

Local Food Systems and Vulnerable Immigrants and Refugees in Metro Vancouver

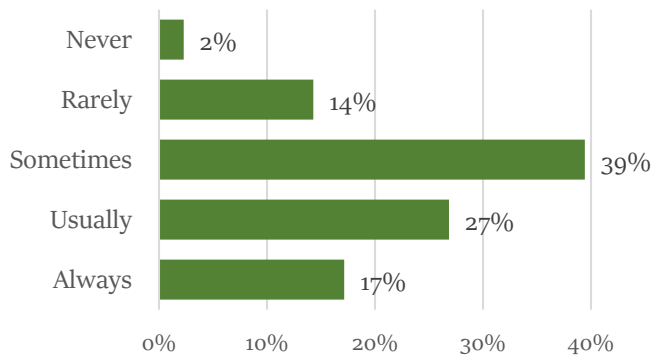
Study objective: to gain insights on food access challenges and interests in the local food system among vulnerable immigrants/refugees

Key barriers to food access: Limited income and high food prices

Food and culture: Food confers comfort and connects generations to their culture. Survey participants felt moderately stressed if they were unable to access their ethnic food.

“Life in a new country is like a chili pepper – very spicy”

Do you have access to food from your culture?



63% had heard the term “local food”. The majority preferred to buy BC grown products, if possible. Focus group participants believed that locally grown vegetables tasted better than imported ones.

Food system interests: Top three activities in which survey respondents would like to participate were

1. Visit local farms
2. Learn to cook new types of food
3. Grow food at home/community gardens

Food as a vehicle to social integration: Focus group participants expressed strong desires to connect with other community members through activities such as cooking and sharing meals, and gardening.

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178 immigrants/refugees participated in the survey

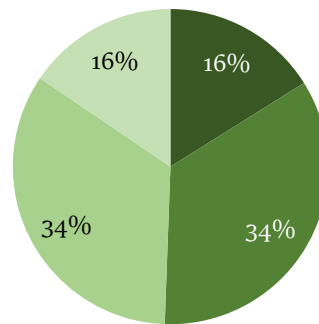
40 countries of origin

63% have lived less than 5 years in Canada

15 immigrants/refugees participated in focus groups

61% had family income less than \$30,000/year

60% received food from food banks or similar places



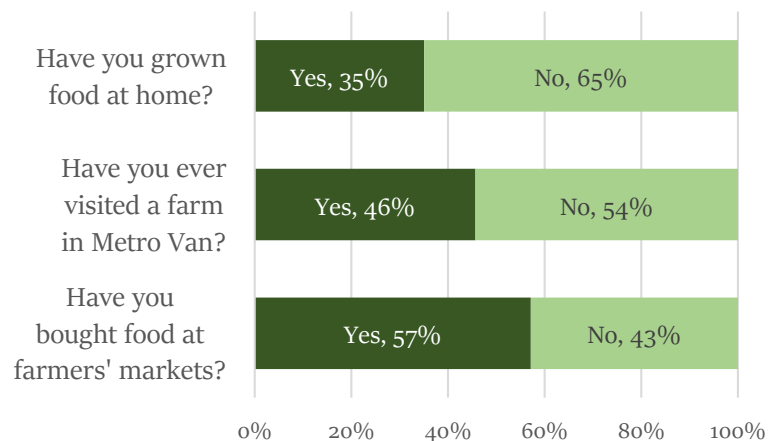
Have you ever bought and eaten fruits and vegetables that you didn't know?

- I've tried most of them
- I've tried several types
- I've tried a few things
- Never

Barriers to buying unfamiliar fruit/vegetables:

- Not knowing how to use them
- Price
- Concern that they would not like the taste

20% stated that they did not have the knowledge on seasonal availability of local products or the skills to cook with unfamiliar ingredients they found in Canada



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metrovancover



More info: www.kpu.ca/isfs/refugees-and-immigrants-local-food-access