

Exploring the Food System on the West Side: A Series of Talks and Tours

Presented by Garden Heart Productions and the Westside Food Security Collaborative
Speaker/Tour Host: Spring Gillard, author of *Diary of a Compost Hotline Operator*

Talks

Talks: Wednesday Evenings in June. Time: 7 to 9pm

Location: June 3, at the SPEC building, 2150 Maple; June 10,17, 24 at Kits

Neighbourhood House Hall, 2305 West 7th @ Vine

June 3: Feeding Ourselves. How Do We Fare on the West Side?

What is food security? What is a food system? How resilient is ours? Why in a neighbourhood of plenty, are people still going hungry? What resources and programs are in place to ensure our food security and where are the gaps? An introduction to food security from the local perspective. Participants will take home a concrete list of at least 10 things they can do to help strengthen the food system in their own neighbourhood.

June 10: Going Hungry on the West Side

A recent study revealed a malnutrition problem on the affluent west side of Vancouver. How is that possible? The Buy-Low Foods Store at 4th and Alma has just closed down. How will that affect the neighbourhood? A look at access and mobility issues and the role grocery store design plays in enhancing public health, community vitality and helping to ensure a secure food supply.

June 17: The Gauntlet

As we walk in our west side neighbourhoods, many of us run the daily gauntlet of outstretched hands, from the homeless to the NGO's. We look at the emergency food system and the charity model and ponder: to give or not to give? Learn about food programs on the west side that cater to vulnerable populations, as well as other initiatives that help increase access to fresh fruits and vegetables for all.

June 24: Waste Not, Want Not

A look at the waste management system on the west side. From backyard to commercial composting, food recovery programs and innovative initiatives designed to waste not. Find out what you can do in your own backyard to reduce edible and inedible food waste.

Tours

Tours: Saturdays in June; limited to 20 participants. Meeting place provided upon registration.

June 6, 10am to 12 noon: Feeding Ourselves. How Do We Fare on the West Side?

How resilient is our food system on the west side? What resources and programs are in place to ensure our food security, and where are the gaps in our food system? We visit a Green Table accredited restaurant, a roof top garden, a co-op that has a food garden, a mid-size composting system and interesting and historical roots in the local food

community. We'll also stroll along community gardens including a fruit orchard. Take home at least ten things you can do to strengthen the food system on the west side.

June 13, 1:30 to 3:30: The Farm Connection. A Guided Tour of UBC Farm.

Why should city people care about farmers and farmland? We look at our very own west side urban farm and its vital role at the University and in our community. We discuss how important farmland is to our food system. Catch the Saturday Farmers' Market before the tour, then tour the market garden that supplies the market. We talk with gardeners in the Mayan Garden, the Aboriginal Garden and beekeepers. Learn about the intergenerational landed learning project and other innovative programs operating out of this local gem.

June 20, 10am to Noon: Urban Agriculture: A Ride on the Upper West Side

We visit the Dunbar and Kerrisdale area with a focus on urban agriculture. Highlights include a visit with a local entrepreneur who has an urban farm venture; a family run market farm complete with chickens; and another fruitful backyard program, the Fruit Tree Project. We'll also tour The Seed to Table Garden. This multicultural youth program from the Jewish Family Service Agency sees participants growing organic food, and contributing the harvest to their community food bank. If you don't have a bike, you can still come along, by taking transit (fare not included in price) or carpooling.

June 27, 10am to Noon: Going Hungry on the Westside: The Role of Grocery Stores in a Healthy Community.

It may be surprising to learn that some west side residents are having difficulty accessing fresh fruit and vegetables. Seniors and the physically challenged have trouble accessing some stores because of design issues like narrow aisles or bulky end of aisle displays. On this tour we will visit grocery stores of various sizes, formats and locations to learn about their role in enhancing public health, community vitality and helping to ensure a secure food supply on the west side. We will examine links to public transportation and street design, local economic development and cultural diversity. Stores will include 'traditional' food retail, 'natural/organic' stores, and green grocers.

Registration/Prices: Tour space limited to 20 spots.

Talks/Tours are \$35 each or \$125 for any combination of four, incl GST. Total series package price: \$235, incl GST. Payable by cheque/cash in advance. Email info@gardenheart.ca for payment info.

About the Westside Food Security Collaborative

www.kitshouse.org/community.html#item2 (WFSC)

The WFSC is a coalition of groups and individuals who live or work on the west side of Vancouver and who are interested in local food security. Our member organizations include Kitsilano Neighbourhood House [kitshouse.org](http://www.kitshouse.org), Jewish Family Service Agency www.jfsa.ca and Vancouver Coastal Health www.vch.ca. The WFSC is working on setting up fresh produce "pocket markets" www.foodroots.ca as well as a low cost

food store on the west side. To find out more visit our web site.
www.kitshouse.org/community.html#item2