday from 7:30pm-10:30pm	604-669-4349	108 West Hastings Street Vancouver, BC V6B 1G8		
Door is Open, The (Catholic Charities)	Drop-in centre for adults in the Downtown Eastside. Free meals - breakfast 9am everyday, Lunch (soup and sand) everyday 11am. Wed women only breakfast 8am, lunch 11:30 am. Serves about 300 daily	604-669-0498	373 East Cordova Street, Vancouver, BC. V6A 1L4	Monday, Tues, Thurs, Friday, Saturday 11am-6pm Wed women only 9:30-3pm	<a href="http://www.thedoorisopen.ca/">http://www.thedoorisopen.ca/</a>
Douglas Park Community Centre	Community meal Tuesdays at 5:00 pm. \$5.00. Call Monday by 10:30 am to confirm. If Monday is a holiday, call Friday.	604-257-8130	801 W. 22 <sup>nd</sup> Ave		
The Dugout Drop-In (First United Church)	Drop-in centre for all ages. Free soup and coffee 7:15 am daily, 8:45am on Sundays. Saturday Night Fellowship offers entertainment and sandwiches from 7:15pm. Serves about 1,200 people per week.	604 685 5239	59 Powell Street, Vancouver, BC. V6A 1B4	Centre is open for drop-in 8:30am-10 pm Mon to Sat, and 10:30am-9pm Sun and	<a href="http://www.firstunited.ca">www.firstunited.ca</a>

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Program	Description	Contact	Location	Hours	Website
				holidays. Office: M-F 8:30am-4pm	
Evelyne Saller Centre	Cafeteria: breakfast, 10am, \$2.00; lunch, 11am, \$2.00; supper until 5:50pm, \$2.00. Serves about 1000 people daily	604-665-3075	320 Alexander Street Vancouver, BC V6A 1C3	Centre hours 9 am - 11 pm Mon to Fri, 10 am - 10 pm Sat and Sun	<a href="http://www.city.vancouver.bc.ca/comms/vcs/NONMARKETOPERATIONS/esaller.htm">http://www.city.vancouver.bc.ca/comms/vcs/NONMARKETOPERATIONS/esaller.htm</a>
First Baptist Church	Tuesday - service at 6:30pm, and dinner at 9:30pm, with social activities following. Serves about 60-100 people. A shelter (mats, blankets, and pillows) is also provided to about 40 people.	604.683.8441	969 Burrard Street	Tuesday evening service- 6:30pm-11pm (meal starts at about 9:30)	<a href="http://www.firstbc.org">www.firstbc.org</a>
First United Church	Free soup and bread Mon-Fri 8:30-8:45am, coffee 9:30-10:30am, Sat 7pm movie and sandwich (except for cheque issue week). Many people access these services.	604-681-8365	320 East Hastings	M-Thurs 8:30-4, Fri 8:30-12pm	<a href="http://www.firstunited.ca">www.firstunited.ca</a>
Food on the Corner	Saturday 11am - soup and groceries are distributed to about 250-500 people at the corner of Main and Powell	604 943-5507	Main and Powell	Saturday 11am	
Street Church @ Foursquare Gospel Church	Offers food, clothing, live music, an open microphone, and a gospel church service. Open 9:00 p.m.--12:00 a.m. (midnight) every day. No cost. Free coffee and hot dogs	(604) 681-1910	175 East Hastings Street Vancouver, BC V6A 1N4	Open 9:00 p.m.-12:00 a.m. (midnight) every day	<a href="http://www.foursquare.ca/mainland.htm">www.foursquare.ca/mainland.htm</a>
Franciscan Sisters of the Atonement	Provides free soup and sandwiches 3:30 pm Mondays, Tuesdays, Thursdays, and Fridays, and 2 pm Sundays. One hot meal on the third Sunday of each month beginning at 12 noon, from September to April.  Usually closed holidays	604-685-9987	385 East Cordova Street, Vancouver, V6A 1L4	M-F 9-5pm	<a href="http://www.rcav.org/charities/i-atonement.htm">http://www.rcav.org/charities/i-atonement.htm</a>
Friendship Providers	Sundays - serves soup, a sandwich, drink, and snack. Serves 800 people every Sunday.	604 574-7833	2950 Dewdneytrunk Road Coquitlam,	Office Hours: Tuesday-Friday 9-5	<a href="http://www.friendshipprovidersinaction.org">www.friendshipprovidersinaction.org</a>

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Program	Description	Contact	Location	Hours	Website
	900 block Granville 1:30pm Openheimer Sq. 2:30pm Pigeon Park 3:30pm		BC		
The Gathering Place (City of Vancouver)	The cafeteria offers three meals a day—breakfast costs \$2.00, lunch costs \$2.75, and dinner costs \$3.75 (includes soup and dessert). Soup is available at \$.75 and sandwiches are a dollar. Serves about 50 people at breakfast, 70-90 at lunch, and 140 at dinner.	604-665-2391 Fax: 604-257-3863	609 Helmcken Street Vancouver, BC V6B 5R1	7 days a week from 10 am to 8 pm, open all statutory holidays.	<a href="http://www.city.vancouver.bc.ca/comms/vcs/GATHERINGPLACE/">http://www.city.vancouver.bc.ca/comms/vcs/GATHERINGPLACE/</a>
Glad Tidings Church	Free meal Friday (happens every few months) -7pm soup, sandwich, some groceries -bring Vans and set up tables	(604) 873-3621	Grandview Park (Commercial Drive)		<a href="http://www.gtchurch.ca">www.gtchurch.ca</a>
Gordon Neighbourhood House	Hot lunches on Tues afternoons open for public - \$3.50/person and often have meals for holidays (i.e. Easter meal). Serves about 10 people.	p. 683-2554 f. 683-4486	1019 Broughton Street Vancouver, BC V6G 2A7	M-Thurs 9am-9pm Fri Sat 9am-3:30pm	<a href="http://www.gordonhouse.org">www.gordonhouse.org</a>
Harbour Light Centre (Salvation Army)	Serves free meals 11 am Mon to Friday, and 5 pm Mondays, Wednesdays, Fridays, Saturdays, and Sundays. Doors are opened 15 minutes prior to meals. Service on Sunday nights half and hour before meal is voluntary (service lasts 30 minutes max). Meals are served to about 1000 people per day.	604-646-6800 Fax: 604-682-1673	119 East Cordova Street Vancouver, BC V6A 1K8		<a href="http://www1.salvationarmy.org/can/www_can_bc.nsf">http://www1.salvationarmy.org/can/www_can_bc.nsf</a>
Hindu Temple	Free Indian food		467 E. 11th	Sundays at 2 pm	
Japanese Community Volunteers' Association (Tonari Gumi)	Senior \$3.50, non-senior \$4.00 lunch program 12-1pm, Monday and Friday. About 30 people attend on Monday, and about 40 people attend on Friday (numbers vary depending on the season and weather) -open to everyone	604-687-2172	511 East Broadway, Vancouver V5T 1X4	Mon and Fri 12-1pm	<a href="http://www.jcva.bc.ca/">http://www.jcva.bc.ca/</a>
Kettle Drop-in Centre (Kettle Friendship Society)	Meals at 11:30 am, Mon-Sun; cost is \$1 or you can do a chore. Also a \$1 per year membership fee	604-251-2854 Fax: 604-	1725 Venables Street Vancouver, BC	Drop-in hours M-F 9:30 am to 8 pm, 10 am to 5	<a href="http://www.thekettle.ca">http://www.thekettle.ca</a>

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Program	Description	Contact	Location	Hours	Website
		251-6354	V5L 2H3	pm Sat, Sun, and holidays. Office hours: Mon-Fri, 9-5pm	
Lifeline Outreach Society	Serve hot soup, sandwiches, coffee, juice, and dessert to approximately 200 people plus. While getting a hot meal, people can receive groceries and clothing.	<a href="mailto:info@LifelineOutreach.org">info@LifelineOutreach.org</a>	Monday Evenings - serve food in Seymour Street parking lot at 7:30 pm. - parking lot between Granville and Seymour, near Helmcken Lifeline Outreach Society	7:30 pm Mondays	<a href="http://www.lifelineoutreach.org/">http://www.lifelineoutreach.org/</a>
Little Mountain Neighbourhood House	Friday night 5-6pm free dinner- open for everyone	879-7104 FAX 879-7113	3981 Main St. Vancouver, BC V5V 3P3	Friday 5-6pm	<a href="http://www.lmnhs.bc.ca">www.lmnhs.bc.ca</a>
Mission Possible - Compassionate Ministries Society	Afternoon Drop-in - Tuesday through Friday 1:00-3:30pm. Free coffee and snacks are served. Evening Service - Friday 7:30-8:00pm. Free soup and sandwiches are served after the service. -Wed hot meals	(604) 253-4469 Fax (604) 253-0418	543 Powell Street, Vancouver, BC. V6A 1G3	Service at 7:30, meal at 8:00pm	<a href="http://www.mission-possible.ca">www.mission-possible.ca</a>
Mount Pleasant Neighbourhood House	Seniors' Program Fridays at noon. \$3.50. Family dinner 1 <sup>st</sup> Wednesday each month and Multicultural dinner the 3 <sup>rd</sup> Wednesday each month. \$3.00	604-879-8208	800 E. Broadway		
Neighbourhood Helpers and Street Bus	Tuesday before welfare 2:30pm soup		1000 block Granville		
The Open Door/Out of the Cold Programs (Grandview Calvary Baptist Church)	Free meal 8pm Thursdays all year for anyone. Serves 100-125. Doors open at 6:30. From October to March there is	604-255-1411 Fax: 604-	1803 East 1st Avenue Vancouver,	Office - Tuesday to Thursday 10am to 2pm.	n/a

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Program	Description	Contact	Location	Hours	Website
	an overnight stay with breakfast on Friday morning. 20 mats available, first come first serve	255-0414	BC V5N 1B2		
Potluck Café	Low cost meals for low-income customers. Provides long-term employment and training program/facilities for local residents in the Downtown Eastside. Also functions as a commercial restaurant, café, and caterer to fund free/low-cost meal programs. Provides 3000-4000 free meals per month. Has a community kitchen every other Tuesday for anyone in the DTES	(604) 683-0073 Ext. 379	20 West Hastings Street, Vancouver, BC. V6B 1G6	Monday to Friday 7am to 7:30 pm	<a href="http://www.potluckcatering.com/">http://www.potluckcatering.com/</a>
QUEST Outreach Society	Provides hot, sit-down meals in the basement of Saint James Church. Collects and distributes food to over 60 social service agencies on the lower mainland. Emergency food hampers available by referral only. One type of grocery bag for singles, and one for families. Must get voucher from a social worker, and then give voucher to the QUEST Outreach Society to receive groceries. Serves 3,800 people per week.  Provides meals every Tuesday at 12:30 p.m. at 303 East Cordova Street (St. James Anglican Church) and Saturday 12:30. Thursday at 1:00 p.m. at 1012 Nelson Street (St. Andrew's Wesley Church), except the Thursday after cheque issue	604-602-0186 Fax: 604-682-3494 E-mail: <a href="mailto:questos@telus.net">questos@telus.net</a>	1217 East Georgia Street Mailing address: PO Box 2156 Station Main Terminal Vancouver, BC V6B 3V3	Monday to Friday 8:30 am to 4pm	<a href="http://www.questoutreach.org/">http://www.questoutreach.org/</a>
New Beginnings Baptist Church	Breakfast daily 7-8am Serves the East Vancouver population from Main Street to Boundary Road, and Hastings Street to 33rd Avenue.	604-873-2100	1648 East 1 <sup>st</sup> Avenue		n/a

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Program	Description	Contact	Location	Hours	Website
Potters Place	Potters place opens at 11:00am and lunch is served at noon for about 20-40 people. Dinner is served at 10:00pm for about 80-100 people	(604) 688-2968	21 East Hastings St.	Mission's hours: 10:30-12:30	
Rainbow Mission	Daily 7:30pm - Church Service, meal at 8pm	604-681-4377	135 Dunlevy Avenue		
Salvation Army (Cariboo Hill Burnaby branch)	Van with soup, sandwich, snacks Sunday and Tuesday 10:30am-12:30pm. Serves 350-400 people	(604) 525-7311	In front of the courthouse downtown		<a href="http://cariboohill.ca/">http://cariboohill.ca/</a>
Aunt Leahs Independent Life Skills Society	Provides free (or by donation) community meals at three places - they partner with two churches and one community centre. The churches pay for the food, and Aunt Leah's provides the catering. St. Mark's Trinity United Church - Thursdays noon to 12:45pm; Wilson Heights United Church - Thursdays 5:30pm - 6:30pm; and Collingwood Neighbourhood House - Wednesdays from 5:30 - 6:30. Serves 100 people per meal. People who come receive full-seated services from people who are in the restaurant work training program	(604) 264-7238	St. Marks' Trinity United Church: 1805 Larch St.  Wilson Heights United Church: 1634 E. 41 <sup>st</sup> . Ave.  Collingwood Neighbourhood House: 5288 Joyce St.	Office Hours: Monday to Friday 9:00am - 5:00pm	<a href="http://www.auntleahs.org">www.auntleahs.org</a>
The Sandwich Project	Sandwiches & Coffee (not holidays) (closed mid-May - mid-Sept.)	604-682-3848	690 Burrard St	M-F 10-11 am	
Tenth Avenue Alliance Church	Free meal on Mondays at 7:30 pm		11 West 10 <sup>th</sup> Ave		
St. Mary's Kerrisdale	Lunch - by donation Call for specific dates.	604-261-4228	2490 West 37 <sup>th</sup> Ave.	11:30 to 1:00 pm Every second	

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Program	Description	Contact	Location	Hours	Website
St. Michael's Mission Society	Provides Free meals Monday to Friday from 6pm - 7pm. Sandwiches, beverage, fruit, sometimes a dessert and/or soup. Also hosts a student food bank (open to all students, with ID) every Friday 6-7, except for the last Friday of the month. Monday morning - Spanish breakfast at 9:30. Serves about 50 people per meal.	(604) 875-6369	409 East Broadway Avenue Vancouver, BC V5T 1W8	Tuesday Office Hours  Thursday - Friday 10:00am-noon	n/a
South Vancouver Neighbourhood House	Neighbourhood Seniors' lunch Tuesdays 12pm Cost: \$3.50. Serves 20-30 people. Community Family Night - drop in dinner. First Thursday of every month. Cost is \$3.50 for adults, and \$1.00 for children 2-12 years of age. Serves about 65 people.	324-6212 FAX 324-6116	6470 Victoria Dr. Vancouver, BC V5P 3X7	Hours: Monday to Thursday 9am-6pm Fridays 9am-8pm	<a href="http://www.city.vancouver.bc.ca/parks/cc/strathcona/">http://www.city.vancouver.bc.ca/parks/cc/strathcona/</a>
St. Paul's-Crest Club Cafeteria	Breakfast \$4.00-\$5.00 at 9:00 am; Lunch \$4.00-\$5.00 at 11:00 am; Dinner \$6.00 at 4:00 pm or 4.30pm. Monday to Friday.	Ph: 604-682-2344	1081 Burrard St		
Strathcona Community Centre	The 2nd Wednesday of the month, 12:00 noon. \$4 Chinese meal. Purchase ticket by Tuesday. Free breakfast for school children Monday to Friday from 7:30 to 8:50. Serves 180-250 children daily.	604-713-1838	601 Keefer Street Vancouver, BC V6A 3V8	September - June Monday - Friday 9:00 am - 10:00 pm Saturday & Sunday 9am to 5pm Stat. Holidays Closed	n/a
Thunderbird Neighbourhood Community Centre	Community Lunch Wed 12:00 - 12:30pm *Every Wednesday except Ministry issue days. Give out tickets at food bank -	604-713-1818 Fax: 604-713-1828	2311 Cassiar Street Vancouver, BC V5M 3X3	Hours are 9:30 am to 2:30 pm Mondays and Tuesdays, and 10 am to 2:30 pm Fridays. Programs are	<a href="http://www.geocities.com/familiesbranchingout_capc/">http://www.geocities.com/familiesbranchingout_capc/</a>  <a href="http://www.geocities.com/thunderbirdc">http://www.geocities.com/thunderbirdc</a>

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Program	Description	Contact	Location	Hours	Website
				free, but Thunderbird Community Centre membership is required.	<a href="#">entre/</a>
Union Gospel Mission	Christian non-profit society. Offers a free meal after chapel services at 2 pm, and 7 pm- 7:30 pm every day. Every welfare day, and the three days following it, there is no 7 pm meal. Serves about 300 people per day. Hour long Church service before the meal. -chilli wagon 7pm Tuesdays @ Charles and Commercial	604-253-3323 Fax: 604-253-3496 Web: <a href="http://www.ugm.ca">www.ugm.ca</a>	616 East Cordova Street Vancouver, BC V6A 1L9	Open seven days a week from 9am to 5pm. Shelter opens at 9pm	<a href="http://www.ugm.ca/">http://www.ugm.ca/</a>
VANDU - Vancouver Area Network of Drug Users	Free meal on Friday afternoons - with a meeting. For members of the Western Aboriginal Harm Reduction Society -but they are pretty open about who attends. Need to register at 1:30pm Friday.	604-683-8595	50 East Hastings Street 2 <sup>nd</sup> floor Vancouver, BC V6A 1N1	Hours: 10am - 4pm	<a href="http://www.vandu.org">www.vandu.org</a>
Wilson Heights United Church	Free dinner Thursdays 5:30pm-6:15pm; Drop-in basis. Serves about 100 people	604-325-9944 Fax: 604-325-3835 E-mail: <a href="mailto:rosemary@whuc.net">rosemary@whuc.net</a>	1634 East 41st Avenue Vancouver, BC V5P 1K5	Office: Tuesday to Friday 9:30am to 1:30pm	<a href="http://www.whuc.net">www.whuc.net</a>
YWCA Crabtree Corner	Meals daily Mon, Tues, Thurs, Fri 2-4pm, Wed 10:00-1:15pm - drop-in for program participants (snacks, soup or hot meal)	604 - 216-1650	533 East Hastings Street Vancouver, BC V6A 1P9	Drop in 2-4 Mon, Tues, Thurs, Fri, and 10:30-1:15pm on Wed.	<a href="http://www.ywcavan.org/families/crabtree.html">www.ywcavan.org/families/crabtree.html</a>
Food Not Bombs	A collective that cooks food and serves it at the Woodward's building on Sundays at about 4:30 or 5:00. They serve about 50 people. They cook with food that would otherwise get thrown	604 876-2287 <a href="mailto:nico@riseup.net">nico@riseup.net</a>			

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Program	Description	Contact	Location	Hours	Website
	out, such as donations from the foodbank, and food in grocery store and restaurant dumpsters.				
<b>Meals for Seniors</b>					
411 Seniors Centres	8 am-3pm Breakfast and lunch. \$3.25 for members;\$3.75 non-members. Membership \$8/year.	604-684-8171	411 Dunsmuir Street Vancouver, BC V6B 1X4	Mon-Fri 8:15-3pm Sat. 9-2pm	<a href="http://www.411seniors.bc.ca">www.411seniors.bc.ca</a>
ASK Friendship Centre - adult day program	Serves hot lunches Monday to Friday to about 20 people. Must be registered. 4\$ per lunch	604-263-7333	2733 W. 41st Ave Vancouver, BC V6N 3C5	Monday to Friday 10:00 to 3:00	<a href="http://www.askcentre.ca">www.askcentre.ca</a>
Britannia Community Centre	Seniors lunches on Mondays and Thursdays. Monday - homemade soup, bun, coffee, tea - \$2. Thursday - salad, meal, coffee, tea, dessert 3\$. Drop in. Must be 55+ years of age. September to June. Serves about 12 - 30 people.	604-718-5800  Contact: Anne Jackson	1661 Napier Street Vancouver, BC V5L 2M6	Centre hours: Mon. to Thurs 8:30 am -9 pm. Fri 8:30 am - 7 pm Sat 9am - 5 pm Sun 10 am - 4 pm	<a href="http://www.city.vancouver.bc.ca/parks/cc/britannia/website/index.html">http://www.city.vancouver.bc.ca/parks/cc/britannia/website/index.html</a>
Brock House	Hot meals \$5.00 plus extras if desired, soup \$3.00, dessert also available. Hot and cold drinks (including wine) also available. Monday to Friday 11:30-1:00 pm. Membership required \$20/year. Must be 55+ years of age.	604-228-1461	3875 Point Grey Road		
Cedar Cottage Neighbourhood House	Supper Club for Seniors Wednesday 4-7pm, cost \$3.00 Phone ahead to tell them you're coming. About 30 people attend.	604-874-4231	Dinner 4-7pm Wednesday	9-6pm office - hours vary depending on program	<a href="http://www.anhgv.org/Houses/Cedar+Cottage">www.anhgv.org/Houses/Cedar+Cottage</a>
Collingwood Neighbourhood House	Seniors Lunch Tuesdays and Thursdays from 12:00-12:30. \$3.50 for seniors. \$4.50 for anyone else. Tuesdays serve about 10-20 people. Thursdays serve about 20-30.	604-435-0323	5288 Joyce Street	Open 9am-9pm daily (depends on programs)	<a href="http://collingwood.vcn.bc.ca/index.pl/home">http://collingwood.vcn.bc.ca/index.pl/home</a>
Continental Seniors Centre	Drop-in centre for seniors that offers	604-665-	1067 Seymour	Centre is open 9	n/a

## Appendix C: Charitable Food Programmes

Program	Description	Contact	Location	Hours	Website
	information and referral services, and recreational activities. A cafeteria provides low-cost nutritious meals. breakfast \$2, lunch \$2.75, dinner \$3.75.	3333	Street Vancouver, BC V6B 5S4	am to 6 pm daily.	
Downtown Eastside Senior's Centre	Drop-in centre for senior citizens offers cards, pool, television, breakfast, lunch, and information and referral services. Hot lunch is \$1.75 to \$2.50. Must be a member - membership costs \$5/year. Serves 100-120 people per day. Breakfast is 8-10am. Lunch is at noon.	604-254-2194 Fax: 604-254-2150	509 East Hastings Street Vancouver, BC V6A 1P9	Monday to Friday 8am- 3pm. Saturday 9am-3pm	<a href="http://www.bcn.bc.ca/scn/dmile">www.bcn.bc.ca/scn/dmile</a>
Hastings Community Centre	Seniors Meals to Wheels alternate Thursdays from 12:00-3:00 pm. \$3.00. Transportation provided if needed Granny's Kitchen Lunch Program alternate Tuesdays from 11:30-12:45. Open to everyone. \$3.00	604-718-6230	3096 East Hastings		
Kerrisdale Community Centre	Seniors lunch 11:45 - 1:15pm daily. Full meal \$4.50, smaller meals available. Mon-Sat	604-257-8100	5851 West Boulevard Vancouver, BC V6M 3W9	Hours seniors centre 9am-8pm	<a href="http://www.city.vancouver.bc.ca/parks/cc/kerrisdale">www.city.vancouver.bc.ca/parks/cc/kerrisdale</a>
Kitsilano Neighbourhood House	Seniors Luncheon. Hot lunch every Tuesday with activity. 12:15 p.m.-1:45 p.m. Cost: \$4. Serves 15-24 people. For members. Membership costs \$5/year.	604. 736.3588 Fax: 604. 736.3640 Email: beryl_kitshouse@telus.net	2325 W. 7 <sup>th</sup> Ave Vancouver, BC, V6K 1Y4	Office Hours: Mon / Fri 8:30 a.m. - 4:30 p.m. Closed weekends and statutory holidays!	<a href="http://www.kitshouse.com">www.kitshouse.com</a>
Gordon Neighbourhood House	Hot lunch Tues 12pm - \$3.50 - for seniors, special events with food once/month. Serves about 10 people.	604-683-2554	1019 Broughton Street Vancouver, BC V6G 2A7	M-Thurs 9am- 9pm Fri Sat 9am-3:30pm	<a href="http://www.gordonhouse.org">www.gordonhouse.org</a>
Marpole Place for Seniors	Lunch Monday to Fridays 12-1:00 pm. \$5.00. Membership required \$12/year.	604-266-5301	1305 W. 70 <sup>th</sup> Ave		

## Appendix C: Charitable Food Programmes

Program	Description	Contact	Location	Hours	Website
	Call by 10:30 am to confirm attendance. Community dinner Thursday 6-9 pm. Full meal \$5.00. Drop in. Membership required. All ages welcome. Well seniors program "Forever Learning" 9am-4:30pm				
Mount Pleasant Neighbourhood House	Lunch for 20-40 seniors Tuesdays and Fridays	879-8208 FAX 879-4136	800 E. Broadway Vancouver, BC V5T 1Y1	Hours vary. Call ahead.	n/a
New Continental (Seniors Centre)	Breakfast \$1.75 from 8-9:00 am; Lunch \$2.75 from 12-1:30 pm; Dinner \$3.75 from 4-5:30pm. Open to the public Monday to Sunday.	604-665-3333	1067 Seymour		
Kerrisdale Seniors Centre	Seniors Hot lunch Monday to Friday from 11:30-1:00pm \$4.50, \$2.00 for soup & sandwich. Membership required \$8/year. Men's lunch on Tuesday. Serves 50 people daily. There is a special meal once per month that serves 100 people.	604-257-8109	5851 West Blvd Vancouver V6M 3W9	M-F: 8:45am-10pm, Sat & Sun: 8:45am - 5pm. Dining room: Mon-Sat 11:30am-1pm	<a href="http://www.city.vancouver.bc.ca/Parks/cc/kerrisdale/website/program_seniors.htm">http://www.city.vancouver.bc.ca/Parks/cc/kerrisdale/website/program_seniors.htm</a>
Oakridge Seniors Centre	Hot lunch Monday-Saturday from 11:30-1:30 pm Approx \$5.50-6.00 for daily special or soup/sandwich.	604-263-1833	501-650 W, 41 <sup>st</sup> Ave (southwest side of the mall)		
Renfrew-Collingwood Senior Centre	Tuesday and Friday lunch (includes full day program). \$3.50 -about 20+ people (Boundaries: Venables to Fraser and Knight to Boundary Road) .	604-430-1441	3015 E. 23rd Ave	Tues and Fri lunch Centre Hours:	<a href="http://victoria.tc.ca/Community/RenColl/index.html">http://victoria.tc.ca/Community/RenColl/index.html</a>
South Granville Seniors Centre	Tuesday/Thursday lunch at 12pm. \$6.00 for members and \$6.50 non-members. Reserve two days in advance. Tuesdays serve about 10 people, and Thursdays serve about 15-	604-732-0812	1420 W. 12th Ave	9:00 am - 4:30 pm Monday - Friday Closed on statutory	<a href="http://www.southgranvilleseniors.ca/">http://www.southgranvilleseniors.ca/</a>

## Appendix C: Charitable Food Programmes

Program	Description	Contact	Location	Hours	Website
	25 people.			holidays	
Strathcona Community Centre	Meals on wheels program  Seniors luncheon - \$4.00 every other Wed at 11am- 1pm -	604-713-1838	601 Keefer Street Vancouver, BC V6A 3V8	M-F 9am - 9:30pm	<a href="http://www.city.vancouver.bc.ca/parks/cc/strathcona">http://www.city.vancouver.bc.ca/parks/cc/strathcona</a>
Sunset Towers	501 units for low-income seniors and adults with disabilities in two hi-rise buildings located in Vancouver's West End.  Tuesdays and Thursdays - free meals for tenants. Serves 120 people per meal. Food is provided by the Food Bank's Food Runners Program, which redistributes food from hotel and commercial enterprises.	604-688-1615	Outreach office: #312-1655 Barclay Street Vancouver, BC V6G 2Y1	Mon-Thurs 9am-2pm	
<b>Other</b>					
Vancouver Friends For Life Society Diamond Centre For Living	The Vancouver Friends For Life Society serves as a catalyst to enhance the wellness of individuals living with a life threatening illness by providing complementary and alternative health and support services.  The Brunch Club provides late breakfast/lunch to members every Monday and Wednesday. By registration only.  Sunday Dinner with Mom provides a multi-course meal to 20 members every Sunday night, by registration only.  Dinner With Jake is reserved for new members only, allowing them the	Dave Keefe Volunteer Services Coordinator (604) 682 5992 Ext. 6 Dave@friendsforlife.ca	1459 Barclay St.		<a href="http://www.friendsforlife.ca/about.html">http://www.friendsforlife.ca/about.html</a>

## Appendix C: Charitable Food Programmes

Program	Description	Contact	Location	Hours	Website
	opportunity to immediately access a service upon joining Friends For Life. A multi-course meal is served to 20 members on one Saturday night a month, by registration only				
<b>Shelters with Meals</b>					
<b>Youth</b>					
Covenant House Vancouver	Short-term crisis and transitional residential shelter for youth ages 16 to 22. -Meals are provided	604-685-7474	575 Drake Street Vancouver , BC V6B 4K8	Open 24 hours	<a href="http://www.covenanthousebc.org/">http://www.covenanthousebc.org/</a>
Dusk to Dawn Street Youth Resource Centre (Family Services of Greater Vancouver)	Self-referred shelter for street involved youth 21 & under. Laundry facilities and showers are provided and food is served at 8:30 pm and again at 1:30 am. Information and referrals provided.	604-688-0399 or Toll free 1-866-24 youth (96884) Fax: 604.683.0383	1056 Comox Street Vancouver BC V6E 1J2	7:00 pm - 5:30 am Sunday to Thursday	<a href="http://www.fsgv.ca/programpages/youthservices/dusktodawn.html">http://www.fsgv.ca/programpages/youthservices/dusktodawn.html</a>
First Baptist Church	Tuesday nights only. Open 9 p.m., meal at 9:30 p.m. Shelter priority for under 19.	604-683-8441	969 Burrard Street	Tues nights only	<a href="http://www.firstbc.org">www.firstbc.org</a>
Urban Native Youth Association - Aboriginal Youth Safehouse	Self-referral program for street involved youth between the ages of 16 and 18 years. The maximum stay is 7 days. Accept referrals 24 hours a day, 7 days a week. Serves mostly homeless youth 16-18 years old. Co-Ed. Can house up to 7 people at a time. There are three meals a day for those staying in the shelter. Breakfast - self serve. Lunch - to take out with them. Dinner served between 5:00-6:30.	(604)254-5147 or 1-877-223-4321 Fax: (604) 254-5159 Email: <a href="mailto:unyainfo@unya.bc.ca">unyainfo@unya.bc.ca</a>	Office: 1640 East Hastings Street Vancouver, BC V5L 1S6	24 hours/day, 7days/week	<a href="http://www.unya.bc.ca">www.unya.bc.ca</a>
Walden Street Safe House	Voluntary, residential program for youth ages 16 to 18. Able to stay 7 days. No fees for service. Help make plans, evaluate situation, and connect with other services. Has 9 beds. Serves	604-877-1234 Fax: 604-875-0254 E-mail:	Address is confidential	24 hour/7days a week	<a href="http://www.fsgv.ca/programpages/youthservices/safehouse.html">http://www.fsgv.ca/programpages/youthservices/safehouse.html</a>

## Appendix C: Charitable Food Programmes

Program	Description	Contact	Location	Hours	Website
	three meals a day to people staying in the house.	<a href="mailto:safehouse@fsgv.ca">safehouse@fsgv.ca</a>			
Young Wolves Lodge	The Young Wolves Lodge is a self-referral program for female youth between the ages of 17 and 24 years who are actively working towards positive changes in their life. Open to female Native youth only, aged 17 to 24. Offer 3 meals/day.	Phone: (604) - 321-1118 Fax: (604) - 322-7521 Email: <a href="mailto:unyainfo@unya.bc.ca">unyainfo@unya.bc.ca</a>	Office: 1640 East Hastings Street Vancouver, BC V5L 1S6	24 hrs	<a href="http://www.unya.bc.ca/psresprog_ywl.htm">http://www.unya.bc.ca/psresprog_ywl.htm</a>
<b>Men Only</b>					
Belkin House (Salvation Army)	Cold weather shelter program (contract is renewed annually) - October to April - 50 beds - first come, first serve - Free breakfast and dinner. Year-round provides 15 beds for women, and 43 for men. First come, first serve. Must have an MHR referral. 15 of the beds are for women.  Also provides short-term single resident accommodation for men who are in education/training programs. Cost is \$375/month. About 50 men stay in this residence at a time.	604-681-3405 Fax: 604-681-3005	555 Homer Street Vancouver, BC V6B 1K8	Registration is from 6 pm to 10 pm, and an MHR referral for emergency food and shelter is preferred.	<a href="http://bc.salvationarmy.ca">bc.salvationarmy.ca</a>
Catholic Charities	For men, Night time only, food voucher supplied, no wheelchair access.	604-443-3292	828 Cambie St.	4pm-11:30pm	<a href="http://www.rcav.org/charities">www.rcav.org/charities</a>
The Haven (Salvation Army) -	Provides emergency shelter beds for men, during a certain number of weeks in winter. Admitting hours are 4 pm to 8 am daily.  -have breakfast, out during day	Night: 604-646-6806 Day: 604-646-6800	128 East Cordova Street Vancouver, BC	Admitting hours 4pm-8pm daily	<a href="http://bc.salvationarmy.ca">bc.salvationarmy.ca</a>
<b>Women only</b>					
Anderson Lodge (Circle of Eagles Lodge Society)	Emergency shelter for women of any culture in crisis (which may include addiction or family violence) who need temporary housing.	604-874-1246 Fax: 604-874-9464	c/o 1470 East Broadway Vancouver, BC	24 hrs	n/a

## Appendix C: Charitable Food Programmes

Program	Description	Contact	Location	Hours	Website
	There are 10 beds. Breakfast, lunch, and dinner are free to those staying in the shelter.		V5N 1V6		
BC/Yukon Society of Transition Houses	Network of transition houses, safe homes, and second stage houses in BC and the Yukon. Does not provide frontline service - but links to shelters that do.	604-669-6943 or 1-800-661-1040 Fax: 604-682-6962 E-mail: <a href="mailto:admin@bcysth.ca">admin@bcysth.ca</a>	507-475 Howe Street Vancouver, BC V6C 2B3	24 hr shelter  Office hours: 9 am to 4:30 pm Monday to Friday.	<a href="http://www.bcysth.ca">www.bcysth.ca</a>
Bridge Emergency Shelter	Emergency shelter providing accommodation for single women experiencing crisis - single women - have to be on welfare, no children. Shelter is staffed 24 hours a day. -Provide meals	(604) 684-3542	Vancouver	24 hours	n/a
Helping Spirit Lodge	-First stage transition house primarily for Aboriginal women and children who have experienced family violence. Max stay 30 days. Staffed by aboriginal workers. 33 beds. Meals are provided to those staying in the house. There is an interview process to qualify to stay in the house.	24-hour: 604-872-6649 Fax: 604-873-4402	c/o 3965 Dumfries Street Vancouver, BC V5N 5R3	24 hours	<a href="http://www.helpingspiritlodge.org">www.helpingspiritlodge.org</a>
Homestead (Salvation Army)	Single women or with children. No boys over 13 years must be 72 hours clean, 3 meals. Services are in the process of changing.	604-266-9696  receptionat homestead @telus.net	975 W 57	24 hours	<a href="http://bc.salvationarmy.ca">bc.salvationarmy.ca</a>
Kate Booth House (Salvation Army)	Kate Booth house supports women in transition, with information, shelter, crisis line, etc.	Tel: 604-872-0772 Fax: 604-872-7775	P.O. Box 38048 King Edward Mall Vancouver,	24 hour crisis line	<a href="http://www1.salvationarmy.org/can/www.can.bc.nsf/vw-dynamic-">http://www1.salvationarmy.org/can/www.can.bc.nsf/vw-dynamic-</a>

## Appendix C: Charitable Food Programmes

Program	Description	Contact	Location	Hours	Website
	-Provide meals		B.C. V5Z 4L9		<a href="arrays/146C846FA2A7906F85256ECB005C76D7?openDocument">arrays/146C846FA2A7906F85256ECB005C76D7?openDocument</a>
New Beginnings (Salvation Army)	See homestead	604-266-9696 Fax: 604-266-7401	The Salvation Army Vancouver Homestead 975 West 57th Avenue Vancouver, BC V6P 1S4	24 hours	
Powell Place Shelter for Women (Saint James Community Service Society)	Emergency shelter provides accommodation for single women who are experiencing crisis. Gives support and provides information regarding available resources.  -Food provided	604-606-0402 Crisis Line: 604-606-0403 Fax: 604-606-0309	Mailing address: 329 Powell Street Vancouver, BC V6A 1G5	24 hours/7days	<a href="http://www.sjcss.com/">http://www.sjcss.com/</a>
St. Elizabeth Home (Saint James Community Service Society)	Provides emergency shelter for single women and women with children who are in crisis, whether they are escaping violence, unfit living conditions, in recovery from addiction, or wanting to find better housing and develop better life-plans. Food is provided for the people in the shelter to make breakfast, and lunch and dinner are prepared for them. Serve up to 36 people.	Crisis: 604-606-0412	Mailing address: 333 east 16 <sup>th</sup> Vancouver, BC V6A 1G5	24 hours/7days	<a href="http://www.sjcss.com/">http://www.sjcss.com/</a>
Umbrella	Women only. 24 hours, referral and supper. Wheelchair accessible  -Provides meals	604-606-0367	1321 Richards Street,	24 hours	
Vancouver Rape Relief and Women's Shelter	Crisis line, emotional support, information and education. Also provides emergency transition shelter for women and children escaping	604-872-8212	Confidential	24 hours/day.	<a href="http://www.rapereliefshelter.bc.ca">www.rapereliefshelter.bc.ca</a>

## Appendix C: Charitable Food Programmes

Program	Description	Contact	Location	Hours	Website
	violence. Food provided to those staying in the shelter to make food. About 12 people (including the mothers' children) access this food daily.				
Everyone					
The Anchor (Salvation Army)	Seasonal emergency accommodation for men and women; only open during the cold and wet winter months. Meals are provided. Residents expected to be alcohol and drug-free.	604-646-6899	134 East Cordova Vancouver, BC	Open 11pm to 7 am. Only during cold months of year.	<a href="http://www.salvationarmy.ca/">http://www.salvationarmy.ca/</a>
Crosswalk (Salvation Army)	Emergency accommodation for adults. Opens at midnight, and coffee and snacks are served at 8 am. Thursday afternoon drop-in offers coffee, community information, and spirituality discussion. Hours and days expand beginning of April.	604-669-4349	108 West Hastings Street Vancouver, BC V6B 1G8	Open evenings from 12pm	bc.salvationarmy.ca
Vi Fineday	Male or female headed families, couples without children or single women (no single men without families). No alcohol/drugs. Accepts MHR referrals for stays of up to 30 days, and self-referrals for up to 10 days. Free breakfast, lunch, and dinner, and two snacks. Provides a packed lunch for anyone who is out during the day. There are 18 beds.	604-736-2423	Kitsilano. Address is only provided to those staying in the shelter.	24 hours	n/a
Lookout Downtown Shelter (Lookout Emergency Aid Society)	A 24-hour emergency centre that provides temporary accommodation and support to those who have no other housing options. In addition to food and shelter, staff address issues such as housing, finances, and treatment for addiction or mental/physical ailments, through	604-681-9126 Fax: 604-681-9150 E-mail: <a href="mailto:dtshelter@lookoutsociety.bc.ca">dtshelter@lookoutsociety.bc.ca</a>	346 Alexander Street Vancouver, BC V6A 1C3	24 hour/ 7 days week	<a href="http://www.lookoutsociety.bc.ca">www.lookoutsociety.bc.ca</a>

## Appendix C: Charitable Food Programmes

Program	Description	Contact	Location	Hours	Website
	crisis counselling, case planning, and referral or liaison services.				
Out of the Cold (Grandview Calvary Baptist Church)	-Overnight shelter for men and women on Thursdays from Thanksgiving until end of April. Provides overnight shelter for men and women on Thursdays from Thanksgiving to the end of April. Free meal 8pm Thursdays all year.	(604-253-6667) Fax: 604-255-0414	1803 East 1st Avenue Vancouver, BC V5N 1B2	24 hours	n/a
Triage Emergency Services and Care Society (Windchimes Vivian, The Vivian Princess Rooms)	Provides 28 emergency beds for homeless individuals with substance use and/or mental health issues. Also operates other shelters. Provides three free meals a day to residents. Also has a meal plan for 50 people in the community, who can get three meals a day for \$150/month. Must have a dual-diagnosis or serious mental health issues to qualify.	604-254-3700 Fax: 604-254-3747	707 Powell Street Vancouver, BC V6A 1H5	24 hours	<a href="http://www.triage.bc.ca">www.triage.bc.ca</a>
Union Gospel Mission	7 nights a week: 9:00 p.m. - 7:00 a.m. (for up to 30 men and 5-6 women)	604-253-3323	616 East Cordova Street Vancouver, BC V6A 1L9	9pm-7am daily	
Yukon Shelter(Lookout Emergency Aid Society)	A 24-hour, multiservice housing centre for men and women in emergency and transitional situations. Provides food and shelter, crisis counselling, case planning, and referral/liason for education, and employment needs. Wheelchair accessible, and small pets are allowed. In winter, the cold/wet weather room is available for shelter and showers. About 90 access the services in the cold/wet months, and 50 people access the services the rest of the year.	604-264-1680 Fax: 604-264-1610 E-mail: <a href="mailto:yukon@lookoutsociety.bc.ca">yukon@lookoutsociety.bc.ca</a>	2088 Yukon Street Vancouver, BC V5Y 4B1	24 hour/ 7 days week	<a href="http://www.lookoutsociety.bc.ca">www.lookoutsociety.bc.ca</a>

## Appendix D: Community Kitchens

Community Kitchen	Affiliated or Supporting Organization, Fees, Additional Information	Co-ordinator or Contact Person	Address	Hours or Days of Operation	Website
Abbot Mansions Community Kitchen	Part of DECK. No fee.	Leo Ramirez 604 876-0659 ext. 120 leoramirez@canada.com	404 Abbot St.	1/month, Tuesdays before check day	
Aboriginal Diabetes Awareness, Prevention and Teaching (ADAPT)	Community kitchen is an aspect of the whole program, which is funded by the Off-Reserve portion of the Aboriginal Diabetes Initiative of Health Canada. DECK supports the kitchen segment as well. No fee. Sometimes clients bring food (out of their own will to share)	Kristen Yarker 604-254-9949 Fax: 604-254-9948 Cell: 604-781-6695 adapt_diabetes@hotmail.com	Vancouver Native Health Society 449 E. Hastings St. Vancouver BC		<a href="http://www.vnhs.net/programs/diabetes.htm">http://www.vnhs.net/programs/diabetes.htm</a>
African Healthy Eating Active Living Society	Multicultural Family Centre	Jessica Chenery 604-254-1374	1145 Commercial Dr		
Antoinette Lodge - Seniors Residence	Part of DECK	Leo Ramirez 604-876-0659 ext 120	535 East Cordova		
Aunt Leah's Community Kitchen Program	No fee. For youth (15-24)	Zoe Renaud Wk: 604-264-7217 Cell: 604-376-7238 zrenaud@auntleahs.org	8872 Hudson St (held at 7405 Royal Oak, Burnaby)	Every Friday, 11-3, 45 wks per year	
Coast Family Kitchen	No fee. For clients in Coast housing. Church donates kitchen time.	Shawn Flannery 604-872-3502	At Wilson Heights United Church 1634 E. 41st Ave.	monthly	
Coast Housing Collective Kitchen	No fee. For clients in Coast housing. Church donates kitchen time.	Shawn Flannery 604-872-3502	At Wilson Heights United Church 1634 E. 41st Ave.	monthly	
Coast Mental Health Resource Centre	For those with a mental illness. No fee. Part of Coast Foundation.	Beata Zaleska (604) 683-3787	1225 Seymour St.		
Community Soup - Dodson Hotel	No fee. For hotel residents.	Clemencia Gomez 604 688-6851	Dodson Hotel 1067 Seymour	once per week	
Community Soup -	No fee. For hotel residents.	Clemencia Gomez	Keafer Hotel 1067	once per week	

## Appendix D: Community Kitchens

Community Kitchen	Affiliated or Supporting Organization, Fees, Additional Information	Co-ordinator or Contact Person	Address	Hours or Days of Operation	Website
Keafer Hotel		604 688-6851	Seymour		
Community Soup - Old Continental Hotel	No fee. For hotel residents.	Clemencia Gomez 604 688-6851	Old Continental Hotel 1290 Granville	once per week	
Cooking Fun for Families—Britannia Elementary	No fee. Funding comes through KidSafe, from CLICK - Contributing to the Lives of Inner City Kids	604-713-4497	Britannia Elementary School 1110 Cotton Drive		
Cooking Fun for Families—Brock Elem.	No fee. 4-6 families.	Nick Najda (604) 257-8645	Held at Riley Park 50 E 30th Av	once per week.	
Cooking Fun For Families—MacDonald Elem School	No fee. 4-6 families.	Nick Najda (604) 257-8645 nick.najda@vancouver.ca	1950 East Hastings Street	Once per week.	
Cooking Fun For Families—Seymour Elem. School	No fee. 4-6 families.	Nick Najda (604) 257-8645	Held at Ray-Cam Community Centre 920 East Hastings	Once per week.	
Cooking Fun For Families—Strathcona		Jane Newton-Moss 604-713-4630/4633	Strathcona Community Centre 601 Keefer St.		
Cooking Fun For Families—Tillicum	No fee. 4-6 families.	Nick Najda (604) 257-8645	Tillicum Elementary School 2450 Cambridge Street	Once per week.	
Cooking Fun For Families—Hastings School	(This was running up until Dec 05. They are hoping to restart it soon. ) No fee.	Nick Najda (604) 257-8645	2625 Franklin Street		
DECK - Downtown Eastside Community Kitchens (each kitchen is listed by name in this database)	Funded by the Vancouver Coastal Health Authority's Sharon Martin Community Trust Fund. Non-perishables are received from the Greater Vancouver Foodbank Society. \$1,800 of the annual budget is for food (mostly perishables such as vegetables, cheese, meat, tofu) and equipment. Most community kitchens	Leo Ramirez 604 876-0659 ext. 120 deck@foodbank.bc.ca			

## Appendix D: Community Kitchens

Community Kitchen	Affiliated or Supporting Organization, Fees, Additional Information	Co-ordinator or Contact Person	Address	Hours or Days of Operation	Website
	are free, but participants sometimes chip in food and/or money. Most kitchens meet once a week, although some meet twice a week or every two weeks.				
Eastside Family Place Community Kitchen	No fee. For families. Childcare is available.	Tracey Barker 604-255-9841 tbarker@eastsidefamilyplace.org	1655 William St	Twice per year in fall and spring.	
Family Branching Out Renfrew-Collingwood Food Security Institute	Need to be a member of RC Comm Centre (~\$10/yr)	Nancy Sweedler (604) 435-0323	5288 Joyce Street	Monday nights	<a href="http://www.cnh.bc.ca/foodsecurity/index.html">http://www.cnh.bc.ca/foodsecurity/index.html</a>
Hastings Community Kitchen	For seniors.	Ivy Ng Ivy_Ng@telus.net	Hastings Community Centre 3096 E Hastings St.		
Health Contact Centre	For those in DTES. Sponsored by VCH	Guillermo Fernandez 604-658-1238	166 E Hastings St	2x per week	
Jewish Community Kitchens Program	Funding comes from the Jewish Federation. A portion of the budget goes to food, but the majority goes to paying staff, renting a space, etc. Participants usually share the cost of the food (about \$2-5 each).	Tricia 604-257-5151 info@jfsa.ca	Jewish Family Service Agency 305-1985 W. Broadway	once per month, wide audience	
Jubilee Community Kitchen	Part of DECK	Frank or Helen 604-681-4898	Jacobs Well 239 Main St		
Kettle's Cooking and Baking Club	\$1 per person. Program for members of the society.	Ken Paquette 604-251-2854 Fax: 604-251-6354	Kettle Friendship Society 1725 Venables St		<a href="http://www.thekettle.ca">www.thekettle.ca</a>
Kids in the Kitchen	No fee. Up to 25 youth attend. Supported through youth programs section of the centre and have received 4 years of funding from United Way, which is also shared with four Cooking Fun for Families kitchens that operate through Riley Park	Nick Najda (604) 257-8645 nick.najda@vancouver.ca	Riley Park Comm Ctr 50 E 30th Ave.	Once per week.	

## Appendix D: Community Kitchens

Community Kitchen	Affiliated or Supporting Organization, Fees, Additional Information	Co-ordinator or Contact Person	Address	Hours or Days of Operation	Website
	Comm Centre.				
Kid's Kitchen Renfrew- Collingwood Food Security Institute	Need to be a member of RC Comm Centre (youth \$5.00/yr)	Sanjeev Carwall (604) 435-0323	5288 Joyce Street	Friday evenings	<a href="http://www.cnh.bc.ca/foodsecurity/index.html">http://www.cnh.bc.ca/foodsecurity/index.html</a>
Kiwassa Canning Kitchen	No fee. Has run for 13 years	Ellen Wickberg Home: 604-733-3602	Kiwassa Neighbourhood House 2425 Oxford Street	Mondays	
Kurdish Women's Community Kitchen	Sponsored by Immigrant Services Society	Naomi Staddon nstaddon@telus.net	Britannia Elementary School 1110 Cotton Drive		
La Boussole	Conducted in French. Some food is donated by the foodbank. The rest is purchased by the community kitchen. La Boussole receives some funding from government funders such as Patrimoine Canada, and the city of Vancouver.	Patricia Viannay 604-683-7337	Raven Song Community Health Centre 2450 Ontario		
Multigenerational Community Kitchen	Meal costs \$5, includes soup, main, dessert, and tea or coffee. Some funding comes from the City of Vancouver, rest is subsidized by their programs. For anyone interested.	Tracey Macleod- Yerxa 604-266-5301	Marpole Place (Old Firehall) 1305 West 70th Ave.	Thursday evenings	
Neighbourhood Helpers Outreach Project	SRO hotel. For seniors and those with disabilities.	Clemencia Gomez 604 688-6851	Abbott Mansion 3 <sup>rd</sup> Floor, 1067 Seymour St	Cook 1/week.	
Positive Lunch Community Kitchen LifeSkills Centre	Part of DECK. No fee. For people with HIV/AIDS. Funding comes through LifeSkills Centre	Coco at 604-678- 8278 coco@portlandhotel. com	410 East Cordova		
Potluck Café	Open to residents of the DTES	tel: (604) 609-7368	30 West Hastings Street Vancouver, BC, V6B 1G6	Every 2 <sup>nd</sup> Tues.	<a href="http://www.potluckcatering.com/index.cfm?fuseaction=home">http://www.potluckcatering.com/index.cfm?fuseaction=home</a>

## Appendix D: Community Kitchens

Community Kitchen	Affiliated or Supporting Organization, Fees, Additional Information	Co-ordinator or Contact Person	Address	Hours or Days of Operation	Website
Princess Rooms Community Kitchen	Part of DECK	Leo Ramirez 604 876-0659 ext. 120 leoramirez@canada.com			
Reclaiming Our Spirits Drop-in Centre Community Kitchen	No fee. Funding through National Homeless Prevention Program. A part of the Helping Spirit Lodge Society.	Lori or Rhonda 604-874-6649	3985 Dumfries St.	Every Monday	
Semlin Resident Community Kitchen		Kathy Zazulyk 604-879-7197	Semlin Gardens 1975 E 12 Av		
Seniors Sharing Kitchen	\$2.50 per person (down from \$5). Has 6 members and has run for 2 years. Funded through random donations of ~\$20 per month- kitchen rent is \$10 per use and the rest is food.	Joan Wright (604) 439-0222	South Vancouver Neighbourhood House 6470 Victoria Drive	Second Wednesday of the month 9:30 am to 12:00.	
Stanley New Foundation Residences Community Kitchen	Part of DECK	Karina Cook	53 West Cordova Street		
Tupper Teen Program	Partnership between the Vancouver School Board and YWCA's Emma's Child Care Centre. Students are provided with 'make-it-yourself' breakfast and lunch, with support and planning from a coordinator.		Charles Tupper Secondary School 598 E. 23rd Ave	Tues, Wed and Thurs during the school year.	<a href="http://www.ywcavan.org/index.cfm?group_id=4269">http://www.ywcavan.org/index.cfm?group_id=4269</a>
UGM Women's Drop-in Centre	Part of DECK	Janet MacPhee (604) 215 5439 ext 363	616 East Cordova Street		
Urban Aboriginal Community Kitchen Garden Project	Part of DECK and Vancouver Native Health Society. At UBC Farm. Strives for a field-to-plate experience for participants.	Ron Plowright 778-908-2210	Vancouver Native Health Society 449 E. Hastings 604-254-9949		
Vancouver Community Kitchen Project—Greater Vancouver Food	No fee. Terasen Inc. provides 97% of the funding for the Vancouver Community Kitchen Project. The Greater Vancouver Foodbank Society	Diane Collis 604-876-0659 ext.118	1150 Raymur Ave.		<a href="http://www.communitykitchens.ca">www.communitykitchens.ca</a>

## Appendix D: Community Kitchens

Community Kitchen	Affiliated or Supporting Organization, Fees, Additional Information	Co-ordinator or Contact Person	Address	Hours or Days of Operation	Website
Bank Society	provides office space, a kitchen, a van, etc.				
VANDU Community Muffin Baking Session	Part of DECK. For members of VANDU. Cook meals now, not just muffins.	John Skulsh 604 683-8595 vandu@vandu.org	Hastings @ Carrall	Weekly, Friday mornings	
Vegetarian Community Kitchen	Long time program, very successful with a long wait list.	Cristina Tognon Home: 604-734-6607	Britannia High School #100 - 237 E 4th Ave	once per month	
WATARI Latin American Lunch LifeSkills Centre	Part of DECK. No fee. A group of people cook together and then provide food for about 45 people. LifeSkills Centre provides the kitchen and the food is all received by donation, mostly from the Greater Vancouver Food Bank.	Ingrid Mendez de Cruz 604.328.8492 ingrid@watari.org	410 East Cordova		
Windchimes	Through Vancouver Native Health Society Four Directions Recovery Program (supports those with dual diagnosis).	Casey Laviolette	Heatley and Powell	Wednesdays	
Women's Wellness Community Kitchen LifeSkills Centre	Part of DECK. No fee. Part of the Women's Wellness group. Funding comes through LifeSkills Centre	Coco 604-678-8278 coco@portlandhotel.com	410 East Cordova		
YWCA Crabtree Corner	Industrial teaching kitchen, groups run for 6 months. Participants may go on to second part and be able to cook for the childcare centre, earning bus tickets and Safeway food vouchers.	Wanda Pelletier 604-216-1654 wpelletier@ywcavan.org	533 E Hastings St	every other Monday	

## Appendix E: Vancouver Community Gardens

Name of garden	Location	# of plots, Hectares	# of available plots / # of people on waiting list	Contact name and number	General info
TBD	Corner of Broadway and Clark (1290 E Broadway)	TBD. Site is 11m x 37m lot	NA	City-owned land -- pilot project community garden development site	
Arbutus Victory (City of Vancouver Greenways Branch)	E. Boulevard & W, 50 <sup>th</sup> -57 <sup>th</sup> & W.65 - 68th	40 plots approx, .31 hectares	There are 20 people on the waiting list, and no spaces have opened up in a couple of years.	Terry Dixon -(604) 873-7204  <b>Operating under license from:</b> Greenways branch of Engineering Services, City of Vancouver	Very diverse productive garden with interesting variety of plants. It attracts a wide variety of people especially seniors. It is one of the very few community gardens in the area.
China Creek (City of Vancouver Greenways Branch)	8 <sup>th</sup> Ave. & Keith @ VCC King Ed. Campus	30 plots, .037 hectares.	Just used by housing co-op	Mary - (604) 879-0390 (to be announced for 2005@ China Creek Housing Co-op, Ruth McMillan is the possible contact for 2005  <b>Operating license from:</b> Greenways Branch of Engineering Services, City of Vancouver	Beautifully creative garden with tile mosaics dotting the pathways, which are well marked and maintained. VCC gives water to volunteers from housing co-op.
Collingwood Food Security Community Garden	North East Corner of Vaness and Joyce	10 plots currently being planted and another 10 planned		Heidi Braun, coordinator Food Security Institute, Collingwood Neighborhood House <a href="mailto:foodsecurity@cnh.bc.ca">foodsecurity@cnh.bc.ca</a>  <b>Operating under license from:</b> Translink	

## Appendix E: Vancouver Community Gardens

Name of garden	Location	# of plots, Hectares	# of available plots / # of people on waiting list	Contact name and number	General info
Cottonwood (Vancouver Parks Board)	Malkin near Hawks on the southern perimeter of Strathcona Park.	50 plots, .16 hectares (west side), .038 hectares (east side).	There are currently 8 plots available. There is high demand for plots, and also a high turnover rate.	Michelle Hoar \$15/year <a href="mailto:mhoar@thetyee.ca">mhoar@thetyee.ca</a>  <b>Operating License from:</b> Vancouver Parks Board	Bordered by large Cottonwood trees this diverse garden espouses a Kiwi arbor, an Asian themed orchard area, figs, there is a lot of variety in the layout of this garden, and the pathways are clearly marked in most places. They have a large wood shed and a productive greenhouse. Work parties are held the last Sunday of every month.
Cypress Community Garden also know as <i>Kitsilano East</i>	At the Arbutus Corridor along 6 <sup>th</sup> Ave. between Cypress and Burrard.	65 plots approx, .065 hectares.	Waiting list is open from Nov. 1 to very early spring. There were 35 people on the list when it was closed in February (2005), and there are over 100 requests each year. There are about 15-20 spaces turnover each year.	E-mail <a href="mailto:cypress@vcn.bc.ca">cypress@vcn.bc.ca</a> or <a href="http://www.cypresscommunitygarden.ca">www.cypresscommunitygarden.ca</a> Ph: 604 731-1236  <b>Operating under license from:</b> Greenways Branch of Engineering, City of Vancouver	An award-winning garden with glorious areas for birds and other urban dwellers.

## Appendix E: Vancouver Community Gardens

Name of garden	Location	# of plots, Hectares	# of available plots / # of people on waiting list	Contact name and number	General info
Elizabeth Rodgers	W.7 <sup>th</sup> and Manitoba	56 plots, .1 hectares		Peter Royce - (604) 873-3310 or <a href="http://www.vcn.bc.ca/dig">www.vcn.bc.ca/dig</a> , plots are \$15 first year, \$10 2nd year +.  Operating License from: The Vancouver Parks Board	A high food-producing neighborhood garden that is used by the group homes in the area and a local restaurant. Regular work parties and meetings. They have a beautiful woodshed and info. Board.
Environmental Youth Alliance -Youth Garden (Vancouver Parks Board)	Raymur & Malkin Ave. South East corner of Strathcona Park	15 plots for individual youth Large common areas for food/seeds/herbs, etc .20 Hectare	EYA interns take care of the garden, so there are no spaces available to the general public.	Hartley Rosen <a href="mailto:hartley@eya.ca">hartley@eya.ca</a> or <a href="mailto:susan@eya.ca">susan@eya.ca</a>  Operating License from: Vancouver Parks Board	EYA Youth Garden started in 1993 as an opportunity for urban youth to learn how to grow food and steward the land. It has a large seed production garden and plots for individual youth to learn about food production, herbal plants, and native plants in the landscape. There is also a highly productive passive solar green house. The garden is designed using permaculture principals.
EYA Means of Production	St. Catherine's & East 6 <sup>th</sup> China Creek Park North	Approximately 2 acres. There are no plots, all space is collectively maintained and harvested.	There is a \$5 fee to join.  Room for more members	Susan Kurbis or Hartley Rosen ph: 604 689 4446 <a href="mailto:susan@eya.ca">susan@eya.ca</a> ; <a href="mailto:hartley@eya.ca">hartley@eya.ca</a>  Operating Under License From: City of Vancouver Engineering Branch/Greenways	This garden was built by youth from EYA and children from Queen Alexander Elementary in conjunction with permaculture artist Oliver Kelhammer. EYA continues to develop and maintain the site. EYA recently constructed a community shed for tools with eco-certified wood.
Grandview	Grandview and Woodland	24 plots	Currently there is one person on the waiting list, although there are usually three or four.	Jenn Harrison, Garden Coordinator, Grandview Elementary Ph: 604 873 1226 <a href="mailto:jenh@creativetoolbox.ca">jenh@creativetoolbox.ca</a>	Native Plant area, very interactive garden, great for kids.

## Appendix E: Vancouver Community Gardens

Name of garden	Location	# of plots, Hectares	# of available plots / # of people on waiting list	Contact name and number	General info
Jacobs Well	Pender and Jackson	Communal space	NA		<a href="http://www.jacobswell.ca/?page_id=12">http://www.jacobswell.ca/?page_id=12</a>
Kitsilano also known as Kitsilano West	City owned lot on 6 <sup>th</sup> Ave. between Maple and Arbutus.	55 plots approx, .084 hectares		Sign up sheet for plots on the garden shed. Ph: 604 876 1073  <b>Operating under License from:</b> Vancouver Parks Board	Paths are narrow and overgrown. This is a high yielding food garden.
Maple	On rail-way right side of way along 6 <sup>th</sup> ave. between Maple & Cypress	80 plots, .75 hectares	26 people on the waiting list. This is their busiest year ever. There haven't been available plots since January.	Marg Haga - (604) 731-1236 & <a href="mailto:mehaga@shaw.ca">mehaga@shaw.ca</a>  <b>Operating Under license from:</b> Greenways Branch of Engineering, City of Vancouver	Work parties are held 4 times/year. The garden is 10 years old.
Marpole Place Community Garden	W.70 <sup>th</sup> and Hudson	1 communal plot in front of the fire hall			
McSpadden Park (Vancouver Parks Board)	E.5 <sup>th</sup> and Victoria	18 plots, .023 hectares		Fiona Bowie Ph: 604 251 1451  <b>Operating Under License from:</b> The Vancouver Parks Board	This garden is 8 years old, has a regular plant sale and is connected with the local elementary school. A beautiful, viable little garden that is very well used.
MOBY Community Garden Project	Skytrain Right of Way @ Commercial & E.11th	Approximately 50 plots in the process of being planed in 2006, \$10 fee to obtain a plot	NA	Jason O'Brien mailto:moby_lize@yahoo.ca ph: 604 736 6457  <b>Operating Under License from:</b> Translink	

## Appendix E: Vancouver Community Gardens

Name of garden	Location	# of plots, Hectares	# of available plots / # of people on waiting list	Contact name and number	General info
Mole Hill	Alley between Comox and Pendrell that runs from Bute to Thurlow.	70 plots approx, .056 hectares	Waiting list has 70 people. Many more people are interested but don't sign up because the waiting list is already so long. Only 2 or 3 plots become available every year.	<p>West End Residents Assoc. website, <a href="http://www.wera.bc.ca">www.wera.bc.ca</a>, for sign-up forms</p> <p>Other contacts include:  <a href="mailto:amardel@yahoo.com">amardel@yahoo.com</a>  <a href="mailto:kurt.seigert@ccra-adrc.gc.ca">kurt.seigert@ccra-adrc.gc.ca</a></p> <p><b>Operating under license from:</b> TBA</p>	Beautifully landscaped entrance off of Comox, just across the street from Nelson Park. A pond, with a stream winding towards the alley, empties into a bigger pond. Native plants dot landscape. For historical/revitalization information about the neighborhood, visit Mole Hill Living Heritage Society website. There is a book written by Blair Petrie called Mole Hill Living Heritage.
Mt. Pleasant	8 <sup>th</sup> and Fraser	100 plots approx, 0.1 hectares.		<p>Gavin Ross - (604) 879-3676, plots are \$15/year.</p> <p><b>Operating under license from:</b> Vancouver Parks Board</p>	This is a major food source for this community. This garden is well maintained, has a lot of variety in plants and is in good health. There is a tool shed and a beautifully hand carved fence that was part of a large community effort. One of the oldest community gardens in the city.
Pine Community Garden	Pine Street at 5th ave. west	TBD	NA	City-owned land -- pilot project community garden development site	

## Appendix E: Vancouver Community Gardens

Name of garden	Location	# of plots, Hectares	# of available plots / # of people on waiting list	Contact name and number	General info
Robson Park	E. 13 <sup>th</sup> and St. George	40 plots approx, .063 hectares.	No spots available. There are 5 people on the waiting list.	<p>Helen Walkley, Garden Coordinator- (604) 877-7712 and <a href="mailto:hwalkley@sfu.ca">hwalkley@sfu.ca</a>, plots are \$15/year</p> <p>Alternate contact: Karen Andrew: 604 874 9347</p> <p><b>Operating under license from:</b> Vancouver Parks Board</p>	Well maintained, some plots looked neglected. High vegetable yields this year (2004).
Salsbury	1 <sup>st</sup> Ave, and Salsbury	<p>A small garden with 10 plots.</p> <p>There is no cost for a plot.</p> <p>Community members sign up.</p>		<p>Robyn Williams. (604) 254-0814.</p> <p>It is on private property, but public access</p>	Like Mole Hill this is like part of a cooperative and is maintained and managed by the Salsbury Co-op
Stanley Park (Lost Lagoon)	Robson St. and Lagoon Dr.	32 plots, .024 hectares		<p>All information on the West End Residents Association website, <a href="http://www.wera.bc.ca">www.wera.bc.ca</a></p> <p><b>Operating under license from:</b> The Vancouver Parks Board</p>	Just built this year (2004) with support from the Stanley Park Ecological Society, Lost Lagoon is a great display of native plants and has the potential to be a bigger food-producing garden. Food production is limited due to Parks Board restrictions on this garden making its focus non vegetable producing.

## Appendix E: Vancouver Community Gardens

Name of garden	Location	# of plots, Hectares	# of available plots / # of people on waiting list	Contact name and number	General info
Strathcona	Hawks and Prior	200 plots, .38 hectares		Muggs Sigurgeirson - (604) 253-4718, \$15/year  <b>Operating Under License from:</b> The Vancouver Parks Board	Additional features: Eco-pavilion, which has solar energy, composting toilet and greywater systems, 80 varieties of rare heritage, espaliered apples, fruit orchard, bee farm and wetland habitat. This garden was started 20 years ago. There are work parties the last Sunday of each month.
Tea Swamp	E.16 <sup>th</sup> and Sophia	20 plots, .02 hectares. There are currently 27 members.	There are 40 people on the waiting list. There were two spaces that opened up this year, and two the year before.	Niki Westman - (604) 872-7745  <b>Operating Under License from:</b> The Vancouver Parks Board	This garden was created in 2003 when Tea Swamp Park was developed. The community was largely involved in the planning process and was major in getting the garden expanded. They currently need more compost bins and soil amendments, and more plants.
Urban Aboriginal Community Kitchen Garden Project	6182 South Campus Road	Approximately 1 acre	Site is farmed communally	Located on the UBC farm  Contact: Ron Plowright Phone: 604-254-9949 Fax: 604-254-9949 Email: garden.vnhs@shawbiz.ca	Mission is "to provide the opportunity and support for Aboriginal people living in East Vancouver to improve our capacity and create community by collectively, sustainably growing our own vegetables." Project also has a community kitchen where food from the garden is prepared

## Appendix E: Vancouver Community Gardens

Name of garden	Location	# of plots, Hectares	# of available plots / # of people on waiting list	Contact name and number	General info
Wall Street also know as <i>Cambridge Park</i>	Cambridge and Wall St.	45 plots, .05 hectares.	Right now there are two spaces available. There are usually about ten people on the waiting list.	Jan Robinson - (604) 258-4122, membership coordinator of Wall St. Garden. (N.B.- Jan will consult with neighborhoods who are interested in starting their own garden) Christy Ward - 713 5268 Nancy Cheff - 728 4145 (Tillicum)  <b>Operating Under License from:</b> The Vancouver Parks Board	Garden planning process started in 1997 and the garden was created in 1998.

## Appendix F: Rooftop Gardens with Food Production

Building Name and Address	Green Status of Roof Deck/Terrace	Details of Roof/Terrace Contents
Century high School, prospect Centre 1788 West Broadway	Garage roof deck	Accessible large patio with raised beds around the perimeter. Ornamental trees and shrubs, container plants, leeks, herbs, lavender, tomatoes and flowers.
Menkis Towers, 1768 West 8 <sup>th</sup> Ave	Building roof deck	The building is a residential apartment building that is inaccessible.
The O'Keefe, 2799 Yew St.	Garage roof deck	They have camomile, strawberries, lavender and rosemary
Broadview Co op 2525 Waterloo St.	NA	Broccoli, onions, tomatoes, carrots, herbs, kale, apples.
Sojourn Co op 1763 Nelson St	NA	Container gardens. Herbs, no vegetables.
Manhattan Co op 45-784 Thurlow St.	NA	Extensive rooftop Garden. Lush. Large. Arbours, container garden and large boxes. Ornamental and Food
Levellers Co op 208-1763 East Pender.	NA	Container Garden, spices, herbs, strawberries
Yaletown House at 1099 Cambie	Garage and Building Roof Deck	Not-for-profit seniors facility with a protected courtyard garden, a greenhouse and a roof top garden for growing vegetables, herbs and flowers. Residents participate in garden activities.
The Manhattan Co-op at 45-784 Thurlow St.	Building Roof Deck	Raised beds and containers grow food and shrubs.
Lore Krill at 65 W. Cordova St.	Building and Courtyard deck	Multiple roof decks with garden areas with a courtyard deck on the 1 <sup>st</sup> floor. Used to grow vegetables and herbs for the residents of the co-op. Also contains small trees, shrubs and vines.
Covenant House at 326 W. Pender St.	Building Roof Deck	The roof deck, raised beds for vegetables and herbs, native plants along the edge of the roof and a few varieties of espaliered apples, were all built by EYA. The roof also has 3-bin compost set up for residents to use. Residents and EYA maintain Garden.
Bruce Erickson Place 48 East Hastings St	Roof top Food Growing area for residents	This roof top garden was developed for residents with the support of Farm Folk/City Folk
Four Sisters Housing Co-op 133 Powell St	Roof top Food Growing area for residents	This roof top space is one of the first roof top gardens in the housing area of the downtown eastside. Raised beds are used for vegetable garden growth
Portland Hotel 20 West Hastings	Rooftop Food growing areas includes: Fruit trees, berries, and culinary herbs	This large roof top deck has cement planters that contain fruit trees and berries (blueberries and strawberries), as well as raised planters with culinary herbs.

## Appendix F: Rooftop Gardens with Food Production

Building Name and Address	Green Status of Roof Deck/Terrace	Details of Roof/Terrace Contents
Stanley/New Foundation Hotel (Portland Hotel Society) 36 Blood Alley		Grow annual vegetables and herbs
Solheim Place 251 Union St.	Rooftop food growing	Large south facing deck with a variety of food plants
Pendera Housing 133 West Pender	Roof top food growing	Large south facing deck with a variety of food plants
Renfrew-Collingwood Food Security Institute 5288 Joyce Street	Temporary roof-top garden (have plans for permanent structure)	Number of large planters with variety of perennial herbs and vegetables. Used by Collingwood Neighbourhood House programs. Some of the food used in breakfast program.
Gresham Hotel 716 Smithe St. (Neighbourhood Helpers)		The food gardens are planted and maintained by the local residents of the building and grow mostly herbs. It is run similar to a horticultural therapy program and operates with no budget and scavenged resources.
Old Continental Hotel 1290 Granville (Neighbourhoods Helpers)		The food gardens are planted and maintained by the local residents of the building and grow mostly herbs. It is run similar to a horticultural therapy program and operates with no budget and scavenged resources. The NHS are in the process of expanding their planting area.
YWCA 535 Hornby		

## Appendix G: Food Security Organizations in Vancouver

Food Security Organizations	Mandate	Membership, Newsletters	Number One Issue
<p>Urban Diggers Society C/O 204-272 E. 4<sup>th</sup> Ave. V5T 4S2 (604) 879-3676 www.vcn.bc.ca/dig</p>	<p>The Urban Diggers Society looks after 4 community gardens in the mount pleasant area of Vancouver. They are a long-time advocate for public and affordable urban agriculture opportunities in their community.</p>	<p>Membership is between 200 and 300 people, though there is no official membership. There is no newsletter</p>	<p>Maintaining and increasing community gardens in Vancouver</p>
<p>Strathcona Community Gardens (604) 253-4718 located in Strathcona neighbourhood @ 700 block of Prior Street.</p>	<p>Strathcona garden is 3.5 acres of community gardens in the DTES of Vancouver and also holds the license for two other gardens: Cottonwood &amp; the EYA Youth Garden (3.5 acres, making the total area managed over 7 acres in the downtown area of Vancouver. The garden's design consists of 1/3 allotment plots, 1/3 common agriculture zones (orchard, bee farm, herb garden, etc), and 1/3 wild area, (pond, habitat zones). The society also focuses on larger urban sustainability issues such as waste (composting toilet, grey water, &amp; industrial scale composting). There is a community nursery for plant propagation, seed saving, etc and an eco-house for educational workshops on urban ag.</p>	<p>Membership is 95 people/families approx. 300 gardeners.</p>	<p>Education and promotion of urban agriculture and urban greening initiatives and the importance of community gardens. Also works on compost and eco-building</p>
<p>Centre for Sustainable Food Systems at UBC Farm 6182 South Campus Rd. (604) 822-5092 ubcfarm@interchange.ubc.ca</p>	<p>UBC Farm is a student driven initiative to retain and recreate existing farm and forest land @UBC into a significant centre for sustainable agriculture, forestry and food systems. It is a teaching site, a community outreach area linking to Vancouver and the University Community. It also runs school programs and a farmers market.</p>		<p>To develop and implement programs and activities that demonstrates the University's commitment to sustainability and community health.</p>
<p>City Farmer 2150 Maple Street 685-5832 (office) 736-2250 (garden) www.cityfarmer.org</p>	<p>City Farmer focuses on small back yard gardening &amp; composting in Vancouver. They mainly do programs on the West Side of the City and operate a website for larger outreach. It operates with funding from the City of</p>	<p>No and no</p>	<p>Promoting urban agriculture locally and globally. Supplying people with information either through the website, composting hotline or through</p>

## Appendix G: Food Security Organizations in Vancouver

cityfarm@interchange.ubc.ca	Vancouver and largely focuses on a variety of projects such as a composting hotline, demonstration garden, worm bin composting program, demo cob shed with green roof and a resource centre		the demonstration garden
Farm Folk City Folk Society 1937 W. 2 <sup>nd</sup> Ave. (604) 730-0450. www.ffcf.bc.ca info@ffcf.bc.ca	The goals of Farm Folk City Folk are to; ensure that everyone has access to sufficient and varied food, to protect and promote the right to know where and how food is produced and what it contains, to promote self-sufficiency, promote food growing that is healthy and environmentally conscious.	Membership is approximately 400. There is a quarterly newsletter	For people to eat local fresh and seasonal foods grown using farming practices that contribute to the health of the planet.
Fruit Tree Project (604) 873-1191 www.vcn.bc.ca/fruit/ fruit@vcn.bc.ca	The Fruit Tree Project connects people who have fruit trees, people who can help harvest fruit and community groups that use fruit in their programs	No and no.	Urban Sustainability
The Vancouver Permaculture Network (604) 876-7330 www.alternatives.com/vpn/	Vancouver Permaculture Network is an informal group promoting permaculture, sustainable community and nurturing functional and beautiful environments to live in.	Internet listserve with about 70 subscribers.	To provide contacts and networking internet listings, education and workshops on various topics and to provide a social context for the application of permaculture.
Vancouver Food Policy Council 453 W. 12th Avenue (604) 871-6324 http://www.vancouver.ca/commmsvcs/socialplanning/initiatives/foodpolicy/council.htm	Under the umbrella of city council, the VFPC considers issues pertaining to the production, processing, distribution, accessibility and consumption of food, as well as waste management. They are working to encourage strong links between food policy, planning, and community-based activities.	Approx. 26 members. No newsletter, but meeting minutes are posted on the website.	Creating a just and sustainable food system within the City of Vancouver.
Vancouver Community Kitchen Project (604)876-0659 Ext 118 http://www.communitykitchens.ca cooking@uniserive.com	Work to create community around food through providing opportunities for people to cook together. They have a wide variety of resources, tools, workshops and kitchen equipment to help support individuals and community agencies in their efforts to start and maintain community kitchens.	On-line membership and on-line forum, no newsletter.	Educational and resource centre to help develop and support community kitchens across the city.
Environmental Youth Alliance	The Urban Agriculture division works to bring	No and No	Dedicated to improving the

## Appendix G: Food Security Organizations in Vancouver

<p>#305 119 W Pender St.          (604) 689-4463  <a href="http://www.eya.ca">www.eya.ca</a>  <a href="mailto:info@eya.ca">info@eya.ca</a></p>	<p>urban youth into closer contact with natural spaces and food production. Partnering with 2 other community gardens they have a youth garden and a plant and seed nursery, manage two rooftop gardens and have classroom workshops for Grade 2 and 3's to learn about food security and urban agriculture.</p>	<p>EYA Youth Garden: educates and trains approximately 20 urban ag/food security interns, dozens of children &amp; youth volunteers</p>	<p>physical and social environment through hands on community projects that involve, train and employ young people.</p>
<p>Your Local Farmers Market Society          #2-1163 Commercial Drive          (604) 879-3276  <a href="http://www.eatlocal.org">www.eatlocal.org</a>  <a href="mailto:info@eatlocal.org">info@eatlocal.org</a></p>	<p>To foster community, local economic development, and increased awareness around food security and nutrition issues. To increase the economic success of small farms and growers through the creation of a venue where BC producers can market their goods directly to urban consumers, providing greater access to safe, healthy, locally produced, environmentally friendly food.</p>	<p>Yes, and a free email newsletter.</p>	<p>Providing market venues for local producers to connect with local consumers.</p>

## Appendix H: School Meal Programs

Elementary School	Address	Phone	Comments
Britannia Elementary	1110 Cotton Drive, V3L 3T5	713 4497	Everyday, breakfast by donation
Brock	4860 Main Street, V5V 3R8	713 5245	Everyday, breakfast free, but lunch is charged
Carleton	3250 Kingsway, V5R 5K5	713 4810	Everyday, breakfast by donation, lunch is charged
Dickens	3351 Glen Drive, V5V 4S4	713 4978	Everyday, inner city lunch program, \$50 a month
Dickens Annex	3877 Glen Drive, V5V 4S9	713 5392	Everyday, Lunch program by donation
General Gordon	2896 West 6th Avenue, V6K 1X1	713 5403	Everyday, Pay Lunch program
Grandview	2055 Woodland Drive, V5N 3N9	713 4663	Everyday, Breakfast and Lunch program by donation
Grenfell	3323 Wellington Avenue, V5R 4Y3	713 4844	Lunch Mon-Thurs, full charge
Hastings	2625 Franklin Street, V5K 3W7	713 5507	Everyday, Breakfast donation, lunch \$50 a month or what they can afford
Livingstone	315 East 23rd Avenue, V5V 1X6	713 4985	Everyday, Lunch program by donation
A.R. Lord	555 Lillooet Street, V5K 4G4	713 4620	Everyday, Lunch program \$50 a month or pay what you can
Macdonald	1950 East Hastings Street, V5L 1T7	713 4696	Everyday, breakfast free, but lunch is \$50 a month or pay what you can
Mount Pleasant	2300 Guelph Street, V5T 3P1	713 4617	Everyday, Breakfast donation, lunch \$50 a month or what they can afford (at least 1/2)
Nelson	2235 Kitchener Street, V5L 2W9	713 4595	Everyday, Lunch program \$50 a month
Nightingale	2740 Guelph Street, V5T 3P7	713 5290	Everyday, Breakfast is free, lunch \$50 a month or pay what you can
Norquay	4710 Slocan Street, V5R 2A1	713 4666	Everyday, Breakfast is \$5 a month, lunch \$50 a month
Queen Alexandra	1300 East Broadway, V5N 1V6	713 4599	Everyday, Breakfast is free, lunch \$50 a month or pay what you can
Queen Victoria	1850 East 3rd Avenue, V5N 1H2	713 4694	Everyday, Breakfast donation, lunch \$50 a month or what they can afford
Roberts	1100 Bidwell Street, V5G 2K4	713 5055	Everyday, inner city lunch program, \$50 a month
Roberts Annex	1150 Nelson Street, V6E 1J2	713 5495	Everyday, inner city lunch program, \$50 a month
Elsie Roy	150 Drake Street, V6Z 2X1	713 5890	Everyday, \$2.50 a day or \$50 a month
Secord	2500 Lakewood Drive, V5N 4V1	713 4996	Everyday, Lunch program \$50 a month

## Appendix H: School Meal Programs

Elementary School	Address	Phone	Comments
Selkirk	1750 East 22nd Avenue, V5N 2P7	713 4650	Everyday, Breakfast club for certain students, lunch program pay fee per day or \$50 a month
Seymour	1130 Keefer Street, V6A 1Z3	713 4641	Everyday, Breakfast by donation, lunch \$50 a month or what they can afford
Strathcona	592 East Pender Street, V6A 1V5	713 4630	Everyday, Breakfast donation put on by community center, lunch \$50 a month
Thunderbird	2325 Cassiar Street, V5M 3X3	713 4611	Everyday, Breakfast is free, lunch \$50 a month
Tillicum	2450 Cambridge Street, V5K 1L2	713 4716	Everyday, Lunch program \$50 a month
University Hill Elementary	5395 Chancellor Blvd., V6T 1E2	713 5350	Everyday, Lunch program \$50 a month
Wolfe	4251 Ontario Street, V5V 3G8	713 4912	Everyday, Lunch program \$50 a month
<b>High Schools- All have Cafeterias</b>	<b>Address</b>	<b>Phone</b>	
Britannia	1001 Cotton Dr. V5L 3T4	Tel: (604)713-8266	
Byng, Lord	3939 W. 16th Ave. V6R 3C9	Tel: (604)713-8171	
Sir Winston Churchill	7055 Heather St. V6P 3P7	Tel: (604)713-8189	
David Thompson	1755 E. 55th Ave. V5P 1Z7	Tel: (604)713-8278	
Gladstone	4105 Gladstone St. V5N 4Z2	Tel: (604)713-8288	
Eric Hamber	5025 Willow St. V5Z 3S1	Tel: (604)713-8927	
John Oliver	530 E. 41st Ave. V5W 1P3	Tel: (604)713-8938	
Killarney	6454 Killarney St. V5S 2X7	Tel: (604)713-8950	
King George	1755 Barclay St. V6G 1K6	Tel: (604)713-8999	
Kitsilano	2550 W. 10th Ave. V6K 2J6	Tel: (604)713-	

## Appendix H: School Meal Programs

Elementary School	Address	Phone	Comments
		8961	
Magee	6360 Maple St. V6M 4M2	Tel: (604)713-8200	
Point Grey	5350 E. Boulevard V6M 3V2	Tel: (604)713-8220	
Prince of Wales	2250 Eddington Dr. V6L 2E7	Tel: (604)713-8974	
Templeton	727 Templeton Dr. V5L 4N8	Tel: (604)713-8984	
Sir Charles Tupper	419 E. 24th Ave. V5V 2A2	Tel: (604)713-8233	
University Hill	2896 Acadia Rd. V6T 1S2	Tel: (604)713-8258	
Vancouver Technical	2600 E. Broadway V5M 1Y5	Tel: (604)713-8215	
Windermere	3155 E. 27th Ave. V5R 1P3	Tel: (604)713-8180	
<b>Lunch program also at:</b>			
King George Secondary	1755 Barclay Street, V6G 1K6	tel: 604 713 8999	
Total Education Alternate Program,	425 East 29th Avenue V5V 2R8	tel: 604 713 5782	

## Appendix I: Educational Agriculture Programs

Program Name	Service to Vancouver	Educational Component	Cost	Time	Advocacy
UBC Farm School Programs 6182 South Campus Road, (604) 822-5092 ubcfarm@interchange.ubc.ca	Yes.	Focus on where food comes from, water, compost, plant characteristics	\$3/Student with a minimum of 18 Students. Maximum of 1 class/day	1 1/2-2 hours	Yes
Aldor Acres Dairy Farm, RR6, 84th Ave. Langley, (604) 888-2403	Yes	Dairy, pumpkin and apple tours	\$7/Student for the dairy tour, \$2/Student for the pumpkin tour, \$5/Student for the apple tour	1-2 hours	Yes
Dave's Orchard, RR7, 218529979	Yes	Learn about different varieties of apples, how to grow and harvest apples and other fruits and veggies.	\$4/person	1-2 hours	Yes, as part of the tour
Glen Valley Organic Farm, 8850 Brandner Rd. Abbotsford, 872-4060	Yes	Map making, sustainable farming, planting, harvesting, science and social studies	\$5/student, parents and teachers are free	1 1/2-2 hours	Yes
Meadows Country Farm, 13672 Reichenbach Rd. Pitt Meadows, (604) 0603	Yes	Bee Observatorium, Corn Maze	\$8/Person		No
Honey Land Canada, 17617 Ford Road, (604) 460-8889	Yes	Bee Tours, educational programs for pre-school to high school	Groups over 15 people - \$5/Person. Groups under 15 people- \$6/Person	1 1/2-2 hours	Yes

## Appendix I: Educational Agriculture Programs

Program Name	Service to Vancouver	Educational Component	Cost	Time	Advocacy
W&A Farms, 1771 Westminster Highway, Richmond, (604) 278-5667	Yes	Work together with the schools to do class specific programs, depends on season.	\$3/Person for animal tours, \$6/Pumpkins tour	1 1/2 hours	No
Cloverdale Produce Farm Market, 4623 168St. Surrey, (604) 576-1449	Yes	They offer three tours, a greenhouse tour, a field tour and a pumpkin tour	\$4/Student teachers and Parents are Free	1 hour	No
Bose Farm, 16390 64 <sup>th</sup> Surrey BC, (604) 876-8997	Yes	Turkey Farm and Salmon Habitat Tour, 20 acre Corn Maze	\$3/kids, \$4/teens	1-2 hours	Yes
Honey Land Centre, 7480 176 <sup>th</sup> St. Surrey, (604) 575-2337	Yes	Observation of a working hive, and the duties of a beekeeper, educational games	\$5/person for groups over 12 people.	1 1/2-2 Hours	No
Tonessa Holstein Ltd.	Yes	Mechanized milking tours, livestock care, breeding and farm tour	\$3/person	1 1/2 Hours	No
Two E's Organic Farm	Yes	Orchard and Produce Farm Tour	Free	1 1/2 Hour	No
Van Dusen Gardens, 5251 Oak St. @ West 37 <sup>th</sup> . (604) 257-8665	Yes	Garden tours with age specific curriculum	\$3.75/student	1 1/2 hours	No

## Appendix J: Additional Sources of Funding

Additional funding for community food security projects can be obtained from funders interested in community development, health and/or the environment.

### Community-Development Funding

#### United Way of the Lower Mainland

United Way is an organization that provides stable funding for programs and services offered by their Member Agencies. They also invest in projects that focus on prevention and early intervention of issues that lead to social problems.

Funding is available for the following:

- Community Innovation Grants
- Enterprising Non-profits
- Partners in Organizational Development
- Growth Communities
- Hospice
- Immigrants/Newcomers
- Relief of Poverty
- Seniors
- Success By 6

#### Vancouver Foundation

Vancouver Foundation supports a wide range of projects that are of benefit to British Columbians. Funded activities often provide a direct service to the community, or take an innovative approach to a community concern. Vancouver Foundation is responsive to changing community issues and priorities. There are six different advisory committees, each with a specific area of interest: Animal welfare; Arts and culture; BC Medical Services Foundation; Children youth & families; Education; Environment; Health & Social Development; Youth

Philanthropy council. The Foundation will consider requests for program-related projects or capital projects.

[www.vancouverfoundation.bc.ca/](http://www.vancouverfoundation.bc.ca/)

#### Community Futures Funding Database: Funding Sources For British Columbia Communities

This database provide information on sources of funding and support for community development in BC. Most of the programs listed are funding-oriented, however, programs that provide other forms of support and assistance are also included. The primary focus is support for social, economic, and environmental community development initiatives in rural areas, however the programs are not necessarily exclusive to rural. Contact information for each program is provided to facilitate direct access to current and updated program information.

<http://www.communityfutures.com/cms/index.php?id=168>

#### Social Science and Humanities Research Council of Canada

The Social Sciences and Humanities Research Council of Canada (SSHRC) has a number of funding opportunities for community and non-profit organizations. While these funds require a research component, they also support community development.

- Aboriginal Research: Development and Research Grants
- Community-University Research Alliances (CURA) – To support research projects jointly developed and undertaken by university-based researchers and organizations from the community
- Infrastructure Canada: Peer Reviewed Research Studies Program -- An Infrastructure Canada, SSHRC and Natural Sciences and Engineering Research Council (NSERC) collaboration to support research on public infrastructure and communities issues.

Go to [http://www.sshrc.ca/web/apply/organizations\\_e.asp](http://www.sshrc.ca/web/apply/organizations_e.asp) for the most recent funding announcements.

#### **Health-related Funding**

Canadian Institutes of Health Research (CIHR) provides funding on the following topics related to food security:

- Aboriginal Peoples' Health
- Aging
- Cancer Research
- Circulatory and Respiratory Health
- Gender and Health
- Health Services and Policy Research
- Human Development, Child and Youth Health
- Infection and Immunity
- Neurosciences, Mental Health and Addiction
- Nutrition, Metabolism and Diabetes
- Population and Public Health

Go to <http://www.cihr-irsc.gc.ca/e/193.html> for current funding opportunities.

Health Canada provides funding on issues of Healthy Living and First Nations and Inuit Health. See [http://www.hc-sc.gc.ca/ahc-asc/finance/index\\_e.html#5](http://www.hc-sc.gc.ca/ahc-asc/finance/index_e.html#5) for the latest funding opportunities.

### Environmental-Related Funding

#### Environment Canada Eco-action Fund

Eco-Action provides funds to non-profit groups for projects that address the following themes:

- Climate Change - projects focusing on reducing greenhouse gas (GHG) emissions that contribute to climate change
- Clean Water - projects focusing on the diversion and reduction of substances that negatively affect water quality (e.g., pesticides, fertilizers, household hazardous wastes, etc.) and on the conservation of water resources;
- Nature - projects focusing on protecting wildlife and plants, and protecting and improving the habitat where they live (e.g., grasslands, rivers, forests, etc.); and,
- Clean Air - projects focusing on reducing air emissions that contribute to smog and air toxics issues

[http://www.ec.gc.ca/ecoaction/index\\_e.htm](http://www.ec.gc.ca/ecoaction/index_e.htm)

### Vancity Envirofund

The Vancity Envirofund will provide grants ranging from \$15,000 to \$40,000. Past recipients include UBC Farm/UBC Food Coop, Sharing the Harvest Project and Lifecycles Project Society, Good Fruit "N" Greenways Project. The 2006 issue areas are:

- Air Quality & Alternative Transportation
- Wildlife Preservation and Habitat Restoration
- Watershed, Wetland and Marine Ecosystem Restoration

For more information to

<https://www.vancity.com/MyCommunity/CommunityFunding/EnviroFund/>