

# CHEP GOOD FOOD INC.



OUR VISION IS A FOOD SECURE COMMUNITY

## CENTRALIZED KITCHEN

Unfortunately, many children in Saskatoon experience the reality of going to school with an empty stomach or without enough food to get through the school day. Our Centralized Kitchen ensures all children have access to fresh, nutritious food in the form of daily brown bag lunches so that children can focus on learning, rather than worry about being hungry. »



## COLLECTIVE KITCHENS

CHEP's Collective Kitchens consist of a small group of people who pool their resources to cook healthy, low cost, delicious food that they take home to share with their families. Each group sets a focus area, with previous ones including dishes from various cultures, freezer meals, and adapting favourite dishes to healthier options. «

"I think it is great value for the money. I appreciate having someone there to walk through the recipe together. I also appreciate the sense of community."

-Collective Kitchens participant

## CHEFS IN TRAINING

This is a five-week after school program for students ages 10 to 15 at local participating schools. Students learn about safe food handling, kitchen safety, food preparation, and how to read and make a variety of recipes. These future chefs gain confidence in the kitchen, learn how to make healthy choices, and get to take nutritious food home to their families. »



"I learned how to measure...to be safe when cutting...to cook soup, its fun."

-Chefs in Training participant

# COMMUNITY GARDENS

Saskatoon has a vibrant and growing community garden network. People are able to access plots on public land such as parks and schools, or on private land, which further increases food security and food sovereignty in our community. CHEP supports this network by offering educational workshops, connecting gardeners to resources, etc., and by our ongoing collaboration with the City of Saskatoon. »



## THE ASKÎY PROJECT

The askîy project is a seasonal urban agriculture internship that engages Indigenous and non-Indigenous youth to learn about growing, harvesting, and selling food. The innovative model of the program focuses on 5 key areas: growing food and food skills, enhancing cultural connections, promoting environmental sustainability, creating social enterprise and engaging youth. «

"...the skills I have gained will help me a ton with the kind of work I want to do. I cannot wait to share these skills and teach others to love gardening"

-askîy intern 2022



## GOOD FOOD BOX

The Good Food Box is a community-based food distribution system that provides Saskatoon and area households with an alternative way to get top-quality, fresh produce at affordable prices. We purchase fruit and vegetables in bulk from local producers and wholesalers, then pass the savings on to community members. Anyone in the community can participate. »



## COMMUNITY MARKETS

Our Community Markets provide healthy affordable food in neighbourhoods where access to fresh fruits and vegetables is limited. They also offer many diet staples such as bread, eggs, tuna, rice, and more. Our Community Market Coupon program also supports and empowers community members in accessing food of their choice. «

