



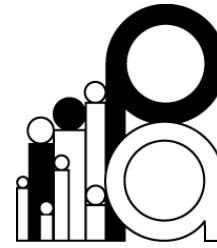
# **Developing Personal and Family Food Policy for New Immigrants in Surrey, BC**

Pilot assessment with a focus on the South Asian and Karen Populations

**Guidelines to increase awareness and commitment to health and local food sustainability**

**TAKING THE GOOD FROM ALL NATIONS  
AND HARNESSING THE LOCAL CULTURE**

## Partner Organizations:



## Funding for this project was provided by:



BC Healthy Communities  
People. Place. Potential.



## **ACKNOWLEDGEMENTS**

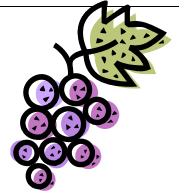
**The “*Moving Food Policy Forward in Surrey and White Rock*” Project would not have been possible were it not for the commitment and efforts of the following individuals and organizations.**

Lori Bowie	Surrey Parks, Recreation and Culture
Kathy Cassels	Directorate of Agencies for School Health
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Natasha Raey	Co-Chair of the Food Action Coalition
Deirdre Goudriaan	Co-Chair of the Food Action Coalition
Kelly Perrott	Project Contractor

***The Food Action Coalition also gratefully acknowledges the funding support provided by the United Way of the Lower Mainland and the Fraser Health Community Food Action Grants.***



## Background information on the Food Action Coalition:



### VISION

The long term vision of this project is that food policy be integrated into community decision making in Surrey and White Rock in order to enhance community food security. Food policy is the METHOD this group has chosen to work toward community food security. Community food security works toward the following three outcomes:

- decreased hunger
- increased local food sustainability
- improved nutritional health.

### PHASE 1 (2005): Community Outreach and Education & Assessment of Food Policy within Organizations

*Moving Food Policy in Surrey and White Rock* was initiated to build the foundation needed to move Surrey and White Rock toward integrating food policy into community decision making. The main scope of this project was to execute an environmental scan for food policies that exist in various organizations in Surrey and White Rock.

Follow this link for Phase I results: [http://www.fraserhealth.ca/HealthTopics/HealthyLiving/NutritionInfo/Pages/Food\\_Security.aspx](http://www.fraserhealth.ca/HealthTopics/HealthyLiving/NutritionInfo/Pages/Food_Security.aspx)

### PHASE 2 (2006): Community Forum & Creation of Toolkit

Phase 2 consisted of community outreach and education through the development of a food policy toolkit, and the hosting of a Community Forum on Food Policy. Approximately 80 participants attended the Forum, representing a wide range of community organizations. The Forum and the Toolkit were used to engage the population in food policy and stimulate dialogue about how food policy can be incorporated into organizations.

Follow this link for Phase II results: [http://www.dashbc.org/upload/Food\\_Policy\\_Toolkit.pdf](http://www.dashbc.org/upload/Food_Policy_Toolkit.pdf)

### PHASE 3 (2007-Present): Stakeholder Engagement and Sustainability

The overarching goal of phase 3 is stakeholder engagement and sustainability. The two main goals of this project include:

- 1) **Steering Committee Development** - to work towards strategic planning and expansion of the committee; and
- 2) **Organizational/ Community Outreach** - to continue with the organizational food policy focus initiated in Phases I and II.



# **Adaptation of the toolkit for NEWCOMERS - PHASE (2009-Present)**

## **NEWCOMER PHASE (2009-Present): Adaptation of toolkit - Pilot with South Asian and Karen populations**

Adaption of the tool kit for new immigrants to Surrey BC, with a focus on the South Asian and Karen Populations. The aim of this pilot project is to adapt the tool kit for the community and individual level. The two main goals of this project include:

- 1) Engage the target populations** - to work towards strategically embracing a personal and community food policy/ agenda; and
- 2) Organizational/ Community Outreach** - to equip service providers with a tool to assist clients in achieving food security

In line with the goals of the Food Action Coalition to work with the different organizations and their diverse populations (low-income, refugee and immigrant, etc.) to encourage and implement food security taking into account the unique community needs. This adaptation project is taking the existing organizational toolkit, that looks at organizational policies around food, and furthering the tool for service providers and frontline workers to assist their clients and hence their families and communities to develop, and harness a set of food related commitments and resources in the community ; which will enhance their food security.

As a pilot project to adapt the toolkit for very specific ethno populations, this phase of the project looks at the Karen and South Asian, non skilled worker / non provincial nominee class of immigrant, as the basis for this adaptation. This will set the parameters for adaptation for other ethno-cultural groups. To achieve this adaptation, two consultation sessions were implemented:

- 1 Meeting - targeting settlement and multicultural workers from the community agencies and School District #36 (Surrey).
- 2 Electronic Survey - targeting South Asian and Karen clients

The information collated from the consultative sessions provides the information incorporated in the Newcomer food toolkit for the identified populations.

The finished Newcomer Toolkit can be utilized in further population specific adaptations, and can be useful for multi-cultural agencies. The toolkit serves as a user-friendly resource for multicultural services provider to outline a basic food action plan for individuals and families to implement and build on.

# Developing Organizational Food Policy

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# Building Healthier Lives

## Who is this toolkit for?

- Individuals, families, culturally defined community groups, who are interested in increasing their nutritional health and well being and that of their, community and/or local economy. The kit can be used by service providers to initiate a food security action plan for their clients

## What is the purpose of the Toolkit?

- To increase awareness and knowledge on the impact food policy has on individuals, families, local organizations and communities
- To provide practical tools to aid in formulating food policy guidelines at the personal as well as community level

## How do I use the toolkit?

1. Understand food security and how it impacts your life.
2. Identify the people that are passionate about advocating healthy choices in the family and community
3. Schedule a planning session to discuss which food policies to focus on
  - o Use the “food policy checklist” on page 13 to help narrow your focus
4. Once you have decided on which food policies to focus on, come up with actions to achieve the goals See Page 30.
5. Evaluate progress frequently
6. Contact your nutritionist, food security coordinator, settlement worker of the Food Action Coalition for further information and assistance:

*“Food nourishes the body and gives us energy to get through each day. Healthy eating is fundamental to good health and is a key element in healthy human development”  
(Health Canada, 2008)*



## What is Food Policy?

**Food Policy is “a decision made by that affects how food is produced, served, protected and disposed. Food policy is a vehicle to help move towards food security.”**

***Food Policy has the potential to address 3 key issues...***

### Issue 1: Healthy Eating

The creation and implementation of food policies / commitments helps increase access to healthier foods

#### **What are the problems and indicators?**

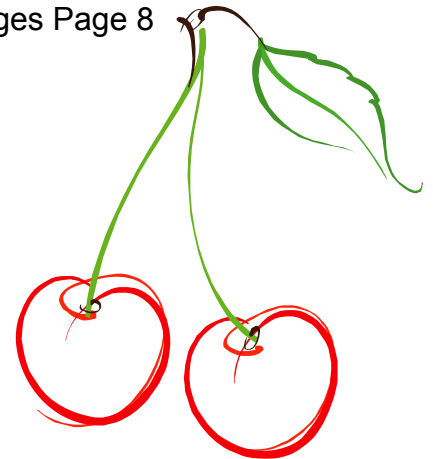
- Dietary factors are associated with 4 of the 10 leading causes of death (Cancer, stroke, type II diabetes, heart disease)
- Childhood obesity is climbing at an alarming rate
- Barriers in the environment (i.e. the cost of healthy foods)
- Immigrants face added relocation barriers and challenges – see table of ethno cultural challenges Page 8

#### **How will increasing access to healthy foods benefit communities?**

- Healthy eating contributes to increased productivity, increased morale and well-being
- Good nutrition improves academic performance
- Healthy eating decreases the risk of chronic diseases and obesity

#### **Actions you can take:**

- Serve only healthy foods at home
- Make purchases from source, i.e farmers, local producers
- Purchase from local healthy food conscious retailers
- Take planned interest in childrens consumption
- Connect to local programs and resources
- Be aware of and take active interest in food related issues at community and other levels



Learn more about healthy eating...

[www.actnowbc.ca](http://www.actnowbc.ca)

[www.bchealthlink.ca](http://www.bchealthlink.ca)

[www.infohealth.ca](http://www.infohealth.ca)



<b>Culture</b> <i>South Asian = SA    Karen = K</i>	<b>Challenge</b>	<b>Solutions</b>
K, SA	Lack of Knowledge re: local substitutes for traditional foods	■ ◆
K, SA	Differences in Cooking methods	▽ ◆
K, SA	Cultural shift in food acquisition and shopping	▽ ◆ ■
K, SA	Lack of time to shop well due to extra burden on women to earn	▽ ◆
K, SA	Language and communication barriers	■ ◆
K	Unfamiliar equipment	▽ ◆
K, SA	Belief that tinned food is cheap and bad	⊙ △ ▽ ◆
K, SA	Money and finances to purchase good food	\$ △ ▽
K	Portable lunch preparation	▽ ◆
SA	Traditional cooking high in Sugar fats and Carbs	▽ ◆
K	Inability to read labels	■ ◆ ▽
K, SA	Availability of fast foods and preprepared meals	◆ ▽
K, SA	Used to buying food daily not refrigerating or preserving	■ ◆
K, SA	Transportation	■
K, SA	Work, Money, Housing are more important, food is just sustenance	■
K, SA	Comfort zones and resistance to change ways	■ ◆
K, SA	Adjusting to eating on the run and separately (timing)	▽
SA	Cultural norms for women in the public (women only activities)	■
K, SA	Lack of knowledge of what's healthy and how to optimally combine	◆ ▽ ■
K	Need to forget past lives - PTSS (resulting in loss of original skills)	▽ ■
SA	Ability to verify Halal food and other cultural food processing norms	◆
K, SA	Stigma of collecting food from food bank	◆ △
, SA	Inability to afford child minding. Limited program participation	◆
SA	Value placed on Largess ∴ Food is a show of wealth, love etc	◆ ▽
K, SA	Fruit is not a standard/conscious part of diet	◆ ■
K, SA	Vegetables are not meant to be eaten raw	◆ ■
K, SA	Staple of rice is hard to do away with	◆
SA	Food needs to be cooked a long time for it to be good	◆
SA	Unhappy with scales in stores	▽

### Legend

<b>Solution</b>	<b>Colour</b>
Community Kitchen	◆
Community Garden	■
Nutritionist	▽
Preservation Workshop	⊙
Smart Budget Workshop	\$
Food Skills For Families	○
Food Bank	△
ELSA, CAPRI	■
Surrey Parks and Rec	■

## Issue 2: Buying Local

Food policy promotes local, sustainable farming and production practices, which support the environment and local economy

### What is the problem?

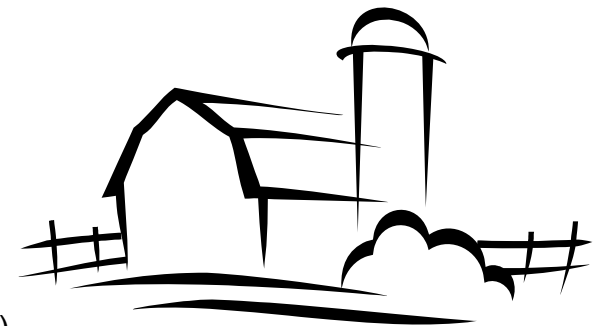
- The quality and amount of land available for growing food is declining.
- Local farmers have trouble competing with the cost of imported foods & large national stores
- Food production is increasingly dependent on imported finite resources (i.e. gasoline) and high levels of inputs that are harmful to the environment (i.e. pesticides)

### How will buying local benefit our community?

- Supports the local economy & ensures jobs and food supplies for current and future residents
- Prevents against the loss of vital local food supplies in the event of a major catastrophe
- Pollutants like gasoline and some pesticides are diminished
- Local food is more flavorful and is higher in nutrients
- Will reduce cost of (imported) food

### Actions you can take:

- Make a conscious effort to buy local products - Pages 18-20 ( KAREN / SOUTH ASIAN)
- Support your local Farmers Markets see Resources for Local Farmers Markets
- Grow your own - Join or start a community garden,
- Learn more about the South Fraser Harvest Box program: a cost-effective bulk buying program that supports our local farmers
- Consume items that have life cycle within a prescribed radius



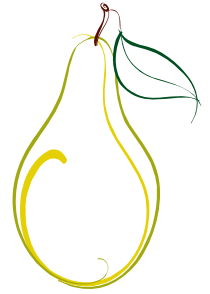
Get to know your local farmers...

[www.bcfarmfresh.com](http://www.bcfarmfresh.com)

**Indocanadian farms**

## Issue 3: Hunger

Food Policies increase access to quality food by hungry populations



### What is the problem?

- Income plays a major role in access to food - increased income allows for access to healthier food options
- Poverty and inequality have devastating short and long-term effects on mental and physical health
- Many people are unaware of the issues surrounding food security, and the effects on their lives

### What is being done?

- Food programs such as the Surrey Food Bank and PACS White Rock & South Surrey Food Bank can play a short-term role in alleviating hunger

### Actions you can take:

- Support community food programs through volunteering, and Foodraising
- Being heard: having a voice is an essential tool, voice your food related challenges and policy makers at all levels
- Get involved in developing a community garden
- Get involved in Community Kitchen
- Get involved in a food coop
- Get involved in a local food buying club

### Resources in the Toolkit that address Hunger:

- Community Gardens – Pg 28
- Community Kitchens – Pg 30
- Meal Programs

Find more information on local food banks at  
[www.surreyfoodbank.org](http://www.surreyfoodbank.org)  
[www.getlocalbc.org/en/](http://www.getlocalbc.org/en/)  
[www.fooddemocracy.org/security.php](http://www.fooddemocracy.org/security.php)

\*Note – **Food Security** exists when all people, at all times, have access to sufficient, safe and nutritious food to meet their dietary

## Defining NEW COMER Food Policy

### Food Policy

- Food policies guide how to make decision about food purchasing and consumption

### Food Policy Defines

- What needs to be done
- Who will do it
- How it will be done
- When it will be done

### What are the benefits of implementing a food policy?

According to national and international studies, proper nutrition at work, school and in everyday life...

- Increases mental alertness
- Decreases fatigue
- Increases productivity
- Increases morale
- Prevents accidents
- Reduces health care costs
- Empowers



### How can a community, family head or individual ensure proper nourishment?

- Ensure that there are healthy choices always, This will help implement **Food Policy Guidelines**
- Take advantage of educational opportunities to learn about the importance of proper nutrition.
- In addition to addressing nutritional health, food policy also addresses how to positively contribute to the local economy and surrounding communities.

### How can you take control of your nutritional health and well-being?

With the use of the resources in this toolkit, you can begin making changes around food purchasing and consumption, which in turn will have a positive impact on your self, family, friends, network, the local economy, and surrounding communities!



# RESOURCES FOR GETTING YOUR FOOD POLICY GOING



## Food Policy Checklist

The implementation of food policy can help to foster a healthier environment for you, your family, friends and community. Start with the easy-to-use tools in this toolkit, and your network will be on the path to reaping the benefits of health.

Please take a moment to fill out the checklist below, then think about the following:

1. Which Food Policies do you already have in place?
2. Which policies might you may consider implementing?
3. Beginning with the one you think may be easiest to implement will help to ensure early successes.

In my family, we have food policies and/or guidelines related to:

In Place	Considering Implementing	Policy	Toolkit Page
<input type="checkbox"/>	<input type="checkbox"/>	Healthy Food Choices Checklist. List Unhealthy foods to actively avoid	<a href="#">13</a>
<input type="checkbox"/>	<input type="checkbox"/>	Offering Healthy Foods at home and community events	<a href="#">14</a>
<input type="checkbox"/>	<input type="checkbox"/>	Food Safety	<a href="#">17</a>
<input type="checkbox"/>	<input type="checkbox"/>	Buying and Serving Local	<a href="#">18</a>
<input type="checkbox"/>	<input type="checkbox"/>	Breastfeeding	<a href="#">23</a>
<input type="checkbox"/>	<input type="checkbox"/>	Nutrition Education	<a href="#">25</a>

\*To learn more about a specific food policy, please refer to the corresponding page\*

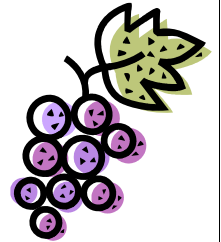


### Quick Tip

Make a difference by **MAKING**  
the **HEALTHY** choice  
the **EASY** choice!

***Grocery Stores are often stocked with unhealthy items. One way to promote health is to consciously opt for healthier choices***

***(Research shows that pricing the healthy choices at lower costs will go a long way to helping people make healthier food choices.)***



**Healthy Choice Checklist:**

- Avoid imported food items. This will allow for local items to be used and reduce your carbon footprint.
- Avoid processed foods, if there is a fresh alternative or a locally made option.
- Be aware of incentives such as banners and advertising that promote the consumption of low-nutrient options.
- Be vigilant about price incentives, they can sometimes be used to lure customers. Note: some vendors use price incentives to attract consumers to healthier choices, get to know which vendors do this.
- Contact local international food vendors listed below. They can help you provide healthier choices and portion sizes.
- Check out the BC Dairy foundation at <http://bcdairyfoundation.ca/>
- Check out the Canada Food Guide at <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>, and customize one for yourself. Available in 7 languages
- Find information at <http://www.infohealth.ca>
- Check out the **BC healthlink** <http://www.healthlinkbc.ca/>
- For more information go to <http://www.actnowbc.ca/>

**Service Providers:**

Develop a personal profile for each of your clients from the Canada Food Guide website  
Use the dairy foundation website for local information and encouraging clients to develop a cook book that works for them  
The Healthlink and act now websites gives comprehensive information of healthy lifestyles.

**\*\*Use crockery whenever possible rather than paper or Styrofoam\*\***

## Healthy Event Checklist

*"If we're not willing to settle for junk living, we certainly shouldn't settle for junk food." Sally Edwards*

### Have you ensured that some of the following choices are available?

- vegetables and/or fruit
- whole grain products
- protein (meat, poultry, fish, eggs, nuts, legumes)
- lower fat milk products (made with skim or partially skimmed milk)

### Have you considered healthy choices that are:

- locally or provincially grown or produced (see page 18 for buying local tips)\*

### Have you chosen to offer some the following options?

#### Beverages

- 100% fruit and/or vegetable juices, making your own juice
- watering down fruit juices by 2 parts water to 1 part Juice
- lower fat milk (skim or 1% M.F.), non-dairy options (soy milk, rice milk)\*
- coffee and tea with low fat milk or milk alternates
- decaffeinated coffee and herbal teas

#### Morning/Breakfast Options

- small wholegrain bagels or muffins
- protein options: nut butters/yogurt/eggs (poached or boiled) \*
- fresh fruit (whole or cut up)
- trans fat free spreads (margarine, peanut butter\*, jams and jellies)

#### Afternoon/Lunch/Dinner Options

- grilled, baked or poached meats, fish and/or poultry
- high fibre beans/legumes (i.e. lentils, garbanzo, kidney), vegetables, and/or fruit choices
- whole grain breads/wraps/rolls
- lower fat dips and dressings offered on the side

#### Dessert Options

- fresh fruit (whole or cut up)
- fruit salad with lower fat/frozen yogurt



**\*If you are allergic to nuts, eggs and/or dairy what other options are available to you?**

## Other Healthy Options

Adapted from <http://www.actnowbc.ca> guidelines

Choose...	Instead of...
<b>For Hot Beverages:</b>	
Coffee, tea served with milk, skim milk powder, sugar or sugar substitutes	Coffee and tea served with only creamers, coffee whiteners, and flavored creams
<b>For Breakfasts/Morning Breaks:</b>	
Fresh fruits, dried fruits, unsweetened juices	Sweetened canned fruits and juices
Make your own yogurt, choose Lower fat yogurt (2% M.F. or lower) Stuffed Paranthes with minimal fat	Regular yogurt
Make your own breads as per tradition Small whole grain bagels, fruit bread, fruit based bars, breakfast bars	Donuts, pastries, regular or large sized bagels or muffins
Unsweetened whole grain cereal	Sweetened low fibre cereals
Boiled or poached eggs, baked egg, bean cakes	Fried eggs, bacon or sausage
Non-hydrogenated margarine or lower fat cream cheese, natural nut butters	Hydrogenated oils, regular cream cheese, butter
<b>For Lunches or Dinners:</b>	
Salads with dressing on the side lemon juice, spicy seasonings Yogurt dressing	Salads with dressings added (Caesar, coleslaw, potato and pasta)
Raw vegetables with small amount of low fat dip, home made yoghurt dips	Large amounts of high fat creamy, cheesy or other flavored dips, chips and dip, fried vegetables
Sandwich/wrap fillings made with small amounts of lower fat salad dressing or mayonnaise	Salads made with regular mayonnaise and excess filling
Soups made with legumes, vegetable puree or skim milk	Soups made with cream or half and half
Sandwiches or whole grain breads , mini whole wheat pitas topped with vegetables, lean meats, fish, tofu	High fat and fried meats, bacon, poultry with skin, cold cuts, oil packed fish
Steamed vegetables, brown rice, whole grain pastas	Baked potato with added fats (butter, sour cream, bacon bits), white rice, regular pasta



## Food Safety

*“If I sing when I cook, the food is going to be happy”* Pasquale Carpino

**It's important that food be nutritious and safe. Follow these helpful tips to ensure prevention of food borne illnesses.**

- Obtain food safe knowledge or certification. <http://www.foodsafe.ca/>
- Keep hot food at 60 °C or warmer. use slow cookers and warming trays.
- Keep cold food at 4 °C or colder. .
- Perishable food should not be left for more than two hours at room temperature.

**To prevent cross contamination of food it is essential to wash your hands frequently. Examples include:**

- before handling food
- between handling raw and ready to eat foods
- after going to the toilet
- after handling raw foods
- after handling waste
- after eating, drinking or smoking, coughing, sneezing or touching your face
- after handling money

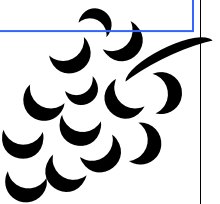
**How to wash your hands:**

Use warm water and preferably antibacterial soap. After wetting hands, apply soap and follow proceeding instructions:

- rub palm to palm
- rub backs of both hands
- rub palm to palm with fingers
- rub backs of fingers (interlocked)
- rub all parts of both hands
- rub both palms with fingertips
- rinse hands under running water and dry thoroughly on clean towel

**For more information on Food Safety, check out:  
Act Now BC at <http://www.actnowbc.ca>  
10 Easy Steps to Make Food Safe at  
<http://www.bchealthguide.org/healthfiles/hfile59.stm>**

All cuts, wounds, sores should be covered with a waterproof dressing. Apron should be used, hair should be tidy and covered where necessary to prevent the risk of it falling into food.



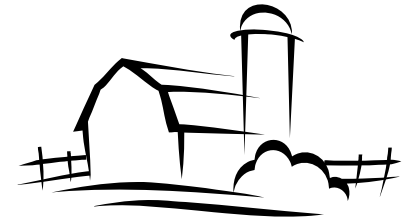
## Buying and Serving Local

*“Reliance on seasonal, local food builds food security by ensuring continued local food production. It also supports local economic development by re-circulating dollars; saves local farmland and provides fresher, tastier foods.” ([www.sne.org](http://www.sne.org))*

By purchasing local foods, you will have an opportunity to talk to the farmer, retailer or wholesaler about how the food you enjoy is produced.

To support the local food system when purchasing food for, yourself, events or functions, try and have foods that are:

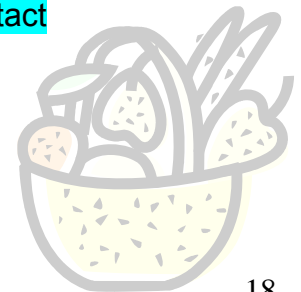
- Self grown or processed;
- High in nutritional content, quality and value;
- Grown or processed within the Lower Mainland; (see pages 19& 20 for seasonal fruit/vegetables in the lower mainland)
- Produced in an environmentally sound manner, with minimal or no use of chemicals and with minimal packaging;
- Ethically sourced (e.g. have not been made with child labour or abusive labour practices);
- Produced without the use of antibiotics;
- Fresh as opposed to processed;
- If used, are recovered or composted to minimize waste



### How to purchase local foods:

- Buy direct from the farm. For a listing of available local foods produced in the Surrey area, check out the Farm Fresh Guide at: [www.bcfarmfresh.com](http://www.bcfarmfresh.com) and your local Farmers Markets at [www.bcfarmersmarket.org](http://www.bcfarmersmarket.org)
- For Individuals / families you can make use of local farm markets and Harvest Box (see page 31 for contact information)

*When serving local foods at your meetings or events, be sure to let meeting attendees know about your efforts. A paragraph in your program about the steps you took to serve local foods will be of interest to those at the meeting. Information about where the food was grown or produced will lead to interesting and educational conversations.*



## Local in season Fruits and Vegetables in the lower mainland

### Local in season fruits:

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Apples	■	■	■	■				■	■	■	■	■
Blackberries							■	■				
Blueberries							■	■	■			
Cherries							■	■				
Currants							■					
Gooseberries						■	■					
Hazelnuts	■	■	■	■	■	■	■	■	■	■	■	■
Pears								■	■	■	■	■
Plums								■	■			
Prunes								■	■	■		
Raspberries							■	■				
Saskatoons						■	■					
Strawberries						■	■	■	■			

### Sample of local farms & farmers' markets

- ❑ Surrey Farms  
5180 - 152nd Street , Surrey  
604.574.1390 Fax: 604.574.1558  
[surreyfarms@hotmail.com](mailto:surreyfarms@hotmail.com) [www.surreyfarms.com](http://www.surreyfarms.com)
- ❑ Mary's Garden  
15649 - 40th Avenue, Surrey  
604.576.9297 Fax: 604.576.9278  
[marysgarden@shaw.ca](mailto:marysgarden@shaw.ca) [www.marysgarden.ca](http://www.marysgarden.ca)
- ❑ Cloverdale Farm Market  
4623 - 168 Street , Surrey  
604.574.9905 Fax: 604.574.9949  
[farmer@cloverdalemarket.com](mailto:farmer@cloverdalemarket.com)
- ❑ Hazelmere Organic Farm  
1859 - 184 Street, Surrey  
604.538.3018 Fax: 604.538.3040  
email: [hazelmereorganics@telus.net](mailto:hazelmereorganics@telus.net)

For more information visit <http://www.bcfarmfresh.com/>

#### SOUTH ASIAN

- ❑ Saabzi Mandi  
9486 120 St, Surrey, BC, Phone: (604) 581-2400
- ❑ Fruiticana (Multiple Locations)  
12758 80 Ave, Surrey, BC Phone: (604)502-0005
- ❑ Sun Farms  
8882 120 St, Surrey, BC Phone: (604) 591-9999
- ❑ Vandula Farms  
14861 98 AVE, Surrey, BC

**Local in season vegetables:**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Beans						█	█	█				
Beets	█	█	█				█	█	█	█	█	█
Broccoli						█	█	█				
Brussels sprouts									█	█	█	█
Cabbage – green	█	█	█				█	█	█	█	█	█
Carrots						█	█	█	█	█	█	█
Cauliflower						█	█	█	█	█	█	
Celery						█	█	█	█	█		
Chinese Veg.					█	█	█	█	█	█	█	
Corn						█	█	█	█	█	█	
Cucumbers							█	█	█			
Leeks	█	█	█				█	█	█	█	█	█
Lettuce	█	█	█	█	█	█	█	█	█	█	█	█
Onions					█	█	█	█	█			
Parsnips	█	█					█	█	█	█	█	█
Peppers							█	█	█	█		
Potatoes	█	█	█	█	█	█	█	█	█	█	█	█
Radishes				█	█	█	█	█	█			
Rhubarb				█	█	█	█					
Rutabagas	█	█					█	█	█	█	█	█
Spinach				█	█	█	█	█	█			
Turnips – white	█	█			█	█	█	█	█	█	█	█
Zucchini						█	█	█	█	█		
						█	█	█	█	█		

**KAREN**

- ❑ Helong Market  
14357 104 Avenue, Surrey, BC  
Phone: (604) 585-8588
- ❑ Hanaro Market  
15135 101 Ave 200, Surrey, BC  
Phone: (604) 582-0515
- ❑ Pinoy Supermarket  
Pinoy Supermarket  
10330 152 Street 50, Surrey, BC  
Phone: (604) 583-4375
- ❑ T and T Supermarket  
10090 152 St 101, Surrey, BC  
Phone: (604) 930-2388

**Grocery stores that support local farmers:**

**Grocery Stores:**

- ❑ Save on Foods
- ❑ Choices Market  
Delta 604-952-2266
- ❑ The Organic Grocer  
Surrey 604-501-0116
- ❑ The Organic Grocer  
Surrey 604-501-0116
- ❑ The Real Canadian Superstore  
7550 King George Highway  
Surrey 604-599-3704



For more information visit:  
[www.getlocalbc.org](http://www.getlocalbc.org) & [www.eatbc.com](http://www.eatbc.com)  
[www.getlocalbc.org](http://www.getlocalbc.org), [www.eatbc.com](http://www.eatbc.com)  
<http://foodpages.ca/?find=Food%20Stores&near=137943>

**Tips for success:** People will eat healthy food if it is the only choice

# Promoting Breastfeeding

*“Your right to breastfeed anywhere, anytime is protected by the Canadian Charter of Rights and Freedoms.”*

(Infact Canada, 2006)

## Why is breastfeeding important ?

- ❑ Evidence supports the many long-term benefits of breastfeeding. Infants, those artificially fed experience increased risks of infectious and chronic illnesses.
- ❑ Breastfeeding promotes health for the infant and the mother and is less expensive than formulas

## Obstacles to breastfeeding ? Solutions

- ❑ Women face to breastfeed in public: Ask if there is a nursing station, if so use it. If not always be prepared with a nursing cape.
- ❑ Don't worry about offending others, it is your right . Find the area with least traffic where you can safely and comfortably nurse
- ❑ People will stare at you, return the gaze and don't back down
- ❑ People will pass comments, ignore them – breastfeeding is your right

## Breastfeeding Action Plan

- ❑ Plan ahead. If you know you will be going out for a few hours, consider how and where you plan to nurse.
- ❑ Nurse your baby right before you leave home to give yourself as long as possible before hunger sets .
- ❑ Wear a nursing bra and easy-access clothes, most of them with slits and openings hidden in a shirt or dress. You can also just pull up or unbutton a regular shirt.
- ❑ Nurse your baby before hunger sets in. This may mean calmer nursing, without drawing extra attention.
- ❑ Consider wearing a nursing necklace - a string of large, colorful, nontoxic beads that baby can play with or carry a small toy to occupy hands while nursing.
- ❑ Use a Cape or drape a light shirt or jacket over your shoulders rather than covering yourself up with blankets.
- ❑ Don't use the public restroom as a nursing option. You would not want to eat your lunch in a restroom?



## Ideas to help protect the rights of all women to breastfeed in public and in your community

- ❑ Inform pregnant women about benefits and management of breastfeeding. Resources are at: [www.infactcanada.com](http://www.infactcanada.com).
- ❑ Connect new mothers with local mother-to-mother support groups and breastfeeding clinics at local health units
- ❑ Get informed at: <http://www.bcwomens.ca/Services/PregnancyBirthNewborns/HospitalCare/Breastfeeding.htm>
- ❑ <http://www.bcbabyfriendly.ca/>
- ❑ <http://groups.lllc.ca/view.php?area=British+Columbia%2FYukon&group=Surrey%2FNorth+Delta>

## Share the following information:

Benefits of Breastfeeding for babies	Benefits of breastfeeding for mothers
❑ Reduced risk of asthma	❑ Promotes bonding between mother and baby
❑ Reduce risk of cardiovascular disease	❑ Decreases the risk of breast cancer
❑ Reduced risk of obesity	❑ Helps prevent post-partum hemorrhage
❑ Reduced risk of diabetes	❑ Helps decrease insulin requirements for diabetic mothers
❑ Reduced risk of sudden infant death	❑ Decreases risk of developing ovarian and endometrial cancer
❑ Improved cognitive ability	❑ Decreases chances of osteoporosis

The above information is adapted from [www.infactcanada.com](http://www.infactcanada.com) (check out the fact sheets)

And from Fraser Health Authority's Public Health Nutrition Program: <http://www.fraserhealth.ca/HealthInfo/PublicHealth/FoodAndNutrition/Default.htm>



## Nutrition Education

***“Nutrition knowledge is one piece of the puzzle toward healthier food habits”***

**(Public Health Nutritionist, Fraser Health)**

**Recent research indicates that nutritional knowledge may play a small but pivotal role in the adoption of healthier food habits.**

**Check the following links for information, brochures and ideas to enhance the nutritional knowledge and well being of those at your organization:**

- 1) [www.actnowbc.ca](http://www.actnowbc.ca) [the BC Ministry of Health’s website is full of handouts on healthy eating and many other healthy living tips including healthy living tips for kids, youth, adults and seniors.]
- 2) <http://www.fraserhealth.ca/>(search nutrition topics)
- 3) [http://www.bcdf.org/nutrition\\_education/overview.htm](http://www.bcdf.org/nutrition_education/overview.htm) [The BC Dairy Foundation provides teacher workshops, nutrition teaching materials, seminars for health professionals, and downloadable activities for elementary and secondary schools]
- 4) [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide). [Health Canada’s site dedicated to food and nutrition. This is also where you can download the Canada Food Guide.]
- 5) [http://www.dietitians.ca/public/content/eat\\_well\\_live\\_well/english/index.asp](http://www.dietitians.ca/public/content/eat_well_live_well/english/index.asp). [The Dietitians of Canada site is full of useful information and fact sheets on healthy eating at home, at work and much more!]
- 6) <http://www.ccf.ca> [The Canadian Council of Food and Nutrition offers nutrition policy info, action plans, and links to events.]

### **Ideas to incorporate nutritional information into the routine of your family and community**

- Keep a recipe journal, include ingredients, quantities, methodology, reactions, stories and pictures.
- Discuss nutritional tips at meals or in community newsletters.
- Have a family or community challenge focused around healthy eating ( biggest loser, Stepping time)
- Provide a 5 min information for healthy lifestyle changes at each community meetings (i.e. paying for gym passes)
- Run a workshop on the Canada Food Guide that is language and culture specific
- Bring in a registered Dietitian to provide a nutrition workshop on healthy eating. Ask the people in your community for a list of topics they would like to learn more about.



*For a list of available Dietitians, call the Dial-a-Dietitian Nutrition Information Line: (604)732-9191 (note there is a cost for this service).*

**Adapted from:** Worsley A. Nutrition knowledge and food consumption: Can nutrition knowledge change food behavior? Asia Pacific J Clin Nutr (2002) 11(Suppl), S579-S585.

# COMMUNITY FOOD POLICY RESOURCES

## Community Gardens

*“Shipping is a terrible thing to do to vegetables. They probably get jet-lagged, just like people.” Elizabeth Berry*

### What are Community Gardens?

- ❑ Publicly owned plots of land use by the public for gardening. They can be free to use or require a small fee
- ❑ Community gardens promote self-sufficiency and provide social interaction, as well as leadership and mentoring skills
- ❑ Community gardening can advance community development, nurture families and contribute to urban beautification
- ❑ Community gardens benefit everyone by creating safe and healthy recreational activity within our parks system, and on other city-owned lands
- ❑ Community gardens give you a chance to grow your own fruits and vegetables – even if you live in a condo or apartment

### Participation in community gardens helps to:

- Build skills
- Creates positive community development
- Foster volunteer activity (and possibly employment)
- Restore natural areas

### Starting a Community Garden Checklist:

- ❑ Where will we garden
- ❑ How often will we get together to meet
- ❑ Who will act as the leader of the group? How will this responsibility rotate?
- ❑ Where will finances come from?
- ❑ What types of soil enhancements will we use?
- ❑ How big is each plot?
- ❑ Will there be communal tools?
- ❑ How will we distribute excess from gardens

## **Local Community Gardens:**

### **Dunsmuir Gardens**

- Crescent Beach near White Rock, 10 minute walk from Camp Alexandra on 3 acres of park land in Surrey
- 100 plots (25ft x 25ft) \$25/yr (half plot \$15/yr).
- Go to gardens in February to find contact



### **Guildford Garden**

- At 10256-154 Street Surrey, BC;
- 10 plots (16ft x 10ft each plot)
- Contact 604-583-1017

### **North Surrey Organic Community Garden**

- 102A Ave and 141st in Cedar Grove Park
- Contact the City of Surrey Parks Recreation and Culture Department for information
- (Please see the Community Food and Nutrition Resources) <http://www.surrey.ca/>

### **DIVERSEcity Community Garden**

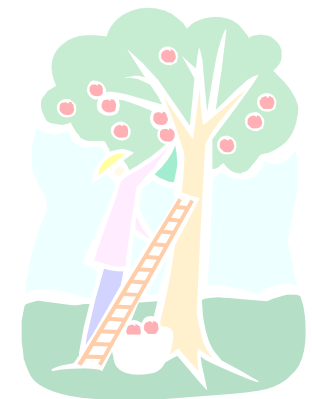
- Hazelnut Meadows Park, 14069 68<sup>th</sup> Avenue, Surrey, BC
- Contact DIVERSEcity Community Resources Society for information
- Garden@dcrs.ca. Contact Patricia Sky (604) 597-0205 ext 1378. <http://www.dcrs.ca>

### **Nathan Creek Organic Farm**

- Community Supported Agriculture Farm(CSA)
- For more information on this exciting opportunity please visit: <http://www.gingermedia.ca/nathancreek/index.html>
- Contact CSA farmer, Stephen Gallagher at [stephen@nathancreek.ca](mailto:stephen@nathancreek.ca) to answer any questions

### **South Fraser Harvest Box**

- Harvest Box program for individuals and families who want to buy fresh/local produce at affordable prices
- For **\$8** a month, you can get top quality, farm fresh produce that would normally cost two to three times more in a local supermarket.
- It currently operates in Delta, Langley, Surrey and White Rock
- For more information regarding Harvest Box, please contact: 778-228-6614 or email [harvestbox@mail.com](mailto:harvestbox@mail.com)





## Community Kitchens

*“Food is our common ground, a universal experience”*

*James Beard*

A community kitchen is a group of individuals who meet regularly to cook healthy, nutritious meals. Everyone is expected to participate in the menu selection shopping, preparation, and cooking; the only requirement is an interest in food.

### Benefits of Community Kitchens:

- Food costs less because it can be bought in bulk
- Opportunity for people to meet and get together
- Learning budgeting, nutrition, and cooking skills
- Promote self-sufficiency

### Starting a Community Kitchen Checklist:

- How often will you meet to cook
- What types of food will you make?
- What days and times is the kitchen available
- How many recipes will you make at each session?
- Is childcare needed? How will it be arranged?
- Are there food allergies or issues to be taken into account?
- Does everyone have transportation to get home with cooked food/
- Does someone have their FoodSafe Level One certificate?
- Where will finances come from?
- Who will act as the leader of the group? How will this responsibility rotate?
- Who will do the shopping?

### Local Community Kitchens:

For a listing of local community kitchens, check out:

[www.communitykitchens.ca](http://www.communitykitchens.ca)

### DIVERSEcity Community Kitchen

- Contact DIVERSEcity Community Resources Society
- kitchen@dcrs.ca. <http://www.dcrs.ca>
- Contact Funke Ilumoka (604) 597-0205 ext 1325.

### Oak Avenue Neighbourhood Hub

- [Info@oanh.ca](mailto:Info@oanh.ca) <http://www.oanh.ca>
- 12740 - 102 Avenue Surrey, BC V3V 3E5
- Contact Joyce Fan (604) 582-7088



## COMMUNITY FOOD AND NUTRITION RESOURCES

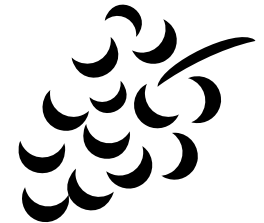


<b>SURREY</b>		
<b>Organization</b>	<b>Services and Programs</b>	<b>Contact Information</b>
Crescent beach Community Services	Hot Lunch. Community kitchen and Transportation	(604) 535-0015
Holly Hjorth Community Program	Community Kitchen	(604) 589-3892
Kla-How-Eya	Community Kitchen, Elders Tea and Lunch	(604) 584-2008
Newton Seniors Center	On site lunch and snacks	(604) 501-5010
Bridge to Faith Ministries	Free on site dinner on Wednesdays	(604) 582-1904
Options Guildford Family Place	Bulk buying, meals, nutrition information, specialty foods	(604) 583-3844
Surrey Food Bank and Food Bank Depots	Food Hampers, agency support, gleaning	(604) 581-5443 <a href="http://www.surreyfoodbank.org">www.surreyfoodbank.org</a>
Surrey North Delta Meals on Wheels	Meals and specialty foods delivery	(604) 588-6325
SFCSS Whalley Family Place	Meals for families	(604) 580-2344
Surrey Women's Center	Nutrition Education and Community Kitchen	(604) 589-1868
Senior Support Services	Lunch, Dinner and Transportation	(604) 531-9400
Dunsmuir Gardens	Community Garden (100 plots – 25 ft x 25 ft)	Crescent Beach near White Rock
<b>SOUTH SURREY/ WHITE ROCK</b>		
White Rock Meals-on-Wheels	Hot Meal Delivery	(604) 541-6325
Crescent Beach Community Services	Lunch on Wednesday	(604) 535-0015
Kent Street Activity Center	Hot Meals, Entertainment, Transportation	(604) 541-2231
South Fraser Women's Services Society	Community Kitchen	(604) 536-9611
Peace Arch Community Services	Food Bank Items	(604) 531-8168
<b>GENERAL</b>		
DiverseCity Community Resources Society	Cooking Together Program	(604) 597-0205
South Fraser Harvest Box	Produce buying club	(778) 228-6614
South Fraser Women's Services Society	Community Kitchen (childcare provided)	(604) 536-9611
Healthiest Babies Possible	Nutrition Assessment, education, and counseling	(604) 583-1017
Dial-a-Dietitian	Advice and nutrition information provided by Dietitians over the phone.	(604) 732-9191
Surrey Parks Recreation and Culture	Information regarding community gardens	(604) 501-5050
Local Farm and Farmers Market Listings	Information on local farms, farmers markets and more	<a href="http://www.bcfarmfresh.com/">http://www.bcfarmfresh.com/</a>
White Rock Farmers Market	Open from June 4 <sup>th</sup> – October 8 <sup>th</sup> , Sun 9am – 1pm	<a href="http://www.bcfarmersmarket.org">www.bcfarmersmarket.org</a>

***“A community is like a ship; everyone ought to be prepared to take the helm.”***  
**Henrik Ibsen**

**Action Strategy Checklist:**

- Educate yourself about food issues: [www.fraserhealth.ca](http://www.fraserhealth.ca) (search “food security”) and [www.fooddemocracy.org](http://www.fooddemocracy.org)
- Speak out – Reach out to people in your community about food policy and food security issues.
- Exercise your rights, talk / write to your service providers, local politician about food security or food issues that are important to you. Vote for the party that supports food issues.
- Create conversations around the importance of local food sustainability and supporting your local farmers to ensure food for future generations with friends and family
- Talk to your family and community about purchasing healthy foods (see pages 14-16)
- Explore the possibility of creating a community garden or kitchen with your network or friends (pg. 28 - 30)
- Visit your local farmer’s market [www.bcfarmersmarket.org](http://www.bcfarmersmarket.org)
- Check out the local food scene in the Farm Fresh Guide: [www.bcfarmfresh.com](http://www.bcfarmfresh.com)



# Topics to Consider When Developing a Personal Food Policy

## **Vision:**

Develop a clear image of what your health food desires are, make sure they are health conscious, ecologically sound, and socially responsible.

## **Goals:**

From the above develop a list of goals.:

*Improving personal health*

*Sustainability:*

*Social Impact e.g. fair-trade foods*

## **Who it affects and how and why you are linked to them:**

Determine who is a stake holder and why they should be involved

## **Tasks to help you**

- Do an inventory of the origin of food currently purchased.
- Document food policy-related measures already taken
- Use recyclable/washable packaging.
- Develop and communicate new policy intent to family friends and community

## **Issues to keep on your radar related to food**

- Locally produced
- Fresh, not processed
- Fair trade
- Not produced by unnecessary synthetic hormones, sub therapeutic antibiotics, and pesticides.

## **Local Initiatives**

Whats on offer to help you in your locality

## **Breastfeeding**

## **Nutrition Education**

Nutrition knowledge plays a small but pivotal role in the adoption of healthier food habits. Informed individuals are more likely to make healthier choices when choosing food.

## **Food Safe**

Acquire local food safe knowledge



# Personal Food Policy

Name:

Date:

DESCRIPTION	ACTION	PROGRESS	√
Vision			
Goals			
Who's Affected and why			
Tasks			
Key Issues			
Local Initiatives			
Breastfeeding			
Nutrition			
Food Safety			
Other			

## REFERENCES

- 1) BC Ministry of Health. Meet Well: Draft Guidelines for Healthy Eating and Physical Activity Guidelines for Meetings, Conferences, and Events. *BC Ministry of Health*, 2006.
- 2) *ActNow!BC* Website. Accessed at <http://www.healthservices.gov.bc.ca/cpa/mediasite/actnow.html> on January 2006.
- 3) Worsley A. Nutrition knowledge and food consumption: can nutrition knowledge change food behaviour? *Asia Pacific J Clin Nutr* (2002) 11(Suppl), S579-S585.
- 4). Wardle J, Parmenter K, Waller J. Nutrition knowledge and food intake. *Appetite* (2000) 34, 269-275.
- 5). Health Canada. Focus group research with Intermediaries who promote healthy eating among specific ethno-cultural communities. (2007)
- 4). Pollan, d, Nutrition knowledge and food intake. *Appetite* (2000) 34, 269-275.



★ ★ ★ ★ ★

Never eat something that is pretending to be something else; e.g., no "textured vegetable protein" or veggie burgers (fake meat), no artificial sweeteners, no margarine (fake butter), no "low fat" sour cream, no turkey bacon, no "chocolate-flavor sauce" that doesn't contain chocolate, no "quorn." If I want something that tastes like meat or butter, I would rather have the real thing than some chemical concoction pretending to be more healthful. - SONYA LEGG

★ ★ ★ ★ ★

