



## Background

For close to 30 years, CHEP Good Food has worked to improve access to affordable, healthy food while fostering food skills in Saskatoon. Formerly known as the Child Hunger Education Program, our work began in local schools, providing nutritious lunches to children who would otherwise have gone hungry.

CHEP continues to partner with schools, delivering not only lunches and snacks for kids in need, but also bulk produce and milk for school nutrition programs, cooking classes for elementary students, educational presentations from our registered dietitian, and fun nutrition-themed events such as The Big Crunch.

In the community, our programs and services have grown over the years to meet the needs of those seeking affordable fresh food for their families or wanting to learn more about growing and preparing healthy food. Community programs include Collective Kitchens and cooking workshops, the Good Food Box, fresh food markets, community gardening, and urban agriculture internships for youth. These programs empower people to take greater control over their own food resources and connect with others in the community.

CHEP Good Food Inc. is a non-profit organization and registered charity.

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## Mission and Vision

CHEP Good Food works with children, families and communities to improve access to good food and to promote food security.

Our vision is a Saskatoon community where everyone – regardless of age, income, or background – has access to enough safe, appropriate, and nutritious food options in order to meet their needs for a healthy life.

## Why is food security important?

Food is a basic human right. And food is often what connects us to our social networks, our culture and our geography. When food is made sparse in our lives we are affected mentally, physically and spiritually.

Many people who struggle with food insecurity live in food “swamps” or “deserts” – areas of the city where it is difficult to find affordable, good-quality fresh food.

CHEP addresses food insecurity by providing healthy food options for children, families and seniors living in fresh food-deprived areas in Saskatoon through a variety of programs. We improve people’s access to affordable healthy food, engage with communities in learning more about nutrition, and enhance people’s skills in cooking and gardening.

CHEP sits on local, provincial and national bodies in an effort to improve food security for all.

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## Community Programs

### Good Food Box

One of our most popular programs, these boxes enable people to purchase fresh produce at a reduced price and pick it up close to home. There are six varieties of boxes, delivered to neighbourhood depots for easy pickup every two weeks. Anyone can participate in this program.

### Cooking Workshops

Cooking classes take place in the commercial kitchen of Station 20 West throughout the year. Topics include international cuisines, Indigenous foods, canning, and cooking on a budget.

### Collective Kitchens

Small groups regularly meet and pool resources to prepare meals in bulk to take home to their families. In partnership with Saskatoon Community Clinic and the Saskatchewan Health Authority, these kitchens have been bringing people together for over 20 years.

### **Grub n' Gabs**

Presented by the Collective Kitchen (CK) partnership, these community forums happen three times a year. Open to everyone, the evening includes a free meal and discussion around food-related themes, often presented by registered dietitians affiliated with the CK partnership.

### **Seniors Stores**

Weekly or bi-weekly fresh food pop-up markets at nine different seniors' residences, ensuring that seniors are able to buy vegetables, fruits, dairy, baking and other foods with convenience.

### **Community Markets**

Fresh food pop-up markets at central locations around Saskatoon, including Station 20 West, public elementary schools or churches, the University of Saskatchewan and Sask Polytechnic.

### **Community Gardening**

Saskatoon's growing community garden network offers people the opportunity to grow food for themselves and their families in their own neighbourhood, while creating friendships and community.

### **askîy project**

Summer internships for Indigenous and non-Indigenous youth to develop gardening and business skills. By growing, harvesting and selling their own produce, interns learn to make connections to culture and community. The askîy project received a national [Brownie Award](#) in 2017 for best small project.

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## **School Programs**

### **Fresh Food for Kids & Milk Matters**

A bulk buying and subsidy program for community schools to purchase fresh produce and milk at a reduced cost for their nutrition programs.

### **Centralized Kitchen**

Provides bagged lunches and snacks for children in need at schools around the city that do not have in-house nutrition programs.



### **Chefs in Training**

An after-school program for elementary students to learn food preparation skills, nutrition, and a variety of recipes they can share at home.

### **Fresh Food Buffets**

An alternative to hot lunches where schools can provide an assortment of grains, proteins, dairy and fresh produce for children to try a rainbow of fresh foods.

### **The Big Crunch**

An annual event in recognition of World Food Day where thousands of students in elementary schools across Saskatoon all bite into a locally-grown carrot in unison.

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## **Annual Events**

### **Seedy Saturday**

Seed exchange and eco-fair featuring vendors, exhibitors, speakers, children's activities and entertainment.

### **Empty Bowls**

Annual fundraiser held in October to raise awareness of local hunger and raise money for CHEP programs. CHEP partners with local potters who donate handmade bowls for patrons to take home as a reminder of those in our community who do not have enough food to fill their bowls.

### **SIGA Good Food Run**

Annual run in support of CHEP Good Food, organized by the SIGA Long Runners Fitness Group. Taking place in Victoria Park each June, the race features 1 km, 5 km and 10 km options.

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## **Connect With Us**

Find us on [Facebook](#) and [Twitter](#) @CHEPGoodFood

CHEP's askîy project can be found on [Facebook](#), [Twitter](#) and [Instagram](#) @theaskiyproject