

Strathcona Community Centre

Food Security



Strathcona Community Centre

- Located in the heart of Strathcona
 - includes the DTES and Chinatown
- Attached to Strathcona Elementary School
- Strathcona is a tightly knit community made up of social housing, SRO's and market housing.
- Leader in weaving food and recreation together





What are the Food Security Programs?

Breakfast Program

Breakfast Buddies

Backpack Program
(Grocery Market for low income families)

Community Kitchens

Food Preservation

Food Skill Workshops

Support the community through food access, food skills and opportunties for community connection.

Breakfast Program

230-250 Breakfasts Per Day

Breakfast sandwiches, wraps, omelets, pizza bagels, yogurt, fruit and eggs!





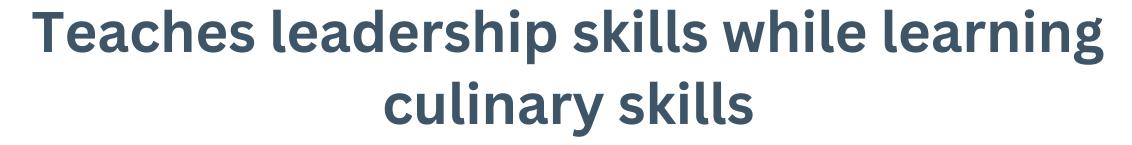


How many eggs did the Breakfast Program use last year?

21, 600



Breakfast Buddies



27 youth participated in the 2023-2024 school year!



Breakfast Buddies Not Just Breakfast







Backpack Program

160 Families 650 Individulals





Community At Backpack

MONEY SAVING TIPS FOR YOUR GROCERIES

Apps to install for money saving these apps offer cash back.

- Ampli connects with your bank to monitor shopping Flipp- to check out weekly flyers and to see if they
- correspond with the 3 apps above.

l also put apps like:

- Tim hortons deals sent to your app to save money
- Dalina- has a points system so if you drink or order food from there put it in your phone, 100 points equals a free DQ- has monthly coupons they send you.
- McDonalds has a points system too for free food, they have a incentive of bonus points when you first sign up

- Save on food (card), they have been doing a promotion lately were if you have a save on more card, they have items at 1.49. This is a great idea for stock up items they
- limit items but if you get there early you can get the item. Pc optimum (card), the best card out there to rack up points for free groceries. This card works at shoppers drug

All stores also have coupons in the aisle that will also save money on items. You can save the coupons too for a time things might





- Workshops & Training
- Food Rescue
- Member Led Activities
- Hospitality
- Cultural Celebrations

Food Preservation

Canning

Fermenting

Dehydrating









Community Kitchens

20 Adult sessions

21 Youth (9-12 yrs old) sessions











Thank You

