



**Feed
Hunger**

body mind spirit 
NOURISH
FAMILY FOOD CENTRE

Setting the table for young families



Bethany Hope Centre
SUPPORT FOR YOUNG PARENT FAMILIES

A Foodbank to Foodshare Experience:

**Enriching Community through
food security programs**

June 13,14,15, 2017



I learn something new every day.

And forget five other
things forever.



your  cards
someecards.com

The Elephant in the Room





Who am I?





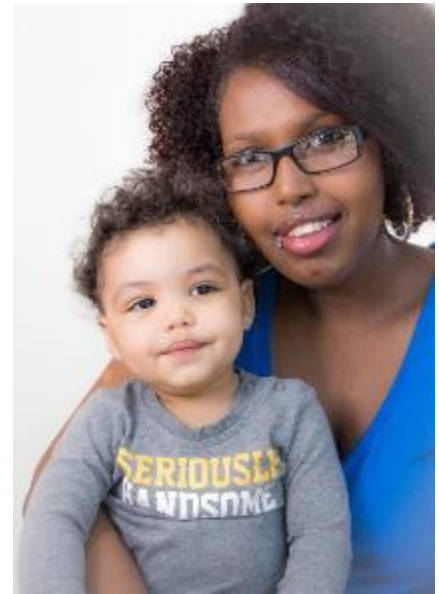




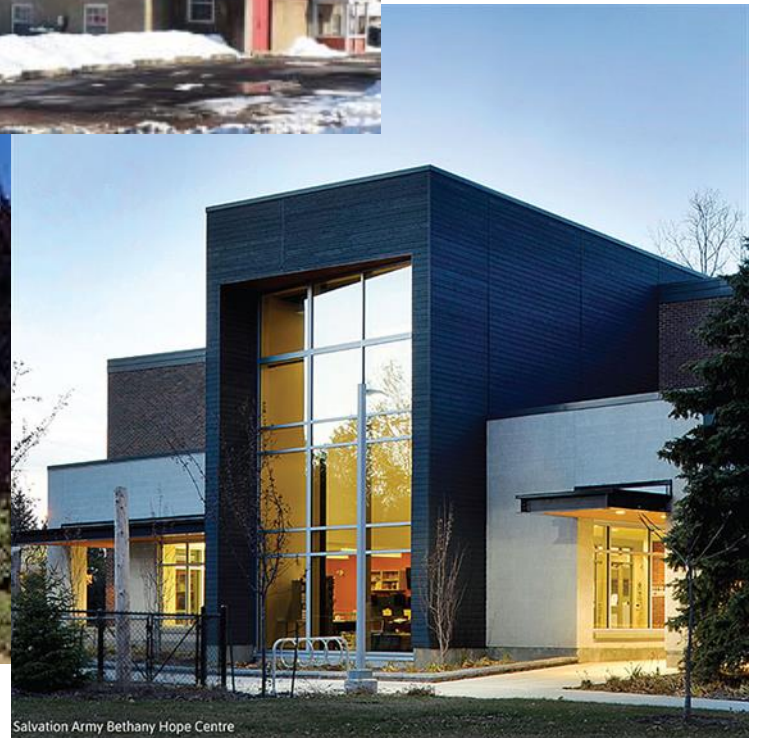








The Bethany Hope Centre



Mission & Vision

Bethany Hope Centre Mission Statement

Our mission is to support, equip and empower adults, youth and children in the Ottawa Region by building services, partnerships and a faith-based community spirit with a primary focus on young parents and their children.

Bethany Hope Centre Vision

We envision a community that is becoming physically, emotionally, financially and spiritually healthy.







Where we began



Typical charitable model food
bank



Meals served

Cheap food comes with a side dish of collateral....poor health.

The Charitable Model of Food Programs



Charitable Model

Food security -people have something to eat to survive (it's better than nothing)

- Limited supply and distribution (primarily non-perishables) with a focus on quantity served
- Little capacity for programming or interaction
- Little input from users


v. Community Engagement Model

Food sovereignty- people can make reasonable and healthy choices regarding the food they eat

- Focus on quality v quantity
- Efforts to provide culturally appropriate items
- Focus on programming and advocacy to address the root issues of hunger
- Collaborative and capacity building with users


Today's Food program
users face multiple
challenges

Canadian Poverty



WE HAVE ONE OF
THE HIGHEST
STANDARDS OF LIVING IN
THE WORLD.
IT'S TIME WE ALL
ENJOYED IT.

IT'S TIME TO END POVERTY IN CANADA.
DONATE NOW AT SALVATIONARMY.CA

 Giving
Hope
Today

Poor Diet affecting Health



Social Isolation and Lack of Civic Engagement

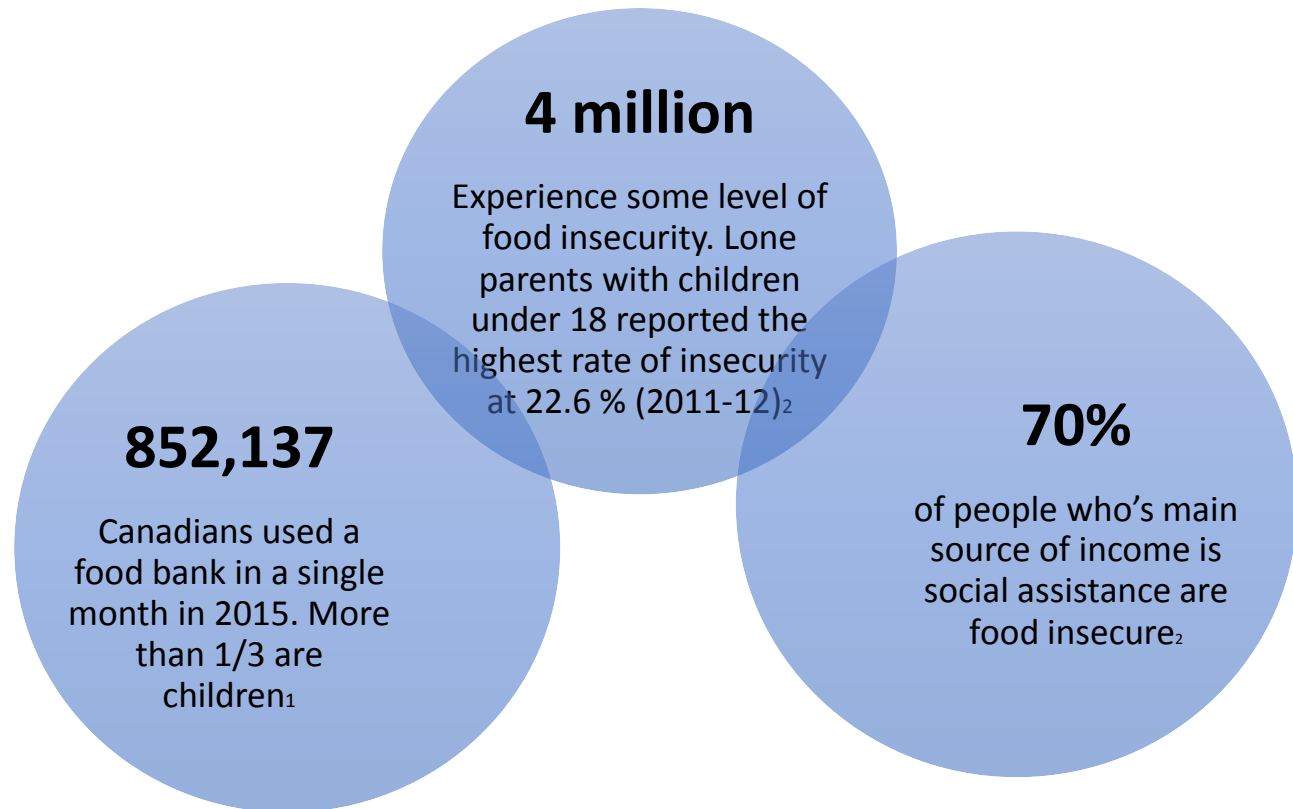
BEING **UNWANTED**, UNLOVED
UNCARED FOR, FORGOTTEN
BY EVERYBODY, I THINK
THAT IS A MUCH GREATER **HUNGER**
A MUCH GREATER **POVERTY** THAN
THE PERSON WHO HAS
NOTHING TO EAT

Mother Teresa

celebquote.com



Food Insecurity



Food insecurity and our children...

- 37% of Ottawa Food Bank users are children.
- 19.2 % of food banks ran out of healthy food by the end of the month.
- Lower fruit, vegetable and dairy consumption can pose serious health risks including obesity, compromised immune systems and developmental abnormalities.
- Adults try to protect children by lowering their own food consumption.



NOURISH

What does
it mean to
you?



To Nourish...

- to provide (someone or something) with food and other things that are needed to live, be healthy, etc.
- **to cause (something) to develop or grow stronger**

Merridium Webster



Listening to our participants

Food Security
(Charitable
model)



Food Sovereignty
(Community
empowerment model)



Why food sovereignty...

- Food sovereignty recognizes good healthy food as a right for all people
- It's about increasing access to healthy nutritious food instead of just calories. Food that is local where possible, works with nature, and is acquired in the community. Food that allows choice for health, culture and taste purposes.
- "Procure food w/values not just food that is a good value"

TENSION and FEAR



What drives us?

- **Mission Statement**
- The Salvation Army exists to share the love of Jesus Christ, meet human needs and be a transforming influence in the communities of our world.



CFCC-Growing food ideas

<https://www.bing.com/videos/search?q=nick+saul+the+stop&&view=detail&mid=EC220427E4071C7F26B0EC220427E4071C7F26B0&FORM=VRDGAR>

Community Food Centre Principals

- Increases access to healthy foods
- Increases food skills
- Increase knowledge of food and nutrition
- Advocate for access to healthy food

<https://cfccanada.ca/>



Our Desire to Change

- We did not want to do more harm to the health of a vulnerable population
- We wanted the experience to be dignified and in many cases educational or even therapeutic
- We wanted to live within our means- do quality work with the resources we had
- Ensure that our programming was well-aligned with our mission.



Doing the Most Good...

Getting Inspired

- Attending Training
- Changing our Environment
- Changing our Language
- Realigning Our Values

Be inspired.



- Nourish Breakfast and Lunch Program
- Nourish School Lunchbox
- Nourish Foodshare
- Nourish Good Food Market
- Seasonal Garden Program/Garden Tower
- Buns in the Oven Prenatal Nutrition Program-CPNP
- Nutritional Assessment and Support
- Nourish Learning Centre

Foodshare





A Gathering
Place





Community Breakfast & Lunch programs

Provide wholesome breakfast and lunches for parents and daycare/school aged children





Lunchbox Cupboard & Lunchbox Circle Program

Increase access to healthy lunchboxes for daycare and Increase knowledge and skills related to healthy lunchbox foods for day care and school aged children

- 1 week of lunchboxes per child
 - Grains
 - Dairy
 - Proteins
 - Vegetables and fruits
 - Instructions/recipes
 - Support and work alongside local schools and shelters.





Ottawa Citadel Expansion





NOURISH GOOD FOOD MARKET

- Once a month
- Brings fresh foods to individuals who may be living in a food desert.
- Increases access to high quality, culturally appropriate and affordable fresh fruits, vegetables and prepared goods.
- Works alongside the Hope Ventures program to build entrepreneurial and employment skills.





Nutritional Assessment and Support

Offered through BHC Health Centre and the medical team at Bruyere

Includes specialized assessments and programs for toddlers and preschoolers including the Nutri-Step program



Seasonal Garden Program

On-site raised bed seasonal garden

Used for:

- Supplementing and teaching Nourish Programs
- Build partnerships with growers and educators to help us better support our community





The Year Round Garden Tower Option







The Bounty



Nourish Learning Centre

On demand programs in response to young parent's interests and needs of their children

- May include:
 - Making baby food
 - Introducing solids
 - Cooking for allergies/intolerances
 - Community kitchen programs



Nourish...how has this enriched our community?

Nourish Family Food Centre doesn't work without community.



Who do we collaborate with to all offer this?



#EatTogether

www.eattogetherottawa.ca

Our Vision for the future



Bringing everyone to
the table...to nourish
physically, mentally,
financially and
spiritually



Thank you!



Like-minded organizations:

www.cfcc.ca

<https://foodsecurecanada.org/>

www.goodfoodorganizations.ca

The Salvation Army Food Security Cluster (Facebook group-please request to join):

<https://www.facebook.com/groups/187919028322847/>

For reading:

Social Innovation in Food Banks-Summer 2016

<https://www.foodbank.bc.ca/wp-content/uploads/2016/09/Social-Innovation-Scan-of-Food-Banks-V3.0-FINAL-clean.pdf>

Beyond emergency food banks: Evolving your food bank into a force for change

<http://thepod.cfccanada.ca/sites/thepod.cfccanada.ca/files/CFCC-Food-Bank-Manual-preview-GFP-2.pdf>