

Community Kitchens, Gardens and Other Food Programs In Vancouver, July 2008

www.vch.ca/nutrition/foodresources.htm

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COMMUNITY KITCHENS, GARDENS AND OTHER FOOD PROGRAMS

This list refers to a variety of city-wide food programs.

Name	What
<p>Aboriginal Good Food Box Program Vancouver Native Health Society 449 E. Hastings St. 604-254-9949 www.vnhs.net/index.php</p>	<p>A buying club focused on purchasing fresh fruits and vegetables. Members pick up their box of produce once a month from a local depot. Membership: free Cost of Food Box: \$8 For: Aboriginal people living in Vancouver</p>
<p>Baby Program Save-On-Foods Grocery Stores www.saveonfoods.com</p>	<p>When you join the Save-On-Foods Baby Program, you receive a baby bag full of sample products and coupons. You also receive coupons, product samples and special prices and offers on a variety of baby products throughout the next few years. Cost: Free For: parents with a new baby</p>
<p>Community Gardens www.cityfarmer.org</p>	<p>Community gardens are organized by community groups across the Lower Mainland. They are for people who don't have their own land to grow vegetables or flowers.</p> <p>The website lists the location of community gardens in Vancouver and how to get involved.</p> <p>A community garden also exists for residents of UBC. Contact www.myuna.ca.</p>
<p>Community Kitchens 604-876-0659 ex. 118 www.communitykitchens.ca</p>	<p>A community kitchen is a group of people who meet to cook healthy, low-cost meals. Anyone can join.</p> <p>The website provides information on Community Kitchens that you can join or how to start your own.</p>

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Community Kitchens, Gardens and Other Food Programs

Name	What
<p>Community Seed and Plant Nursery Environmental Youth Alliance #517 - 119 W. Pender St. 604-689-4446 www.eya.ca</p>	<p>A low-cost way to obtain vegetable seedlings for growing your own food. Seeds are sold at stores around the city. Seeds and plants are also given away for free at Neighbourhood Houses in May, July and August. Cost: From free to \$5</p> <p>Check website for exact times and locations.</p>
<p>Dial-a-Dietitian 604-732-9191 www.dialadietitian.org</p>	<p>Free nutrition information from trained dietitians. Translation is available in 130 languages.</p>
<p>Farmers Markets www.eatlocal.org</p>	<p>Farmers markets are usually held outside where farmers sell their food at reasonable prices.</p>
<p>Food Co-Op Partners In Hope Recovery Society 557 E. 21 Ave. 604-929-3552 www.partnersinhoperecovery.com</p>	<p>Co-op members jointly purchase foods in bulk and then distribute the food in individual meal portions.</p> <p>Pick up your food on Fri from the Partners in Hope office or have it delivered within their delivery zones: from 33 Ave. to Coal Harbour and from Boundary Rd. to Main St. They also deliver to the West End. Payment in advance of delivery is required.</p> <p>For: anyone on a fixed or limited income</p> <p>Cost:</p> <ul style="list-style-type: none"> ▪ Family Food Package: \$25 ▪ One Adult Food Package: \$25 ▪ General Food Supplement Package: \$12.50 ▪ Meat or Fruit and Veggie Package: \$12.50 ▪ Canned Food Package: \$12.50
<p>Food Information Line 604-822-411 www.fis.agsci.ubc.ca</p>	<p>Scientific information and research on food production, preservation and safety. Fee for service. UBC Food, Nutrition and Health Program.</p>

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Name	What
<p>Food Skills for Families 604- 583-6047 www.dashbc.org</p> <p>Phone to find out the locations in Vancouver</p>	<p>A foods skills program that includes hands-on cooking and sharing meals. Also includes nutrition information, safe food handling and storage, shopping tours and how to feed a family on a low-income. Cost: Free For: Aboriginal, South Asian, new immigrant and low-income families</p> <p>Note: this is a new program starting in September 2008 and will operate out of school sites</p>
<p>Francophone Community Kitchen La Boussole 612 E. Broadway Ave. 604-683-7337 www.lbv.ca</p>	<p>An opportunity for French-speaking people to cook and eat a meal together. Mon – Fri, 9 am – 4 pm Cost: Free</p>
<p>Francophone Food Bank La Boussole 612 E. Broadway Ave. 604-683-7337 www.lbv.ca</p>	<p>A food bank that serves French-speaking people. Wed, 10:30 am</p>
<p>Fruit and Veggie Deal By volunteers residents of Steeves Manor 1985 Wallace St. Fruit.and.veggie.deal@gmail.com</p>	<p>A box of fresh fruits and vegetables available to anyone at wholesale prices. Pay for the box early in the month and get it on the third Thurs of the month when money may be tight. You must pick-up.</p>
<p>Fruit Tree Project fruit@vcn.bc.ca www.vcn.bc.ca/fruit/home.html</p>	<p>Connects people who have excess fruit on their backyard trees with volunteers who harvest it and then donate to community organizations and people in need.</p> <p>Operates in Mount Pleasant, Little Mountain, Cedar Cottage and Kitsilano between July and October</p> <p>Also offers canning workshops</p>

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Name	What
<p>Groceries for Families Salvation Army Community and Family Services 3213 Fraser St. 604-872-7676</p>	<p>Emergency help with groceries. Limit: three times per year per family For: families with children aged 18 and under By appointment only</p>
<p>Healthiest Babies Possible Good Food Bag 604-877-4672 www.vch.ca/women/pregnancy/healthy_babies.htm</p>	<p>Provides nutrition counseling and other supports for pregnant women living in Vancouver. Includes food vouchers for milk, eggs and vegetables; meals and snacks at group activities; a monthly Good Food Bag of fresh fruits and vegetables; and Farmers Market coupons. Participants join while pregnant and can continue until their baby is 12 - 18 months of age Times and locations vary Phone for details</p>
<p>Jewish Food Bank Jewish Family Service Agency #305 - 1985 W. Broadway Ave. 604-257-5151 www.jfsa.ca</p>	<p>A food bank for Jewish low-income people and families. Every other Thurs, 10 am – 11 am</p>
<p>Kids in the Kitchen Riley Park Community Centre 50 E. 30 Ave. 604-257-8545</p>	<p>A program that teaches children 7 to 12 years old how to prepare tasty, nutritious, low-cost meals. Dates and times vary on the season Cost: \$15 for 8 sessions (includes a meal at each session)</p>
<p>Latin American Community Kitchen BC Multicultural Health Services 2450 Ontario St. 604-315-7725</p>	<p>An opportunity for Spanish-speaking people to cook and eat a meal together. Every other Wed, 9 am – 2 pm Cost: Free For: refugees, refugee claimants and new immigrants</p>

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Name	What
<p>Means of Production Garden Environmental Youth Alliance 604-689-4446 www.eya.ca</p>	<p>A collective garden space and community orchard located in China Creek Park (E. 6 Ave. and St. Catherine's St.) where people come together to grow vegetables, fruit and flowers.</p>
<p>Neighbours Organic Weekly Buying Club 604-872-4060 www.nowbc.ca</p>	<p>Buying Club members purchase organic foods for reasonable prices and have the food delivered to a neighbourhood depot. One-time membership fee: \$20</p>
<p>Nutrition Tours Save-On-Foods Grocery Stores www.saveonfoods.com/foodnutrition/nutrition_tours.htm</p>	<p>Learn about nutrition from a registered dietitian on a tour of Save-On-Foods. Tours can be specialized to focus on a variety of concerns such as diabetes, heart health, nutrition on a budget and feeding a young family. Cost: \$25.00 per person, or free with Save-On-More points For: groups of seven or more Also has a free Kids Tour Program for school groups</p>
<p>Quest Food Exchange 604-602-0186 www.questoutreach.org</p>	<p>Runs two grocery stores for low-income shoppers, provides emergency food hampers and offers free groceries in exchange for volunteer work. Referral required in some cases</p>

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<p>Refugee Food Bank Inland Refugee Society 411 Dunsmuir St. 4th Floor 778-328-8888 www.vrsa.ca/index.php</p>	<p>A food bank for refugee claimants. Wed, 1 pm Must register with Inland Refugee Society to access the food bank</p>
<p>Salvation Army Community Kitchen Salvation Army Community and Family Services 3213 Fraser St. 604-872-7676</p>	<p>An opportunity for people to cook and eat a meal together. Mon, 1:30 pm Cost: Free Everyone welcome</p>
<p>School Fruit and Veggie Program BC Agriculture in the Classroom Foundation www.aitc.ca/bc/snacks</p>	<p>A program that distributes fresh fruit and veggie snacks to schools every 2 weeks for 18 weeks of the school year. Check website for a current list of participating schools and program information</p>
<p>Sharing Backyards (part of City Farmer) 604-736-2250 www.sharingbackyards.com</p>	<p>Connects people with unused yard space to people who are looking for space to grow food.</p>
<p>Single Mother's Support Groups YWCA Vancouver 604-895-5797 www.ywcavan.org</p>	<p>Weekly support groups for single mothers that take place in neighbourhoods across Vancouver. Includes access to a variety of services and supports such as vouchers for the YWCA Thrift Shop and monthly food vouchers.</p>

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<p>Student Food Bank St. Michael's Church 409 E. Broadway Ave. Basement Entrance 604-876-8191</p>	<p>A food bank for students and job shop clients. Fri, 6 pm – 7 pm (except for Income Assistance cheque week) A letter or valid student i.d. is required</p>
<p>South Asian Community Kitchen BC Multicultural Health Services 2450 Ontario St. 604-710-4848</p>	<p>An opportunity for South Asian families to cook and eat a meal together. Once a month, usually on a Fri, 9 am – 3 pm (phone to confirm exact date) Cost: Free For: Punjabi and Hindi speaking South Asian families with young children</p>
<p>UBC Farm 2357 Main Mall The University of British Columbia 604-822-5092 farmteam@interchange.ubc.ca</p>	<p>The UBC Farm is a student-run 24 hectare learning and research farm located on the University of British Columbia's Campus. It is the only working farmland within the city of Vancouver. The public is welcome to visit. During the main growing season (April - September), the gates are typically open Tues - Sat, 9 am -5 pm. During the off-season (October - March) the gates may be closed. Call first.</p> <p>Farmers market on Sat from June – September</p>
<p>UBC Farm Aboriginal Community Kitchen Garden Project Vancouver Native Health Society 449 E. Hastings St. 604-254-9949 www.vnhs.net</p>	<p>Participants plant, weed, water and harvest vegetables at the UBC Farm for their own consumption between May and September. Transportation is provided, and gardening skills are taught. Cost: Free For: Aboriginal residents in East Vancouver</p>

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<p>Vancouver Community Agriculture Network Environmental Youth Alliance 604-689-4446 ecourbanist@gmail.com www.vcan.ca</p>	<p>Provides support and resources to community groups who want to start a community garden.</p>
<p>Vancouver Police Department Food Directory vancouver.ca/police/StudentSafety/</p>	<p>Information on bargain food and free and low-cost meals. Includes information on youth-only and women-only low-cost meals.</p>
<p>Youth Garden Environmental Youth Alliance #517 - 119 W. Pender St. 604-689-4446 www.eya.ca</p>	<p>A space for youth to grow their own food alone or with guidance from the Environmental Youth Alliance. Volunteer sessions are on Tues, 9:30 am – 12 pm. Location: inside the Cottonwood Community Garden at the corner of Malkin St. and Raymur St. in Strathcona Cost: Free For: youth up to 28 years of age</p>
<p>Youth Pregnancy and Parenting Program 3425 Crowley Dr. 604-707-3604 www.vch.ca/infantchildyouth/youth_pregnancy.htm</p>	<p>A program that offers a variety of youth friendly services, including a nutritious meal. Also includes food vouchers for milk, eggs and vegetables; a monthly Good Food Bag of fresh fruits and vegetables; and Farmers Market coupons. Thurs, 3 pm – 5 pm For: pregnant youth up to 22 years of age</p>

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