

2022
2023

ANNUAL REPORT

"The laughter, lots and lots of laughter."

"I learned how to make nutritious food without any dairy or meat products."

"I liked bringing home good healthy food."

Collective Kitchens Participants

chep 
good food inc.





“Our spring construction course cohort had a blast on this project, and we couldn’t be happier to support such a great initiative in the community!”



Saskatoon Trades & Skills Centre on the construction and donation of a new garden shed

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land acknowledgement

Tansi (tawn-SAY), welcome everyone, we are grateful to be sharing this space and time together now.

In this gratitude we are mindful of the ways this land has cared for many generations, and that we are all connected here and now by the land of Treaty 6 territory.

The spirit of the land that holds us all with such generous hospitality, for all those who have and will call this place home.

Cree, Anishnaabeg (Ah-NISH-naa-bay), Lakota, Dakota, Nakota, Dene (de-NE), the Métis homeland, settler people and newcomers.

In a spirit of reconciliation, we acknowledge this has not always been walked in a good way.

Would we all be reconciled to and with each other, the land, water, and air, and all our non-human relatives in a good way.

Would all the ancestors of these lands be honoured by our mindfulness and intentions in this place, because much as we are hosting you, we are always being hosted by the land.

For we are all treaty people, as long as the grass grows, the water flows and the wind blows. All my relations. Hiy Hiy (hi-hi) or Kahkiyomihwakomakanahk

askîy Newsletter

Meet Our 2022 askîy Interns!

In this photo, we have Matt in the left corner, who is going into his 3rd year in the Indian Teacher Education Program (ITEP) at the UofS. The top left is Olaf, he is going into his 2nd year at the UofS as a nutrition student. At the bottom, we have Jewel who is also going into her 3rd year in ITEP. The top right is Ivy, who is a recent high school graduate from Walter Murray. Lastly, we have Terri Lynn on the right who is our agriculture coordinator that supports and guides our interns.



Our interns have seeded, grown and harvested with love all the produce that you will be receiving this season. We are all excited to be a part of this program and provide you all with best local grown food!



Contents of This Week's Box

- Red & White Onions
- Summer Squash OR Potato Mix
- Parsley & Chive Bouquet
- Snow Peas
- Garlic Scapes
- Kale
- Spinach
- Oregano & Sage

We had too many beautiful... However, most boxes will have... each.

"The skills I've picked up this summer will definitely help me in my future career as a dietitian as I think it's important to have detailed insight into local food systems to help people gain access into locally created and nutritious foods."

askîy Urban Agriculture Intern

our mission

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

our vision

CHEP's vision is for a food secure community. This is defined as a situation both globally and locally in which:

- Everyone has assured access to adequate, appropriate and personally acceptable food in a way that promotes health, respect and dignity
- People can earn a living wage by growing, producing, processing, handling, retailing and serving food
- The quality of land, air, and water is maintained and enhanced for future generations
- Food is celebrated as central to community and cultural integrity.



our board

Crystal Chan- Chair
Erin Grant- Vice Chair
Susan Whiting- Secretary
Kaylam Kavia- Treasurer
Donna Nelson- Saskatchewan Health Authority
Representative
Colleen Norris- Saskatoon Public School Division
Representative
Jamie McCrory- Past Chair
Carolyn Chu
Val Veillard
Lucy Pereira
Will Hampton
Cera Youngson

It has been another full year at CHEP. We hit some key milestones as an organization, continuing to deliver on our mission and values in our community.

Last November, the Board gathered in-person for a strategic planning session and set out top 5 priorities for the next 18 months. After 4 years, CHEP was able to bring Seedy Saturday Seed Exchange and Eco Fair again to the community.

The past year was not without challenges. CHEP had to pause the Good Food Box program for a while, but we are now able to offer both the Good Food Box and the askiy project CSA subscription box. I am always impressed by the hard work and dedication of our team, led capably as always by our Executive Director. I'd like to personally thank every team member for their energy and commitment in driving our mission forward. I would also like to express my deepest gratitude to our donors and community supporters in response to our call for support last year.

Although I will no longer be part of the CHEP family, I look forward to watching the organization continue to break barriers in 2023. I will be cheering from the other side of the country!

Crystal Chan - Board Chair

our team



Gord Androssoff
Executive Director



Amelia Benoit
Urban Agriculture Coordinator



Katie Crawford
Centralized Purchaser



Kevin Crickett
Driver's Assistant



Dale Jack
Driver|Community Markets



Heather Jackle
Community Relations Facilitator



Cory Lang
Good Food Box Coordinator



Ali Lewis
Community Nutritionist



Eduardo Nunez
Driver|Community Markets

our team



Darlene Petit
Accounts Coordinator



Janet Phillips
Collective Kitchens Coordinator



Sandra Schweder
Community Gardens Educator



Lauren Scruton
Markets Outreach Coordinator




Rita Stalker
Centralized Kitchen Coordinator

askiy Urban Agriculture Interns (2022):
Jewel Charles - Ivy Kish-Greer - Olaf Olson - Matthew Recollet

Staff on leave:
Sadie Childs, Terri Lynn Paulson, Racheal Sapp

Staff that have moved on this year:
Shelby Anderson, Larissa Crookedneck, Jordan Morton, Barb Zintel (retired)

A vibrant garden scene with green foliage, blue flowers, and an orange lily. The background is a dense field of green leaves and stems, interspersed with several bright blue flowers. On the left side, a single orange lily flower is in bloom. The overall scene is bright and colorful, suggesting a healthy and thriving garden.

"I love gardening now! I didn't know much about gardening before because I never really had an attempt at it, but being out in the garden all summer has shown me the benefits to mental health and overall wellbeing while at the same time feeling connected to nature. I also got to meet a bunch of wonderful people."

askiy Urban Agriculture Intern

\$78,617

spent on local produce, milk, bread, and eggs, and invested in the local economy and community

30

community members took part in the new Community Garden Club

102

children attended Chefs in Training sessions

1,360

pounds of produce grown in the ketayak community kistikana*

*elders community garden

193

community members were impacted by our Emergency Hamper program

2,333

Good Food Boxes were purchased, packed, and delivered

6,500+

in sales through our new askîy CSA subscription boxes**

**Community Supported Agriculture

241

families affected by 34 Collective Kitchen workshops and sessions

\$49,322

in total sales from all Community and Mobile Markets***

***Excluding USSU location

722

people attended our annual Seedy Saturday event

32,598

lunches, fruit, and sandwiches prepped and delivered to students through our Centralized Kitchen program



YEAR IN REVIEW

The COVID-19 pandemic eased this past year and the community continued to open. We had more opportunities to engage with the community in-person and many of our programs ran near to pre-pandemic levels. Having the opportunity to once again expand our programming and engage with everyone in-person was welcomed by all, but the year wasn't without its challenges.

As an organization that buys food for our programs, CHEP was again greatly affected by inflation and the rising cost of food and other materials needed for our operations this past year. Because of this, in October 2022, some of our programming was paused or dropped and we put out "A Call to the Community", where we asked for financial support from our community. The response and support were immediate, which we were, and continue to be grateful for.

The community demand for our programming progressed this year; however, with community support, we continue to grow and evolve as an organization and are steadfast in building capacity in Saskatoon.

CENTRALIZED PURCHASING

Centralized Purchasing anchors all our food programs. Through this program, we support local producers and wholesalers and receive a reduced rate for bulk purchasing, where we also—through our **Bulk Buying** program—deliver produce to nutrition programs in local schools, and other organizations and businesses in the community. We continued to build and nurture meaningful partnerships with the community this year.

CHILDREN'S NUTRITION & EDUCATION

Our **Centralized Kitchen** continues to run out of North Park Wilson School where we prepare, package, and deliver bagged lunches to schools in Saskatoon. Due to various social determinants of health and systems challenges, the program saw a demand increase this year.

We held nine **Chefs in Training** programs this year and interest continues to grow. More facilitators are needed; therefore, added training is expected to occur in Fall 2023.

COMMUNITY FOOD ACCESS

The **Good Food Box** program operated as per usual until it was suspended in October 2022 when it went under review and restructuring. Our goal was to bring back the program in a way that still subsidizes the cost of food for those who need it while being financially sustainable. A renewed version of the program launched early in the 2023-2024 fiscal year.

Community Markets came back in full swing! This year we had the opportunity to have weekly markets (at varying times) at Station 20 West, Christ Church Anglican, University of Saskatchewan's Student Union, Nutana, and Mayfair School. We "popped-up" at events and other organizations such as Saskatoon Pride Parade, National Indigenous Peoples Day Celebrations, and Global Gathering Place to name a few. We also continued to offer our Mobile Markets in the summer, setting up at the YWCA.

Our **Seniors Packages** program was dropped in November 2022. Up until that point we had 19 delivery dates with 119 orders in total; however, with rapidly declining program numbers, we decided that this program was no longer feasible.

With grant money, we continued to offer **Emergency Food Hampers** this year. Most requests were through other agencies; however, some requests were not. Over the last few months of the fiscal year, our numbers dropped, and our funding has run out.

NEW INITIATIVE

As Canada bans single-use plastic bags, a **Bag Exchange Program** was developed to support our **Community Markets**. Community members can donate clean, reusable bags to CHEP. Also, we are accepting cloth donations so that the local non-profit **Cloth 4 Kids** can sew reusable bags for children and youth accessing our markets.

COMMUNITY FOOD SKILLS & EDUCATION

Most of the **Collective Kitchens** were back up and running this year and were in high demand. We mostly concentrated on several types of workshops and topics, such as Zoom Collective Kitchens, regular Collective Kitchens, Cooking Contests, Back to Basics Workshops, and Plant Based Cooking Workshops.

In March we held our first **Grub & Gab** in three years (and four days) and for the event topic, our Community Nutritionist asked six different questions about health and food. The fact that a pear has more fibre than lentils really stumped and surprised everyone.

We continued to offer **Nutrition Presentations** both in-person and online to a variety of community organizations and age demographics.

URBAN AGRICULTURE

The **askiy project** welcomed 4 new interns this year. With COVID-19 restrictions lifted (in comparison to the previous 2 years), this year's interns once again had more community learning and engagement opportunities. The project continues to operate out of the main garden site at ketayak community kistikana.

Our **Community Gardens** programming continues to grow and evolve every year. We collaborated on workshops and took part in various presentations. Also, two new community gardens were launched, and one even expanded.

We hosted our first in-person **Seedy Saturday** event in four years at St. Mary's Wellness and Education Centre. The event was a success and warmly received by all after the years apart.

NEW INITIATIVE

This year we offered an **askiy CSA Subscription Box** as an avenue for selling produce to community members and earning revenue for the social enterprise. To celebrate the new initiative and to thank those that supported it, we hosted an end of year harvest celebration in the ketayak garden site for all subscribers.

INDIGENOUS FOOD SOVEREIGNTY

At the end of the 2022 school year, our former Indigenous Food Sovereignty Facilitator spent time engaging with students in Saskatoon Public Schools via the **University of Saskatchewan's Universal School Lunch Project**.

Our partnership continued with **St. Michael's Métis School of Excellence** in the creation of a **Métis cookbook**, where students submitted recipes from home. The cookbook includes both Michif and English languages and is set to launch in June 2023.

Some of our flagship programs continued and/or expanded to include Indigenous food sovereignty teachings and experiences. **The askiy project** regularly engaged with land-based learning experiences at Wanuskewin, among other opportunities. Also, **Collective Kitchens** hosted Indigenous and other cultural food sovereignty workshops.

COMMUNITY ENGAGEMENT & PARTNERSHIPS

We couldn't do what we do without **volunteers!** From our Community Markets and Good Food Box to our Centralized Kitchen and Seedy Saturday, volunteers impact every single one of our programs and services and without their support, we wouldn't be able to do what we do.

This year we were grateful to host and partner with ongoing **community-based experience** opportunities for groups and members of the community such as Radius, Saskatchewan Polytechnic, and the University of Saskatchewan's College of Medicine, just to name a few.

As the community opened, **community presentations and event** opportunities increased this year. We enjoyed being back in-person, engaging with our community for volunteer fairs, in classrooms, for breakfasts, and more.

We continued to nurture and collaborate with our many longstanding or new **partnerships** locally in Saskatoon and Saskatchewan, and nationally, which we are proud to be a part of.

"The sense of community, Grub & Gab felt very welcoming and comfortable. It was lots of fun and everything went smoothly, very organized."

"Lots of education offered in more than one learning method, having an interactive presentation."

Grub & Gab Participant



NEW INITIATIVE

This winter we hosted a monthly Community Garden Club program, which was created to address isolation and help ease some of the seasonal/mental challenges that many in our community face over the winter months.





"Overall, my time volunteering at CHEP Good Food has been an enriching experience that has taught me the importance of education and proactive approaches in addressing food insecurity."

Azasma Tanvir; Community-Based Learning Experience student with the University of Saskatchewan College of Medicine



“The lunch people!”

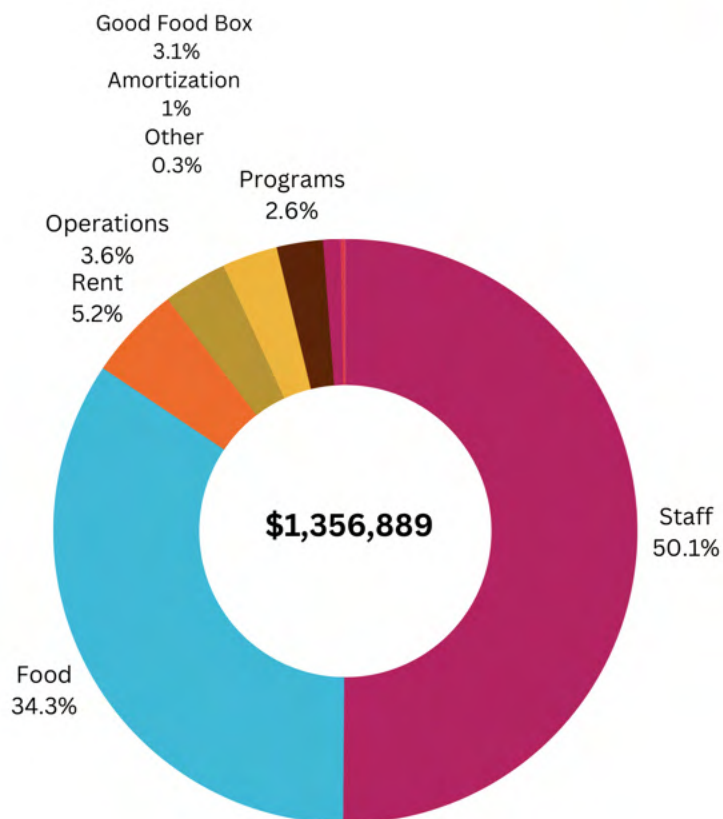
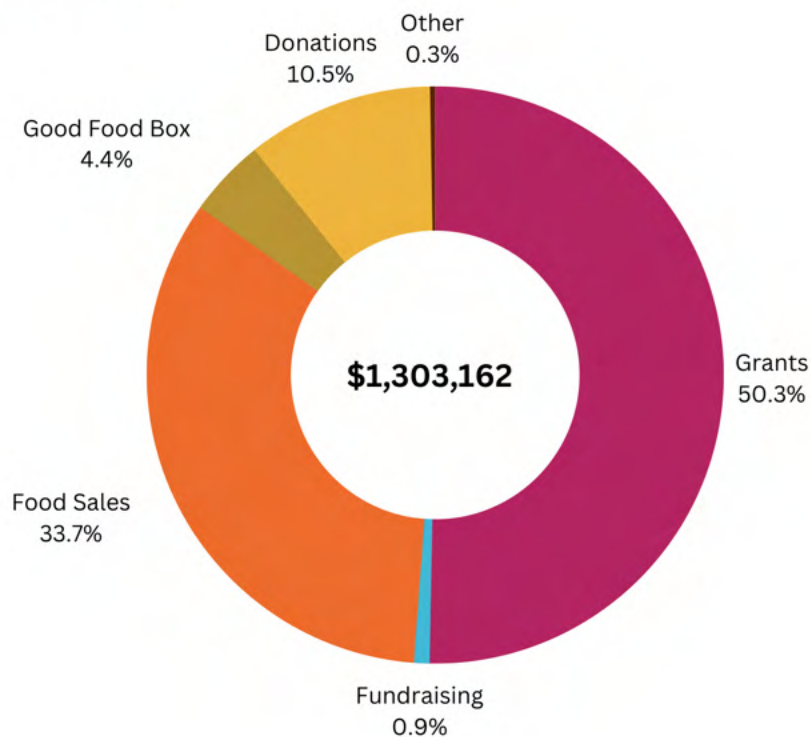
Anonymous child at Wieggers Financial Grillin for Gratitude Fundraiser



finances

April 1, 2022 to March 31, 2023

revenue



expenses

THANK YOU

sponsors &
funders

Affinity Credit Union
Ardent Mills
Boryski's Butcher Block Ltd.
Canadian Institutes of Health Research
Christ Church Anglican
City of Saskatoon
Co-op Saskatoon
Community Food Centres Canada
Community Initiatives Fund
Dillon Consulting Ltd.
Food Matters Manitoba
Ideas Inc.
Lowe's Saskatoon #3163
Mazon Canada
Métis Cultural Development Fund
Mosaic Company
Newman's Own Foundation
Q-Line Trucking Ltd.
Saskatchewan Health Authority
Saskatchewan Ministry of Education
Saskatoon Community Foundation
SaskCulture & Sask Lotteries
Saskatoon Forestry Farm & Zoo
Saskatoon Potters Guild
Saskatoon Spinners and Weavers Guild
Saskatoon Trades & Skills Centre
Service Canada
The Better Good
The Grocery People
The Night Oven
United Way Saskatoon & Area
University of Saskatchewan
University of Saskatchewan College of Medicine
Wiegiers Financial & Benefits

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