

CITY CENTRE FOOD COOPERATIVE PRESENTS

# City Centre Food Access Guide



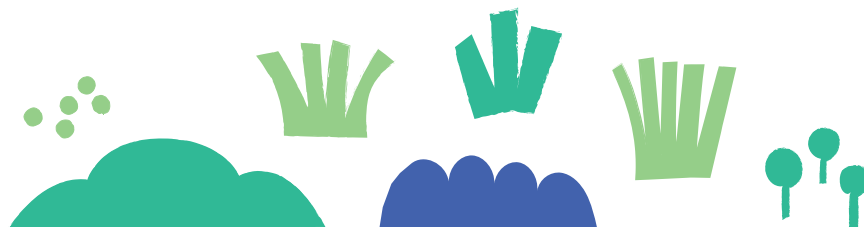
2021

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## **LAND ACKNOWLEDGMENT**

We honour the ancestors who have cared for these lands and all those who continue to protect the water, sky, and land to this day. The CCFC is grateful to exist on Treaty Six Territory and the traditional homelands of the Métis Nation. We acknowledge the interrelationships between all living beings and our shared responsibilities for the ethical stewardship of these sacred lands.



# MESSAGE FROM THE BOARD

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Following the closure of the Shop Easy market in City Park in 2015, a small but dedicated group of citizens came together to discuss issues of food access and food security in Saskatoon's downtown. It was from these meetings that the City Centre Food Cooperative (CCFC) was formed. The CCFC is a not-for-profit, volunteer run organization committed to addressing issues of food access and food security through advocacy and a weekly fresh food market in Saskatoon's city center.

In early 2020, we expanded our advocacy work with the "City Centre Food Access Guide" to bring awareness to food insecurity, connect with our community, and explore how issues of food access shape the lived experiences of residents in Saskatoon's city center. Little did we know at the time that we would be closing our market for the foreseeable future due to the COVID-19 pandemic, and that issues of inequity would worsen. We look forward to opening again in the future when it is safe to do so!

Since the early days of developing this guide, we have reflected deeply on why it is important to us. We wanted something uniquely local and specific to Saskatoon's city centre. We wanted something that draws attention not only to the issues of food security and access in Saskatoon, but to also acknowledge the amazing organizations, businesses, and people working to alleviate these burdens. And we wanted to share the voices of community members who feel the impacts of these issues.

The CCFC and this guide would not exist without the generous support of CHEP Good Food Inc., Affinity Credit Union, the Community Service Village, as well as our loyal volunteers, customers, and local businesses. We want to thank our graphic designer, Jaymie Raefta, for visually bringing our ideas to life. We would also like to thank the local artists, individuals, and organizations that contributed so thoughtfully to this guide, and The Night Oven and DTNYXE for their financial support. Seeing it all come together has been truly remarkable.

You do not have to be a downtown resident to use this guide. We hope that everyone can take something important away from it, whether that's where you can find fresh produce downtown or expanding your knowledge about issues of food security and food access in our city. We hope that this guide can contribute to food access within our community until we are once again able to safely reopen our market. It is through collaboration and support that we will get through this pandemic, and it is with that same collaboration and support that we can end food inequality within our city.

Sincerely,

**CITY CENTRE FOOD COOPERATIVE**

## OUR BOARD MEMBERS

Mika Rathwell, Sugandhi del Canto, Mark Wilson, Savannah Holt,  
Rebecca Zakreski, Silvia Wong, Megan Kuznitsoff & Kehan Fu

# DEFINITION OF TERMS

## **FOOD DESERT**

Geographical area with limited access to healthy food.

## **FOOD SECURITY**

Physical and economic access to sufficient, safe and nutritious food to meet dietary needs and food preferences for an active and healthy life. Food insecurity is the absence of these conditions.

## **FOOD SOVEREIGNTY**

The right of people's access to healthy and culturally appropriate food, and their right to define their own food and agriculture systems.

## **FOOD SWAMP**

Geographical area with high exposure to less healthy food and beverages.

## **CULTURALLY RELEVANT**

The use of cultural knowledge, prior experiences, frames of reference, and performance styles of diverse communities.

## **CULTURALLY SPECIFIC**

Reference to, or inclusion of, a particular cultural identity.





# DID YOU KNOW?

FOLLOWING THE CLOSURE OF THE SHOP EASY IN CITY PARK AND THE GOOD FOOD JUNCTION IN RIVERSDALE, CLOSE TO 25,000 PEOPLE IN SASKATOON LOST GEOGRAPHIC ACCESS TO A GROCERY STORE.



# TESTIMONIALS

## ALICE

Alice is a senior who lives in downtown Saskatoon. When we ran our Pop Up Produce Market at the Community Service Village, Alice was a regular customer. She would come each week, often lingering to chat with volunteers and other customers. On more than one occasion, Alice tells me what a life-saver the market was. “I wouldn’t be able to get fruits and vegetables otherwise. I sometimes have to get stuff from the convenience store,” (there are 3 within a few blocks of where she lives). “But the convenience stores are really expensive and they don’t have many options. I can’t buy real food there.” She sometimes buys food at the Shoppers Drug Mart on 7th Avenue, but again notes that selection is limited. “The (Pop Up) market was very important to me.”

We talk about all the changes to downtown Saskatoon over the last few decades. There was, of course the closure of the Shop Easy grocery store in City Park in 2015. This was preceded by the closure of Extra Foods on 3rd Avenue in 2004, and OK Economy on 20th Street in 1997. More recently, the Good Food Junction, a full service grocery store in Station 20 West at 20th Street and Avenue L South, closed in 2016. The centre of Saskatoon has been without consistent access to a grocery store for a long time.

Beyond grocery stores, Alice comments that “all the interesting places keep closing.” She is referring to the independent retail stores downtown. Like many of us, she agrees that it is these types of shops that make for a vibrant downtown. “I hope it gets better soon.”

## WAYNE

Wayne is a long-time volunteer for the CCFC, and he was regularly opening our market every Thursday morning before the pandemic hit. “I had retired at the start of 2017 after 35 years in the electrical business, and 11 years in retail grocery and produce, including as a produce manager. I began looking for something to help fill in my time. My wife agreed with me that maybe the CCFC organization might be a good fit, considering my previous experience and my produce and grocery background.

In April of 2017 I was accepted as a volunteer and did that until late 2019, after which COVID-19 put a stop to everything. My daughter Jessica has also thoroughly enjoyed helping out and interacting with customers and staff from within the YWCA. We’ve met and greeted numerous customers, staff and walkers by. Many customers told us that the CCFC was greatly appreciated, especially with just 7-11 and Circle-K being nearby being their closest options, and even more so if they were unable to drive, had health or mobility issues, or hated to impose on their family or friends.”



ZOE ARNOLD URBAN AGRICULTURE COORDINATOR

JORDAN MORTON INDIGENOUS FOOD SOVEREIGNTY FACILITATOR

CHEP Good Food Inc. works with children, families, and communities to improve access to good food and promote food security. For over 30 years, CHEP has been promoting – and providing – healthy food options to Saskatoon residents. Geography, income, and transportation are three key barriers to accessing healthy food. CHEP addresses each of these in a respectful, integrated way through a variety of initiatives such as the Good Food Box, Community Markets, Nutritional Packages for Seniors, Chefs in Training, the askîy project, and Collective Kitchens.

The askîy project is CHEP's urban agriculture internship program, one of many initiatives of CHEP to promote food security. The internship provides Indigenous and non-Indigenous youth in Saskatoon opportunities to gain knowledge and experience of growing, harvesting, marketing, and selling food. The askîy project reimagines urban spaces to grow food, while empowering youth to practice food sovereignty through sustainability, culture, and community. askîy is a Cree word meaning earth.

## HOW HAS THE FOOD ACCESS LANDSCAPE CHANGED IN THE LAST 5-10 YEARS?

### ZOE

At the beginning of the COVID-19 pandemic, CHEP saw a dramatic increase in the number of people accessing our low-cost food programs – at least triple of what we had seen last year. It's likely that the uncertainty and loss of employment during the pandemic contributed to this staggering increase.

Prior to the pandemic, a dramatic change for food access in the city centre was the closure of the Good Food Junction on 20th and the City Park grocery store on 7th Ave. These closures created a sizeable food desert in the core neighbourhoods. A food desert is defined as an urban area that does not have easy access to affordable, fresh, and healthy foods. CHEP has worked to improve food access by setting up community markets of fresh produce in the City Core, and supplying fruits and vegetables to other organizations, such as the CCFC. CHEP's current market runs daily from Station 20 West – check our website for the most up to date information.

We have also seen an increasing trend of folks wanting to eat local and grow their own food. Community gardens are more popular than ever, with many gardens having waitlists. The number of community gardens in Saskatoon has increased from 12 in 2012 to 53 in 2021. Gardening seems to be an even more popular pastime during COVID-19, with many local seed companies reporting their highest sales to date.

Photo Submitted by  
Chloe Meadows





## HOW DOES THE IMPORTANCE OF CULTURALLY SPECIFIC FOOD, INCLUDING INDIGENOUS, FIT INTO THE FOOD SOVEREIGNTY LANDSCAPE?

### JORDAN

Currently, very few individuals exercise food sovereignty, which really only the fairly wealthy can afford the options they desire in a way that meets their selves and community. Indigenous foods fit perfectly into food sovereignty work and movements. Moreover, Indigenous foods and related food systems would have positive impacts on the environment that include, but also go beyond, making food a central aspect of balanced living. This would see benefits across all facets of life, and would be a foundational step in a just transition to regenerative food systems.

As far as culturally specific foods outside of Indigenous foods, a just and regenerative food system would be much better suited to accommodating or incorporating alternative foods or vegetables into the system, thus making it more robust and resilient in the long term as both the communities supplying/eating the foods work in symbiosis with the market/each other and shared growing spaces.

## WHAT INSPIRES YOU ABOUT FOOD IN SASKATOON OR WHAT ARE YOU HOPEFUL FOR?

### ZOE

I feel hopeful when working with the youth that take part in our askîy internship. I've seen how hungry they are to learn about growing their own food, and I have been fortunate to join them on this learning journey. Seeing their excitement at watching a bean seedling push its way out of the soil, or the joy in enjoying a cucumber fresh from the garden for the first time, is very rewarding. The reciprocal relationships I see building between interns, community members, and the land inspire me every day.

I feel inspired when I see organizations coming together to address food insecurity. In the early months of the pandemic, it was heartening to see community organizations come together quickly in Saskatoon to respond to the needs of community members. The Saskatoon Inter-Agency Response is doing an amazing job of organizing community needs. Pandemic food access is a challenge that I'd have rather not faced, but there have been important lessons in collaboration between organizations that I hope will continue.

## HOW CAN CITIZENS GET MORE ENGAGED/INVOLVED IN FOOD SOVEREIGNTY ISSUES?

### JORDAN

I think one way for folks to get involved is to try to understand the Indigenous worldview of seeing all things as interconnected. Our food should be seen as deeply connected to the rest of our lives and understood for the impact it carries on all those areas. Part of the problem in our modern society is the separation of things, and while that may be helpful in identifying key issues or isolating problems, our human-mammalian selves operate in a way that is very inclusive. In our efforts to simplify things and have comfort, we have willfully chosen to neglect or outright ignore certain facets or facts about reality. We blindly accept things that come our way without question or critical thought, and this can lead us to be disconnected from the world around us as we don't actually have good understandings of the systems that make our lives go around. Another way is to simply seek resources online via Google, Facebook groups or YouTube, this past year alone has had a tremendous impact on the amount of content available and pertinence of said information to the present day. Lastly, I would encourage anyone wanting to get more engaged or involved in food sovereignty to reflect on their own relationship to food, land, and their choices surrounding cultural foods.

- How do your choices around food affect the environment?
- Can you think of anyone or any persons who can't access a food(s) they would like? Need?
- Does everyone in your community have access to clean drinking water?





Hillary Simon-Worobec

# A CONVERSATION ON FOOD SOVEREIGNTY

WITH CHEF  
JENNI LESSARD

## HOW HAS THE FOOD ACCESS LANDSCAPE CHANGED IN THE LAST 5-10 YEARS?

The food access landscape has had steps forward and backward over the last five years. The closing of the Good Food Junction at Station 20 West left a gap for healthy food, but the CHEP Good Food Inc market operating on certain days in the building replaced some of that loss. A Giant Tiger store and a No Frills store both opened on 22nd St, offering more food choices to people living in core communities. The Saskatoon Farmer's Market closing and having to relocate out of walking distance from the core was a loss. Bulk Basket opening on 20th St was a gain. The City Centre Food Co-op also offers healthy and affordable food options.

## HOW DOES THE IMPORTANCE OF CULTURALLY SPECIFIC FOOD, INCLUDING INDIGENOUS, FIT INTO THE FOOD SOVEREIGNTY LANDSCAPE?

Culturally specific food, including Indigenous food, is very important for individuals to not only feed their bodies but also their spirits. I would love to see playground programs take kids out on berry picking expeditions then go back to a community kitchen and teach them how to prepare foods with the freshly harvested berries or plants. School lunch programs in core communities being “allowed” to serve moose meat, northern fish, etc, would enable youth to make a tangible connection with their heritage while being nourished physically.





## WHAT INSPIRES YOU ABOUT FOOD IN SASKATOON OR WHAT ARE YOU HOPEFUL FOR?

There is an increasing number of people and organizations in Saskatoon who are committed to working toward food security and sovereignty from CHEP to the Saskatoon Food Council and many in between. Ideas are being heard and good work being done. Public Health and the City of Saskatoon are listening to concerns and suggestions. There's still an enormous amount of work to be done, but things are looking up.

## HOW CAN CITIZENS GET MORE ENGAGED AND INVOLVED IN FOOD SOVEREIGNTY ISSUES?

Citizens who want to become more engaged in food sovereignty issues can, if they are Indigenous, simply start taking back their inherent right to eat the foods that grow on the land, whether they are in the city or not. I harvest berries and plants in a sustainable way, using protocols I've been taught, in city parks and along the river. If anyone questions me, I view it as a way to share the history of the Métis people from whom I'm descended. Another step is to volunteer on food security-related boards and with organizations who are working to improve the food landscape in Saskatoon.

@CHEFJENNI ON INSTAGRAM



# MAP OF CORE FOOD ACCESS POINTS

DAIRY

EGGS

MEAT



**1 NO FRILLS**  
2410 22ND ST WEST

**7 GIANT TIGER**  
105 AVENUE F SOUTH

**9 BULK BASKET**  
401 20TH ST WEST

**10 BISTAK GROCERIES**  
325 20TH ST WEST

**11 FRESHCO**  
302 33RD ST WEST



**14 CHUNG WAH CHINESE GROCERY**  
219 20TH ST WEST

**15 EASTERN MARKET**  
218 AVENUE B SOUTH

**16 AN-AN MARKET**  
107 20TH ST WEST

**19 THE NIGHT OVEN BAKERY**  
629B 1ST AVE NORTH

**22 SHOPPERS DRUG MART**  
201 1ST AVE SOUTH  
UNIT 50 (MIDTOWN MALL)

**23 7-ELEVEN**  
380 2ND AVE NORTH

**24 PHARMASAVE**  
202 2ND AVE NORTH

FRESH  
PRODUCE



BAKED  
GOODS



SHELF  
READY



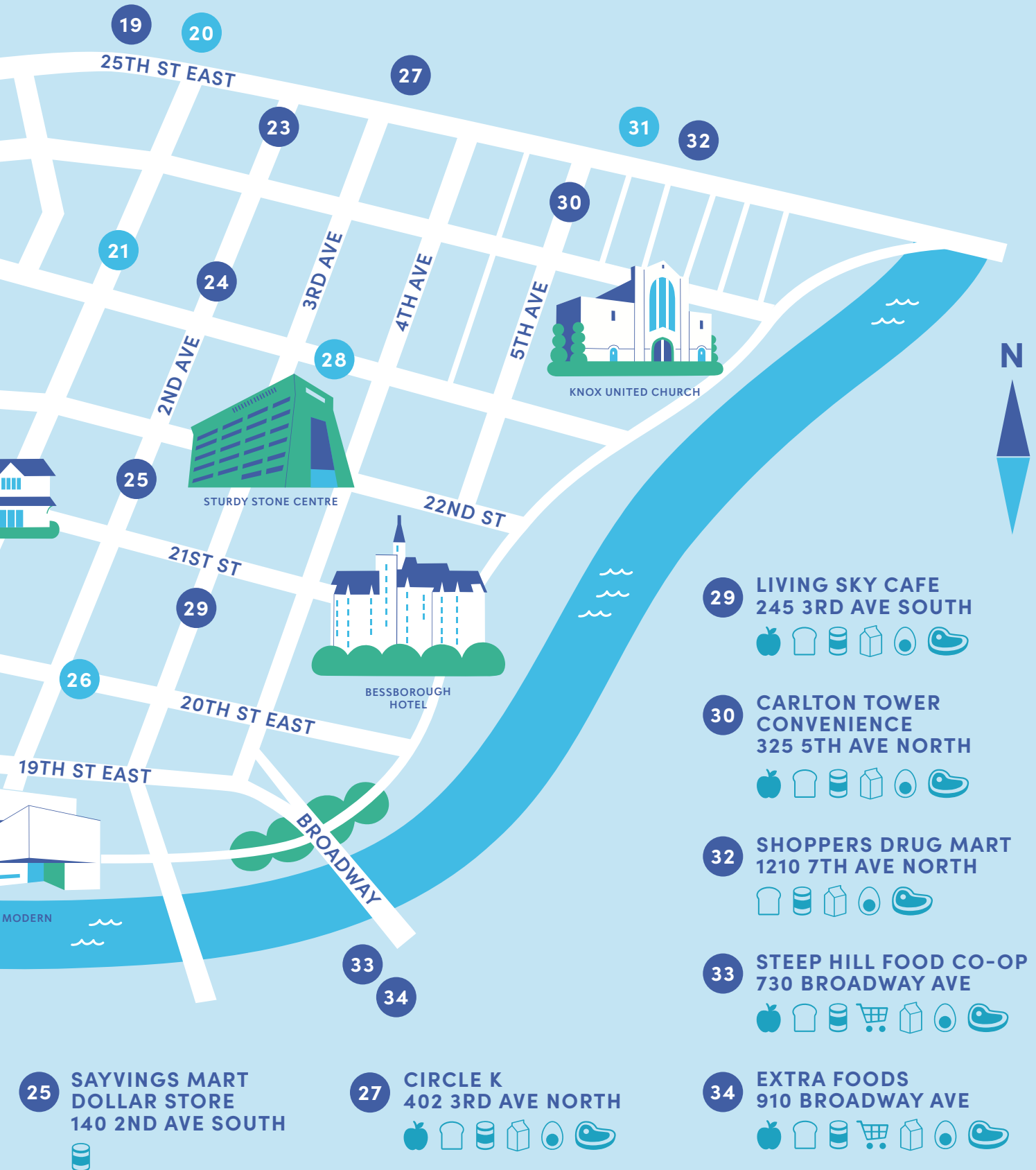
FULL SERVICE  
GROCERY



DOWNTOWN FOOD RETAILERS



COMMUNITY ORGANIZATIONS  
LISTED ON THE NEXT PAGE



# COMMUNITY ORGANIZATIONS

## 2 CUMFI WELLNESS CENTRE 315 AVENUE M SOUTH

Aboriginal supported housing and wellness community organization supporting women, children and families. Snacks available at the door Monday to Friday.

## 3 CHEP GOOD FOOD 1120 20TH ST WEST

Provides access to good food through Good Food Boxes, community gardens, mobile markets, and fresh food markets. Station 20 West hosts a market every Tuesday and Thursday from 11 a.m. to 3 p.m.

## 4 THE BRIDGE FELLOWSHIP CENTRE 1008 20TH ST WEST

Religious organization that offers breakfast and lunch Monday to Thursday and lunch on Saturdays.

## 5 SASKATOON FRIENDSHIP INN 619 20TH ST WEST

Offers individual and group services for children, youth, and adults experiencing poverty. Provides daily breakfast services from 8 - 9 a.m. and lunch from 11:45 a.m. to 1:15 p.m.

## 6 WHITE BUFFALO YOUTH LODGE 602 20TH ST WEST

Provides integrated, holistic support services for children, youth, young adults, and their families in the inner city. Serves lunch and supper meals. Call for registration and intake.

## 8 SASKATOON NATIVE CIRCLE MINISTRY 450 20TH ST WEST

Supplies food, fellowship, and personal items when they are available. Serves bagged lunches on Monday to Friday from 2:45 to 3:45 p.m.

## 12 SASKATOON FOOD BANK AND LEARNING CENTRE 202 AVENUE C SOUTH

Offers emergency food hamper services Monday to Friday.

## 13 THE SALVATION ARMY 339 AVENUE C SOUTH

Offers shelter and meals. Assists with grocery and pharmacy delivery to those in need.

## 17 CHEP G.F.B RIVERSDALE DEPOT 332 AVENUE B SOUTH

Chep Good Food Box Depot

**HOURS AND SERVICES MIGHT BE IMPACTED BY COVID-19. PLEASE CONTACT ORGANIZATIONS IF POSSIBLE BEFORE ACCESSING SERVICES.**





18

**SASKATOON INDIAN AND MÉTIS  
FRIENDSHIP CENTRE  
168 WALL ST**

Supports First Nations, Métis, and Inuit cultural distinctiveness through holistic support. Bagged suppers available Monday to Friday.

20

**EGADZ  
485 1ST AVE NORTH**

Programs and services for children and youth aged 12 to 19. Supper available Monday to Friday at 5 p.m.

21

**CHEP G.F.B DOWNTOWN DEPOT  
225 1ST AVE NORTH**

Chep Good Food Box Depot

26

**THE LIGHTHOUSE  
SUPPORTED LIVING  
304 2ND AVE SOUTH**

Supported living emergency shelter that provides to-go dinners Monday to Friday.

28

**CHEP MOBILE MARKET BUS  
311 23RD ST EAST**

Chep Mobile Fresh Food Market

31

**CITY CENTRE FOOD COOPERATIVE  
506 25TH ST EAST  
LOCATED INSIDE THE YWCA BUILDING**

**WEEKLY POP-UP PRODUCE MARKET  
THURSDAYS FROM 10:30 AM TO 6 PM  
ON HOLD UNTIL FURTHER NOTICE**



# THE ASKÎY PROJECT

[CHEP.ORG/ASKIY-PROJECT](http://CHEP.ORG/ASKIY-PROJECT)

The askîy project is an urban agriculture internship that engages both Indigenous and non-Indigenous youth to learn together about growing, harvesting, and selling food through an innovative model. Its five key focus areas are: growing food and food skills, enhancing cultural connections, promoting environmental sustainability, creating social enterprise, and engaging youth.

askîy [uh-SKI] is a Cree word meaning “earth” and kiscikânis [kiss-chi-GA-nis] is a Cree word meaning “garden”. The askîy project kiscikânis is located near Station 20 West where a variety of vegetables, herbs, and flowers are grown each year. The project also hosts educational workshops, tours, and demonstrations. The following recipes were submitted by the askîy project.

## BORSCHT

- 2 cups peeled and chopped beets (boil first to loosen skins)
- 1 1/2 cups other root vegetables chopped, such as radishes, turnips, or carrots
- 1 cup chopped onion or scallions
- 2 cups vegetable or meat stock
- 2 tomatoes, diced (optional)
- 1 cup shredded cabbage (red or green), or other greens
- 1 tbsp vinegar
- Salt and pepper
- Optional: sour cream, cottage cheese, yogurt

## INSTRUCTIONS

1. Cube or chop beets, other roots, and onions, and simmer for 20 minutes in stock.
2. Add remaining ingredients and simmer for another 20 minutes.
3. Serve with a dollop of sour cream, cottage cheese, or yogurt.

## ROASTED POTATOES WITH BEETS AND THYME

- 1 lb potatoes, cut in cubes
- 1 large or 3 small beets, cut in cubes
- 4 cloves garlic, minced
- 4-5 sprigs fresh thyme
- 3 tbsp olive oil
- Salt and pepper

## INSTRUCTIONS

Preheat oven to 450 degrees Fahrenheit. Combine everything in a bowl. Place on a baking tray and bake about 45 minutes or until tender.

## BASIL BUTTER

This sweet and peppery butter is good for white fish, chicken, corn on a cob, boiled potatoes, green beans or peas!

- 1/2 cup of finely chopped basil
- 1 cup of butter, softened
- Coarse salt and ground pepper

### INSTRUCTIONS

1. In small bowl, combine butter and basil. Season generously with salt & pepper.
2. Transfer mixture to parchment or wax paper. Gently roll into a cylinder and put in the fridge for 2 hours to solidify. Serve and enjoy!

## ROASTED GARLIC AND DILL DRESSING

- 1/2 cup of Greek yogurt
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 5 cloves of roasted garlic
- 3 tablespoons fresh dill, chopped

### INSTRUCTIONS

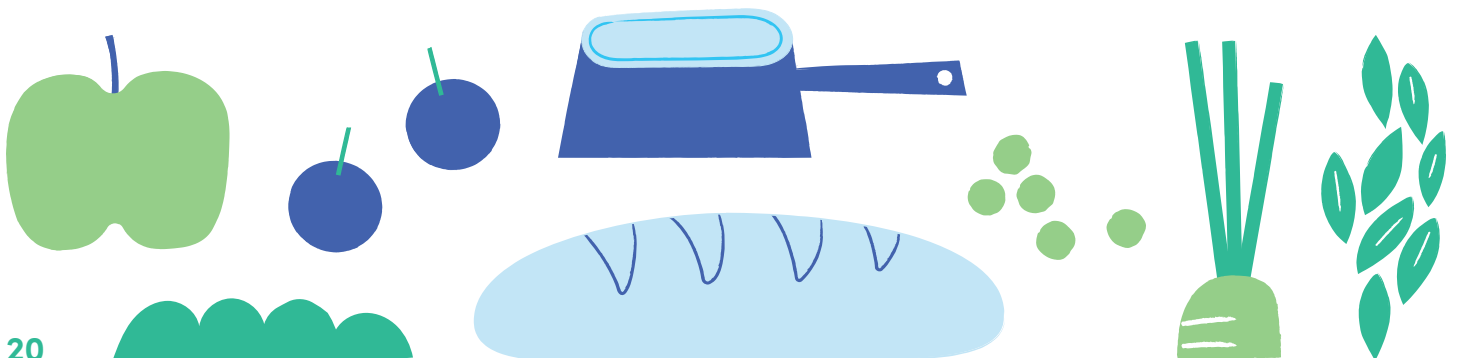
Combine all ingredients in a blender and mix until smooth. Store in an airtight container in the refrigerator until ready to use.

## SMOKEY-HERBED ROASTED POTATOES

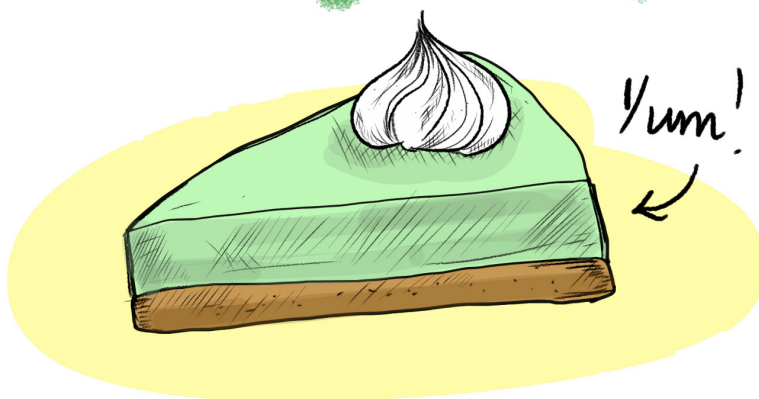
- 1.5 lbs of potatoes, quartered
- 8 cloves of garlic
- 8 sage leaves, chopped
- 6 basil leaves, chopped
- 3 tsp olive oil
- 2 tsp paprika (optional)

### INSTRUCTIONS

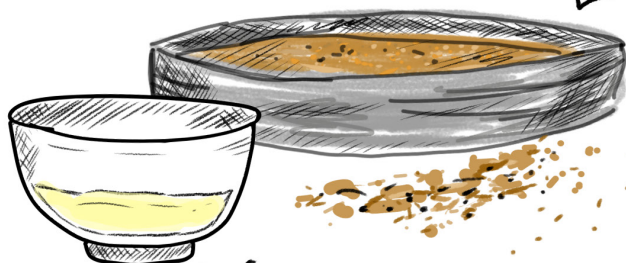
Preheat oven to 400 degrees Fahrenheit. Place the potatoes into a large bowl. Add the garlic, basil, and sage to the potatoes. Pour the olive oil onto the potatoes and add the salt and smoked paprika. Stir the added ingredients with the potatoes and lay the potatoes in a single layer on a baking sheet. Roast for 30 minutes, turning halfway. Serves 4.



# no bake! MATCHA CHEESECAKE



Combine  $1\frac{1}{2}$  cup graham cracker crumbs with 6tbsp melted butter



Bake 375°F for 7 mins.

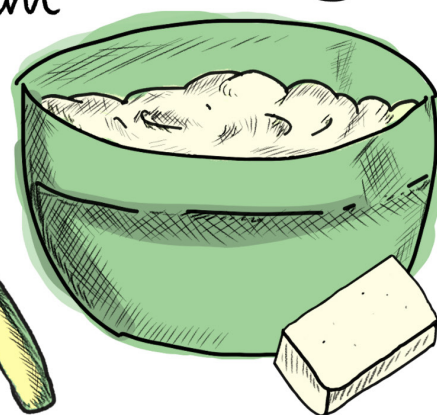
Whip  $\frac{1}{2}$  cup heavy cream with  $\frac{1}{4}$  cup sugar.

Whip 1 block softened cream cheese with  $\frac{1}{2}$  cup sugar in separate bowl.



Mix 2 tbsp matcha powder to cream cheese

Fold whipped cream into cream cheese evenly



Pour onto cool crust and chill for 2 hours

**SUBMITTED BY KAITLIN WONG**

- 1/2 cup rolled oats
- 3/4 cup milk
- Half of a banana, cut into pieces
- 1 tsp cinnamon
- 1-2 tsp liquid sweetener, like maple syrup or honey

1. In an airtight container add the oats, milk, banana, cinnamon, and sweetener.
2. Mix to combine well.
3. Close the container and place in the fridge for at least 6 hours. Overnight is best!

- 1/2 cup rolled oats
- 3/4 cup milk
- Half of an apple, diced
- 1 tsp cinnamon or apple pie spice mix
- 2 tsp liquid sweetener, like maple syrup or honey

1. In a microwave safe bowl, first prep the apples by combining your sweetener, apple, and cinnamon and then microwave for 45-60 seconds.
2. Next, in an airtight container, combine the oats, milk, cinnamon, and the apple.
3. Close the container and place in the fridge for at least 6 hours. Overnight is best!

The amount of sweetener is totally customizable so you can add more or less! You can customize your oatmeal with add-ins such as almonds, dried fruit, nut butters, fresh fruit, coconut, brown sugar, etc! If you find that your oatmeal is too runny, simply add less milk. If you want a creamier oatmeal, replace 1/4c up of the milk with yogurt (plain or vanilla).





# VEGAN CHOCOLATE BARS

SUBMITTED BY HANNAH WIEDER

- ½ cup coconut oil
- ½ cup maple syrup
- 2 tablespoons peanut butter
- ½ cup of cocoa powder
- Up to 3 cups of your favourite nuts

## INSTRUCTIONS

1. Combine all ingredients in a bowl.
2. Spread in pan and freeze for ten minutes.

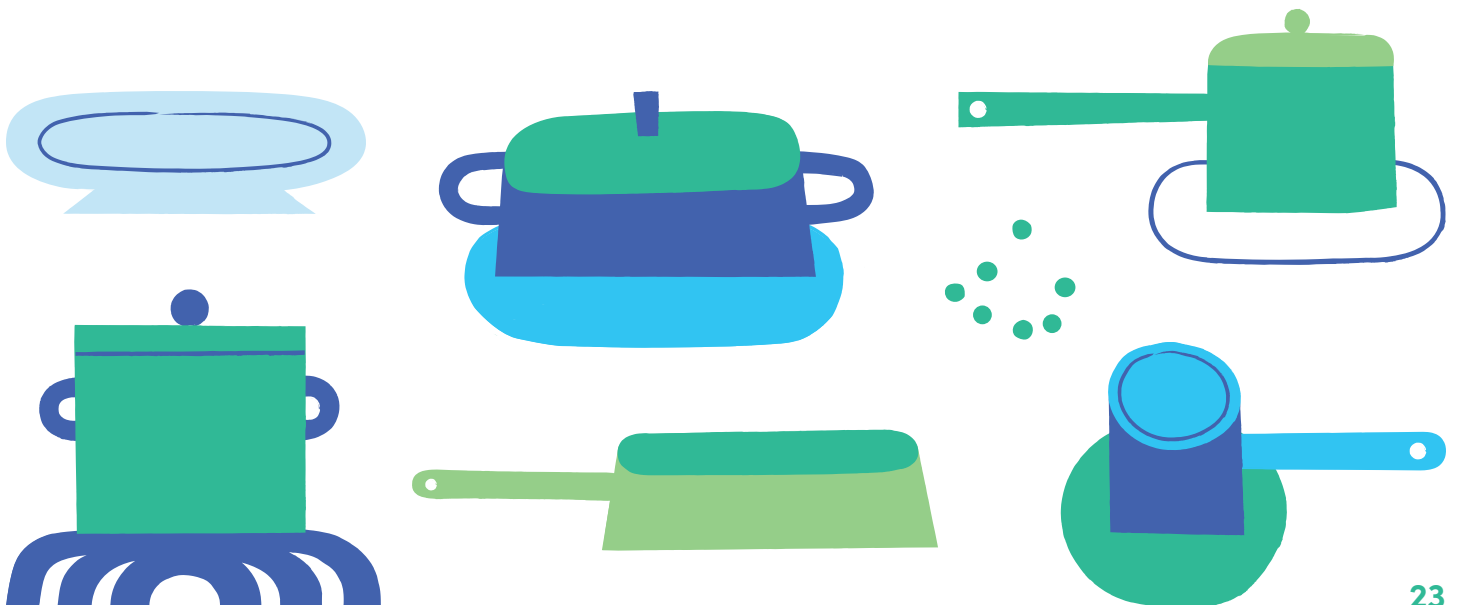
# HUMMUS PASTA

SUBMITTED BY SUGANDHI DEL CANTO

- Hummus (any kind, store bought or homemade) at least 1 cup
- Pasta. Use any kind and any quantity, keeping in mind that the more you use, the more hummus you will need.
- Chopped or diced vegetables of your choice, any quantity. I usually use spinach and red bell peppers. Anything that tastes okay raw will work
- Optional: chopped olives (green or black), sun-dried tomatoes, fresh herbs, chili flakes, lemon juice
- Salt and pepper

## INSTRUCTIONS

1. Boil pasta until cooked. Drain well, reserving about 1 cup of cooking liquid
2. Return pasta to pot and while still hot, mix in as much hummus as you want, using reserved cooking liquid to thin it into a sauce-like consistency.
3. Stir in vegetables. Keep heat to low just long enough to wilt spinach (if using).
4. Add in salt, pepper and optional items.







# ACCESSIBILITY

## STATEMENT FROM THE HUMAN RIGHTS COMMISSION

Access to public spaces and essential services, including access to stores that sell food and groceries, is protected by The Saskatchewan Human Rights Code. Most of the time, access refers to the ability of people with disabilities to independently enter, move around, purchase goods, or receive a specific service. Equitable access also includes factors such as racialization and marginalization. Working collaboratively with municipal and provincial governments, service providers, and stakeholders is part of the Saskatchewan Human Rights Commission's public education mandate to promote respect for diversity and remove systemic barriers. Finding ways to encourage and promote access, like the City Centre Food Cooperative Food Access Guide, makes sense now and for the future of all of our communities.

## INTERVIEW WITH LYNETTE

Food accessibility is a key issue for the CCFC. To give light to the issue, we spoke with Lynette, a CCFC market regular who uses a power-assisted wheelchair and lives downtown by Kinsmen Park.

When accessing food downtown, Lynette typically gets it from the Shoppers Drug Mart in the Midtown Plaza or 5th Avenue Fine Foods to grab one or two things, like milk or bread. Sometimes Lynette uses access transit or regular transit to visit larger grocery stores, or her care aid will drive her to grocery stores outside of the downtown area, like Walmart or Superstore. She spoke of the

difficulties that seniors have getting around, and notes that not everybody with a disability has as many options as her, making transportation quite difficult for some. When we asked whether she feels accessing food downtown is accessible, she said that it is not; the lack of a main grocery store, and closure of one that used to be where the old Catholic School Board is, has added to that difficulty.

Additionally, a lot of stores downtown are not accessible, making it challenging or impossible to physically get into the stores. Having a main, accessible grocery store downtown would be very helpful, and keeping the streets and sidewalks cleared of snow can also help people who use wheelchairs travel more easily. When we think of food accessibility, it is important that we think beyond what is available and also consider how people of all abilities can access it without barriers.



# STATEMENT FROM BLACK LIVES MATTER YXE

WITH DELILAH KAMUHANDA

Food is integral to culture and celebration. In the Black community, it demonstrates our stories of resilience and the preservation of our cultures against all odds. My entry into activism when I moved to Saskatchewan started with food insecurity. I volunteered with the University of Saskatchewan's Food Centre, which provides students with affordable food and emergency hampers. As a volunteer, I was able to raise awareness of this service and other community supports with Black students, most of whom were international students facing compounded stigma. Black Canadians are over 3 times more likely to experience food insecurity\*, where racism impacts our ability to not only afford food but also how we navigate and access support. I have seen and experienced how the fear of seeking help can be a barrier to accessing supports. Stigma, racism, and perceptions of racial stereotypes can create a fear of seeming vulnerable or "in need." We need culturally competent support that recognizes racism as both a contributor to food insecurity and as a deterrent from seeking supports. Efforts to be more diverse, inclusive, and anti-racist can significantly combat this, such as food and education that takes culture and diversity into account. Furthermore, it is so important that the CCFC is doing the work to recognize racism and colonialism as significant social determinants of health impacting food security.

@BLACKLIVESMATTERYXE

\*[BROADBENTINSTITUTE.CA/BLACK\\_FOOD\\_INSECURITY\\_IN\\_CANADA](https://broadbentinstitute.ca/black_food_insecurity_in_canada)



## STATEMENT FROM DOWNTOWN YXE

While without a "traditional" full service grocery store, there are many places Downtown to obtain a wide variety of food offerings. Three of these businesses were recently featured in a blog that is now on our website. Additionally, there are other places that you can find on the map in this publication. Like any business, it's important to support those who provide grocery items to ensure they remain viable and able to continue to operate. We thank the City Centre Food Cooperative for their work in advocating for access to good food in our community!

[DTNYXE.CA/FOOD-MARKETS](https://dtnyxe.ca/food-markets)







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