

Britannia Food Programs



ABOUT US

Britannia Community Centre and partner Grandview Woodland Food Connection are leaders in community food programming. Britannia has grown its food programming to include a range of food access, food skills, nutrition programs, and social engagement through food to all ages in an effort to support the health and well-being of all residents, in particular those most vulnerable living in Grandview Woodland and nearby neighborhoods. We believe that everyone, no matter their life circumstance has the right to dignified food access.

Grandview Woodland Food Connection was initiated in 2004 and is part of the Neighborhood Food Network. The GWFC works to support Britannia by helping to organize community food programs in the neighborhood through education and skill building, information sharing, and the creation of a range of grassroots initiatives that address an accessible, just, and sustainable food system for our community.

Are you interested in volunteering in any of these programs? Complete an online application and check more volunteer opportunities by following this link: <https://britanniacentre.org/volunteer>

CALENDAR HIGHLIGHTS

Check out what's on this Winter at Britannia!

For further information and to register for programs visit:

britanniacentre.org and gwfoodconnection.com

Email: gwfcnetwork@gmail.com

Or follow us on Facebook at:

[Britannia Community Services Centre](#) and [Grandview Woodland Food Connection](#)

SPRING SESSIONS FOODFIT

Free 13 week program around healthy eating and physical activity. Combines hands on cooking sessions, take home recipes, nutrition information, group exercise.

TUESDAYS FEAST OF FLAVOURS

Youth hands-on cooking program where youth learn to create healthy, cheap and easy to cook meals.

4- 5 PM FREE

JAN 9TH BULK FOOD BUY

Want to save money on food? Join the Bulk Food Buy group and save up to 40% on fresh veggies and fruit.

COST: \$14

WED FEB 5TH CHOCOLATE LOVERS!

Make delicious chocolate delectables without process foods, dairy, or refined sugar.

6-8 PM COST: \$15

JAN 16TH BULK FOOD BUY

Want to save money on food? Join the Bulk Food Buy group and save up to 40% on fresh veggies and fruit.

COST: \$14

WED FEB 26TH KOMBUCHA

Learn to brew Jun Kombucha and have the opportunity to sample this amazing fermented tea.

6-8 PM COST: \$20

MON/WED SENIORS LUNCH DROP-IN

Friendly easy going social lunch

12-1PM COST: \$5

SUN MAR 8TH CANNING 101

Learn about safe canning techniques while preparing seasonal food for water bath canning.

3-5 PM COST: \$15





TEENS

Feast of Flavors (13 – 18 yrs)

Tuesdays, 4:00 - 6:00pm

This is a hands-on cooking program Tuesdays 4:00 – 6:00pm in the AML Seniors Lounge/ Youth learn to create healthy, cheap and easy to cook meals. Youth are involved in planning, cooking, and preparing the food. **Free.**

Latin Cooking (11 – 18yrs)

Thursdays, 4:30 – 6:30pm

Learn to cook from various Latin countries. Participants will also learn how to make healthier food choices and to shop on a low budget.



CHILDREN

Britannia Out of School Care

Britannia Out of School Care provides care for children from ages 5 to 12 years and offers the opportunity to create, explore and socialize in an inclusive, fun, safe and nurturing environment. Our play-based programs are designed to foster independence and confidence in a family-centred setting. Each week we offer an opportunity for children to bake or cook sweet and savory items. The children love to cook and we enjoy sharing our family and cultural dishes with each other. We also explore foods from around the world.



BRITANNIA FOOD PROGRAMS

JOIN US FOR LEARNING AND FUN - THERE'S SOMETHING FOR EVERYONE!

GRANDVIEW WOODLAND FOOD CONNECTION

Food Fit

12-week program around healthy eating and physical activity combining fun, hands-on cooking sessions and food-based activities with easy-to-understand nutrition information, group exercise, shared meals, and self-directed individual and group goal-setting.

Special Events

Food is frequently prepared for the many special events that happen at the community centre and in recognition that food plays a central role in bringing people together.

Food Recovery

Nutritious food is collected weekly from nearby stores and distributors where it is distributed through our Bulk Food Programs and other meal programs, helping to offset food costs for programs and community members.

Food Festivals

In partnership with Britannia, the GWFC helps to organize the Stone Soup Festival, the Corn Festival, and the Wild Salmon Caravan. These events attract several thousand people who come together around a shared love and celebration of food in our community.

OLDER ADULTS

Weekly Programs with Lunch

Weaving our Community Together drop in Wed 1 - 4pm. Elders Craft Collective every Thursday 1 - 4pm.

Lunch Drop In

Noon lunch drop in on Mondays and Fridays. Friendly easy going social. \$5 full meal.



Community Action Program For Children (CAPC)

CAPC is funded by Public Health Agency of Canada (PHAC). It is a federal initiative that provides a supportive learning environment for low-income families and their children aged 0 to 6. One of the Britannia CAPC programs is "Food Security". The program provides a \$10 coupon from Sunrise Market on the 1st Friday of the month and fruits and vegetables bag on the last Friday of the month.

Registration is required @ 604 718 5821 or [email beatrice.feza@vancouver.ca](mailto:beatrice.feza@vancouver.ca)

Food Skills Workshops

A variety of food workshops are provided throughout the year on a range of food topics. These workshops are available to all members of the community at an affordable cost.

School Gardening

Britannia school has large gardens and a food growing program working with approximately 100 students each year providing hands on, experiential food growing education.

Networking

As a community connector, we are linking up community members to food information and programs through community tabling, newsletters, blogs, social media and other forms of communication.

Community Gardening

The GWFC has helped establish a number of community gardens in the neighbourhood and continues to help provide resources and assistance where needed.

Bulk Food Program

Provides fresh, healthy and affordable produce at wholesale prices. The cost of the program is \$14 and saves up to 45% over retail costs. The program runs twice monthly.

