

LETTER FROM THE EDITOR

“Now is the winter of our discontent” made pink as cherry tree blossoms return.

This 16th edition of the RTF Zine is our largest ever. The first section focuses on the BC election on May 9 and begins with a blistering political editorial by dm gillis and an overview of the party platforms by Andy Goertz. Also included are abbreviated responses to questions about poverty and hunger from the candidates in Vancouver-Mount Pleasant: Conny Lin (Liberal), Jerry Kroll (Green) and Melanie Mark (NDP). Hendrik Beune convinces us to vote outside the box and new writer Leilani Reum describes the seven pillars of food security.

We also feature articles by DTES food security leaders Lauren Brown, the Food Coordinator at the Strathcona Community Centre, Zsuzsi Fodor of the Food Bank, and Michael duBelko’s stats-packed interview with Trish Garner, Community Organizer for the BC Poverty Reduction Coalition.

Since ‘tis the season to think about planting, Shannon Hecker spotlights the power of personal and group gardening, Godfrey Tang notes disturbing losses in Chinatown shopping, and my article introduces the concept of Universal Basic Income. Finally, we present a couple of local recipes, one from the DTES NH kitchen and the other from Strathcona Community Centre.

FILMNOTES: I highly recommend viewing a DVD called *Eating Alabama*, directed by Andrew Beck Grace, available at some VPL branches, about community, sustainability, and eating locally. Another outstanding four-part documentary series is on Netflix by the food writer Michael Pollan, based on his book, *Cooked*.

Dedication: This issue of the RTF Zine is dedicated to Paul Taylor, who was the ED at the Neighbourhood House when we started the publication together four years ago. Paul continued supporting the Zine after moving to the Gordon Neighbourhood House and has recently left that position for important food security work in Toronto. I call Paul the Zine’s godfather, and refer to Carol White, the current ED at the NH, as the Zine’s godmother. Carol jokingly disputes the gender casting.



Stan Shaffer
RTF ZINE EDITOR

THE I WILL VOTE MANIFESTO
BY DM GILLIS

I WILL VOTE FIERCELY IN THIS ELECTION, NOT TIMIDLY NOR LOOK AWAY. I WILL CAST MY RAGE AT THE BALLOT BOX. NOT BECAUSE ONE POLITICAL PARTY IS MORALLY SUPERIOR OR THE OTHER CLAIMS AN ABSOLUTE FISCAL ACUMEN, BUT BECAUSE AT THIS TIME ONLY CHANGE WILL DO.

I WILL VOTE FOR CHANGE BECAUSE OF THE CURRENT PROVINCIAL GOVERNMENT'S UNACCEPTABLE DEPENDENCE UPON FOOD BANKS AND OTHER FORMS OF PRIVATE CHARITY TO ADDRESS THE IMPACT OF ITS LEGISLATED POVERTY. I WILL VOTE BECAUSE PEOPLE LIVING IN POVERTY HAVE BEEN ABANDONED WITHOUT HOPE, MANY OF THEM CHILDREN AND SENIORS, MANY OF THEM PEOPLE WITH DISABILITIES AND THE WORKING POOR, ALL LEFT BEHIND FACING FOOD INSECURITY AND THE POTENTIAL OF HOMELESSNESS DUE TO DISPLACEMENT AND A LACK OF ADEQUATE AND AFFORDABLE HOUSING IN ONE OF CANADA'S LEADING ECONOMIES.

BY VOTING, I HOPE TO PARTICIPATE IN REMOVING THE PARLIAMENTARY RESTROOM SMELL OF PRIVILEGE AND ENTITLEMENT THAT HANGS OVER BRITISH COLUMBIA, THE REPUGNANT SCENT OF SMIRKING OPPORTUNISTS DRAWING WEIGHTY SALARIES, STIPENDS AND WILD WEST PAY-FOR-PLAY. POLITICOS WHOSE ABUSE OF POWER EXTENDS TO DENYING JUSTICE TO THOSE WHO CANNOT AFFORD IT, CUTTING ACCESS TO EDUCATION AND HEALTH CARE, CUTTING FUNDING TO PROGRAMS FOR WOMEN FACING DOMESTIC ABUSE, BUILDING A BILLION DOLLAR WHITE ELEPHANT HYDRO DAM AND DESTROYING ONE OF THE PLANET'S MOST UNIQUE RIVER VALLEY ECOSYSTEMS, CHASING THE FRUITLESS ILLUSION OF LNG AS KIDS-IN-CARE DIE, LIVE WITH ABUSE AND CONSIDER SUICIDE, AND COLLUDING WITH THE FEDERAL GOVERNMENT IN BUILDING PIPELINES IN HOPES OF SUPPLYING OIL TO MARKETS TURNING TO SOLAR AND WIND.

I WILL VOTE AND DEMAND SOCIAL JUSTICE, THOUGH IT MAY NEVER COME, THOUGH EVEN THE PARTY OF OPPOSITION PLANS, IN VICTORY, TO CARRY ON THE GRIM BC TRADITION OF INIQUITOUS GOVERNANCE.

I WILL VOTE BECAUSE DILIGENCE AND PARTICIPATION ARE MY ONLY COINAGE. BECAUSE EVEN THOUGH IT SOMETIMES SEEMS POINTLESS IN SUCH A CYNICAL SETTING, I CAN SAY THAT, THOUGH MOSTLY UNCEDED, THIS PROVINCE IS MY PLACE AND I HAVE MY VOTE TO PROVE IT.



HOW TO VOTE

BY

Anthony Goertz

Okay, so there's an election on May 9th. And you already know you *should* vote, but what does that entail? Ideally, that you make the most informed decision possible. But who's got the time to comb through each candidate's website, try to find what they might actually do, what they believe, and compare it with the other candidates? Even using the BC Elections website can be difficult, not to mention caring to learn what on earth a "plebiscite" is, even though a plebiscite is, by definition, a matter of public importance. Not to be too paternalistic here, or to claim to be the last authority on the candidates, but here's what we've discerned about them. Hopefully this can help you make an informed decision on who to vote for in this election.

Anyone who's over 18, is a Canadian citizen, and has lived in BC for the past 6 months can vote on May 9th, but first you have to register. You can do it on the day or ahead of time, but there's a few things you should know. You can register to vote online at <http://elections.bc.ca/register-to-vote/> or by calling 1-800-661-8683 between the hours of 8 a.m. and 8 p.m. on weekdays or between 9 a.m. and 4 p.m. on Saturdays. You'll need to provide some proof of

identification. You can also register ahead of time by e-mailing (electionsbc@elections.bc.ca) or faxing (1-866-466-0665) this completed form to Elections B.C.: <http://elections.bc.ca/docs/reg/200A.pdf>. You can also register in person at any Services BC location. Again, you'll need to bring proof of ID: a driver's license, a BC ID or services card, SIN card, passport, your personal health number, a Certificate of Indian Status, Child Tax Benefit Statement, firearms license, utility bill, bank statement, report card, student card, or two pieces of ID that show your address. Elections BC just wants to see that you really are a resident of BC. If you don't have a fixed address, you can use a friend's address, or even the address of wherever you sleep most of the time (this includes public parks and shelters). If you can't provide any of this information, there is still a way to register! You just need someone to vouch for you. This can be a relative, spouse, friend, or even service provider, provided that they have acceptable ID and can solemnly declare that you are who you say you are. Once you're registered, voting is a snap!

You can vote ahead of time, on the weekend 2 weeks before voting day, which is May 9th. That means that advanced voting will take place on the weekend of

MEET THE CANDIDATES

RIDING: VANCOUVER - MOUNT PLEASANT

(If you live in the grey area, the following candidate information is relevant to you!)

(continued from previous page)

→ April 22-23 or April 29-30. This can be done at any electoral office. See elections.bc.ca for more info - you can order a "vote by mail" package from that website.

On voting day, you can vote at your voting station, which will be listed on the "Where To Vote" card mailed to the address you provided when you registered. If you didn't get one, call B.C. Elections toll-free number, 1-800-611-8683, or visit elections.bc.ca for all that information. It can be a lot of information to try and sift through, but hopefully reading this helps.



We asked the 3 candidates the following questions:

- 1. Poverty reduction.** Is this important for you? Do you have strategies on how to address this issue?
- 2. Food security.** Do you see it as a problem? If not, why not? If so, how might you address it in the legislature?
- 3. Housing and homelessness.** Connected to poverty reduction. Do you think homelessness is an important issue to change legislation for? If so, how so? If not, explain. Any ideas for how to help?

(Conny Lin and Melanie Mark's responses have been edited to fit the space.)



Jerry Kroll

B.C. GREEN PARTY

I joined the Green Party for this coming May 9th election because I have seen the same party representation in Vancouver Mount Pleasant for over 30 years, and STILL our community in the DTES ranks as the most desperate in Canada! If we keep voting for the same people, and expect a different outcome, WE are the problem! It is time for a change!

[Provincial] Green Party Leader Andrew Weaver is the most impressive person I have ever met, and he has a gift for quickly identifying the solutions and providing a common sense way to implement them. Poverty Reduction, Food Security AND Housing and Homelessness are all solved with a Guaranteed Basic Income program as laid

out on his website: <http://www.andrewweavermla.ca/2016/12/20/basic-income-part-iv-recommendations/> EVERYONE gets the minimum they need to take care of themselves in a proper and dignified way, and then goes on to help others! I love the elegance of this solution, and the powerful force it represents both today and in the years to come as automation reduces the human work requirement more and more!

I can think of nothing more pleasing than seeing the needy in the DTES quickly becoming the beneficiaries of a Majority Green Party Guaranteed Minimum Income of \$14,000 per year or more. The May 9th election cannot come soon enough.

Conny Lin

B.C. LIBERALS



POVERTY REDUCTION

From my work in mental health and addictions, I know that we can't even begin to have a conversation about getting better without ensuring people's basic needs are met – food, housing, healthcare, and community, to name a few. The same applies to tackling poverty. There was a point in my life when all I could think about was making sure my bills were paid on time; it was about getting by, not about getting ahead. That's why I was so excited when I saw BC's Single Parent's Employment Initiative. This is a program that came out of listening to single parents and directly addresses the barriers that prevent them from doing better for themselves and their kids.

With that said, many difficult life circumstances, other than being a single parent, can create barriers for people and it's important that BC continues to listen and that policymakers dig even deeper into the underlying reasons why many remain in poverty, and provide the right supports for those who are struggling.

By growing up with a brother who is deaf, I've seen directly how physical disability can limit opportunities when accommodations don't exist or aren't

sufficient. Through my background in addictions research, I understand that mental health issues are just as debilitating as physical ones. I would advocate for more individualized supports for people with disabilities looking for work, and more incentive for business to hire those with challenging circumstances.

For me, poverty reduction comes down to not only delivering more services, but also delivering those services effectively. I want to ensure that we are providing hands up to those that need them, in the ways people need them.

FOOD SECURITY

If elected, I am committed to working to reducing the food security challenges of those in the DTES, by advocating for the following policies and policy changes:

- 1) Increased coordination between government and private food programs to improve coverage, procurement (to increase the proportion of free and reduced-cost food, including at grocery stores, that is healthy, tasty, and nutritious), and accessibility, particularly through decentralized distribution to reduce crowding, as well as staffing that meets the cultural needs of communities.
- 2) Expansion of the BC government's Grow Local Program, which is providing training to urban residents through community centres and schools and empowering them to grow their own vegetables and fruits so that they may have

more choices and add fresh food to their diets.

3) Improved offerings in provincially-funded supportive housing for community-led food planning and preparation, which can be as simple as providing access to a kitchen, and ideally should improve training around food planning, nutrition, and cooking skills.

HOUSING/HOMELESSNESS

In Vancouver, a major component of housing affordability is limited supply. This is an area where the provincial government must work with the City to add supply. To improve the situation for renters, municipalities need to do their part. Partnerships between provincial, federal, and municipal governments are also essential to preventing homelessness. Last year, 61,000 individuals and families in Metro Vancouver were helped by provincially-funded programs aimed at affordable housing, rental supplements, and emergency housing. About 30,000

households are helped every year across BC by supplement programs like the Rental Assistance Program, which provides cash to eligible renters. These are vital investments. When paired with productive inter-government collaboration, they can pay off and succeed in creating sufficient housing supply and ensuring that it is in reach for renters and buyers both.

I am running for office because I realized that some of the changes I wanted to see in my field, mental health and addictions, were only possible if they came from decisionmakers. That's just as true for housing, food security, and poverty reduction. My research training gives me a unique instinct when encountering any issue – first I observe (by listening), secondly, I bounce ideas off people who are stakeholders, and then I formulate new solutions. I believe that my experience and approach to solving complex problems will lead to solutions that work for people. That's why I can be a changemaker and an effective voice for people in Vancouver-Mount Pleasant.



Melanie Mark *(incumbent)* B.C. NEW DEMOCRATIC PARTY

POVERTY REDUCTION

First of all, we need a poverty reduction plan. BC is the only province without one. Right now 1 of 5 children in BC live in poverty, and half of children in single parent families are living in poverty. In a province with such wealth and a huge budget surplus, this should not be the case. I grew up in poverty, I want better for kids in this province.



My colleagues in the New Democrat Official Opposition introduced a poverty reduction plan 6 times in the legislature and it was voted down every time. Christy Clark doesn't seem to understand that a comprehensive plan is necessary to address the needs of British Columbians living in poverty.

I have met people here in Vancouver-Mount Pleasant who have to work 2 or more jobs to make ends meet, especially with skyrocketing rents in Vancouver. Wages are low, ICBC and MSP premiums are up, Hydro bills are on the rise...a poverty reduction strategy would look at all of these factors, including the way we support British Columbians on Income and Disability Assistance.

A poverty reduction plan will address the root causes of poverty in BC. We know that Poverty costs us \$8 billion dollars a year, and that prevention is the key to reducing poverty related health issues. Access to affordable housing and health care will have a big impact on people's lives. Specific policies that the NDP has already presented that fit within a Poverty Reduction Strategy are things like raising the minimum wage to \$15/hour, \$10/day childcare, eliminating MSP premiums, and building more affordable housing like co-ops and social housing.

FOOD SECURITY

Food bank usage is at an all-time high in BC. I did the welfare food challenge for the last 2 years. I know that \$18 a week for food, doesn't get you very far in this province. People are forced to make really tough choices.

In the Legislature my colleague Lana Popham brought forward a bill called the

BC Local Food Act that would encourage agriculture and protect food security. This bill aimed to increase the amount of food grown on BC's agricultural land; promoted sustainable farming practices; supported Indigenous food sources and practices; and supported an economy that processes, buys and distributes local food over imports. Sadly Christy Clark and the BC Liberals didn't support the bill.

Housing is a really important piece of Food Security that sometimes doesn't get connected but is pretty common sense - having a place to cook and store food makes all the difference to the type of meals we can prepare. We need to make sure that the housing we build is set up for making meals at home.

HOUSING/HOMELESSNESS

Housing costs dominate the budgets of British Columbians. BC is in a housing crisis and there are 4000 people that are currently homeless in Metro Vancouver. There are 70 tent cities around BC. Since Christy Clark became Premier the homelessness rate has risen 26% per year - that is a shocking statistic. My concern is that the numbers indicate it's only getting worse. The most important piece is a poverty reduction plan, which takes housing into account as a huge factor for people's health, safety, and wellbeing.

We also need more protection for renters! I hear from people every day who would rather put up with poor air quality, infestations and hostile landlords than complain, out of fear that they will lose their home. The costs to file a dispute with a landlord at the Residential Tenancy Branch have gone from \$50 to \$100, the BC Liberals have made it harder for people to self-advocate.

One of the first bills I presented in the Legislature was the Protections from Renovictions Act - I proposed some changes to the Residential Tenancy Act that would make it harder for landlords to evict people, and rent the unit again at much higher prices. Sadly this bill was voted down...are you starting to see a pattern here?

It has been incredibly frustrating for me to sit in Opposition this year and watch Christy Clark and her government vote down Legislation that would make things better for people in Vancouver-Mount Pleasant. If the NDP can win just a few more seats, we can form a government committed to undoing 16 years of neglect by Christy Clark.

Reducing Poverty and Improving Food Security in B.C.

BY *Leilani Reum*

Please see the article “Why A Poverty Reduction Plan Is Critical To Eliminating Food Insecurity In BC” also in this issue of the Zine which features comments by Trish Garner, one of the authors of the BC Poverty Reduction Plan.

The provincial election is just around the corner and many people have questions for our candidates around a very important issue directly related to food security in British Columbia: poverty reduction. BC is the only province without a formal poverty reduction plan and change is long overdue. Despite calls from hundreds of organizations and groups from various backgrounds including health, faith, community, Indigenous, and unions, the province has not taken action.

co-published by Canadian Centre for Policy Alternatives – BC Office, the United Way of the Lower Mainland, and the BC Poverty Reduction Coalition, discusses the issue of poverty in BC. The report examines the most recent statistics on poverty and other related issues in BC, and recommends policies to reduce poverty. As stated in the report, despite being one of Canada’s wealthiest provinces with a surplus of \$2 billion, BC continues to have the second highest rate of poverty in Canada. Between 432,000 and 603,000 people lived under the poverty line in 2014. This is not only a social and moral issue but an economic one that challenges all British Columbians including those not living in poverty. For example, it costs our healthcare system \$1.2 billion to manage poverty related health issues.

The report, “Long Overdue: Why BC needs a poverty reduction plan,”

As we near our provincial election on May 9, we must continue to demand

for a poverty reduction plan from our candidates. This is exactly what the Vancouver Neighbourhood Food Networks and the BC Poverty Reduction Coalition is calling for and addressed over the course of Poverty Free BC Action Week (Feb. 25, 2017- Mar. 3, 2017). The two organizations presented a campaign called Lettuce Turnip the Heat on Poverty Reduction- Vote! leading up to the Poverty Free BC Rally on March 4, 2017. Each day they presented an example of how food security is impacted under each of the pillars. The seven pillars of policy concern related to food security are low wages, marginalized communities, health, education, childcare, welfare rates, and housing. Some of the food related statistics under each pillar are alarming and are outlined below:

Low wages: A person working full time at minimum wage is still living below the poverty line and therefore unable to access healthy food. In Vancouver, 1 in 6 households are recently or currently employed but still accessing food banks, while nearly half a million people in BC are making \$15/ hr or less.

Marginalized Communities: Communities including Indigenous people, people with disabilities, recent immigrants, refugees, temporary foreign workers, single mothers, LGBTQ people have higher rates of poverty and homelessness. One in five recent immigrant households face food insecurity. Food insecurity is highest in aboriginal households at 29%, with 1 in 3 indigenous children living in poverty. Health: Often when people are living in poverty they are forced to choose unhealthy options because healthy food

is more expensive. The average cost for healthy food for a family of four is \$945. Unsurprisingly, 1 in 6 (135,000) children in BC experience food insecurity. The devastating effect is that early years of growth and development are impeded.

Education: In 2010 approximately 70% of jobs required some form of post-secondary education. Therefore, people cannot access appropriate and stable jobs without an education. Tuition fees have risen nearly 400% between 1990 and 2010. Many of those able

“1 in 6 (135,000) children in BC experience food insecurity. The devastating effect is that early years of growth and development are impeded.”

to access education are still unable to buy themselves food. Food bank usage increased 100% in both 2014 and 2015 at UBC. Many students have to work two or three jobs yet still must utilize food banks.

Childcare: Alarming, the child poverty rate is 1 in 5 in BC with aboriginal children being twice as likely to live in poverty than non-aboriginal children. High childcare costs mean people must choose between childcare and food with the average monthly cost being \$1370.

“A family of four on income assistance must spend 79% of their income in order to buy healthy food.”

Single parent homes have the highest rate of food insecurity at 32%.

Welfare: The current rate for welfare is far too low at \$610 for a single person and between \$931 and \$983 per month for a person with a disability. The rates have not changed since 2007. Monthly cost of healthy food in BC for men aged 31-70 is \$273, leaving very little for housing and other needs. A family of four on income assistance must spend 79% of their income in order to buy healthy food.

Housing: People who self-identify as homeless make up less than 2% of all food bank users in BC. In Coquitlam, Richmond, Burnaby and Vancouver, 1 in 4 people spend more than 50% of their income on rent with the average cost of a one bedroom home in Vancouver being \$1870. BC has the worst record of housing affordability in Canada.

These statistics are an indication that we need to call on our candidates for action. The seven calls to action by the BC Poverty Reduction Coalition are:

- 1. Provide adequate and accessible income support for the unemployed**
- 2. Improve the earnings and working conditions of those in the low-wage workforce**
- 3. Address the needs of those most**

likely to be living in poverty

4. End homelessness and adopt a comprehensive affordable housing and supportive housing plan

5. Provide universal publicly-funded child care

6. Enhanced support for training and education for low-income people

7. Enhance community mental health and home support services, and expand integrated approaches to prevention and health promotion services

*A more detailed look at these calls can be found at <http://bcpovertyreduction.ca/wp-content/uploads/2017/02/Policy-Actions-2017-1.pdf>

As we can see, there is a dire need for a comprehensive and detailed strategy to reduce poverty and therefore, improve food security in this province. As we near the election, it is our job to demand our candidates address these calls through policy change. My call to you is to attend candidate meetings, ask candidates about their willingness to address these calls, and demand policy change to improve the state of poverty in BC. Food security is in the hands of a poverty reduction strategy. Most importantly, please get out and vote!

THINK OUTSIDE THE BALLOT BOX

by Hendrik Beune



Conscientious voters will do their homework and vote for the party with the most credible platform that can make the change they want to see. The candidate who runs for that party should be carefully chosen, not just for his/her ability to tow the party-line, but also for personal characteristics: ability to listen to different points of view and to represent the interests of all constituents fairly. Communication skills, fairness, honesty and integrity are what your chosen representative should embody and demonstrate. There is only one evaluation, which is at the next Provincial election in four years, so make your best choice now. For any policy changes or changes in law at the Provincial level, the new MLA in your riding is your go-to person, representing you, who lives in that riding. So even if your candidate did not win, this is your representative to the Legislature. You never lose casting your vote; voting is one thing you must do.

Politicians have become aware that the public likes to have a say in what affects them, so your MLA should listen to you. They haven't been doing a very good job of that recently. Over the past few decades there has been a major shift in wealth distribution, which is eliminating the majority middle class. A lot of very capable people currently work several minimum wage jobs, just to pay daily expenses. The public has been asking for an increase of the minimum wage to

\$15/hour and they would like to see more employers paying a 'living wage,' which will lift workers over the poverty line. Currently a family of two adults and two children needs both parents working full time, earning \$23/hour, to make 'a living wage.' The welfare rate is so abysmally low, it will need to be raised substantially to allow recipients to live a reasonably healthy lifestyle: \$15,000/year is suggested for regular welfare and \$18,000 plus for people with disabilities. The province is responsible for setting minimum wage levels and welfare rates, but it hasn't been keeping track of the cost of living, hence so much poverty, which has a cost. The cost of poverty is actually greater than what it would cost to eliminate poverty (Poverty Reduction Coalition).

What is wrong with 'the system'?

Our current economic system depends on exploitation of resources (nature's products and people's labour). Most corporations have but one bottom line: to make a profit. They care little about environmental and social justice, often leaving a trail of destroyed environments, hazardous conditions and changed cultures in their wake. That's the wrong attitude.

This way of profit making resembles colonialism and imperialism (with corporations being King). "The Emperor wears no clothes" has become a sad final reality for multinational corporations, who have but vanity and

glamour to show in their advertisements, presenting consumers with the final product, but hiding the true cost of production. It is obvious to see the bare bones of reality for many of us, but not for those who are blindsided by greed!

The financial wealth of corporations, executives' salaries and how profits are gained by privilege, is comparable to a ruling King. Companies have been getting away with shady and dubious practices for much too long. We need major reform of our industrialized system and to account for the true total cost of products. The 'Commons' are captured and common people seduced by privatization, while valuable assets like environmental and social capital are destroyed wantonly on a global scale by industries benefiting multi-national investors and corporate executives. This take-over results in lost local economic potential from cultural and environmental degradation, which translates into decreased food security, reliability of income, health and well being for many.

What about food production systems?

The trend is to go back to traditional farming techniques or modern organic production and foraging is also gaining popularity. This is a good trend: there are big problems with "intensive", 'high density' and 'Industrial' Systems."

Industrial production is paradoxically highly efficient (delivers cheap products) but wasteful and expensive (considering environmental damage and remediation costs). Damage results from spillover of toxins, fertilizers and GMOs

Livestock raised in high-density operations paradoxically lack nurturing social interactions because they are

caged or fenced in. Some animals (laying hens in battery cages) are so confined they cannot scratch or stand at all. Most other animals stand on a grid lacking any bedding, so that feces and urine can pass through freely, but they cannot lie down. They are fed calculated amounts of processed food from a moving belt system and can drink water from nearby automated spouts. They have no room to move. The animals are routinely medicated because disease spreads quickly in overcrowded conditions. Machines milk cows that never see the outdoors. Bulls mate with artificial cows. Breeding stock is artificially inseminated. Mothers have no time to wean their young. Any kind of compassion is totally lacking for these sentient animals. Cattle are routinely transported with standing room only (if they lay down they get trampled) and are held without water or food for two or three days before being slaughtered. Many of these inhumane industrial production methods were outlawed years ago elsewhere, but are still common practice in Canada and the USA.

At this point you and other concerned citizens should call your MLA and ask them to bring your animal welfare concerns to the Legislative Assembly, where these problems can be addressed and a bill formulated that could change history: It is unbelievable that this level of inhumanity and animal cruelty is allowed in BC.

Ask your politicians about The Peace River Valley, which has very good conditions for local food-production; we need that arable land now. Why flood that valley to produce electricity? Financial forecasts for that show no profit, only big losses that would bankrupt BC Hydro.



WHY A POVERTY REDUCTION PLAN IS CRITICAL TO ELIMINATING FOOD INSECURITY

Reduction Coalition and co-author of the BC Poverty Reduction Plan

by Michael DuBelko

I interviewed Trish on Feb. 15, 2017. The following is a discussion of poverty in BC and the need for a Poverty Reduction Plan for BC along with Trish's comments.

HOW THE BC POVERTY REDUCTION PLAN CAME TO BE:

The plan for reducing poverty in BC grew out of a 5 year study and analysis conducted by the Canadian Centre for Policy Alternatives (CCPA). At the conclusion of the study in 2009, the task group involved felt that, rather than publish yet another dry academic style report and because the evidence and issues that they had uncovered around poverty in BC were of such critical importance, they would instead construct a comprehensive Poverty Reduction Plan for BC and call on the government to implement the plan along with legislated targets and timelines. The CCPA then went further to found the **BC Poverty Reduction Coalition** and ask for support from allied groups and organizations around BC. This Coalition, which originally obtained signatures from 200 groups and organizations, has grown to over 400 groups and organizations from all over BC. The goal of the Coalition and its supporting groups is to push forward, influence and obtain commitments from

all the political parties and politicians in BC to immediately adopt and put in place the Seven Poverty Reduction steps or 'Pillars' as outlined in the recommendations of the plan.

SO WHAT IS FOOD IN SECURITY?

According to a Statistics Canada publication authored by Shirin Roshanafshar and Emma Hawkins (ISSN 1925-6493, March 25, 2015):

“Food insecurity exists within a household when one or more members do not have access to the variety or quantity of food that they need due to lack of money.”

Researchers have found that people who experience Food Insecurity also tend to report:

- Poor or fair health
- Poor functional health, or an inability to perform key activities due to health problems
- Long-term physical and/or mental disabilities that limit activity at home, work or school
- Multiple chronic conditions
- Major depression
- A perceived lack of social support, such as someone to confide in, count on, or go to for advice

The view of the Coalition, which is supported by evidence in the above report and by many other studies, is that: **Food Insecurity is a direct result of Income Insecurity.**

Trish says, “We see food insecurity as an issue of income insecurity at its heart, so as part of the poverty reduction plan that we’re calling for there are a number of pieces that are all about raising incomes. Raising welfare and disability is one critical pillar of the plan and then raising minimum wage as well as encouraging a living wage be paid by employers with the view of recognizing that when you put more money in people’s pockets then they have more money to make choices for their family around healthy food, culturally appropriate food and access to food with dignity.”

Coupled with this awareness is the need for BC to address a number of other issues intimately tied to Food Insecurity. Trish goes on to say, And then there are the other pillars of the plan that are about addressing the cost of living, providing more affordable housing and childcare, in particular, which we know are the key costs for families. Reducing those costs would give people more money to buy the food that’s appropriate for their families.”

Going further on the issue of income insecurity, there has been a fair amount of buzz lately about reviving the idea of the government providing a guaranteed annual income to all citizens. Many progressive social scientists and political observers have suggested that this may be the best universal cure to replace the current welfare system.

Trish continues, “We are having discussions about it (guaranteed annual income) here at the BC Poverty

Reduction Coalition. We recognize that there are benefits to it. Here in Canada we actually did an experiment in Manitoba in the 70s and the outcomes were good with regards to health and education. It would definitely get rid of the poverty stigma and accessibility issues, which surround our current welfare system, which can be significant for many people. Many provincial offices have closed. Telephone contact to offices with increased on-hold times for callers discourages many people as well as that fact that many of the necessary forms are only available online requiring access to a computer. One big concern is what would be the level set by the government and would that be adequate. Currently our government sets the welfare rates at a very inadequate level, \$610 per month, which is not enough to secure a living space in Vancouver, for example, so would they set an adequate level? And the other concern is that we would still need the other pieces of a poverty reduction plan - an increase in minimum wage so that a guaranteed annual income does not become a subsidy for low wage employment plus we would still need investment in affordable housing, childcare, healthcare and education. A guaranteed annual income strategy should not take away from those investments that we need to make. Our concern is that the government could bring in a guaranteed annual income and leave the rest to be picked up by the private market so that the government could say, ‘Well we’ve given you this money, now it’s up to you to go choose service providers and pay for your education and everything else you need.’”

So it seems simply implementing a guaranteed annual income is not enough and relying on the existing welfare

service structure is very unreliable for many people who don't have computer access, are stuck waiting on hold on the telephone or waiting for a call back to get answers about their applications.

Trish points out,

“As a matter of fact, the government actually is proud of the statistic that 50% of people that try to get on welfare don't succeed and from their perspective they believe that means they are being diverted back into a job, but from our perspective, that proves that our social safety net is mostly inaccessible and doesn't work.”

HOW IS THE BC POVERTY REDUCTION COALITION WORKING TO MAKE YOUR VOTE COUNT TOWARD SEEING A BC POVERTY REDUCTION PLAN IMPLEMENTED IN BC AFTER THE UPCOMING PROVINCIAL ELECTION?

Trish says, “In our election work, we've asked all the parties where they stand in relation to a commitment to a comprehensive poverty reduction plan for BC with legislated targets and timelines addressing each of the seven pillars we have identified (see article by Leilani elsewhere in this Zine) We will be putting out a grid that tells voters who is making that commitment and how strong they are about that commitment on each of the issues, so we'll be putting that out along with our analysis of the results. Our website is also full of information for voters to get up to date on what's happening with poverty in BC. We'll be doing some get-out-the-vote work to encourage people, especially poor people, to come out in strength to vote for their best interests on these issues. Our overall election campaign is called 'Make Poverty Public' and we'll be featuring a lot of storytelling to make

everyone aware that poverty is affecting real people, our fellow humans.

“For many, slipping into poverty starts by just missing one or two paychecks and that's enough to push people over the precipice and then it's very hard to get back up.”

We want to get the message across that collectively we all pay taxes to take care of each other through public healthcare and public education, and we think that we need to do that for poverty as well so public poverty reduction is what we are calling for. We know that at a local level that people are very generous in giving to charity but we just don't have the capacity as individual charity donors to make a dent in these issues. This is a huge crisis in BC and since government is the highest form of community it's at that level that we can do the most good in tackling these issues.

Please see the article “Reducing Poverty And Improving Food Security” also in this issue of the Zine which outlines and details the Seven Pillars of the BC Poverty Reduction Plan contained in the Poverty Reduction Plan for BC that the governments, local and provincial, need to take immediate action on.

Links to more information about the BC Poverty Reduction Coalition and the Poverty Reduction Plan for BC:

<http://bcpovertyreduction.ca/>

<http://bcpovertyreduction.ca/campaigns/povertymythbusters/>

UNIVERSAL BASIC INCOME

An Introduction by Stan Shaffer

This year, Ontario is planning to introduce a basic income experiment to top up families living below the poverty line.

Proponents argue it would be more efficient and less costly than administering current social programs as well as reducing health care and policing costs. Dr. Danielle Martin, vice-president on Women's College Hospital in Toronto, says the program will support people "who need income security, but will not discourage them from entering the workforce" (CP, March 14, 2016). When speaking in Vancouver in February,

Dr. Martin noted,

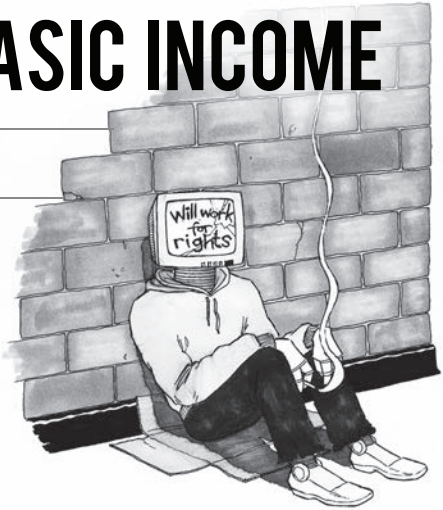
"It's impossible to talk about health care in Canada and not address the impact of poverty. It's the number one thing...It's more important than anything else we do in the medical system"

(Jenny Uechin, National Observer, February 27, 2017).

Dr. Martin supports the creation of a basic minimum income, noting that the experiment in Manitoba in the 1970s decreased hospitalizations by 8.5 percent.

The history of this social policy idea reaches back to 16th century England and Belgium with the writings of humanists Sir Thomas More (*Utopia*, 1516) and the Spaniard Juan Luis Vives.

It continued through the next centuries in Europe as the beginning of



social insurance (Bismarck in Germany) and in America by Thomas Paine, a political revolutionary. Next were the British utopian socialists in 19th and early 20th centuries—John Stuart Mill and Bertrand Russell—and gaining more interest in mid-late 20th century. Recently in Canada, Senators Hugh Segel and Art Eggleton, journalist Gwynne Dyer, the CEO of Hootsuite, Ryan Holmes, and Andrew Weaver, leader of the BC Green Party, have promoted the concept

In the early 1970s Canada was among the first countries which experimented with a guaranteed minimum income in Dauphin, Manitoba. The so-called Minicome project found that it did not discourage people from seeking work, except for single mothers and students. In the current Ontario plan, poor people will continue to get medical benefits in addition to the minimum income, and since there is no claw back for earning extra income, they can burst through the "welfare wall."

Since approximately nine percent of Canadians live in poverty—with higher

numbers for single mothers and indigenous communities—this plan is worth testing throughout the country, and even more so in British Columbia, which has the highest child poverty rate in the country: one in five children.

Another reason to test the guaranteed minimum income idea now is to look into the future. Imagine a scenario in 2040 when Artificial Intelligence (AI) and robots assume 40 percent of the jobs done by humans in 2017 - jobs such as mail carriers and garbage/recycling; drivers of taxis, busses, trucks; a majority of manufacturing in all sectors; construction; secretarial and phone services; scientific field work; cleaning and security services; fast food operations; perhaps to an extent fire and police; and so on in ways that seem fantastical now because this amount of redundancy refutes past experience.

Mark Cuban, a technology entrepreneur and philanthropist, told Bill O'Reilly on Fox News that it would not be possible to retrain workers for the new economy since machines will perform a high percentage of non-specialized work. Similarly, Elon Musk, a business magnate and investor (batteries and rockets), believes that Universal Basic Income (UBI) is an inevitable transformation of society, forecasting:

“People will have time to do other things, more complex things, more interesting things... Certainly more leisure time. And then we need to figure how we integrate with a world and future with a vast AI.

“Finally, in his farewell address in January, President Barack Obama warned, “the next wave of economic dislocations won't come from overseas. It

will come from the relentless pace of automation that makes a lot of good middle-class jobs obsolete.” (New York Times, February 22, 2017)

A speculation I've read is that any job in 2010 earning less than \$20.00 an hour will be replaced by AI or robots. In other words, by 2040 many people will be without jobs and income—a magnitude of unemployment and poverty not seen since the Great Depression. How can advanced societies survive if/when these conditions materialize?

One answer is by instituting Universal Basic Income, defined as “an income unconditionally granted to all on an individual basis, without means test or work requirement” (Basic Income Earth Network, (BIEN)). It is alternately referred to as a guaranteed annual income, citizen's income, citizen's dividend, social dividend, negative income tax, and other terms.

UBI is a socio-economic policy that can transform capitalistic societies into a form of socialism, but the downside is that it is very expensive to operate, even considering savings from dismantling gigantic bureaucracies. Another drawback for many is that UBI may create a disincentive to work, although recipients could earn extra income with no claw back. This outcome, however, did not happen in the Dauphin, Manitoba experiment in the 1970s.

Although there is no definitive way to pay the huge tab for this system, Jamie Cooke (head of Royal Scottish Academy) states, “Drawing on the experience of similar projects ongoing in Finland, Utrecht in the Netherland and Ontario in Canada, it could be funding from particular trusts, it could be individual

philanthropic funding, as we have seen in the States, or it could be a redirection of the existing welfare spend” (Libby Brooks, *The Guardian*, January 1, 2017) experiment in the 1970s.

Andy Stern, a senior fellow at Columbia University and author the book *Raising the Floor*, argues, “You can’t build this on top of the existing welfare system alone. You have to begin to deconstruct some of the welfare programs that are cash transfers. There’s 122 cash transfer programs of different varieties in the (US) federal government, and so I say, for the \$1.7 trillion you’re trying to get there’s probably five or \$600 billion that can come from that part of the budget. There’s another \$1.3 trillion that are called tax expenditures, which are really giving a different form of welfare to a different group of people, more middle class and upper middle class ... so now we’re starting to have a conversation where the numbers get to be realistic.” (interview with Samantha Guzman, *KERA News*, Aug. 8/2016)

One key benefit of UBI is its transparency and universality: there would be no means test requiring expensive welfare/bureaucratic administrations - a huge budget saving. It would eliminate poverty and promote freedom of choice - freedom from paternalistic employers and governments.

“*This personal freedom created by UBI may motivate people to start their own enterprises based on social need rather than artificial consumer products and dangerous environmental schemes.*”

Overseas, Finland is beginning an UBI experiment this year for 2000 people,

and other countries considering the idea include Scotland, which plans to test the scheme in Fife and Glasgow later this year, as well as trials in several Dutch cities. Recently, however, Switzerland defeated a referendum on UBI.

Nevertheless, proponents of Universal Basic Income argue it can be more efficient, fairer and will better protect people as the economy evolves. “A universal basic income would provide a much more secure income base in an age of deepening economic and social insecurity and unpredictable work patterns,” economists Howard Reed and Stewart Lansley said in a report on basic income published in May last year. (Compass Publishing, 2016) “It would offer much greater financial independence and freedom of choice for individuals between work and leisure, education and caring while recognizing the huge value of unpaid and voluntary work.”

For people living in poverty now and in the future, UBI would be a source of respected income permitting financial independence and the ability to live in reasonable dignity regarding housing, medical care, transportation, the arts, access to consumer shopping, as well as purchasing and preparing their own food.

While in the short-term UBI can remedy unemployment and poverty, in the long-term it may have a more urgent and universal appeal. The RTF Zine urges the next government of British Columbia to launch a Universal Basic Income pilot project.

THE COMMUNITY FOOD HUB SHIFT AT THE GREATER VANCOUVER FOOD BANK

By Zsuzsi Fodor, Community Partnership Manager

It has been 10 years since I took a trip to Vancouver that – little did I know at the time – would inspire my passion for food justice and the right to food.

In 2007 I spent a week with a group of my peers volunteering at the Quest Food Exchange’s old Hastings and Gore storefront. It was an inaugural trip coordinated by our school’s service learning program which promised student learning opportunities by getting us out into the real world.

We were however, misled to believe we would be learning about environmental sustainability on this particular trip as Quest sells low cost rescued food that would otherwise end up in a landfill. While this is true of Quest’s model, I can’t say that the environmental benefits are what stood out to me.

“I instead felt appalled by the rampant systemic poverty in a neighbourhood where people have been deprived of adequate incomes that fulfill our shared right to purchase the foods we need to nourish our bodies, minds, and spirit.”

A decade later, I’m just down the road from that storefront at an organization with over 30 years of history reacting to systemic poverty: the Greater Vancouver Food Bank (GVFB).

I tell people I decided to work at a food

bank because I fundamentally disagree with their existence in the ways they’ve historically operated. That’s usually a spicy conversation starter.

This feeling is a new norm within the GVFB as we grapple with what it means to embody the right to food and move the dial from food charity to food justice.

We’re not alone as food banks across North America are joining a movement of transformation a.k.a. an overdue course correction and existential crisis. We also thankfully have partners and allies in Vancouver who have been walking this talk long before food banks were even doing the talking bit.

For us, the “walk” is starting to happen in a few ways. I think one of the most significant is a new commitment to advocacy where we’ll be working with our members to speak out about the systemic reasons they use the food bank. This to me gets at the heart of food justice and acknowledges that no amount of charity will ever address poverty.

I will vote for a future where all our members have adequate incomes to make their own food choices but may still visit an organization like ours for a community kitchen workshop or to pick up low cost produce at one of our markets (Some of the cool stuff we already do!)

Until that day, I have the good fortune of being part of the Community Food Hubs team here at the GVFB. Our goal is to

improve the experience for members visiting one of our 13 grocery pick up spots in Vancouver, the North Shore, Burnaby, and New Westminster.

The Community Food Hub model has a number of commitments. The first is no line-ups. By 2018 there won't be a line up to be seen at one of our food banks. We're starting to get there by extending our hours and organizing members to come at staggered times. The results have been dramatic and food banks that used to have 200+ person line-ups two hours early now have maybe 20 people gathering just before opening.

The next commitment is to choice: rather than having a volunteer place members' food in their bags as they work their way down the line, a hub is set up like a store equipped with grocery baskets and tokens for a shopping experience. This allows time for perusing, reading labels, and feeling a few apples until finding that right one. There's also the option to shop at an ultra-low cost market right inside the hub for extra produce, much of which is grown by local urban farmers.

The final commitment is to connection: the hub is a space where members connect to one another

over a cup of coffee or meal in the café space; to connect to skill sharing during chef demos; to other community organizations that come to be a part of the hub like the Vancouver Public Library, Potluck Café Kitchen Tables Project, and Raise the Rates to name a few who've joined us in the last year; and, to an overall sense of community and belonging – another human right.

I see this connection happening at our first two Community Food Hubs at the Gordon and North Shore Neighbourhood Houses who years ago agreed to open their doors, literally and figuratively, to try this new approach to food banks with us. It's no coincidence that neighbourhood houses were our early adopters as they're already the living rooms, kitchens, and dining rooms of our neighbourhoods.

Over the next few years we're going to continue the shift to Community Food Hubs as we also paddle upstream and join the great poverty reduction and advocacy work already happening. It's an honour to be invited as a voice within the Right to Food Zine as we learn, change, and challenge where our organization has come from.



The Strathcona Breakfast Program Thrives on Multigenerational Teamwork

BY *Lauren Brown, SCC Food Security Coordinator*

It's Wednesday morning at the Strathcona Breakfast Program. The small galley kitchen and adjoining room have undergone their daily transformation into a bustling breakfast buffet and community meeting space for students of the Strathcona Elementary School and their families.

The room is full of students, siblings and caregivers, as well as conversations, friendships and laughter. A variety of languages fill the air and parents get to know each other over a cup of tea and a bite to eat. It's a place that people come to get a healthy meal before a busy day, but more importantly, it's a place to connect with others, feel significant and gain belonging.

Today's menu consists of hard-boiled eggs, toast, fruit, veggies, yogurt, granola and milk. Behind the kitchen counter, making it all happen is a dedicated team led by Jane Newton-Moss who has coordinated the Breakfast Program since 1998. Every morning, she is joined by Vuong My

Luong who has been volunteering with the Breakfast program since 2002 when her children were students in the school. In addition, this dedicated, multigenerational team includes volunteers ranging from grade 6 to retirement who commit to helping out at least one day each week.



A very special part of the team are the Breakfast Buddies, grade 6 and 7 students who help prepare and serve breakfast to their peers and neighbours while learning team work, leadership and food skills. These committed young chefs bring a bright energy to the operation each morning.



They fill a variety of roles, from ensuring that the serving dishes stay filled and helping younger children reach items on the tall counters to diverting organics from the



Hey there, my name is Leena. I became a Breakfast Buddy in the beginning of 2016 in September! I got involved because my brothers were both volunteers. My favourite part of being a Breakfast Buddy is learning new things and helping the community. By volunteering, I help my community by chopping and making food or others to eat. When I get older, I would like to be a teacher.

My little sister, Lisa, wants to be a Breakfast Buddy when she gets older. She loves dancing, drawing and cooking!

landfill and giving their honest feedback on new menu items. They also participate and learn outside of breakfast time, either by cooking brunch to welcome food industry mentors or by going on field trips to visit commercial kitchens and other interesting food-related establishments.

Beyond the Breakfast Program, the Strathcona Community Centre is home to a Backpack Program, community kitchens, workshops, a canning club and farm and farmers' market trips. Many of these programs originated because of insufficient access to affordable, healthy and culturally appropriate food for residents in the neighbourhood; resulting hunger makes recreation, school and social opportunities inaccessible.

Since their beginnings, the Strathcona Community Centre's food programs have evolved beyond just food access to also creating space for social inclusion, community building and skill sharing, benefiting many people in our community. However, the underlying presence of household food

insecurity remains, bringing with it serious negative consequences for physical, social, mental and emotional wellbeing.

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Food insecurity doesn't just happen. It is a symptom of broader inequality that needs to be addressed on multiple levels.
.....

The members of the Strathcona Community Centre are stepping up to make connections and support each other through both tough and celebratory times. However, the poverty that causes food insecurity requires systemic change. We hope that all levels of government take a proactive approach to improving financial security for families and individuals in BC and beyond.

SEEDS *of* CHANGE

— *By Shannon Hecker* —

Spring is just around the corner and while many are concentrating on the upcoming election, my focus is on spreading some seed. This year has been an extremely long and cold winter. Lucky for us the freeze acts as natural pesticide for many of those pesky critters who enjoy sharing our harvest. Other good news for those of you who don't know much about plants; it's not too late to get growing.

Many people are busy just trying to scrape by, and may wonder why should we take the time to grow food anyways? Organic food is healthier, tastes better, costs less and contributes to building a truly sustainable society.

If we grow only heirloom non-GMO varieties and save seeds, we can resist the corporate control of our food supply by companies like Monsanto. By growing plants and flowers that attract pollinators, we are working to protect local biodiversity and to ensure the viability of local food systems. Hives for Humanity has also demonstrated that anyone can keep bees just about anywhere; all you need is tender loving care. <http://hivesforhumanity.com/>

With home grown organic fruits and vegetables you really can taste the love. Having a relationship with plants, pollinators and the earth is rewarding beyond the harvest. Time spent gardening is very relaxing and good exercise as well. Some studies have even shown the bacteria found in soil contribute to serotonin production, so getting your hands dirty can even help reduce depression.

“If we grow only heirloom non-GMO varieties and save seeds, we can resist the corporate control of our food supply by companies like Monsanto.”

Locally, there are many resources for people to access free seeds to grow their own food. Village Vancouver's program does seed saving, packaging and distributing non-GMO heirloom seeds around the city through the seed library program at several VPL locations. <http://www.villagevancouver.ca/group/vvfoodgroupseedsavers>

For those of you getting a late start, The Free Market at Grandview Park encourages gardeners to share not only seeds, but also seedlings and

adult plants during spring and summer months. Give away what you don't need and find what you've been looking for. Every other Sunday from 12:00PM to 4:00PM. <https://www.facebook.com/VancouverFreeMarket/>

It is easy to continue growing food well into the winter months. Kale, beets, carrots, leeks, garlic, onions, sorrel, spinach, brussel sprouts, winter cabbage, swiss chard and many other kinds of vegetables can be planted towards the end of August and will grow until the ground freezes and thaws out in the spring still good to harvest. Try using a cold frame to make your fall crops last even longer. With heated greenhouses, people can effectively grow their own food all winter long.

Although not everyone is fortunate enough to have access to a yard to grow, balconies, window sills, pots, and vertical gardens work well to grow a variety of food. Sharing space in community gardens can reduce the social isolation faced by many people living on a limited income. Taking turns watering each other's gardens saves time and builds relationships. Harvested food can create income opportunities through barter and trade. Gifting food is a great way to strengthen ties in the community.

During the beginning of March, a few of us Zinesters took a walk around the DTES and Strathcona area to find out what spaces are available for locals to grow. Together we collaborated to create the attached map.

It made my heart heavy to learn that the Cottonwood Community Garden is being threatened for removal to make way for the proposed Malkin Connector, which would redirect traffic from Prior/ Venables.

Cottonwood garden is partially in a City of Vancouver Engineering Right of Way that was taken over as a garden as a deliberate act of protest when the City was looking at building a highway into downtown back in the '70s.

Following is some material from the City's False Creek Flats planning process that this has been operating under. The Park Board is now reviewing the impacts and potential mitigation of putting a road through the park, so any letters of support to them and the City about the William St. option will help. <http://vancouver.ca/files/cov/false-creek-flats-prior-venables-replacement-open-house-information-displays.pdf>

Sharing space in community gardens can reduce the social isolation faced by many people living on a limited income.

For more information visit [facebook.com/SaveCottonwoodCommunityGarden/](https://www.facebook.com/SaveCottonwoodCommunityGarden/) If you interested in acquiring garden space at the Cottonwood Garden located at Strathcona Park, please email joiningcottonwood@gmail.com.


It is understandable that some may not have the time or ability to grow for themselves and in that case finding a farmers market nearby is the next best option. Supporting local food growers and localized distribution decreases our dependency on fossil fuels for transportation, storage and refrigeration of goods. The farmers market also provides community space where people can share their skills and products while empowering each other and strengthening the local economy. eatlocal.org/

With the cost of living and rent steadily rising, growing our own food is cost effective. The long term effects of genetically engineered foods on the human body are still unknown and chemical pesticides such as glyphosate being used have been proven to be linked to birth defects and other life threatening illnesses. With such growing concerns, knowing where your food comes from and how it is grown is essential. Having access to locally grown fresh organic vegetables and fruits not only contributes to healthier, happier people, but the overall impact created by small scale food systems has enormous potential in reducing our carbon footprint on the earth.

Supporting local food growers and localized distribution decreases our dependency on fossil fuels for transportation, storage and refrigeration of goods.



1. Woodward's rooftop garden*
131 West Hastings Street
-  2. Sorella Place*
Abbott & Pender
-  3. Hastings Urban Farm
58 W Hastings
4. Caernegie Centre seed bank
401 Main Street
5. Oppenheimer Park garden
6. Servants International garden #1
Hastings & Jackson (SW corner)
-  7. Hives for Humanity HQ
580 Powell Street

-  8. The Budzey Building
220 Princess Street
9. Servants International garden #2
Heatley & Cordova (NE corner)
10. Sole Foods @ The Astoria
Hastings & Hawks
11. Ray-Cam Coopertive Centre
920 East Hastings
12. Strathcona Community Garden
759 Malkin Avenue
13. Cottonwood Community Garden
Malkin & Raymur

GARDENS & HIVES OF THE DTES



MAP INFO COMPILED BY *Hendrik Beune, Shannon Hecker, and Anthony Goertz*
 MAP DRAWN BY *Anthony Goertz*

Neighbourhood House Yummy Cauliflower Recipe



Here is a variation on the recipe we use for baked cauliflower at the NH. Most people think cauliflower is boring and needs to be paired with a white sauce or a cheese sauce to make it interesting. This recipe involves baking the cauliflower to a golden brown with minimal spicing to let the natural yumminess of the vegetable speak for itself.

Ingredients:

One cauliflower
Olive oil
Salt and pepper
Cumin (optional)

Directions:

1. Separate cauliflower head into bite-sized florets.
2. Toss florets with olive oil, kosher salt, fresh-ground pepper, cumin (optional) until they are completely covered in oil—this ensures an even browning of the cauliflower.
3. Bake in oven at 425 degrees for 20-25 minutes.

NB. If you really must have cheese with your cauliflower: top with grated cheese (Parmesan is really nice but cheddar serves well) or nutritional yeast (vegan option).

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Jane's Breakfast Fruit Crisp

From the Strathcona Community Centre Cookbook



Ingredients:

2 Apple—peeled + sliced
2 Pears —peeled + sliced
1/2 cup Prunes — pitted
1/2 cup Apricots — dried
1/2 cup Cherries or Cranberries — dried
2 tbsp. Maple Syrup
1/4 cup Apple or Orange Juice
1 cup Rolled Oats
1/2 cup Flour
1/3 cup Wheat Bran
1/2 cup Brown Sugar
(or less depending on taste)
1/2 cup Cinnamon
1/4 cup MARGARINE or BUTTER
1/2 cup APPLE or ORANGE JUICE

Directions:



Combine apples, pears, prunes, apricots, cherries, maple syrup and 1/4 cup apple juice. Place in an 8 cup baking dish.



For topping, combine rolled oats, flour, bran, brown sugar and cinnamon. Stir in melted margarine or butter and 1/2 cup juice. Spoon over fruit.



Bake at 350°F for 45 to 60 minutes.