

Where Are We?

Renfrew-Collingwood Food Security Institute hosts activities at many sites in our neighbourhood.

****PLEASE NOTE THE LOCATION BEFORE REGISTERING****

COLLINGWOOD NEIGHBOURHOOD HOUSE

5288 Joyce Street, Vancouver, B.C.
(at Euclid Avenue, 2 blocks south of Joyce-Collingwood SkyTrain Station)

Register in person or by calling:
tel: 604.435.0323
e-mail registration not available

RENFREW PARK COMMUNITY CENTRE

2929 E 22nd Avenue, Vancouver, B.C.
(at Renfrew Street)

Register in person or by calling
tel: 604.257.8388
e-mail registration not available

THE WAREHOUSE

2650 Slocan Street, Vancouver, B.C.
(at Renfrew Street)

Register by
e-mail: sarahs@cityreach.org
tel: 604.254.2489

SLOCAN PARK TREE CIRCLE

2750 29th Avenue, Vancouver, B.C.
(at Slocan Street, just west of 29th Avenue SkyTrain Station)

- & -

NORQUAY COMMUNITY LEARNING ORCHARD

2732 Horley Street, Vancouver, B.C.
(at Earles, 4 blocks south of 29th Ave SkyTrain Station)

Register with Jason:
tel: 604.435.0323 ext. 237
e-mail: jhsieh@cnh.bc.ca

PROGRAMS

Remember to Register!

Spaces for workshops and community kitchens are limited and fill up quickly. You must register to secure your spot.

Community Kitchens

Collingwood Neighbourhood House

Registration Required. Participants must be able to attend the entire time – no latecomers!

Meet neighbours, share conversations and knowledge, and eat healthy food together!
Translation and childminding is available upon request, with one week's notice.

Wednesday May 28

5:30-8:30pm

Wednesday June 18

5:30-8:30pm

Canning Workshops

Multiple Locations

Registration Required. Participants must be able to attend the entire time – no latecomers!

Wednesday May 7

Collingwood Neighbourhood House
5:30-8:30pm

Canning 101: Pickling Carrots and Easy Apple Jelly

Friday May 16

Collingwood Neighbourhood House
12:00-3:00pm

Canning 102: Making Salsa!

Tuesday June 3

Renfrew Park Community Centre
1:00-3:00pm

Canning 103: Date and Apricot Chutney

Wednesday June 11

Collingwood Neighbourhood House
5:30-8:30pm

Canning 104: Crispy Pickles!

Friday June 20

Collingwood Neighbourhood House
12:00-3:00pm

Canning 105: Fruit Jam

Bulk Buying Club

Collingwood Neighbourhood House
Limited Spaces Available;

Want to eat healthy food but price is an issue? We can help stretch your grocery budget. We're partnering with Fresh Roots Urban Farm and local wholesalers to bring you the freshest, most affordable produce we can. Pick up new recipes and your bags of fresh fruits and vegetables once a month—we do the shopping!

Learn more from Stephanie:

tel: 604.435.0323 ext. 237

e-mail: foodsecurity@cnh.bc.ca

Rooftop Garden

Collingwood Neighbourhood House

Welcome to our beautiful oasis in the city! Learn to garden organically, share your knowledge with neighbours, and grow food for community programs. **Volunteers are needed and beginners are always welcome.**

Every Wednesday

5:00-7:00pm

Fruit Trees

Multiple Locations

Did you know there are dozens of fruit trees in public places all over the neighbourhood? It's true! They were planted by RCFSI along with neighbours like you. Learn about tree care while growing free, organic fruit.

Tuesday May 6

Norquay Community Learning Orchard

1:00-3:00pm

Planting Tree Guilds: Tree guilds are groups of plants that support trees in similar ways. Learn how planting onions, daffodils, and clover around your fruit tree can help with its production and health!

Saturday May 17

Norquay Community Learning Orchard

11:00am-1:00pm

Building soil for native shrubs and fruit trees

Sunday May 25

Slocan Park Tree Circle

12:00 – 2:00pm

Planting Tree Guilds: Tree guilds are groups of plants that support trees in similar ways. Learn how planting onions, daffodils, and clover around your fruit tree can help with its production and health!

**Part of the Collingwood Days Art Crawl*

SOME OF OUR OTHER INITIATIVES:

COMMUNITY GARDENING

There are several community gardens in our neighbourhood. RCFSI supports two gardens. To check if there are plots available:

Collingwood Community Garden

(Just east of Joyce-Collingwood SkyTrain Station)
foodsecurity@cnh.bc.ca

Cheyenne Avenue Community Garden

2755 Cheyenne Avenue,
Vancouver
jhsieh@cnh.bc.ca

You can also contact our friends at

Still Creek Community Garden

29th Avenue & Atlin St,
Vancouver
stillcreekcommunitygarden@gmail.com

COMMUNITY LUNCH

Made with love by our volunteer team. Lunch is served! Menus reflect the changing seasons and diverse food traditions. All proceeds support CNH Seniors' Wellness programs.

Every Tuesday and Thursday at Collingwood Neighbourhood House.

Lunch served at noon.
Seniors: \$5 / Adults: \$6.25 / Students: \$4 / Children: \$3.25.
Menu available at
www.cnh.bc.ca

Morning Star Breakfast & Shower Program

A hot meal (and a hot shower, clothes, medical care, housing help, and addictions services) served with dignity by friendly, familiar faces. Volunteers work with the Collingwood Home and Safe Committee to enhance community care for people living with few resources.

Saturday Mornings at Collingwood Neighbourhood House

THANK YOU TO OUR PARTNERS AND SUPPORTERS:

Art House in the Field Collective, Building Welcoming and Inclusive Neighbourhoods/Province of British Columbia, Canadian Diabetes Association, Canon Canada, City of Vancouver, Cityreach/The Warehouse, Cobbs Bakery, Collingwood Community Policing Centre, Collingwood Home and Safe Committee, Collingwood Neighbourhood House, Evergreen Community Health Centre/Vancouver Coastal Health, Evergreen Foundation, Fresh Choice Kitchens, Fresh Roots Urban Farm, Greater Vancouver Food Bank Society, Highland Gong Society, HRSD Canada, Neighbourhood Food Network Coordinators' Working Group, Renfrew Collingwood Food Security Advisory Committee, Renfrew Park Community Centre, Starbucks, Still Creek Community Garden, Still Moon Arts Society, Translink, The United Way, Vancity, Vancouver Board of Parks and Recreation, Vancouver Food Policy Council, Vancouver Fruit Tree Project, West Coast Seeds, Windermere Family of Schools, Windermere Organic Garden.

RENFREW-COLLINGWOOD

Food Security Institute



2014 Activity Schedule May - June

Who Are We?

The Renfrew-Collingwood Food Security Institute (RCFSI, est. 2002) brings people together through sustainable growing, local food, multicultural food traditions, and healthy eating.

We believe that food is a human right, and that the "right to food" means much more than basic nutrition. We help bring neighbours together to find solutions to issues like hunger and loneliness in our community.

We organize projects and workshops all over Renfrew-Collingwood, especially at Collingwood Neighbourhood House. We're powered by volunteers! Find out how you can get involved.

What Is Food Security?

According to the Food and Agriculture Organization (FAO), "food security" describes a situation where "all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life."

In other words, "food security" means developing relationships, building community, and dealing with issues that cause hunger or make people worry about not having enough familiar, nutritious food to eat. This might include worries about money, difficulty reading or understanding a language, difficulty getting around, or uncertainty about healthy food choices.

Neighbours Meeting Neighbours

Our Renfrew-Collingwood neighbours are very diverse. Many types of families from all around the world live here, including single seniors, single-parent families, and many generations living all together. Lots of people worry about paying the bills, or feel lonely and want to meet new friends. Together, we can build a welcoming community for everyone.

Our programs are run by neighbours, for neighbours. Check out our schedule and register today!

To Find Out More:

Our blog: rcfsi.blogspot.ca/
Website: www.cnh.bc.ca/
E-mail: foodsecurity@cnh.bc.ca
Tel: **604.435.0323 ext 237**