

# right to food zine

"Charity sees the need, but not the cause."

**West (Van) Meets East (Van):  
The Downtown Eastside  
Produce Project**

**The Cafeteria at the  
Carnegie Community Centre**

**The Chef with a Heart for  
a Knife: Interview with  
David Mendes**

## MANDATE

The Right to Food (RTF) Zine's mission is to promote the human right to food that is healthy, nutritious, affordable, and presented with dignity. Our voices reflect the diversity that is the Downtown Eastside. Our articles, research, and recipes will speak to DTES residents, social justice groups, and beyond. Our readers will be kept informed, yet hungry to know more and to become more engaged. We are part of the local community and strive to act as a community-building tool.

## ZINE CONTRIBUTORS



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Missing above: Daniel Grey, David Mendes. Unless otherwise credited, artwork and illustrations are by Janice Jacinto; photos supplied by Daniel Grey, James Kim, and Ludvick Skalicky.

# CONTENTS

West (Van) Meets East (Van): The DTES Produce Project .....	2
The Cafeteria at the Carnegie Community Centre .....	4
The Chef with a Heart for a Knife: Interview with David Mendes.....	6
Using Your Noodle.....	8
Protecting Community Gardens in Strathcona: Standing up for Low-Income People’s Food Security.....	9
RTF Zine Launch Party for Issue 2.....	10
The DTES NH Says Farewell to Executive Director Paul Taylor .....	11
Fall Foods Word Puzzle.....	12
David’s Pumpkin Chili.....	13
David’s Pumpkin Bread Pudding .....	14
Picking (on) Organic Food.....	15
About the Downtown Eastside Neighbourhood House.....	16

## DISCLAIMER

The views and opinions expressed in this publication are those of the original authors and contributors, and do not necessarily reflect the views and opinions of the Downtown Eastside Neighbourhood House.

# West (Van) Meets East (Van): The DTES Produce Project

By Stan Shaffer

*The law, in its majestic equality, forbids the rich as well as the poor  
to sleep under bridges, to beg in the streets, and to steal bread.*

—Anatole France, novelist, essayist, Nobel laureate (1844-1924)

**S**ome might say Jim Duggan is obsessed because he is driven to feed poor kids and families in the Downtown Eastside. Although he has a regular Joe income from his job as a supervisor at BC Conveying Machinery, he donates between \$500 and \$700 of his own money every month to provide fresh produce (carrots, broccoli, oranges) to feed needy children at several DTES schools. He even donated last year's income tax refund. During the summer months, his DTES Produce Project has continued to deliver food to charity organizations in the downtown area, and this fall the Project is partnering with the Neighbourhood House for a monthly delivery.

Why does Jim donate all his extra income to do this? In part because he experienced a year of poverty as a young boy after his father, who was in the Air Force, became unemployed. Not having regular meals and other consequences of being poor had a profound effect on him. He says he became very shy and lived inside a "shell" to protect himself from humiliation. But more than this, Jim is a person with a deep sense of social justice, personal ethics, and fearless dedication. He doesn't need to espouse these values because he lives them. It isn't even necessary to belong to a religion to practice this level of total charity. He's inspired by a quotation about JRR Tolkien: "How, given little

over half a century of work, did one man become the creative equivalent of a people?" which means to him that "one person can do amazing things."

A couple of years ago, Jim became involved with his neighbourhood school by donating musical instruments. Some readers may remember articles in the *Vancouver Sun* last fall about poverty at DTES schools, which led to the Adopt a School program. This sparked Jim's interest in a more focused way, and he attended a couple of poverty forums in February this year—End Child Poverty Now and Adopt a School—with Carrie Gelson, a teacher who had writ-

ten a heart-felt letter about the effects of poverty on classroom learning. Jim was "shaken" by these forums and felt his eyes had been closed before. A passion to "put our money where our mouth is" exploded in him. Other influences were meetings with food co-ops, mom to mom, and Dr. Barbara Fitzgerald, a UBC pediatrician working in the DTES.

Jim's partner in the Produce Project is Jason Yang, a hard-working young entrepreneur who owns Neighbor's Choice Farm Market in West Vancouver at Marine Drive and 16th. Jim helped Jason get his new business started in June, and in return Jason became the produce arm of the Project. A story in the *NorthshoreOutlook.com* (August 1) by Rachel Davidson describes Jason

Jim says he's "going to be a one-man school board," and the kids face a "galaxy of problems and my life is rosy by comparison."

as an “altruist” who uses his “wholesale purchasing power” to buy, store, and deliver produce to the DTES. From March to September this year, Jim and Jason have delivered over 10,000 lbs, with each delivery of 680 lbs costing \$380, to the following schools: “Sir William MacDonald Elementary, Strathcona Community Centre, Ray-Cam Co-operative Centre and Thunderbird Elementary, among others.” What does Jason get out of this? Like Jim, he has a passion to help people, including seniors in his neighbourhood.

The kids in the DTES they feed are in grades 1 and 2, about seven to eight years old. Jim says ten families at Sir Wilfred Laurier live in extreme poverty; meanwhile, other schools in the area with larger populations are much worse. One hundred percent of students at Strathcona get hot meals—breakfast and maybe lunch. Jim says he’s “going to be a one-man school board,” and the kids face a “galaxy of problems and my life is rosy by comparison.”

Jim compares the Produce Project to *Star Trek* because he’s “beaming produce” to help feed needy kids and families. However, there’s a literal price to pay for his staggering generosity: “I’m mortgaging my future,” he says, meaning he’s not saving anything for his post-work life. With heroes like Tommy Douglas, founder of the CCF (NDP) and Terry Fox, Jim has unimpeachable models. He also admires Seth Klein of the Canadian Centre for Policy Alternatives, who offers “a comprehensive poverty plan.”

It hit home to me when Jim said, “We use any excuse not to get involved” because it’s rare to find someone who acts otherwise. Jim “accepts donations” to the project, which add about 10-15 percent to the amount he’s able to buy each month. Jim prefers to act independently and not to set up a charity or other formal organization, which he feels would take time away from his dedicated efforts.

Detailed information about the DTES Produce Project and Jim’s goals are at his website: <http://dtesproduceproject.com/>.



Jason Yang in front of Neighbor’s Choice Farm Market



## CULINARY DISPATCHES

# The Cafeteria at the Carnegie Community Centre

By John Hughes

**H**ow do you find the best food in any neighbourhood? An age-old tactic is to grab a lunch-counter seat where locals gather in strength. On September 13, the Right to Food Zine tracked hungry patrons to one of the most popular eateries in the Downtown Eastside. The Carnegie Community Centre bustled with people eager to part with \$2.25 for a plate of Mediterranean meatballs and salad, or an eggplant curry with salad. Here are what some customers, all Downtown Eastside residents, had to say about the meal.

Julia smiled when asked about the popular Mediterranean meatballs and salad with ranch dressing: “Awesome meals. Best in town.” She also says the meals are nutritious. “I like that you get a choice of meat or a vegetarian dish. I mostly try to eat vegetarian, but I’m low in iron, so I’m eating meat today. I feel nourished.” Julia’s only caution had to do with certain seasonings: “Sometimes the dishes are too exotic. Too spicy.”

Taylor was one of the few who opted for the eggplant curry. “It’s excellent,” he admits. He says dining at the Carnegie is a budget-friendly choice. He then adds, “I’m low on cash, so it’s the best option.” He believes that Carnegie serves “some of the best food. Better than if you pay three times the amount” in another restaurant. “I’ve never had a bad meal here.” Taylor also appreciates service with a smile: “they’ve got a decent system. They’re nice at the counter.”

Dining on Mediterranean meatballs and sweet potato soup, Guy sings the praises of the cooks: “It’s really good. The soups are always really good. I’ve been coming here six years and I haven’t had many meals I didn’t enjoy. It’s especially good today.” And the attention to nutrition did not go unnoticed. “They make a point of making really healthy food. There’s never any fried food here.” Guy reiterates a common observation among the Carnegie’s customers: “It’s a fair price for food. More than fair. This is potentially a 7 or 8 dollar meal somewhere else.” Other than the crowds, Guy would not change anything about the food or the service. “Sometimes they’re really busy, but you can’t make the lineup go any faster. It is a community centre. People should expect a cafeteria experience when they come.”

A huge part of the success of Carnegie’s kitchen belongs to its kitchen staff. Ian McLean, a chef at

“Some of the food is organic. Some is not.”  
But any sort of processed food is out. “There’s nothing from cans... everything is made fresh.”

Carnegie for 14 years, says, “Some of the food is organic. Some is not.” But any sort of processed food is out. “There’s nothing from cans... everything is made fresh,” says McLean. Patrons at Carnegie benefit from recipes that come from the community centre’s six cooks. McLean says that most of the new dishes originate with

them. The veteran chef says that he has seen food production go up over the years, while maintaining an affordable price point. “In 1998 we were lucky to do 60 dinners a night. Now we do 120 a night.” And McLean says that in 1998 a three course meal cost

\$3.00; today the cost of the same meal is \$3.25. He says that, despite the bargain, Carnegie still makes a slim profit from every plate.

Even those not eating at the Centre that Tuesday afternoon weighed in on the value of the its food. Christine Cardinal, who lives at the Dominion Hotel, says, "It's like eating health food. Everything is very

hygienic." She praises the variety and taste of the food with a "10 out of 10." Cardinal says the Community Centre offers food that is easy to digest. She's had a sensitive stomach since sustaining an injury some years ago. She says food from other places hurts her tummy, "but not the food at Carnegie. I can eat here every day. It's very affordable."



Dave King, "Carnegie Centre," April 24, 2011, Flickr (CC BY-NC-SA 2.0)

# The Chef with a Heart for a Knife: Interview with David Mendes

By Stan Shaffer

**D**avid Mendes, the Zine's recipe adviser, has a two-sided professional existence: commercially he works full-time as a chef at the Tableau Restaurant in the boutique Loden Hotel in Coal Harbour, and he also wielded the knife for Mark Brand in the Save-on-Meats kitchen, providing 500 meals a day for seven SRO buildings run by BC Housing. As a volunteer he helps out at the DTES Neighbourhood House and other local establishments, as well as teaches cooking classes for locals.

Like other specialized realms of human passion, skill, and artistry, the chef world has its heroes and sought-after mentors. Starting in 2000, David spent four years in New York City, Toronto and Montreal "chasing around restaurants" and apprenticing with some of the masters. During this period, he volunteered in soup lines in New York City and Calgary. In 2008 he moved to the Sunshine Coast and cooked at the Rock Water Resort in Half Moon Bay under Chef Steve Ewing, himself a disciple of Thomas Keller, founder of the Michelin-starred French Laundry in San Francisco. Later, in Osoyoos, he cooked for two years at Passa Tempo Resort before moving to Vancouver in 2011 to chef at the French Table restaurant at Main and 22nd.

After a decade of working long hours and late nights, David has recently scaled back to work the day shift at Tableau and spend more time pursuing his socially conscious and alternative food interests.

David lives in the DTES/Gastown area and has been involved with various cooking-related projects in addition to the ones mentioned above. At the Save-on-Meats SRO program, he mentored BC culinary students. A current teaching gig is a series of First Nations cooking classes through Aboriginal Front Door (AFD). He's been associated with the DTES

Neighbourhood House since summer 2011 and taught classes in Recipes Against Racism in the summer and fall. He is in the process of creating a community kitchen at First United Church which will run this fall.

Why chef in the DTES? David says he likes the immediate satisfaction of cooking and serving healthy food as opposed to the less nutritious food served at many charity places. Wherever he cooks, it's with passion, "putting more

love into the food". He notes, however, that in some DTES places there's a sense of entitlement and people complain about various things. Perhaps the negative attitudes arise because of the food line ups he sees and people being turned away despite waiting



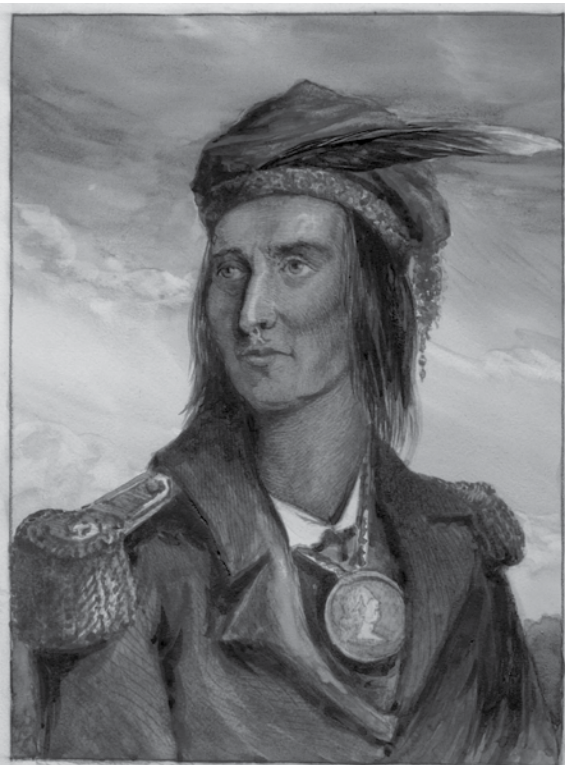
up to an hour. Overall he likes the neighbourhood because of the energy and non-judgmental people.

David runs and plays tennis to work off the pressure. He strongly recommends the book *The Omnivore's Dilemma* by Michael Pollan and believes everyone should read it to learn how food affects our health and our environment.

Because commercial rents in Vancouver for businesses like restaurants are very expensive and city licences are hard to obtain, David's latest venture is cooking at "underground kitchens." These one-

off events appeal to foodies who find information online and go to NFA (no fixed address) places for specialized meals, which can cost upwards of \$50. On weekend evenings, David cooks with different chefs at about eight of these events per month. These "food raves" are becoming more popular, and chefs like David are inspired by the demands of high-level skill and imagination.

For a taste of David's cooking, see his recipes in this issue.



Benson John Lossing, "Tecumseh," 1868

*So live your life that the fear of death can never enter your heart. Trouble no one about their religion; respect others in their view, and demand that they respect yours. Love your life, perfect your life, and beautify all things in your life. Seek to make your life long and its purpose in the service of your people. Prepare a noble death song for the day when you go over the great divide. Always give a word or a sign of salute when meeting or passing a friend, even a stranger, when in a lonely place.*

*Show respect to all people and grovel to none. When you arise in the morning give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself.*

*Abuse no one and nothing, for abuse turns the wise ones to fools and robs the spirit of its vision.*

—Tecumseh (1768-1813), Native American leader of the Shawnee, who fought against American forces to protect his people and their land

# FOOD FOR THOUGHT

## Using Your Noodle

By James Kim

**D**id you know that instant noodles were originally considered a luxury item when they were introduced in 1958? The first instant noodles cost up to six times as much as fresh noodles. However, manufacturing improvements over the decades have led to the quick, easy, and inexpensive meal that we know today.

At a recent Zine meeting, we heard a rumour that eating instant noodles can cause cancer. The theory is that the noodles have a wax coating to prevent them from clumping or sticking and that this wax is carcinogenic. Fortunately, there is no truth to this, and the story has been debunked by websites such as Snopes (<http://www.snopes.com/food/warnings/noodles.asp>).

Although instant noodles don't cause cancer, they can hardly be considered health food. In general, instant noodles are high in carbohydrates, sodium, and fat (especially saturated fats), and low in fibre and nutrients. If you have a heart condition or other medical ailments, you may want to reduce your consumption or avoid instant noodles entirely. For example, the refined carbohydrates in instant noodles can cause a spike in blood sugar, which is a concern for those with diabetes.

However, if you still want to have the occasional meal of instant noodles, here are some simple ideas to improve the quality of your quick eats:

- There are many instant noodle brands on the market today. Look for packages that have low fat, low carbohydrates, and low sodium content.
- Check the ingredient list. If you find MSG, try another brand. Some people get allergic reactions—such as a burning sensation, chest and facial flushing, or pain and headaches—when consuming MSG in larger amounts (such as in a soup broth).
- Use half a packet of the powdered broth that comes with the noodles. You won't notice any difference but your body will appreciate it.
- Add quick-cooking vegetables such as bean sprouts, cabbage, green onions, or spinach right before serving.
- Longer cooking vegetables like broccoli, cauliflower, carrots, or peas can be added to the pot with the noodles as they're cooking.
- Add an egg for additional protein. You can crack an egg directly into the boiling water and noodles and mix it in, and it will cook in minutes.

Why not try some of the above tips? You'll enjoy your meal more and be a little healthier to boot.

# Protecting Community Gardens in Strathcona: Standing up for Low-Income People's Food Security

By Peter Driftmier

**C**ottonwood and Strathcona community gardens are two of the oldest and largest community gardens in the city, and they provide some of the most peaceful green space and essential food sources for many folks in the Downtown Eastside.

After growing garlic, potatoes, kale, and chard in relative peace and quiet this summer, the last thing I expected to happen at my community garden was a struggle for protection from development.

If developers and City Hall have their way, the viaducts connecting East Vancouver to downtown will come down, leaving high cost housing and new traffic problems behind. The City is looking at dealing with the new traffic congestion by expanding Malkin or Prior Street. Either option would pave over much of this garden space (if not most of Cottonwood, in the case of Malkin Street).

Community gardening is a vital strategy for poor people's food security. Welfare takes money off your cheque when you get paid work to meet your basic food needs, but they don't take money back for carrots you grow. Many folks end up spending vast portions of their time in lines to get food. While it

often ends up the case that the meal is full of the least nutritious stuff around, ultimately people lose more and more of a say over what they feed themselves and their families.

Although it isn't cost effective to grow my own kale compared to making a living wage by working and then going to the grocer, at least the community garden is somewhere that we can go and have a democratic say in what goes on. We know that we deserve

that wholesome, fresh, organic produce, even if it means doing it ourselves. Cottonwood and Strathcona gardens are models for how we can organize to feed our communities in a bigger capacity, even while we demand housing and livable incomes.

Practically no community garden on public or private land has an ongoing

right to the land. (This is especially the case if a condo developer owns the lot, as with many gardens in the DTES). In the long-run, we need security of tenure for our community gardens, just as we need security for our affordable housing.

*A version of this article appeared in the DT East Newspaper.*

Cottonwood and Strathcona gardens are models for how we can organize to feed our communities in a bigger capacity.

## Interested in learning more?

Cottonwood Gardeners invite you to come take a guided tour. Some of the long-time gardeners give tours every Saturday from 10 am to 12 noon. You'll be amazed at the biodiversity and people-power at work. They also have an online petition on their website at [cottonwoodgarden.com](http://cottonwoodgarden.com).



## RTF Zine Launch Party for Issue 2

**W**hen the RTF Zine applied for—and received—a grant from the Carnegie/Ray Cam/Strathcona Neighbourhood Small Grants Program, we decided to celebrate the publication by having a party. On July 18, we invited the Kitchen Tables Outreach Team, led by Jack Kilgour, to join us and present their famous Food Jeopardy quiz. Decked out in their DTES Kitchen Tables uniforms (aprons and T-shirts), the team invited three volunteers from the audience to answer food-related questions from several categories. The enthusiastic audience cheered as the participants played this competitive, informative, and amusing game. The Neighbourhood House and the RTF Zine thank Jack and his team for a fun afternoon. Afterwards, we all enjoyed a food feast prepared by Bill Beauregarde and the DTES NH kitchen staff.



# The DTES NH Says Farewell to Executive Director Paul Taylor

**P**aul has been the executive director of the Downtown Eastside Neighbourhood House since June 2011. He moved to Vancouver from Toronto, where he was an educator, right to food activist and executive director of a large non-profit.

Paul's vigorous leadership has brought about renewed programming, partnerships, and funding. He led the House through an exciting period of growth and transformation. Paul has also been a staunch supporter of the Right to Food Zine, securing grants and offering a constant stream of lively ideas for articles. Paul's exemplary leadership is felt by all who know and work with him: he's a patient and supportive listener, a passionate advocate for creating systemic change that lessens the need for charity, and an articulate spokesperson for the universal right to food.

Paul has left a lasting impression on the Neighbourhood House. The NH offers a wide variety of programs that have grown under his leadership, including

Community Drop-in, Family Drop-in, Kids Community Kitchen, Chinese Elders Community Kitchen (with the Downtown Eastside Women's Centre), Blender Nutrition, Traditional Grandmother's-Grandchildren Community Kitchen (with WAVAW), the Mobile Smoothie Project, and the Banana Beat.

In mid-November, Paul will become the Executive Director of Gordon Neighbourhood House in Vancouver's West End. It's a safe bet that Paul will animate all aspects of their operation, bringing the same energy he demonstrated here at the DTES NH.

One of our colleagues at the NH had this to say:

"I am really fortunate to have worked with Paul! He is always encouraging and supportive. He thinks beyond convention and reasons with insight, understanding and heart. He also conducts himself with

such integrity and sincerity. He will be greatly missed here at the house. Thanks for this humbling experience and all the best to you!"



## Fall Foods Word Puzzle

Z	W	P	F	Q	U	K	L	M	C
U	R	H	R	C	G	V	M	S	B
C	O	A	U	A	Z	M	C	Q	R
C	N	Z	T	R	U	P	A	U	O
H	I	E	A	R	B	R	B	A	C
I	O	L	B	O	F	U	B	S	C
N	N	N	A	T	J	N	A	H	O
I	S	U	G	S	F	E	G	N	L
F	O	T	A	M	I	S	E	S	I
D	N	S	S	M	A	P	P	L	E

Can you find the following fall foods?

APPLE

BROCCOLI

CABBAGE

CARROTS

HAZELNUTS

ONIONS

PRUNES

RUTABAGAS

SQUASH

ZUCCHINI



# recipe

## David's Pumpkin Chili

Serves 12

### Ingredients

2 tbsp oil  
2 cups chopped white onion  
½ cup chopped celery  
½ cup bell pepper  
1 jalapeno  
2 cloves minced garlic  
3 tbsp chili powder  
1 tbsp cumin  
1 tsp coriander  
2 15oz cans of diced tomatoes  
4 cups of diced pumpkin (or squash or pumpkin puree – do not use pie filling)  
juice of 1 lime  
1 15oz can kidney beans (or pinto beans or black beans)  
salt and pepper

Optional ingredients: corn, leftover turkey, sour cream, cheese, cilantro

### Instructions

1. Heat oil in a large pot on medium heat. Add onion, celery, bell pepper, and jalapeno. Cook until soft.
2. Add chili powder, tomatoes, garlic, beans, and pumpkin.
3. Bring to a boil, then decrease heat and simmer until pumpkin is tender and vegetables are cooked through, about 15 minutes.
4. Finish with lime juice, salt, and pepper to taste.



## recipe

# David's Pumpkin Bread Pudding

Serves 6-8

### Ingredients

1 day-old loaf of bread, cubed large  
2 cups of whole milk  
1 cup of raisins or dried fruit  
1 cup raw or brown sugar  
4 large eggs  
1 15oz can pumpkin puree or pumpkin pie filling  
2 tsp vanilla extract  
1 tsp cinnamon  
pinch of salt

### Instructions

1. Preheat oven to 350 degrees.
2. In large bowl, combine all ingredients and let sit for 20 minutes or until liquid is absorbed by bread.
3. Grease loaf pan or line it with parchment paper, and pour in contents of bowl.
4. Bake uncovered for 45-60 minutes or until golden brown. If top begins to brown too quickly, cover loosely with foil.
5. Cool for 10 minutes. If desired, serve with whipped cream, ice cream, or leftover warmed and sweetened cranberry sauce.

## FOOD FOR THOUGHT

# Picking (on) Organic Food

By James Kim

**F**or years, many have believed that organic food was healthier and more nutritious than non-organic food. However, a new report is calling that belief into question, leading to debate and questions about the meaning of “organic.”

Researchers from Stanford University conducted a meta-analysis that reviewed decades of previous scientific papers and data. They looked at “17 studies in humans and 223 studies of nutrient and contaminant levels in foods” (<http://annals.org/article.aspx?articleid=1355685>). According to their report, published recently in the *Annals of Internal Medicine*, there is a lack of “strong evidence that organic foods are significantly more nutritious than conventional foods.”

Not surprisingly, this conclusion has created controversy and soul-searching among some, while others remain unimpressed, saying “Organic, schmorganic.” (<http://www.nytimes.com/2012/09/07/opinion/roger-cohen-the-organic-fable.htm>)

One of the criticisms of the Stanford study came from Charles Benbrook, professor of agriculture at Washington State University (<http://organicfarms.wsu.edu/blog/devil-in-the-details/>). He pointed out that the Stanford study wasn’t complete. For example, it was missing data about pesticide residue levels from the USDA and US EPA, which might have changed some of the conclusions.

Another criticism is that the study relies on data and measurements that were recorded by others. Michael Pollan, a well-known journalist and food advocate, pointed out that no new measurements were recorded and that the data was subject to statistical and personal assumptions. More importantly, Pollan noted that the principle of organic food has more to do with “how the soil is managed and the

exposure to pesticides, not just in the eater’s diet but to the farmworker.” (<http://blogs.kqed.org/newsfix/2012/09/04/michael-pollan-organic-study/>)

As Pollan points out, one of the goals of organic farming is to protect our environment and the health of the farmers. In non-organic farming, the overuse of pesticides can affect the soil, atmosphere, and ground water of farming communities. Pesticides can also collect on the shoes and clothes of farm workers and be brought home. At the University of Washington, researchers found that children of farm workers showed greater exposure to pesticides compared to other children in the same community. (<http://www.sciencedirect.com/science/article/pii/S0013935100940763>)

The interest in organic food is also part of an increasing awareness of our diet and concern about eating mindfully. This has resulted in the rise of movements such as local food, city agriculture, and small-scale farming. Local producers such as SOLEfood Farm, City Farm Boy, InnerCity Farms, and others promote organic farming and gardening methods. These producers often work in an urban environment that makes use of neglected spaces, from overgrown lawns to parking lots.

Fortunately for consumers, the word “organic” also has a legal definition that consumers can rely on while shopping. The Canada Organic Regime, which is administered by the federal government, ensures that food labelled organic must be recognized by an accredited certification body.

The Stanford study is certainly not the final word on organic food, but the continuation of a ongoing discussion—and it’s always good to have more food for thought.

# About the Downtown Eastside Neighbourhood House

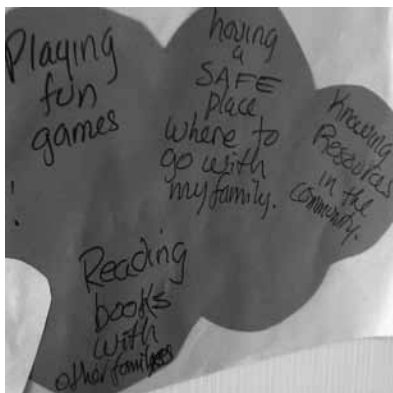
**T**he secular, grassroots Downtown Eastside Neighbourhood House (DTES NH) embraces people of all ancestries, genders, ages and descriptions, annually welcoming almost 9,000 DTES residents in a community where 70% of our neighbours have low incomes, 700 are homeless and 5,000 are under-housed.

Our programming is community inspired and varied, a sampling of which has included a Chinese Elders Community Kitchen, a Traditional Aboriginal Grandmothers to Granddaughters Community Kitchen, Leadership Development for Grand/Parents, a Children's Community Kitchen, nutritional outreach activities (Mobile Smoothie Project and Banana Beat), Recipes Against Racism, The Young Men's Healing Circle, a Harmonica Club, Right to

Food Mobile Mural Making, Kitchen Table Storytelling, a Family Drop-In: Families, Farming and Food, Blender Nutrition, and the production of a Right to Food Zine.

Those who built the DTES NH put the right to food at the heart of our work, as nutritional vulnerability is a theme familiar to all. Our goal around the right to food is to reform the nutritional impact, quality, abundance and delivery of food in the DTES in consultation with residents, community food providers, non-food community organizations, healthcare professionals, policy makers, growers/suppliers, food/beverage industry professionals and researchers.

Visit our website for more information about the NH: <http://dteshouse.ca>



**The DTES Neighbourhood House**  
with the support of the Neighbourhood Small Grants  
is pleased to bring you the following workshops

Mon Oct 29  
6:00 - 7:30pm



Music workshop and Performance by  
Illiteratty with Earle Peach  
Try different instruments or sing

Mon Nov 5  
6:00 - 8:00pm



Healing through Drama workshop by  
Gabriela Reynoso

Thurs Nov 8  
6:00 - 7:30pm



Introduction to Saxophone and  
Performance by Darrell Zimmerman

Thurs Nov 15  
6:00 - 7:00pm



Water and Africa (spoken word  
performance and dancing/singing workshop  
by Sarah Van Borek)  
Bring your rainboots or any boots!

Bus tickets and refreshments will be provided.

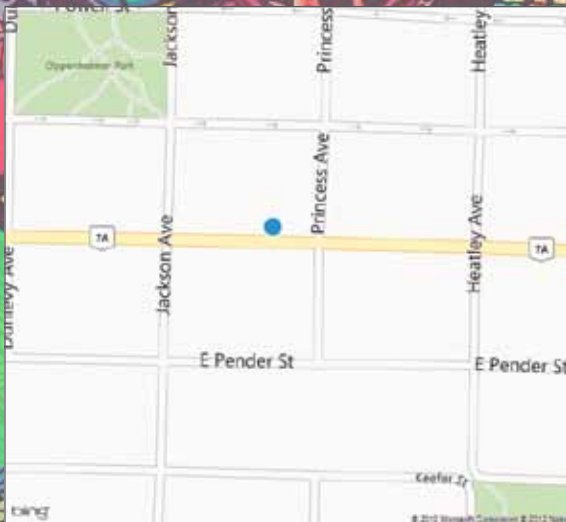
vancouver  
foundation

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## ACKNOWLEDGEMENTS

The RTF Zine would like to thank all those who support the right to food work of the DTES NH, including the United Way of the Lower Mainland, the City of Vancouver, Simon Fraser Public Interest Research Group (SFPIRG), the Vancouver Foundation, and the Province of British Columbia.

We especially appreciate the generous funding provided by Vancity's Community Project Grants Program. Special thanks go to Grace Wong and Jacky Chan at Vancity Chinatown.



## LOCATION

Downtown Eastside Neighbourhood House  
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<http://dteshouse.ca>

## CONTRIBUTING TO THE ZINE

Interested in contributing to the RTF Zine? We're always looking for articles, artwork, or ideas that reflect the right to food. Let us know who you are at [zine@dteshouse.ca](mailto:zine@dteshouse.ca), find us online at <http://dteshouse.ca/zine>, or introduce yourself at the Neighbourhood House during operating hours (ask for Bill).

Donations of dishes, cups, and cutlery to the NH are also gratefully accepted. (No plastics, please.)