



Let's Talk About Food Inkster!

Results from the NorWest Co-op Community Food Centre Consultations

From May to September 2013 NorWest Co-op Community Food Centre staff conducted community consultations to gain insight into community food issues, strengths and challenges in the Inkster area. The results of the community consultation will help us to develop the program calendar for the NorWest Co-op Community Food Centre which is slated to open spring/summer 2014. The Community Food Centre will increase access to healthy food while bringing people together to grow, cook, share and advocate for good food for all.

The Consultation Process

Throughout the course of the consultation we spoke to 575 individuals through 48 meetings including one on one interviews, informal focus groups, group brainstorming sessions and dotmocracy activities. A wide range of individuals participated including tenant advisory groups, mothers, newcomers to Canada, seniors health groups, those using emergency food services, youth workers, dietitians, nurses, school family room workers, social workers and nurses. To this diverse group was also added the voices of community leaders and food security experts.

Some of what we heard

"Programming should focus on the entire family, and involve children, youth, and elders."

"We need more cooking programs for kids. They love to bake, chop and mix!"

"Food insecurity if costly for your health and costly for the community."

"When I came to Winnipeg, I wasn't familiar with the different types of food here. It is hard to adapt to food here but there is such a high cost of food from cultural stores."

"Rent is expensive. Food money goes to cover rent, so you got somewhere to live but struggle to eat."

"It would be good to have a spot where aboriginal and newcomer communities can meet."

Top Ten Themes

1. People want to connect. Bridging divides between cultural communities within Inkster is important to many.
2. Poverty is a major challenge. There is interest in continuing the discussion about poverty, hunger, ill health.
3. Food programming should focus on the entire family - involve children, youth, and elders/seniors.
4. Brooklands and Weston are areas of concern due to lack of services, food stores, poor transportation and poverty.
5. Diabetes prevention, support and hands on education are important to the community.
6. There is a strong interest in programming with a fitness component.
7. The neighbourhood wants community gardens but is also anxious about these spaces getting vandalized or abandoned.
8. Transportation is an issue for some neighborhoods and groups within Inkster.
9. The high newcomer population has specific needs around volunteering, community connection building and food skills development.
10. There is a desire to build basic food literacy skills including budgeting, label reading, nutrition and cost effective healthy eating.



Our our program calendar will include:

- Food access programs like nutritious community lunches and a pop up healthy food market in the Weston neighbourhood
- Food skills programs like community cooking groups and classes geared towards families, seniors, newcomers, senior men.
- Peer advocacy, volunteer opportunities and community engagement programs.

Thanks to all who gave their valuable input to our consultation! Stay informed about the development of the NorWest Co-op Community Food Centre

www.norwestcoop.ca/community-food-centre

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 NorWest Co-op Community Food Centre

The NorWest Co-op Community Food Centre is a project of NorWest Co-op Community Health, operated in partnership with Community Food Centres Canada.

