

Thinner & Thinner

2021 Westside Vancouver Food Asset & Need Scan



September 2021

Thinner and Thinner – 2021 Westside Food Asset Need and Scan

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This work was done within the ancestral, traditional, and unceded homelands of the šx^wməθk^wəy̓əmaʔl̓ təməx^w (Musqueam), səlilwətaʔl̓ təməx^w (Tsleil-Waututh), and Skwxwú7mesh-ulh Temíxw (Squamish) Nations¹. We offer it with gratitude and humility as we continue to learn about the rich, yet often painful and inequitable history of this region.



Contact churchrelations@ugm.ca with questions, suggestions, or updates to this report. Contact WFC@kitsilano.org to get involved with community food security in the Westside through the Kitsilano Neighbourhood House.



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¹ <https://native-land.ca/>

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Introduction

“Our guests seem to be getting thinner and thinner each week.”

This was an observation from a volunteer of the Kits Cares Cafe in the spring of 2021. The program had shifted from a welcoming community meal to a grocery program when the COVID-19 pandemic descended in early 2020 and survived as one of the few open community food supports available in the Westside of Vancouver. The pandemic has been hard on everyone, but the risks and challenges increased significantly for vulnerable individuals, and thus there was a need to assess food access in the Westside of Vancouver. It will be some time before we understand the full impact of the COVID-19 pandemic, but already, nearly half of Canadians residents felt the impact of it on their ability to meet financial obligations and essential needs.²

Included in this report is a summary of key informant interviews with staff and volunteers from Faith and community organizations that have been providing supportive food programs for vulnerable individuals. This report is not an exhaustive list of food programs in this part of Vancouver, but instead aims to capture the overall availability of and need for food supports.

Recommendations are made with a particular focus on community meals and emergency programs that started or shifted with COVID-19. This report highlights strengths, key stakeholders, and gaps in service; and then charts ways to build on the good work being done. While the pandemic impacted our social support system until it also became *thinner and thinner*, we did see new threads of collaboration as caring individuals and groups worked together to patch up the holes and meet the needs of our vulnerable neighbours.

This report is also inspired by our commitment to work towards the recommendations made in the 2015 Truth and Reconciliation Commission of Canada as we aim to understand and address the lasting impacts of residential schools and other discriminatory practices. In particular, we are guided by the Call to Action 19, which outlines the need to measure and close gaps in health outcomes between Aboriginal and non-Aboriginal communities³.



² Men F, Tarasuk V. Food insecurity amid the COVID-19 pandemic: food charity, government assistance and employment. Canadian Public Policy 2021; Published online. Available from: <https://www.utpjournals.press/doi/abs/10.3138/cpp.2021-001>

³ https://ehprnh2mwo3.exactdn.com/wp-content/uploads/2021/01/Calls_to_Action_English2.pdf

Background

Food Security: Theoretical Background

Food security means that “all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their food preferences and dietary needs for an active and healthy life.”⁴

Having reliable access to sufficient affordable, nutritious food is critical for everyone. Not only does it feed our bodies, giving us energy, improved concentration, better sleep, reduced risk of some diseases, improved ability to fight off and recover from illness, but it also feeds our souls. Bodies fed regularly with healthy foods help us to practice self-love, gratitude and mindfulness. And when we can share good food with others, we live more joyfully.

Food insecurity is embedded in a web of issues associated with poverty, as food is often one of the first basic expenses to be cut and is therefore one of the strongest indicators of economic deprivation⁵. It is important to distinguish food security on the household level with community food security, which is concerned not only with satisfying individuals’ nutritional needs, but takes into considerations the underlying social, economic, and institutional factors within a community that affect food security metrics⁶. Community food security aims to create an economically and environmentally sustainable food system that maximizes social justice, self-reliance, and democratic decision-making⁷.



Demographics Backgrounder

In understanding the demographics of the West Side of Vancouver, this report will use the neighbourhood of Kitsilano to represent the rest of the West Side. Although the demographic information presented here will predominantly focus on Kitsilano, we recognize that the ‘West Side’ includes a variety of other neighbourhoods: Kerrisdale, Dunbar-Southlands, Arbutus Ridge, Shaughnessy, and West Point Grey, each with their own unique demographic profile. Therefore, all demographic information presented here should be taken only as a broad indication of demographic trends of this part of Vancouver.

⁴ Food Security. (n.d.). <https://www.ifpri.org/topic/food-security>. Retrieved August 19, 2021.

⁵ Loopstra, R. (2013). Food insecurity indicator of poor progress on poverty. www.cwp-csp.ca/2013/08/food-insecurityindicator-of-poor-progress-on-poverty

⁶ Pottery, H. & Jinkerson, A. (2007). Exploring food security in Vancouver’s Westside.

⁷ Bellows, A. & Hamm, M. (2003). Community food security and nutrition educators. *Journal of Nutrition Education and Behaviours*, 35(1), 37-43.



The central source of the information presented here is the Kitsilano Social Indicators Profile 2020⁸, which was derived from the 2016 census. As with any census data, it is important to be aware that it has limitations; for instance, individuals experiencing homelessness or those who live in secondary suites are often missed by the census. Furthermore, as the census data is now five-years old, it is less reflective of today's reality, and does not take into account the ripple effects of COVID-19.

Food insecurity tends to impact certain demographic groups, such as seniors, single-parent families, and low-income families. In Kitsilano, 14% of the population is 65 years old, which is slightly lower than the rate for the City of Vancouver. Moreover, 41% of seniors live on their own. There are 37% more seniors in the neighbourhood than there are children (0-14 years old), and the number of seniors in Kitsilano today has grown by 77% since 1996.

Single-parent families account for 28% of families with children in Kitsilano – a rate that has decreased over time and that is lower than the rest of Vancouver. Of the single-parents, 81% are female-identifying; it is known that single mothers are more likely to face significant socioeconomic challenges, such as food insecurity.

Regarding income and economic standing, 17% of Kitsilano residents have incomes below the National Poverty Line, which in 2021 is set at \$26,500. The data furthermore shows that poverty particularly affects specific demographic groups. For example, for those between 20 and 24 living in Kitsilano, the poverty rate is especially high (approximately 49%), compared with 20-to-24-year-olds in the rest of the city (approximately 37% percent). Poverty rates for other noteworthy demographic groups living in Kitsilano are as follows: new immigrants or non-permanent residents (31%); individuals with no post-secondary education (27%); Indigenous individuals (26%); Black individuals (25%); other visible minorities (24%); and those with a non-English first language (22%). Just under 6000 residents (14%) of Kitsilano residents are in the bottom 10% of earners across the country. In contrast, over 9000 residents (21%) are in the top 10% of Canadian incomes.



⁸ Social Policy and Projects. (2020). Kitsilano: Neighbourhood social indicators profile 2020. <https://vancouver.ca/files/cov/social-indicators-profile-kitsilano.pdf>

Vancouver's Westside is typically thought of as a wealthy area with few needs, based on lower poverty rates and higher household incomes than the City's average⁹. Nevertheless, previous assessments on the state of food security in the Westside indicate that the community is not immune to issues of food insecurity. In fact, food insecurity more likely remains hidden due to the perceived wealth of this area¹⁰. As a result, food programs providing essential support are predominantly concentrated in the Eastside of Vancouver, creating gaps in addressing food security needs of the most vulnerable of the community.



Created by MRFA from Noun Project

Food Insecurity in the Westside: Historical Perspective

The last community-specific assessment of the state of food security was done in 2007.¹¹ Food security needs were described as 'hidden' due to the perception of universal affluence across the area, which led to a greater degree of social stigma in accessing food programs than elsewhere in the city.¹² Seniors, young families, single-parent families, those with mobility and transportation issues, and individuals with fixed low incomes were cited as the most likely to experience food insecurity. Inadequate income, rising housing costs, and unaffordability of food and other essentials were identified as some of the causes that led community members to compromise on quantity and/or quality of food.¹³ Westside's suburban sprawl created accessibility challenges, while seniors were recognized to be particularly vulnerable to the issues of food security due to social isolation, mobility issues, and health challenges.¹⁴



Created by MFK from Noun Project

The COVID-19 pandemic has exacerbated the issues of food access while revealing the systemic faults in the fragile structure of the food system. More people became food insecure due to job losses, lack of mobility due to health risks, and lack of food availability due to supply chain interruptions, drastically increasing the demand for emergency food supports¹⁵. Meanwhile, social services that people came to rely on, were either stretched to the limits or paralyzed altogether as they were scrambling to adapt to the new reality. At the same time, the pandemic experience has revealed the incredible resilience of community response: service providers, community partners and volunteers were able to mobilize and pivot to effectively address the immediate food security needs. The emergency response has demonstrated the efficacy of



Created by pongsakorn from Noun Project

⁹ Social Policy and Projects, 2020

¹⁰ Pottery & Jinkerson, 2007

¹¹ Ibid.

¹² Pottery & Jinkerson, 2007

¹³ Ibid.

¹⁴ Ibid.

¹⁵ Vancouver Neighbourhood Food Networks. (2021). Bold actions for a food crisis: Filling unmet community food needs during COVID-19.

http://vancouverfoodnetworks.com/wp-content/uploads/2021/06/BoldActions_for_aFoodCrisis_VancouverFoodNetworks_21-06-18.pdf

collective, collaborative effort and highlighted the importance of strong relationships and high level of trust.

It is timely to take stock of the lessons of the pandemic as we are rebuilding a sustainable food system capable of addressing food security needs of the community in coordinated, dignifying, and sustainable ways.

Food Supports in the Westside

To address this growing need, there are several supportive organizations that offer food programs and other supports. **Appendix A**, part of the Vancouver Free and Low-Cost Food Program Map shows only the Kits Cares Cafe as an open support in this part of Vancouver.

Appendix B summarizes the meals and hampers different program made available (pre-COVID and currently, as of the Summer of 2021). Although there are several supports, not all who need assistance can reach them, and for those who do, they are not necessarily an easy way to access food. One program staff observed that he sees clients get anxious around meals or hamper programs if it seems like food is running low, and they might not get anything.



Created by Luis Prado
from Noun Project

Significant changes made in response to COVID-19 were that all in-person meal programs had to be paused, as host buildings closed, distancing measures were put in place, and we did not know what was safe, particularly for older adults. We saw that introduction of new, though temporary, programs in response to the pandemic such as frozen meals, brown bag takeaway meals and expanded grocery hamper pick-up and delivery programs.

Other Supports

As well as these regular supports, there are some smaller partnerships, where churches, community groups, and other caring neighbours provide community meals on special occasions like Thanksgiving and Christmas, offered meals for their members only, made and delivered meals or food hampers for distribution. These efforts cannot all be captured, but do add up to a significant measure of aid in the Westside of Vancouver. Other examples include:

- Some groups provide some specialized supports (i.e., kosher food for homebound Jewish individuals¹⁶, or backpacks with basic supplies for homeless youth¹⁷).

¹⁶ <https://www.ifsvancouver.ca/services/family-and-adult-resources/food-and-support/>

¹⁷ <http://www.projectbackpack.ca/>

- Organizations like Village Vancouver¹⁸ work on projects like coordinating gardens, seed saving, making planter box kits, and hosting workshops that strengthen our local food webs while coming together around food.
- More open access fridges are set up and stocked in effort to provide low-barrier, equitable food, organized through groups like LOAF¹⁹ and the Vancouver Community Fridge Project²⁰



Created by Phonlaphat Thongsriphong from Noun Project

Current Program Logistics

Food Sourcing

Some food programs have a budget (directly fundraised or provided by the sponsoring organization) and can purchase food for their programs. While easier to plan meals, this requires capacity to solicit and manage financial donations. Other programs use donations from the food bank, food rescue organizations (i.e., Food Runners), or have direct connections with local grocery stores and bakeries. It also takes significant time to steward these kinds of partnerships, pick up, sort, and store donations. Most programs use a combination of purchased and donated food.

Program Funding

Some community food programs in the Westside report having stable funding, but it does not increase over time, which is a challenge, especially as food costs are rising. Some programs rely on grants, which provide funding for a year (give or take) at a time. There was a significant amount of emergency funding during the first year of the COVID-19 pandemic, which helped address acute needs, but cannot be sustained.



Created by The Icon Z from Noun Project

With the emergency funding, service providers were able to expand their reach and provide support to some vulnerable populations that previously were not accessing food programs. While emergency funding is ending, the need for food security programs that people came to rely on continues, leaving service providers scrambling to find creative solutions with reduced resources. Several service providers voiced a commitment to not let their program participants become more vulnerable than they were before the pandemic.

¹⁸ <http://www.villagevancouver.ca/>

¹⁹ <https://www.loafridge.ca/>

²⁰ <https://vcfp.square.site/about>

Program Leadership

For many organizations, the efforts to address food insecurity and related vulnerabilities are not coordinated by one dedicated role, but split among other roles, staff, and programs. Most community programs have a part-time paid coordinator, supported by significant volunteer hours. Some may get extra staff time with government and seasonal grants (i.e., City of Vancouver’s Sustainable Food Systems Grant²¹ or the Canada Summer Jobs Program²²). While food insecurity is a complex challenge that needs to be addressed through many different angles, the lack of a coordinated approach does leave gaps in support for vulnerable individuals.



Addressing Needs Beyond Food

While this report focuses on food provision, we know that food insecurity is embedded in a web of issues associated with poverty, as the food is the first basic expense to be cut out and is therefore one of the strongest indicators of economic deprivation.²³ Food program guests visit multiple supports as they seek to access enough food, secure housing, as well as labor, financial, and health services.

Food programs are a place of connection. As well as providing vital caring relationships, we can help our vulnerable neighbours connect to:

- Access to **basic necessities**, including clothing, shoes, outdoor wear, sleeping bags, toiletries, menstrual products, baby-care supplies, furniture (i.e., through Homestart²⁴) and school supplies.
- **Advocacy** support for housing, rental assistance, government and social services, legal services, seniors’ services, medical insurance, and counselling.
- **Medical and social services** support



Created by Elin Hatanen from Noun Project

One example of this extended support is the Westside Anglicans Neighbourhood Ministry’s Mobile Care Unit (MCU)²⁵, which operated pre-COVID, then had to pause for the first few months of the pandemic. It restarted in the summer of 2021, with a travelling team who provides basic medical care and social services to homeless and vulnerable people in Vancouver westside neighbourhood. Their focus is on those who may face barriers to care. The team is composed of doctors, medical students, social work students, and volunteers. The team visits several sites per month, where unhoused neighbours gather for community meals.

²¹ <https://vancouver.ca/people-programs/sustainable-food-systems-grants.aspx>

²² <https://www.canada.ca/en/employment-social-development/services/funding/canada-summer-jobs.html>

²³ Loopstra, R. (2013). Food insecurity indicator of poor progress on poverty

²⁴ <https://homestart.ca/>

²⁵ <https://www.vancouver.anglican.ca/diocesan-ministries/careshare/pages/westside-anglicans-neighbourhood-ministry-mobile-care-unit>

Underserved Populations

A crisis like the COVID pandemic disproportionately affects vulnerable individuals as many of the existing supports disappeared or changed, and challenges emerged and compounded. We asked service providers who they currently see as the most underserved populations in Vancouver's Westside:

- **Seniors** - there are several programs for **seniors** if individuals can travel to the programs
 - Those **without mobility** or who are not connected are not supported
 - Most vulnerable seniors are those between 55-65 years of age, as they cannot access pensions and other funding for older adults
- **Families** – There are several programs for families with young children, but fewer for families with older children
- **UBC (or other post-secondary) students**, particularly **international students**, and students who are also raising families, especially around end-of-term exams
- **Homeless individuals** who reside in this part of the city (see more details below)
- **Newcomers** to the neighbourhood from other countries, often with language barriers
- **Indigenous** peoples who reside in this part of the city



Created by Brandon Kraeger
from Noun Project

Homelessness in the Westside

Homeless individuals seem to choose to be less visible in this part of the city, especially compared to those Downtown Vancouver, or in the DTES. Several, for example, set up tents at night, then clean them up when the sun comes out in the morning. Other observations about homeless or underhoused individuals include:

- Individuals will often will not go to the DTES or other areas for support
- A number live in vehicles, but often are not looking for support (some earn a paycheck); they have the added challenge of having to move their vehicles regularly
- A few women, but often only when with partners
- A few youth, who also need unique kinds of support (though more homeless youth congregate in Downtown, closer to services designed for them)
 - Vancouver's 2020 Homeless Count²⁶ found 54 children under 19 years of age (2%) and 139 youth between 19 - 24 years (6%) experiencing homelessness in Metro Vancouver, or 8% of the homeless population.



Created by ZakaUddin
from Noun Project

²⁶https://www.vancitycommunityfoundation.ca/sites/default/files/uploads/2020HomelessCount_MetroVan_PreliminaryDataReport.pdf

This was down from 16% in 2017 and 20% in 2014, the only age group where count results showed a reduction.

- Often forgotten about, as they are less visible, less problematic, maybe higher functioning with less substance use
- Outreach done by MPA Outreach worker, UGM Mobile Mission Team, Westside Anglicans Neighbourhood Ministry
- Kits Cares Cafe would see 2 or 3 people each week who live outside and only want Ready-to-Eat foods in their food hamper, though different people each week
- Hygiene is a particular challenge for individuals without a home. The Kits Showers and Breakfast Program ran since 2000 out of the Kitsilano Community Center – it had to close during COVID, and does not plan to reopen at this point
- Many people rent apartments, but are vulnerable to losing them (i.e., due to rent increases, landlord disputes), and often cannot find another place with comparable rent in the neighbourhood

Hoarding

We are seeing a troubling, tricky dynamic in West Side food programs and indeed right across the region, namely, a rise in the number of participants who may be taking more food than they can use or more food than is intended for a single household. This manifests in a variety of ways:

- Persistent or aggressive requests to be given additional items
- Having multiple household members go through the same line
- Individuals attempting to go through a line more than once
- Visiting multiple free grocery programs in a single week (sometimes from as far away as the outer suburbs, beyond transit lines)
- Accessing free food seemingly without actual financial need

Clearly some of this behaviour is due to a diagnosable hoarding or other mental disorder. We have also heard of adult children coming to tell staff that their elderly parent grew up in an era or environment of severe deprivation and therefore has a survival mindset pressing them to gather any free resources they can, even though they are now living with extended family and are well cared for. And of course, many of our participants are legitimately in survival mode or have large households and need more than our standard serving size. Finally, there is a minority who simply seek to take advantage or game the system.

So, for understandable reasons and for regrettable ones, we find ourselves faced with a practical problem and a moral conundrum: given that we cannot keep pace with the growth of genuine food insecurity during the pandemic, and that we want *neither* to create difficult barriers to accessing our program *nor* to perpetuate unhealthy dependency or antisocial tendencies, what can we do to better ensure equitable, expanded access to our individual programs and to our collective safety net? There is no one right answer to this question and we strongly encourage careful dialogue among programs, staff and volunteers, and participants.

Pandemic Lessons

The pandemic experience has demonstrated, yet again, that extra and longer-term support is better than haphazard crisis responses. When people have secure housing, food, income, and autonomy to make choices about their lives, they do not need to operate in crisis mode and rely on social services. Service providers in the Westside share the lessons learned throughout the pandemic:

- **Social connection** is essential
 - This was acutely expressed when clients returned to programs after closures in early COVID
 - People living with mental illness are already often isolated and judged. One staff person noted that “other dangers pop up when the lock-downs happen.”
 - Food programs also provide a significant bridge for volunteers – one staff who works with an program on UBC campus observed that there is not often kinship between professors and post-secondary students, but the connection is evident as they work together to support struggling post-secondary students
 - Along with food, also groups still found it important to plan **community celebrations** and ways to address **grief and loss** over the year
- During COVID, the strong **relationships** and **trust** with residents and partner programs allowed decision makers to quickly change or adjust programs as needed.
 - One staff member recommends that, “even when you are busy, go-go-go, it is important to take time to make connections, build relationships and trust.”
 - Some front-line staff and programs could not **take a break** for the first few months of the pandemic as they responded to unprecedented need and uncertainty, but collaboration between organizations made breaks possible
- **Changes** are costly
 - Some programs had to move to a different location, which meant significant time to sort out details, communicate the change, and buy new equipment when needed.

Recommendations

Some of the recommendations outlined below come directly from food program staff in the Westside, and others come from larger conversations in Vancouver and beyond around what is helpful to support vulnerable individuals.

<i>Recommendations for Westside Food Programs</i>	
Human-Centered Program Delivery	<p>For each of these vulnerable populations, services need to be tailored to their unique needs, including:</p> <ul style="list-style-type: none"> ● Geographic proximity ● Safe and welcoming ● Culturally appropriate ● Peer-support <p>We need to learn more about specific populations in this part of the city, and their needs, particularly those identified as being underserved above.</p>
Sustainable Operations	<p>Coordinated practices for collecting data, measurement, and evaluation, so organizations know they are reaching our goals and can seek sustainable funding and staff.</p>
Advocacy	<p>Organizations must engage in advocacy and awareness (or partner with those who have the skills and capacity) around adequate income supports (especially for individuals with disabilities), housing options, childcare, and elder care. (Note: several of the advocacy groups operating in this part of Vancouver have shut down in the last year).</p>
Collaboration	<p>Continue to convene food and support providers in the Westside, to share and develop best practices and service opportunities, particularly those doing outreach work.</p> <ul style="list-style-type: none"> ● Develop common vision and goals ● Build partnerships for collective impact ● Community members want to help - give them direction on what really is helpful
Communication	<p>Support communication between agencies, ensuring trust and information sharing, while respecting confidentiality of the individuals being supported. Also, ensure all printed and online resource lists are up-to-date (especially important as program times and locations change).</p>

Recommendations for Westside Food Programs

Learning	<p>Learn more about the needs and patterns of the transient population</p> <ul style="list-style-type: none">● Learn more about the needs and cultural preferences of Indigenous communities in the Westside of Vancouver● Trauma informed mental health services tailored to the specific needs of each area/season <p>A review (similar to this one) of the housing needs and supports available would be valuable.</p>
Community Engagement & Capacity Building	<p>Community members, vulnerable to food insecurity have first-hand knowledge and lived experience that will be invaluable in co-developing sustainable solutions, while building trust and sense of ownership. They must be involved in the process of planning and designing the most appropriate interventions: identifying their own needs and co-developing solutions.</p> <ul style="list-style-type: none">● Focus on building capacity in individuals who attend community programs, ensuring they have ways to contribute to the program and address challenges that keep them in a precarious situation, and increase self-reliance through nutrition, cooking and gardening expertise
Awareness Raising	<p>As food insecurity in the Westside is often described as “hidden” and not well understood, efforts must be made to raise awareness on needs, systemic drivers, and importance of food security for the wellbeing of the community.</p>
Community Building	<p>Addressing food insecurity and promoting community-building are mutually reinforcing: the importance of informal networks for filling in the gaps in food security has been highlighted, while sharing a meal is commonly known to create social connections.</p> <ul style="list-style-type: none">● Intentional efforts towards building social connections, whether through things like gardening programs, potlucks, or subsidized dinners, will help make food security programs more welcoming and accessible, while reducing stigma.
From Charity-based Approach towards Systemic Response	<p>As we see food insecurity within community context, we see that it is embedded in a web of systemic issues associated with poverty</p> <ul style="list-style-type: none">● Building community capacity● Developing community advocacy efforts working on addressing root causes of poverty

Recommendations for Westside Food Programs

- Delivering programs and collective impact efforts that address the intersecting needs and create an economically and environmentally sustainable food system that maximizes social justice, self-reliance, and democratic decision-making

We must know that current state of supports, needs, gaps, and how different policies and events (i.e. income assistance rates, the pandemic, or changing weather patterns) affect those who are vulnerable in our neighbourhoods. We aim to next update this report in the summer of 2023, unless there is enough change and uncertainty to warrant revisiting it sooner.

Conclusion

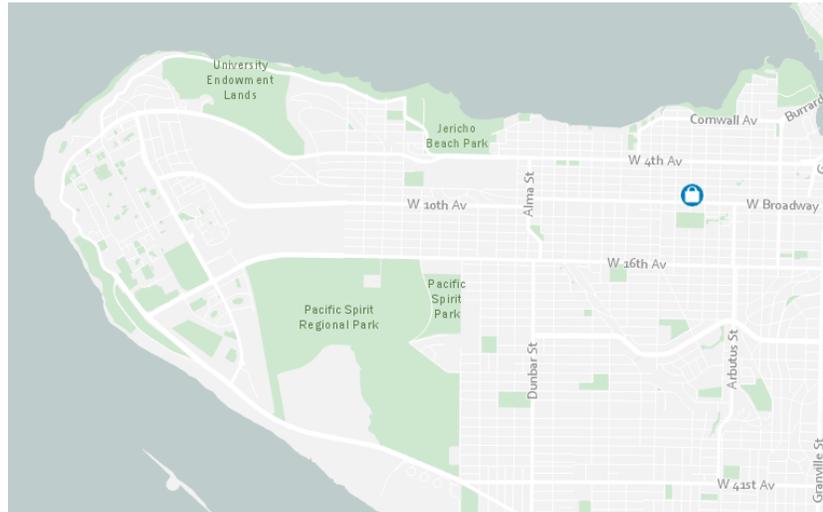
Although there are people in the Westside of Vancouver who are getting thinner and thinner, and the same can be said for parts of our social support system, there is also a strong network of care and some key lessons learned in this difficult year. We are seeing a renewed desire for a formalized network of collaboration amongst service providers and the collective impact of community level responses to one of the basic human needs.

We know that charitable food distribution does not end hunger, and in an ideal world, community meals would not be needed, but valued for the joy of it – to build and bring community together. Until then, we will continue to work together, to ensure we have the policies and social infrastructure that address underlying factors leading to food insecurity, advancing the vision for a just and sustainable food system for all.

Appendixes

Appendix A - Existing Food Programs + Supports

The Free and Low-Cost Food Program Map²⁷ shows only the Kits Cares Cafe as an open support in this part of Vancouver. The COVID Emergency Meals Map²⁸ is similar.



For UBC Students, or individuals living on the campus, there is an AMS Food Bank²⁹ and Food Hub hosted by Acadia Park³⁰. Non-perishable foods, personal hygiene supplies, budgeting tips, and information on additional resources in and around Vancouver are available to students in need.

²⁷ <https://maps.vancouver.ca/foodmap/>

²⁸ <https://www.google.com/maps/d/u/0/viewer?fbclid=IwAR253xNbAn749cOhB12-6Ntfp41Kj-CaMryCQ79zJgy4JHGRtjVuqZ-SbE&ll=49.26302640831428%2C-123.21217973636149&z=14&mid=11qyzTVyoZqSsUL7-k6FbbEIF3slegRv>

²⁹ <https://www.facebook.com/amsfoodbank/>

³⁰ <https://www.ubyssey.ca/news/ams-food-bank-acadia-park/>

Appendix B - Food Available (as of Summer 2021)

Organization	Pre-COVID (March 2020)	In-House Meals/Day or Week	Drop-In Meals/Day or Week	Hampers	Other (i.e. future plans)
Kits Cares Cafe	~80 meals/week at the community cafe at Kits House			~90/week	Hope to return to sit-down meal in Fall 2021 Some coming from other neighbourhoods, as the resources they relied on no longer exist
MPA		Breakfast + Dinner (~40/day) for clients		~30 come for food donations 1/week	
Kits House:		100-150 frozen meals per week - COVID relief, ended in July 2021	Cooking with Val program: 40 people/month		After COVID: drop-in seniors' lunches, community potluck, community market (summer)
Steeves Manor		25-30 twice/month		Over 100/week (pre-COVID: 50)	After COVID: continue with hampers, bring back in-person meals, cooking workshops
Westside Family Place	50 Little Chefs program + 12 families/month for Family Dinners				
AMS Food Hub				~90/week during the 2020/21 year	After COVID : continue hampers, 'grocery store' model, grocery coupons
Origin Church Food Hub (with GVFB)			~600/week access food bank donations		Also provide some baby care hampers as needed
St. Mary's Kerrisdale Anglican Church	80-90 meals every Tuesday with doors opened a few hours before with coffee/tea	No in person meals during COVID	No drop-in meals, but delivery to vulnerable seniors (10/week)	No hampers provided	Beginning in Jan 2022 weekly in-person community meals, food deliveries, grocery supplements
Kits Shower and Breakfast Program	50 meals every Saturday morning with clothing + access to showers	Suspended during COVID	Suspended during COVID	N/A	No plans as of Aug 2021 to restart program. Need to have discussions with Kits Community Centre
Jewish Family Services	Meal delivery to people returning home from hospital				Program continued during COVID and is ongoing