



# Introducing the Regent Park Community Food Centre

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**Regent Park**  
COMMUNITY **FOOD** CENTRE



# What is a Community Food Centre?

- The Regent Park Community Food Centre is a place where community members come together to cook, grow, share and advocate for good food.
- One of 8 CFCs across the country, it is a partnership between the CRC and Community Food Centres Canada
- Last year we served 50,913 healthy meals and delivered 500 program sessions (e.g., food skills training)



a partner site of  
**community food centres**  
CANADA [cfccanada.ca](http://cfccanada.ca)

# + A stubborn challenge. An innovative solution.

**1.6 MILLION**

Canadian households  
experience food insecurity

This amounts to nearly **one** in **eight** households



- Food insecurity continues to rise in Toronto and across Canada
- Healthy food is harder than ever to reach for Torontonians marginalized by poverty



- The food bank model is not a sustainable solution...it is an important stop-gap measure
- A lasting solution must address the immediate need for sustenance and build capabilities for people to help themselves



- The Community Food Centre (CFC) model has demonstrated success in solving this challenge
- The Regent Park CFC is an innovative and scalable solution to a growing problem



# How we do it.

## The Regent Park CFC has 5 different program streams:

- **Community Meal** where everyone one can connect over a healthy breakfast or lunch. We serve fresh, nutritious meals, which are offered free of charge on a drop-in basis.
- **Food Skills** where people have the opportunity to learn and to share food knowledge at community kitchens and and workshops.
- **Community Gardens** where community members can come together to grow their own vegetables and learn new skills in both communal and allotment style gardens.
- **Friends of Regent Park** where we facilitate opportunities for the larger community to connect around the greenhouse, bake oven, and community gardens in the new Regent Park.
- **Community Advocacy** where people find their voice and support each other through Community Action Training, the Community Advocacy Office, and the Social Justice Club.





# Community Meal





# Food Skills







Park Coordination

Local  
Peaches  
\$1.50





Community Gardens





Advocacy

# + Does it work? Yes.



of people surveyed say Regent Park CFC provides an **important source of healthy food**



of food skills program participants say they've been **cooking more healthy meals at home** since they started the program



of people who used the Advocacy Office found the service **helpful in resolving their issues**

“...having an egg in the morning with fruits is incredible”

- Meal Program Participant

“I cook more and I eat better...I've lost 18 pounds since I started”

- Food Skills Program Participant

“When you're not hungry you can deal with your day”

- Advocacy Program Participant



# + Food in your community

- Improves physical/mental health
- Community Economic Development
- Brings people together
- Cultural Exchange
- Income Security





THANK YOU

**Regent Park Community Food Centre**

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 Regent Park Community Food Centre  @RegentParkCFC

