You are what you eat!

COMMUNITY FOOD SECURITY

May 17 – December 1, 2019



Acknowledgement

We would like to start by acknowledging that the land where we learn, live, and play on is the traditional and unceded territory of the Halq'eméylem speaking Coast Salish peoples.

This refers to a language group that more widely encompasses the Indigenous people who used and continue to use this land, and includes nations such as the Qayqayt, qʼʷaːḥƛʼənˀ (Kwantlen), Katzie, kʷikʷəƛẃəm (Kwikwetlem), xʷməθkʷəy̓əm (Musqueam), Stó:lō, sc̓əwaθn məsteyəxʷ (Tsawwassen), and Tsleil-Waututh.



What does your meal look like?
Share your photos with us using the hashtag #NewWestFood

Nishiguchi family at the beach, 1930s

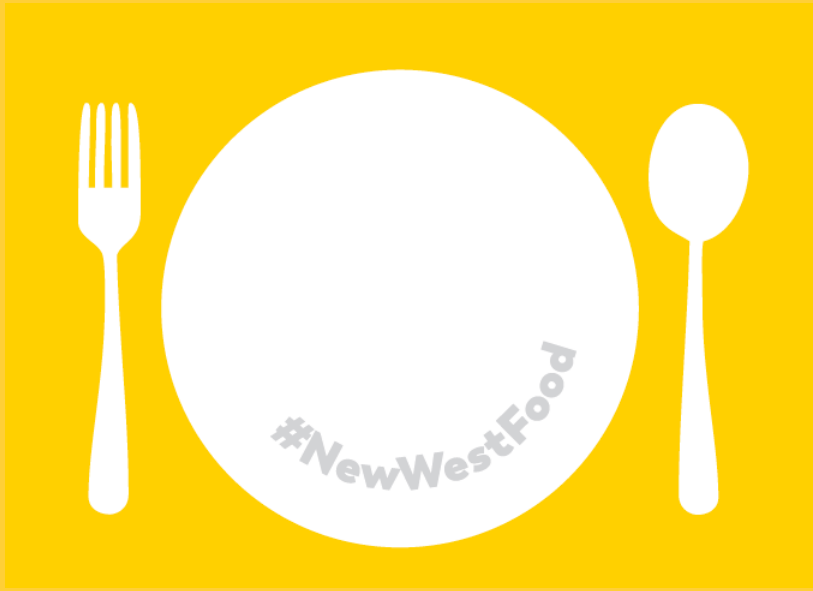
Shizu Nishiguchi (1893-1943), a hairdresser, is on the far right; her husband, Sennosuke Nishi (1882-1955), was a local fisherman. They lived at 828 Royal Avenue where they kept chickens and grew chrysanthemums. Shizu died at the age of 50 when the Canadian government interned Japanese-Canadians.

IHP8034-050

Over the years, food has always been intimately tied to the history of New Westminster. In the earliest days, this area was a gathering place, a place to harvest foods and to fish the river. After it became a colonial capital and a city, its resources fed some residents and enriched others.

Today, while some people have plenty, others are struggling to put food on the table. This exhibition looks at all the sides of food security in the city.

Working with local community groups, this exhibit pulls stories from the past and present in New Westminster to help us understand how people eat in our community.



WHAT IS FOOD SECURITY?

"Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life."

World Food Summit, 1996

"It means you don't have to struggle to afford food, but also that the community you live in is supportive of food; from growing it to composting it, and everything in between."

Betina (Ali) Wheeler

Co-Chair New West Community Food Action



1 in 7 New West residents live in poverty

10,885 people living in poverty

15.6% of New West's population

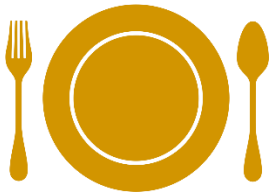


1,790
children & youth



1,900
seniors

2016 Census

50,183 

meals *(breakfasts and lunches)* were served by the ***Union Gospel Mission*** in ***New Westminster*** in ***2017***

429 

members were served by the ***Greater Vancouver Food Bank*** in ***New Westminster*** during an average week in ***2017***

One in **seven** New West residents live in poverty.

Some are people on income assistance, but most are actually the working poor. Of all food insecure households in BC, **65%** are employed.

The Lower Mainland is well-known for its lack of affordability.

With minimum wage jobs, the number of food insecure households is increasing.



The root cause of household food insecurity is poverty.

Hungry or undernourished children face difficulties in school that may affect their entire lives. They might have reduced attention spans and behavioural problems. Food security, on the other hand, helps children's health and brain development.

Household food insecurity affects everyone: it creates a great deal of stress. Adults and older children may even deny themselves food so younger family members have more to eat.



Mrs. J. Liezert outside her Fraser River shack, February 9, 1954

Mrs. Liezert was 76 at the time of this photo. She and other seniors lived on the Annacis Dyke because, as the *British Columbian* described it: "Their rickety homes are all they can afford to eke out a living on pensions. They save on taxes and rent in order to eat." Mrs. Liezert carried her water across the fields from Wood Street.

IHP9266-0897

FOOD SECURITY CONTINUUM

The Food Security Continuum shows the different strategies for ensuring a food secure society. The short-term strategies are band-aid solutions. System strategies redesign focuses on dealing with poverty and provide better solutions to help people escape household food insecurity.







Stage 1: Short Term Relief Strategies

- *food banks*
- *soup kitchens*

Stage 2: Capacity-Building Strategies

- *community kitchens*
- *community gardens*
- *food buying clubs*

Stage 3: Redesign the System Strategies

- New West Food Policy
- *Agricultural Land Reserve (ALR)*

"Poor people are lazy & don't want to work."

Do you believe these myths?

Check out these New West poverty myth busters and what you can do to help pull people out of poverty here.

Humphrey Jones, Hermit, Enters Hospital at Last

The old man, who has been many years a resident of this city, has no relations of any kind here, and though possessed of quite a fair sum of money, lived in a state bordering on starvation, and was unable to come to the city, having all his purchasing done through the kindness of the neighbors, on whom he depended for a great many of the necessities of life.

Food insecurity in early twentieth century New Westminster: Humphrey Jones died at Royal Columbian on February 2, 1909 after a year and a half in the hospital. Jones was a carpenter who lived on Auckland Street, and a thirty-year resident of the city who was originally from Wales. He was 70 at the time of his death.

June 26, 1907 *Daily News*

2366 Meals Served by Legion Kitchen Since December 4

Demands on the soup kitchen conducted by New Westminster branch of the Canadian Legion have almost doubled during the past month, a check-up by officials reveals. The kitchen was opened on December 4 to ensure unemployed, penniless men received at least one meal a day. In the first month the Legion served 817 meals. January witnessed a great increase in the number of unemployed taking advantage of the free food. Figures for the past month and first two days of February show 1550 meals were served. Meals served in the two months total 2366.

The men are served one or more bowls of a sustaining soup or mulligan. In addition they are provided with bread, butter, coffee and crackers. Two of three times a week, cheese is also served.

NEW WESTMINSTER COMMUNITY FOOD ACTION

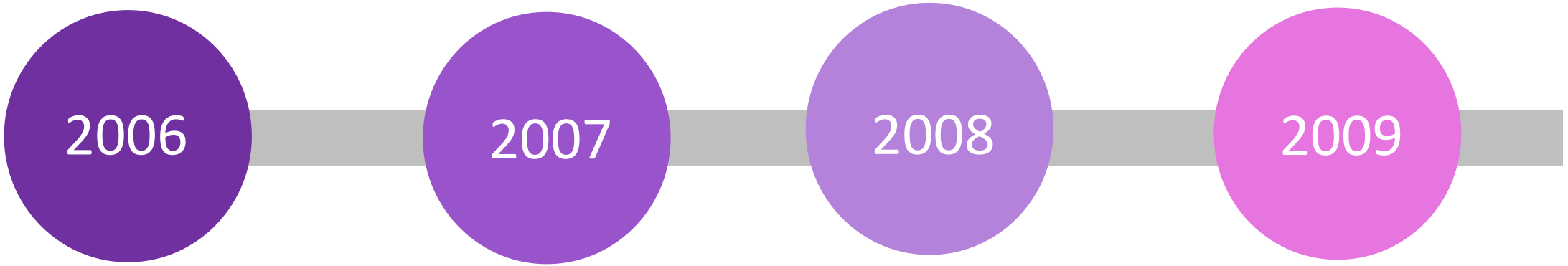
2006 - 2019

Foundational Year

Environmental Scan – securing funding for small projects

Cementing Alliances

Supporting and connecting to others committed to food issues (Royal City Farmers' Market, New Westminster Environmental Partners), establishing the Simcoe Park Community Garden



New Westminster Community Food Action established at the New Westminster Inter Agency Council

Addressing hunger, community gardens and community kitchens

A community garden on city land, Biggest Little Garden in Town (BLGT) established, community kitchens and a focus on the Green Action Plan

Second year of funding secured from the Community Food Action Initiative (CFAI)

Food program info resources, community kitchens, Biggest Little Garden in Town, Royal City Farmers' Market, advocating for a food policy

Funding – *BC Healthy Living Alliance and Literacy Now New West*

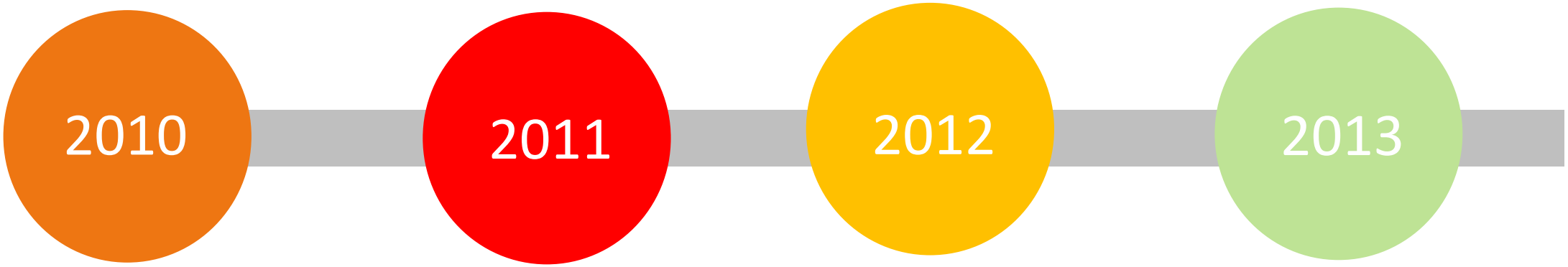
- *Hired a Food Action Community Developer*
- *Health Literacy Resource developed*
- *New West Cooks Cookbook*
- *BCIT partnership for the online New West Food Programs and Services Map*

Restructuring

Fraser Health representative becomes new co-chair Public Food Forum by MP Peter Julian

Re-Establishing

Membership increases and new funding is secured from the United Way of the Lower Mainland



Health literacy resources, feasibility study for a Harvest Box program

New Westminster Community Food Action logo and increasing membership

Addressing loss of key members and reduced food bank hours in New West

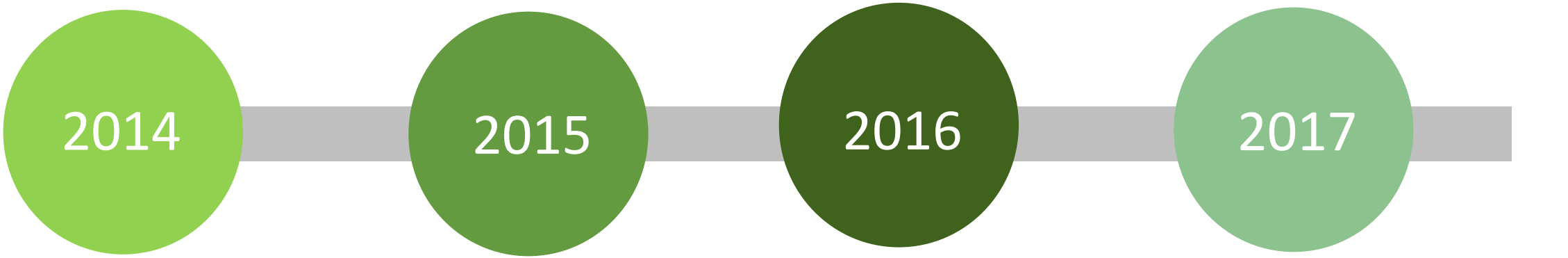
Facebook page, food skills, bulk food buying, charter and community kitchens

ADVOCACY

Staying Informed

Like and follow New Westminster Community Food Action on Facebook.

STRATEGIC PLANNING



Food for Every Body…A Food Sovereign New Westminster

Community Food Charter

Food Charter and Pilot Harvest Box Program in partnership with New West Parks and Recreation and School District 40

Influencing

Advocating for the incorporation of food issues into city strategies and policies

City Official Community Plan and Poverty Reduction Strategy

Waiting for Opportunities

To move food issues forward

Official Community Plan, Greater Vancouver Food Bank food depot relocation and the new Food Hub model

Supporting Partners

Highlighting food insecurity and incorporating food issues into initiatives

School District 40 food review, Walking Food Maps (in partnership with the New Westminster Healthier Community Partnership Committee, the Walkers Caucus, and Welcoming and Inclusive New West Committee), City Environment Strategy

Official Community Plan

This plan provides the vision and goals for the city to 2041, including policies related to food.

Environmental Strategy & Action Plan

Two of the 14 goals relate to the environmental impacts of food.

Find out more.

Community Poverty Reduction Strategy

This strategy identifies specific actions to enhance the quality of life of those people living in poverty and to provide opportunities to assist them to move out of poverty.

Read more.

Laying a Foundation to Address the Food Security Continuum

New Partnership with the New West Homelessness Coalition Society to secure funding to activate the Food Security Plan

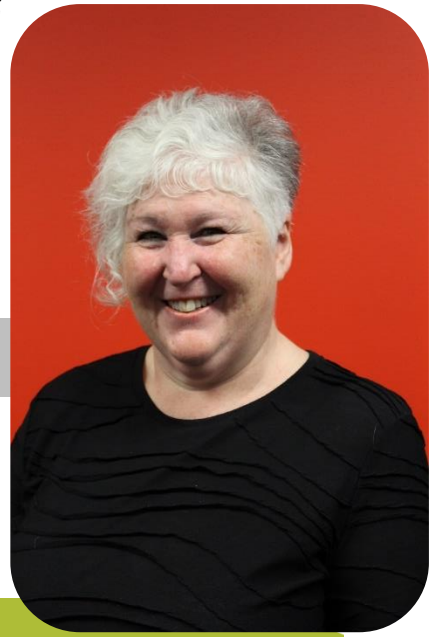
Activating the Food Security Action Plan

Engaging new partners, including people with lived experiences, multicultural and Indigenous communities and celebrating World Food Day

Betina Wheeler

Betina Wheeler is one of the founding members of the New Westminster Community Food Action Committee. Also among the coalitions that were instrumental in addressing food security were the New Westminster Homelessness Coalition and New Westminster Environmental Partners.

Photo courtesy of New Westminster Museum and Archives



2018

Food Security Action Plan

2019

New Westminster Food Security Action Plan
Read it here.

Food for every body... a food sovereign New Westminster

FOOD SOVEREIGNTY

“Food sovereignty is people with the ability to grow their own food and feed themselves.”

Louisa Gomez

Honduran farmer and leader with the Foundation for Participatory Research with Honduran Farmers (FIPAH)

"Food Sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems."

La Via Campesina

Food sovereignty is how we get to the goal of food security. It looks at moving away from corporate farming and more to a democratic food system. Citizens and food producers give their input. It looks beyond food security.

In New Westminster and the rest of the Lower Mainland, this would include protecting our current food system. The Agricultural Land Reserve (ALR) means that farming is the priority use for that land. In New Westminster, Susan Ng's Yin Leong Farms in Queensborough is one of the last few in this area.

In the past, there were large gatherings every spring and summer from May to July along the Fraser shores from Queensborough to Pitt Meadows. Indigenous peoples from all over came to New Westminster to trade foods and goods.

Keely George, a New Westminster resident now in her nineties, remembers coming to New Westminster from Skookumchuck (north of Harrison Lake) to take part with her family in 1939. Along the way, they harvested cedar roots and Barbary bark, which they traded with a Harrison Hot Springs grocer named Evan Inkmunin for food, and they gifted with people of Chinese and Japanese backgrounds who waved them down from the banks of the Fraser. In New Westminster, people traded for salmon prepared in different ways, moose meat, and other foods, as well as woven baskets and fur.



Keely George Today

Keely George came to New Westminster as a child in 1939 when, from May to July, Indigenous people from around BC met here to trade foodstuffs and goods.

Photo courtesy of New Westminster Museum and Archives

Seven pillars of food sovereignty

Focuses on food for people

Builds knowledge and skills (both traditional and new research)
Rejects technologies that undermine or contaminate local food systems

Works with nature

Values food providers

Localizes food systems (reduces distance, resists dependency on remote/unaccountable corporations)

Puts control locally
Recognizes the need to inhabit and to share territories
Rejects the privatization of natural resources

Food is sacred (food is not to be squandered or commodified)

COMMUNITY GARDENS

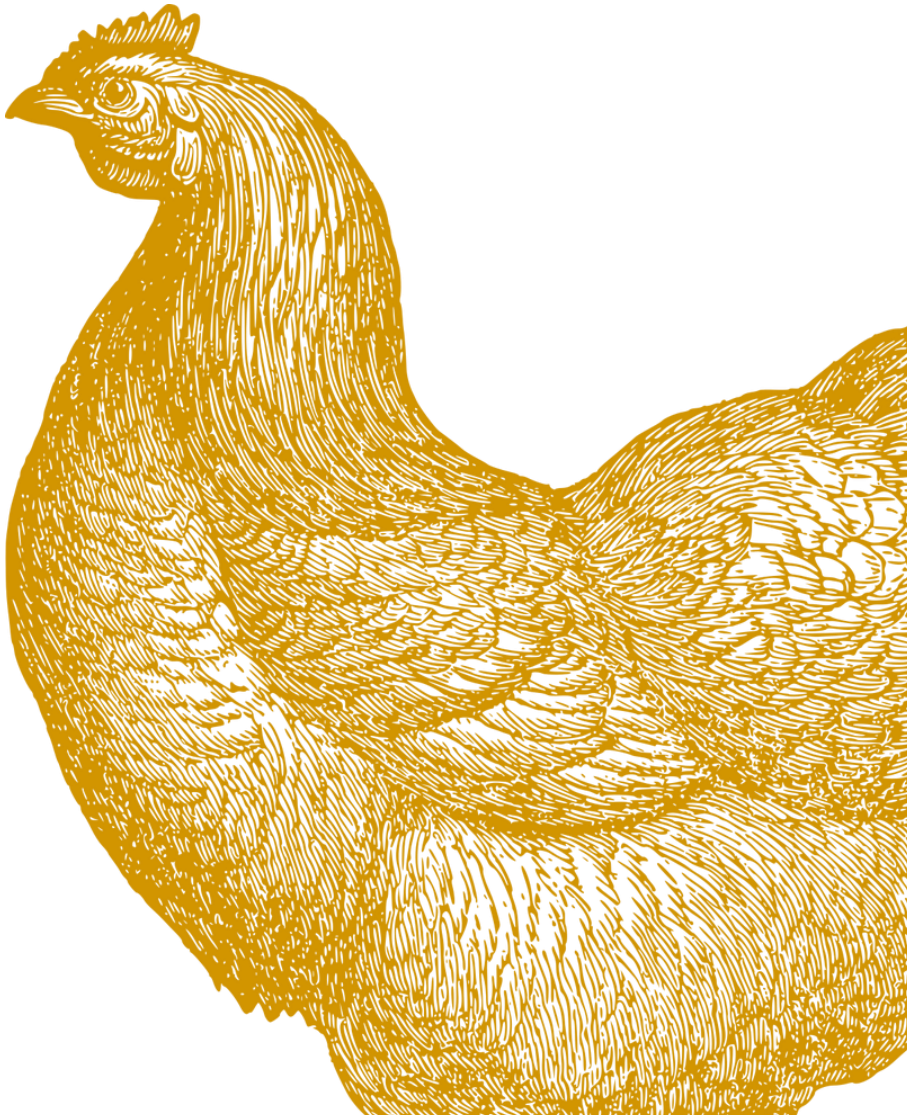
To find out about getting a plot at one of the community gardens, go here.

THE BIRDS AND THE BEES

Keeping certain farm animals to supplement diets is legal in New West.

For the laws on raising chickens in New Westminster, see 1967's Public Health Bylaw No. 4271.

If you meet the requirements, you can also keep a beehive in New West. See the bylaw.



What would food sovereignty look like in New West?

Community gardens are one way that people can learn more about food and connect to their food system.

Community gardens in New Westminster date back to the 1990s when the Port Royal Community Garden was developed. In 2006, a grassroots community initiative urged city council to lay aside some land. The result was the Simcoe Park Community Garden.

Since then, there are even more community gardens around New West, including on the lawn of city hall. There are also specialized gardens at New Westminster Secondary, Lord Kelvin Elementary, Irving House and Century House.



Nishiguchi Annual Picnic, July 23, 1933

The Nishiguchi family and their farm employees at their annual White Rock picnic. After a season of travelling from New Westminster (and other cities) to the farm in Cloverdale, the Nishiguchis had a tradition of taking their workers on a picnic. In the 1920s, Mikizo Nishiguchi and his family expanded into farming and delivered groceries all over the Lower Mainland.

IHP8034-018

Chinese-Canadian farmer's vegetable garden, 1948

This was one of many Chinese-owned farms at the edges of Queensborough, where the soil was less hospitable. Despite the poor land, they grew many vegetables: Brussels sprouts, cabbage, cauliflower, cucumbers, lettuce, pumpkins, squash and tomatoes. By 1921, Chinese-Canadian farmers grew 90% of BC's vegetables. It was only in the 1970s that these farms began to grow Chinese vegetables commercially.

Some of the names of market gardeners in New Westminster during the 1930s and 40s were Yee Yip Woo, who delivered vegetables in the West End in a Model T truck; Lee San and Yee Sang, whose farms were on Salter Street; and Wing Lee at 224 Ewen Avenue in Queensborough.

IHP6603



BIGGEST LITTLE GARDEN IN TOWN

Starting in 2007 and lasting about five years, the Fraserside Community Services Society's Biggest Little Garden in Town project helped apartment residents start gardens on their balconies with tiered cedar boxes that were accessible for all people.

With seed and garden workshops, this social enterprise helped people access fresh produce that they themselves grew, even if they didn't have a backyard or a plot.

Watch a video about the project.

FOOD SYSTEMS: FARMING & FISHING

"Our game, - in abundance and quality unsurpassed – not to mention our berries, already a well established and increasing article of profitable export; these all attest the overflowing abundance of our food-wealth…Where can there be found in all the world salmon to surpass in quality those which are now being taken in the Fraser."

Editorial, June 14, 1871
Mainland Guardian

"The Indians just take an Oolachan rake, made like the old-fashioned curling-comb, with teeth of long wire nails half-way down a stick, and rake them into their canoes, getting them full in a short time. Before the white people came they used to make the teeth of these rakes of wood hardened by fire."

Frances E. Herring, 1903

A sustainable local food system is sometimes represented as a circle. From production to waste recovery, our food follows this path. Today not all the processes take place in New Westminster.

New Westminster is part of an area that was always rich in food. For thousands of years before dispossession, Indigenous people had abundant resources.

An 1865 newspaper editorial described the effects of colonization: “We took possession of their lands, drove them, or the game upon which they subsisted, from their hunting grounds, and frightened away their salmon… we have given them a stone for bread and a scorpion for an egg.”



Throughout the nineteenth-century, the way people ate in this area changed. New Westminster's earliest food sellers imported most foods from the American west coast and from as far afield as Hawaii, Japan, China and Britain.

As farmers settled around New Westminster, they began to grow, harvest and process a wider array of foods: salmonberries, cranberries, cauliflower, wheat, butter, turnips, lettuce, potatoes, currants, peaches, pears, raspberries and gooseberries. Chilliwack farmers made cured pork "to stop the importation of foreign Hams and Bacons," as the *Mainland Guardian* wrote in 1872.

Canneries along the Fraser River processed the fish that fishermen brought in from the Fraser and from other BC waters. George Joseph, Qayqayt Chief Rhonda Larrabee's grandfather, was among the many professional fishermen on the Fraser.



THE CHOI GUIDE

Vancouver's Hua Foundation put together a seasonal guide for the Chinese vegetables grown in the Lower Mainland. You can read it in English with pronunciations in Cantonese and Mandarin.

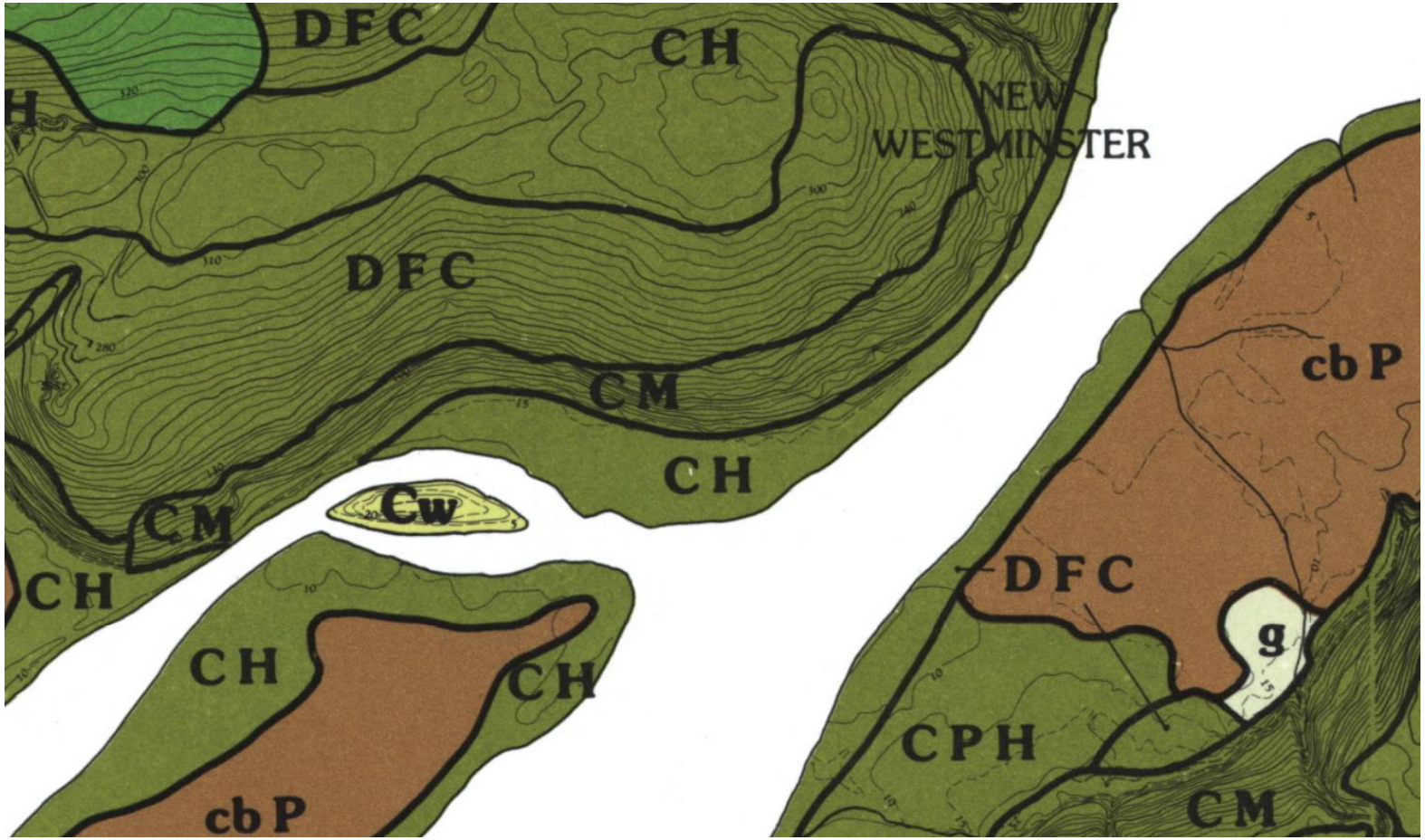
Here are the Cantonese, Taiwanese Mandarin and Mainland Mandarin versions to help you on your next shopping trip.

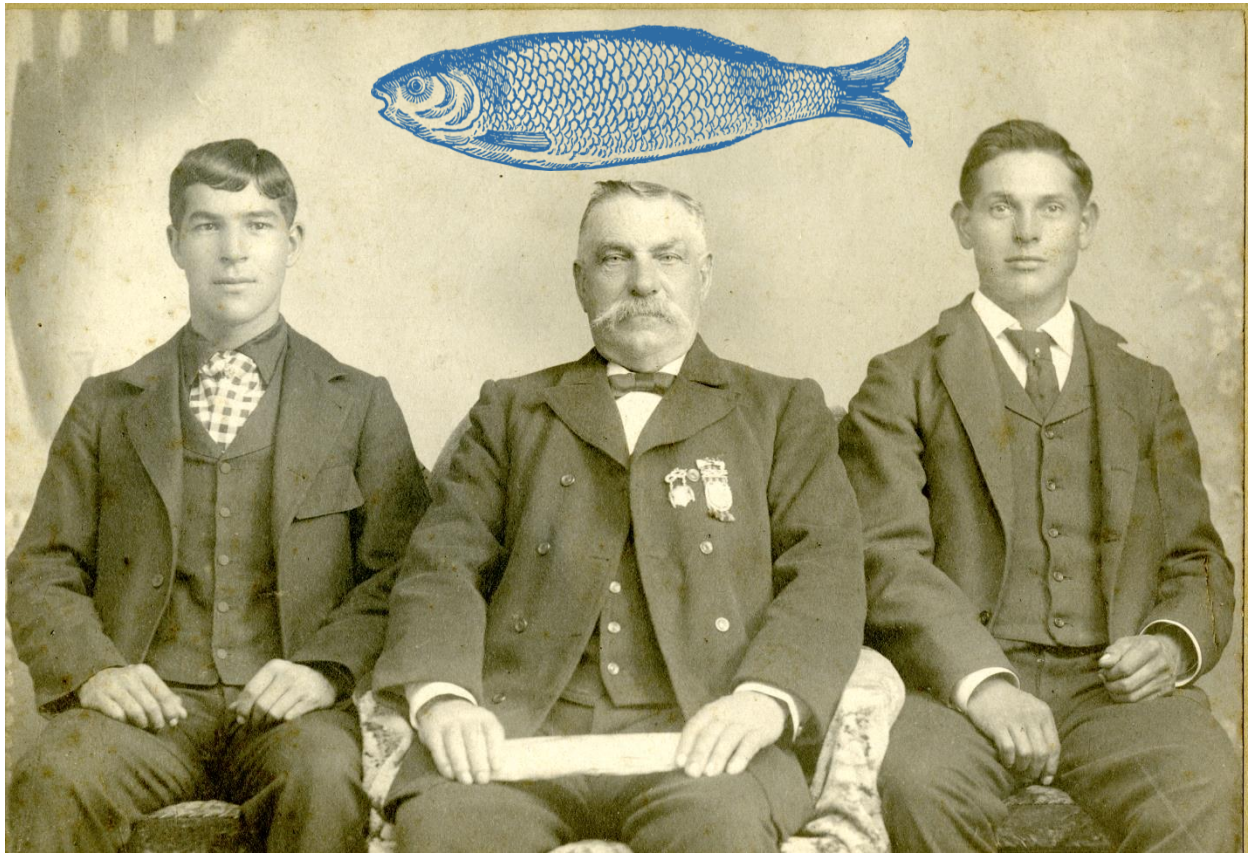


Royal Engineers' Vegetation Map of New Westminster

This map shows the Lower Mainland's vegetation during the early colonial period, before extensive use of non-native species were introduced to the area. We have this information based on the Royal Engineers' surveys of the Fraser River areas in 1858 and later investigations. We should take this information with a grain of salt: human intervention, fire and beavers had already changed the landscape by the earliest surveying work in 1858.

In places like Queensborough, the interior of the island were cranberry marshes (marked as "cb P" on the map). In the surrounding forests, the Royal Engineers recorded food plants like salal and Labrador tea.





William Henry (Dutch Bill) Vianen, ca. 1905

Vianen, a prominent fisherman and fishmonger in nineteenth-century New West, is the man in the middle. He and his wife, Mary Agnes Vianen, listed in some baptismal records as Agnes Siamelouck, lived in the Indian reserve near today's Kruger Paper, where they had a smoke house, presumably for the fish he caught. The Dutch immigrant died at the age of 70 on December 13, 1907; he had fished along the Fraser since 1857.

IHP0493



First Nations women cleaning fish, ca. 1911

These women worked in one of the Fraser River canneries along the waterfront. Some of the workers were from New Westminster, while others came from further afield and worked here until the fall when the canneries closed for the season.

IHP1099

FOOD SYSTEMS: DISTRIBUTION & ACCESS

$1091/month

How much a **BC family** of four needs to **spend on food**

2017 Food Costing in BC Report

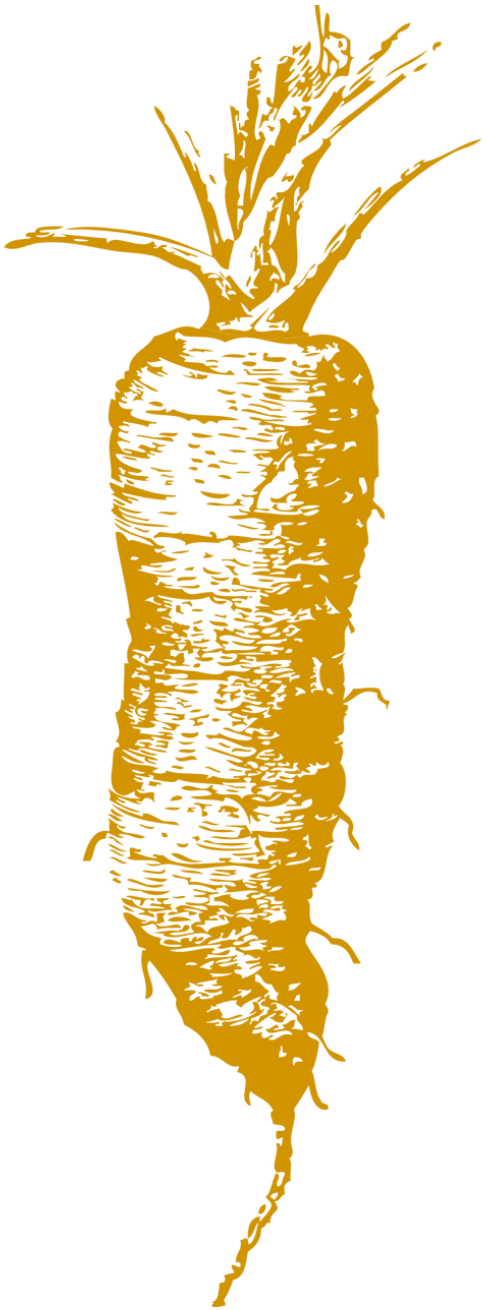


The Food Costing in BC report provides data about the affordability of food. It tells us how much income families and individuals need in order to eat healthy meals. The report is done every two years by the BC Centre for Disease Control (BCCDC), with the last one completed in 2017. The report informs calculations for living wage numbers.

Read more.

Household food insecurity is not caused by rising food prices; rather, it is because of insufficient income.

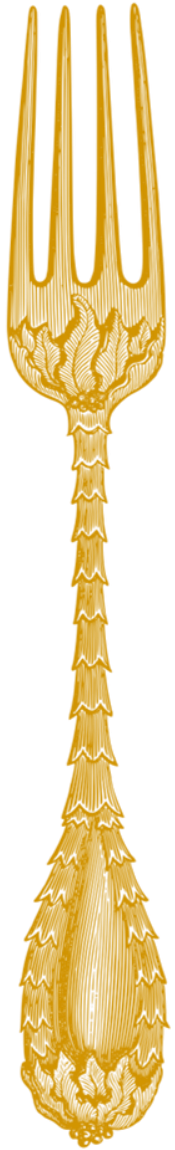
Access to food in New Westminster is not straightforward for everyone. To address shortcomings in access to food, some groups have stepped forward to assist. These short-term solutions are only at the first stage of the food security continuum.



The Lookout Society in New Westminster operates an emergency shelter with a meal program, and supportive housing with shared kitchens and community kitchen programs. Extreme weather shelters also provide a hot meal and breakfast. Organizations like the United Gospel Mission, too, provide meals at different times throughout the week.

The Greater Vancouver Food Bank at Olivet Church opens once a week (with the exception of the week government assistance cheques are received). Families and individuals choose a combination of canned foods, produce and baby items as needed.

Plant a Row, Grow a Row has worked with gardeners since 1999 to collect extra produce for donation to the United Gospel Mission, women's shelters and other organizations. Volunteers bring fruits and vegetables at St. Thomas More Collegiate on Sunday mornings from June to October.

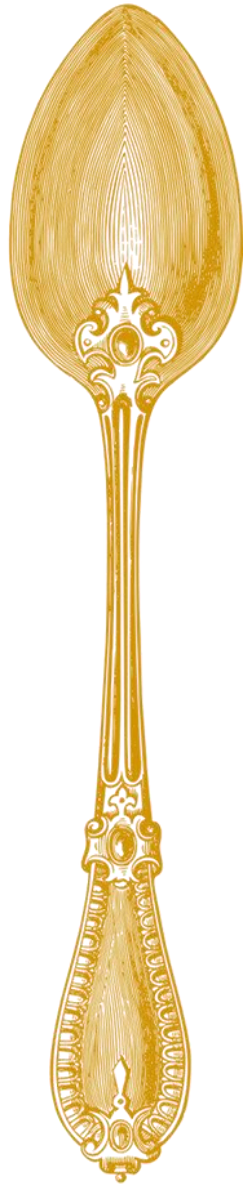


FUEL UP

A 2017 UNICEF report ranked Canada 37th out of 41 countries for children's access to healthy food.

In February 2019, after two years of planning, the New Westminster School District launched a cost-shared universally accessible school lunch program, the first of its kind in Canada. Starting in three schools (Qayqayt Elementary, Queen Elizabeth Elementary and Queensborough Middle Schools), it will eventually be available to all schools in the district.

To read more and order a meal for your kids, go here.



Things Were So Cheap Back Then!

Or were they? Compare the prices in the ads below to what they would be in today's money. Use this inflation calculator.





January 23, 1914 ad in the *New Westminster News*



Chong Hee Market at Columbia and McKenzie, 1951 May Day Parade

“Johnny" Cheung Hee opened his first grocery around 1924 at 49 Sixth Street, moving to their Columbia Street location near McKenzie in the late 1920s.

As the city’s Chinatown (roughly in the area of New Westminster SkyTrain Station today) faced demolition and Chinese-Canadians were denied jobs in other industries, owning a business remained a way to make a living. Yet, the greengrocers attracted the attention of the Retail Merchants Association which, in May 1926, sent a large delegation to a city council meeting to complain about Chinese-Canadians leasing stores on Columbia. Despite this, many of the stores remained successful for decades. The Hee family opened a number of stores around the city through to the 1970s.

Photo courtesy of Bev Hee

Tina Spagnol at Boyne Street with the farm's delivery truck, 1941
Tina and her husband, Harry, worked their farm in Queensborough from 1929 to 1942.

Grocery deliveries were a common way of accessing food in the past. Deliveries of milk, bread and other groceries were done with carts, horse-drawn carriages and, later, trucks. One of the earliest ads for grocery deliveries was from 1879: the Yee Lee & Yee Hop Grocery and Vegetable Store on Front Street near Lytton Square advertised that their cart "with fresh Vegetables goes round the city every morning."

IHP6008





City Market, ca. 1927

The City Market opened in 1892 on Front Street at Lytton Square. After a fire in 1925, it moved to Columbia Street and Fourth Street; this building was converted and is today's Army and Navy department store. From 1947 to 1987, it operated at 1051 Columbia Street. Farmers from across the Lower Mainland came to sell their products; the market also served as a social function for them.

IHP3080

Manahan and Reichenbach Butcher Shop, 1889

This Front Street butcher shop was prominent in the nineteenth and early twentieth century. Joe Reichenbach is inside at the counter; Steve Manahan is in the window, while Pete Batt is at the door. Joseph Reichenbach was a local businessman who also served as president of the *Daily News* and who, during WWI, invented a bomb thrower.

IHP0320



FOOD SYSTEMS: CONSUMPTION

The New West Farmers Market (formerly called the Royal City Farmers' Market) brings BC-grown produce and other foods to three locations around town. On Thursday afternoons in the summer, it occupies a space by Tipperary Park. In the winter, it's on Belmont Street in Uptown on the first and third Saturday of the month. And, for food bank members, it has brought low-cost produce to the New West Food Bank. There's also a farmers' market nutrition coupon program: social services provides $3 coupons to people in need who then use the coupons to get produce from the farmers.

There are many other ways to eat in New Westminster.

The Sukh Sagar Gurdwara in Queensborough, like all Sikh gurdwaras around the world, has a free community kitchen called *langar*.

After attending services, people can get a meal to eat together in a large dining room. Volunteers help out with the cooking as part of *Seva*, a type of community service required of every Sikh person.

The temple also co-founded Guru Nanak's Free Kitchen to help people in need around the Lower Mainland.



Annual gathering at the first Sikh temple at Boyne Street, 1931

IHP6464

$40 a Week @ the Market

In 2016, blogger Katie Bartel wrote about her summer market challenge: to stretch out $40 every week at the New West Farmers Market.

Read more about the challenge here.



Four men having lunch on a beach, 1900s

IHP5814



Nawroz Celebration, Columbia Theatre, 2019
Food is a large part of how different communities celebrate. Here we see food and celebration on display at a Persian New Year (Nawroz) event in New Westminster.

Watch this video of the 2019 celebration on YouTube.



Provincial Exhibition produce display, 1929

The first agricultural exhibition in New Westminster was held in 1861. From 1889 to 1929, it was the biggest agricultural fair west of Toronto. Its mission was to celebrate Fraser Valley industries. Ten or more BC farming districts competed for the Dewar Shield, emblematic of "Finest District Agricultural Exhibit." Five buildings burned down before the 1929 exhibition, ending this part of New West's food history. Vancouver's Pacific National Exhibition then adopted the provincial status.

IHP7273



Sangster kitchen, ca. 1925

Naomi Sangster is standing in the back of the room, second from the left.

IHP9858-311

FOOD LITERACY

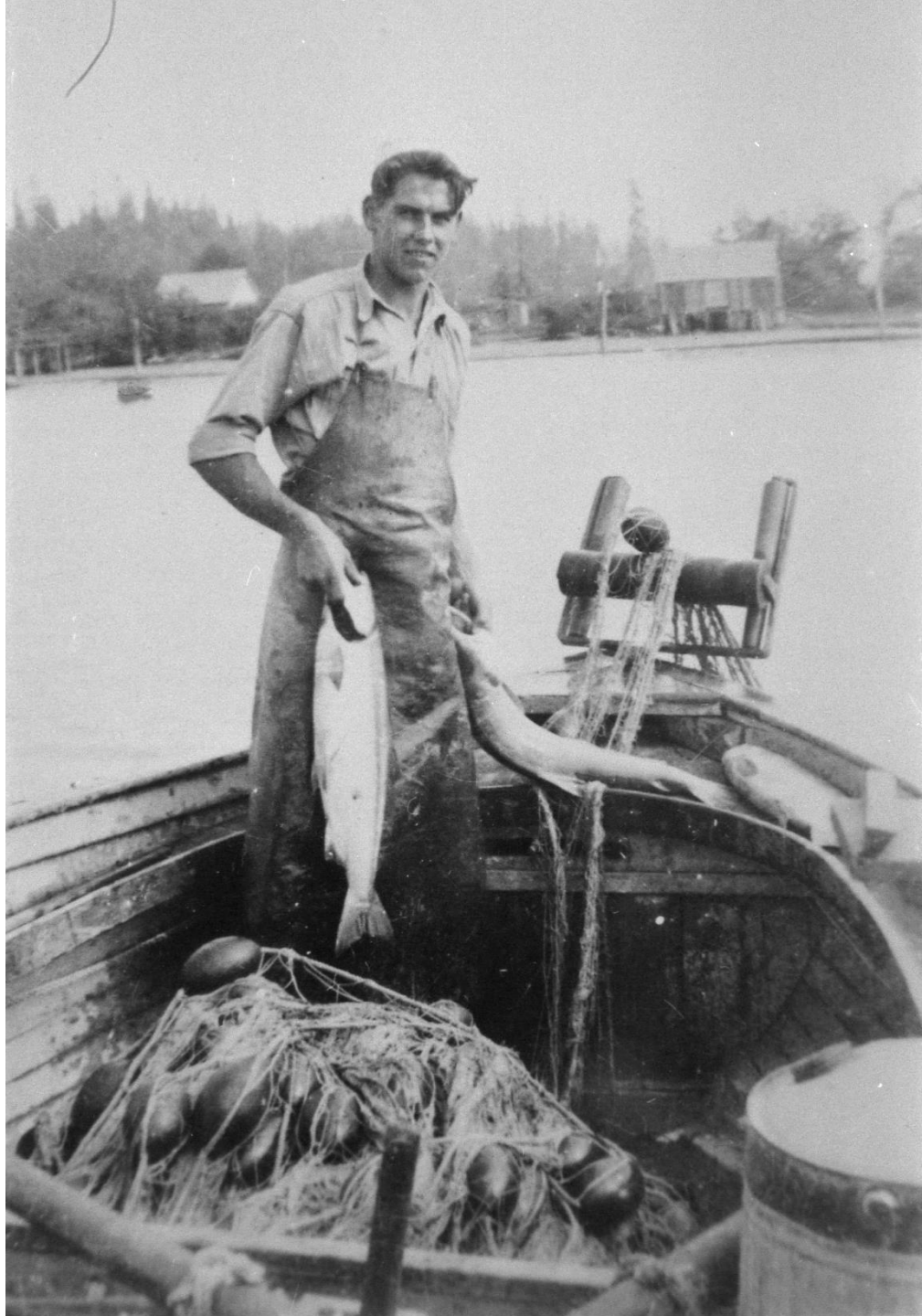


"Food literacy is the ability to make decisions to support the achievement of personal health and a sustainable food system considering environmental, social, economic, cultural, and political components."



Food Literacy: Definition and Framework for Action

Food knowledge is diminishing. In the past, it was easier to see where food came from. Neighbours knew the fishermen in New Westminster; farmers came every week to sell their wares at the market.



Mr. Iverson fishing on the Fraser River, 1940s
During the late 1940s, there were two fishermen living on Edinburgh Street near Twentieth with that name. This is probably Ralph Iverson, who lived at 1937 Edinburgh.

IHP6307

A **2013 study** found that Canadians' purchases were almost **62% ultra-processed foods**. Many individuals and families have busy schedules and are relying on the use of technology, with apps like Skip the Dishes and Uber Eats. But this can lead to decreased food literacy as people order more food from restaurants.

The food industry is also making accessing groceries more convenient through food delivery services (for example, meal kits and grocery delivery services); however this could lead to a lesser understanding of where food comes from. For busy people, meal kits can be a big help. But, at the same time, they may not be affordable for many.





CANADA FOOD GUIDE

The new Canada Food Guide, released this year, recommends a shift to a more plant-based diet, with water as the drink of choice. The aim is to have a plate that is half vegetables, one-quarter protein (such as nuts, meat and tofu), and one-quarter whole grains (like bread, rice and quinoa). It also recommends reducing sugary drinks (including juice), sweets and pastries, salt and saturated fat, and alcohol.

Read the full guide.

New food guides for First Nations, Inuit and Métis people are still in development.





Piping in the Haggis, Burn's Night at the Elks Lodge, January 25, 1951
Dr. James T. Lawson with the haggis, accompanied by Pipe Major Tom Campbell and piper Bill Donald. This photo appeared on the front page of the *British Columbian* the next day.

IHP9267-0086

New West Cookbookery

There is a cookbook lending library at the River Market. Share the cookbooks you love for a while or forever, or take out what you need for a month.

To borrow a book, register here.

HOW TO BECOME MORE FOOD LITERATE

Community kitchens are one way to become more food literate, by helping us improve our food skills. These programs, offered through Family Services of Greater Vancouver, help people connect with their community and gain new skills. Some help immigrants learn new recipes and about grocery shopping in Canada. One community kitchen helped widowers learn the skills they always left to their spouses and gave them an opportunity to make new friends.

The New West Farmers Market is another way to increase food literacy, by better connecting us to where our food comes from. Vendors can often teach customers about their food and how to use it.

For some people, accessing their cultural foods might be challenging in the Lower Mainland. Some people need to learn new skills as they encounter new foods.

Watch this short film about one of New West's community kitchens on YouTube.



Where do you get your multicultural ingredients?

Take a photo of those unique ingredients and tag them #newwestfood, telling us where to find them.



Wo Ham and family, June 10, 1904

Wo Ham was a cook on one of the earliest Samson ships.

IHP1042



Backyard beekeeping

New Westminster has had a long history of beekeeping. Even Mayor Lewis Sangster (1949-1950) kept bees many years ago. Today, some New West residents keep a hive or two for the honey. It’s not an easy way to get honey: hives need to be carefully cleaned, maintained and protected from parasites and neighbourhood animals like skunks, who also share a love for honey.

Photo courtesy of New Westminster Museum and Archives

OUR CITY'S FOOD CULTURE

Sharing Meals

The new Canada Food Guide also recommends cooking at home from scratch more often and eating out less. It also encourages us to make eating a social event. Sitting down with family, friends or neighbours is an important aspect of enjoying your food.



Thanksgiving dinner, 2018
Leona Green hosts a giant Thanksgiving dinner for her family, friends and customers at her Greens and Beans Deli in Sapperton. She even invites people who are alone during the holiday to join. She fits about 35 to 40 people in her shop, every person seated by the flag representing where they were born.

Photo courtesy of Leona Green

In fact, food is

one of the most

important parts of socializing in all cultures.

New Westminster has a rich food culture.

Besides many good restaurants, there are community dinners around the city every month. You can eat a perogy dinner at the Holy Eucharist Cathedral one night, an Italian dinner at the Roma Hall another night, or the *langar* at the Sukh Sagar Gurdwara every Sunday. Once a year, there's the Columbia StrEAT Food Truck Fest, with block after block of food trucks and an array of food from around the world. On Thanksgiving, some restaurants host dinners for people who are alone or in need. Or, you can attend a Popluck. It's a pop-up potluck that happens in unique spaces. Participants aim to buy local and maintain zero waste as they share their traditions and culture.

Perogy Supper volunteers

For the last twenty years, the monthly perogy suppers at the Holy Eucharist Cathedral on Fourth Avenue serves distinctive Ukrainian foods like cabbage rolls, borscht and, of course, perogies. Volunteers prepare everything, putting in about 600 hours a month to do the shopping, potato peeling, rolling the dough, pinching perogies and making cabbage rolls, and finally washing the floors after the dinners. The late Wally Komaryk began these popular dinners in 1999.

Photo courtesy of New Westminster Museum and Archives





Urban Farmer Fall Fair, 2011

The Queensborough Special Programs Committee organized this exhibition from 1993 to 2011. People brought in their produce and homemade preserves to display.

Photo courtesy of City of New Westminster

Columbia StrEAT Food Truck Festival

This summer festival draws thousands from all over the Lower Mainland. There are food trucks and activities along Columbia Street from New West SkyTrain Station to just past Fourth Street.

Photo courtesy of Downtown New Westminster BIA



HELPING YOU CELEBRATE

Did you know that the Family Services of Greater Vancouver has grants for community celebrations through the Vancouver Foundation's Neighbourhood Small Grant program?

Neighbours around New West have found unique ways to get to know each other through food. At the Glenbrooke Salad and Pie days, residents brought their home-cooked meals to share with one another. A Roma Hall chef got a grant to teach Italian cooking at Thompson's Landing Park in Queensborough. The Fraser River Food Buying Club received seed funding to establish. Many have received grants to start new community gardens or have multicultural meals.

Apply for a grant here.



Acknowledgements

The New Westminster Museum and Archives acknowledges the contribution of the following people and organizations in the development of this exhibition and associated programming.

- Downtown New Westminster BIA
- Family Services of Greater Vancouver
- Fraser Health
- Greater Vancouver Food Bank
- New West Farmers Market
- New Westminster Community Food Action
- New Westminster Museum and Archives Community Advisory Group
- New Westminster Public Library
- Surrey Museum
- UBC Library



Acknowledgements

- Adiba Abdulrahman
- Roqiya Ahmadi
- Taiseer Amr
- Suzan Anbari
- Remy V. Arbonso
- Jen Arbo
- George Bousserski
- Mary Campbell
- Renee Chadwick
- Alison Ching
- Maylen Crespo
- Nonia Deguitp
- Lorraine Elliott
- Deanna Tan Francoeur
- Claudia Freire
- Carly Fryer
- Keely George
- Mark Gifford
- Leona Green
- Sawsan Hamie
- Kristin Hardie
- Bev Hee
- Soleyca Homez
- Minoo Javadi
- Alex Kwan
- Bertha Lansdowne
- Peter Leblanc
- Claude Ledoux
- Adele Letwin
- Ana Leydi Valdovinos Leyva
- Rachel Mallory
- Lily Nichol
- Mykhailo Ozorovych
- Kate Petrusa
- Olga Zamudio Prieto
- Sarah Race
- Lourdes Sarubbi
- Rohan Singh
- John Stark
- Pat Steiner
- Elaine Su
- Sherri Summers
- Anne Uebbing
- Veronica Wahl
- Amy Weeks
- Betina Wheeler
- Angie Whitfield
- Wayne Wou
- Jim Young

SCENES FROM THE EXHIBIT OPENING, MAY 17, 2019





Acknowledgements

Museum Staff & Volunteers

- Anna Klimek
- Emma Quan
- Stephanie Thai
- Lina Thrun
- Jenn Wong

Museum Manager: Rob McCullough
Graphic Designer: Johanna Bartels
Exhibition Designer: Max Galyon
Curator: Oana Capota
Archivist: Barry Dykes
Registrar: Allan Blair
Programmers: Rebeca Salas & Michelle Taylor

NEW WESTMINSTER

BRITISH COLUMBIA ARTS COUNCIL
An agency of the Province of British Columbia

THANK YOU TO EVERYONE WHO VISITED THE EXHIBIT

