



**DIVERSE***city*  
community resources society

DIVERSECITY COMMUNITY  
RESOURCES SOCIETY  
FOOD SECURITY KITCHENS  
GARDEN PROGRAM

Empowering newcomers to be food secure

DIVERSE*city* Community Resources Society  
Final Evaluation Report for Project Impact  
June 2018

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## **Acknowledgments**

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We thank Steve Patty and his Linda Boner from Dialogues in Action for their guidance, facilitation and support in the understanding and applying evaluation through a rich and meaningful process.

We also thank United Way of the Lower Mainland for helping to fund our participation in Project Impact through the United in Change program.

## **About DIVERSE*city* Community Resources Society**

DIVERSE*city* Community Resources Society is a registered not for profit agency offering a wide range of services and programs to the culturally diverse communities of the lower mainland in British Columbia. We were established in 1978 (under the founding name of Surrey Delta Immigrant Services Society) and have almost 40 years of service to the communities of Surrey, White Rock Delta and Langley. We have a strong commitment to raising awareness of the economic and cultural contributions immigrant and refugee newcomers make to Canadian society, and to raising awareness of the value of diversity. Our mission is to inspire belonging in a strong integrated community by empowering newcomers to Canada.

Our services delivery areas are:

- Settlement and Community Programs
- Language Training and Literacy Programs
- Employment Services and Skills Training Services
- Counseling Services
- Programs for Children and Youth
- Interpretation and Translation Services

## Executive Summary

### The Food Security Program

The DIVERSE*city* Food Security Kitchens Garden Program (FSKG) has been running for over 15, providing support to over 7000 clients. The program offers opportunities for immigrant, refugee and low-income families to increase their food security through multicultural cooking groups and community garden activities. DIVERSE*city*'s Food Security Program is comprised of the Community Kitchen Program, the Hazelnut Meadows and the Lionel Courchene Growing Roots Community Gardens Program. The FSKG program offers specialized learning opportunities and activities for parents with children aged 0 to 6 years, children aged 6 to 12 years, youth and seniors.

The purpose of this report is to present the findings from an evaluation to measure the enduring impact-changes in knowledge, values and behaviors- of FSKG on DIVERSE*city*'s clients and their families.

Established in 2002, the **Community Kitchen Program** delivers programming at sites throughout Surrey and North Delta in collaboration with community partners, schools, faith groups and the City of Surrey. Participants in the program are provided with workshops on Canadian foods, Canadian kitchens, nutrition, meal planning, safe food handling, canning and preservation, budgeting and creating recipes. In addition, participants are provided with tours of stores and given information about community food supports for those on a low income.

The Community Kitchen Program also provides opportunities for participants to decrease isolation, practice English speaking skills, share food, build community, and increase avenues for integration and self-reliance. The Community Kitchen Program has expanded delivery to offer specific workshops and learning events for children, youth and seniors in order to meet their unique needs.

The **Community Gardens Program** began in 2008 and is comprised of two gardens. The Hazelnut Meadows Community Garden Program, located at 140th Street and 68th Avenue offers 80 plots, a greenhouse, and an orchard. The Lionel Courchene Growing Roots Community garden is located at 9839 155 Street and has 21 garden plots, a composting bin and a community tool shed.

Both Garden programs provide opportunities for participants to grow food to supplement their diets and assist with lowering the cost of healthy, organically grown fruits and vegetables. Participants learn about growing produce suitable for Canadian climates, seed saving, organic gardening, the introduction of natural means of pollination and pest control, greenhouse gardening, composting, and Canadian growing cycles.

The majority of plots in the two gardens are registered to immigrant, refugee, and low-income families, with some plots registered to established Canadian families. Priority is also given to clients who are low income and don't have access to a garden. This arrangement provides opportunities for cultural exchange and sharing events, community building and promotes understanding with integration as an outcome. The ability to grow one's own food and the ability to feed family and friends supports self-reliance and independence.

FSKG is a long-running partnership program with the City of Surrey with numerous supports to increase access such as offering programs at their site kitchens in community centers and at two gardens on city land, which makes it more accessible to community members. FSKG clients are connected with cultural and language

support through DIVERSE*city*'s Settlement Workers and volunteer pool in order to increase access and participation. FSKG also includes childminding, bus tickets, and take place within physically accessible settings.

Our findings from the evaluation include:

- Finding 1: Food Fuels Friendships: Clients have become more social through the program, experiencing not only a sense of belonging but a shift in their confidence and personalities.
- Finding 2: If I just Know, I Can Do It: Clients increased their self-esteem, gaining the confidence to try things by themselves. They established independence.
- Finding 3: My Health, My Priority: Clients changed their health habits for the better and can make informed decisions about their health in relation to healthy eating and nutrition. Clients' mental health also improved.
- Finding 4: If I Can, We Can: Clients quickly embraced new skills or refined existing skills through their own experimentation or through teaching others outside of the program.
- Finding 5: Let Me Lead: The FSKG program inspired clients to become community leaders and volunteers inside the program, inside their homes and in the community.
- Finding 6: Canadian "Eh." FSKG helped most clients feel integrated into life in Canada, but it's not a simple process or relationship.
- Finding 7: New Tastes, New Flavours, New Feelings: Clients developed understanding and appreciation of other cultures, using food as a tool for engagement.
- Finding 8: Show Me The Money: FSKG helped increase clients' food security mainly by saving money.

## Intended Impact of the Food Security Program and Theory of Change

To date, the DIVERSE*city* Food Security Program has supported an estimated 7000 clients over 15 years and has been instrumental in developing skills and knowledge. Program success has usually been measured through our ability to engage newcomers in the program components of “Kitchens” and “Gardens”—measuring the numbers of clients served and client engagement and satisfaction with activities and sessions that form the basis of each program.

In order to measure not just our outputs but also our outcomes on the population we serve, we undertook a development evaluation through United Way’s Project Impact. Our team included:

- Fiona Stevenson, Manager of Volunteer and Community Programs
- Helen Shin, Community Kitchens Coordinator
- Sasikala Sridar, Community Garden Coordinator
- Leo Ramirez, Community Kitchen Coordinator

We also received multi-lingual support from several Settlement Workers:

- Maureen Chang
- Raihan Ahkter
- Shereen Almiahi

Over the course of this 6-month project in 2018, we have articulated our intended impact, developed an interview protocol in 6 languages (English, Mandarin, Spanish, Korean, Arabic, and Bengali to reach Rohingya clients) and a quantitative survey in the same languages (translated into English, Arabic and Chinese). Delivered with interpretation for the other languages). The findings are presented in this report. We hope that this report will not only identify the successes in improving food security for newcomers, but also contribute to a wider body of research led by the Surrey White Rock Food Action Coalition. The evaluation has already begun to improve our program.

The program’s intended impacts are:

### **1. Newcomer families are food secure within sustainable and affordable Canadian food systems.**

What we mean: Newcomers learn skills and knowledge that contribute to their food security: cooking skills, food safety, recipe planning, budgeting and shopping, gardening skills, introduction to plants, ingredients, kitchen equipment and cooking/gardening techniques relevant to the local culture and Canadian food systems. Newcomers’ household costs are decreased as they learn budgeting and are connected to affordable food supplies. Newcomers reduce their carbon footprints through introduction to organic gardening and waste reduction practices.

### **2. Newcomers and their families maintain a healthy lifestyle.**

What we mean: Newcomers learn habits and skills through community kitchens and community gardens that contribute to healthy lifestyles both physically and mentally (e.g. nutrition and healthy eating, physical activity in the garden, therapeutic benefits of group activities), improved mental health and reduced stress and social isolation.

**3. Newcomers become self-reliant (in their settlement paths).**

What we mean: Newcomers have the confidence, hope and resiliency to apply and share learned skills and knowledge beyond the program to support their settlement goals and settlement paths in Canada and become less dependent on services.

**4. Newcomers are socially integrated into established Canadian communities.**

What we mean: Newcomers develop a sense of belonging in their new communities through intergenerational and intercultural relationships and social networks developed through the programs. Newcomers can retain and share their cultural practices and knowledge through cross-cultural sharing and understanding with people from different co-ethnic communities. Using food and cooking/growing practices as a cultural connector, newcomers (and established Canadian participants and volunteers) develop their willingness and trust to form the bridging/bonding relationships that contribute to community integration.



## Methodology

The aim of our evaluation was to see what kind and quality of impact we are having in the population we are serving. Over the course of the project, we (a) developed and refined our ideas of intended impact and indicators, (b) designed and implemented both qualitative and quantitative means to collect and analyze data, and (c) identified findings and considered the implications to those findings for program adjustments and renovations.

This project began with a focus on the work of identifying and clarifying the intended impact of each of one of our signature programs. Once the ideas had been developed and indicators had been identified, we then designed a questionnaire to collect data about quantitative measures and a qualitative interview protocol to collect qualitative data. These data were analyzed. Themes were identified and then translated into findings. From the findings, we developed program responses and communiques.

## Qualitative Data and Analysis

For the qualitative portion of the evaluation, we designed an in-depth interview protocol to gain data about the structural, qualitative changes resulting from our program. We identified a sample of subjects using a purposeful stratified technique to select a representation of the population we served. Our population size was 800, including clients and their family members who participate in the program. Our sample size was 20, drawn from both the kitchens and gardens components. We drew our sample from the following strata of our population:

- Country of origin/language: participants from at least 6 different language groups.
- Time in Canada: less than 2 years, 3-6 years, more than 6 years.
- Age: an even mix of the key target client groups such as seniors and parents with young children,
- Gender: an even mix of male and female clients.
- Immigration status: a mix of Permanent Residents, Refugees, and Citizens.

We then convened one-on-one interviews lasting from between 45 minutes and one hour in length. Many interviews were conducted in the client's first language. Data were collected and we applied a four-step model of textual analysis to each of the interviews. This process allowed us to interpret the meaning and significance of the interview data. We then examined the overarching themes that emerged from the full scope of our data analysis to illuminate the primary insights and discoveries.

## Quantitative Data and Analysis

For the quantitative portion of the evaluation, we designed a questionnaire to collect data on our quantitative indicators of impact. Surveys were available in English and in clients' first language. Out of our population of 800 (represents individuals and their family members), our response rate was 39 (adults). The data were analyzed primarily using measures of central tendency.

Our evaluation produced findings which capture the primary discoveries from the data. The most significant findings are described in the following narrative.

## Findings

### Finding 1: Food Fuels Friendship

Clients have become more social through the program, experiencing not only a sense of belonging but a shift in their confidence and personalities.

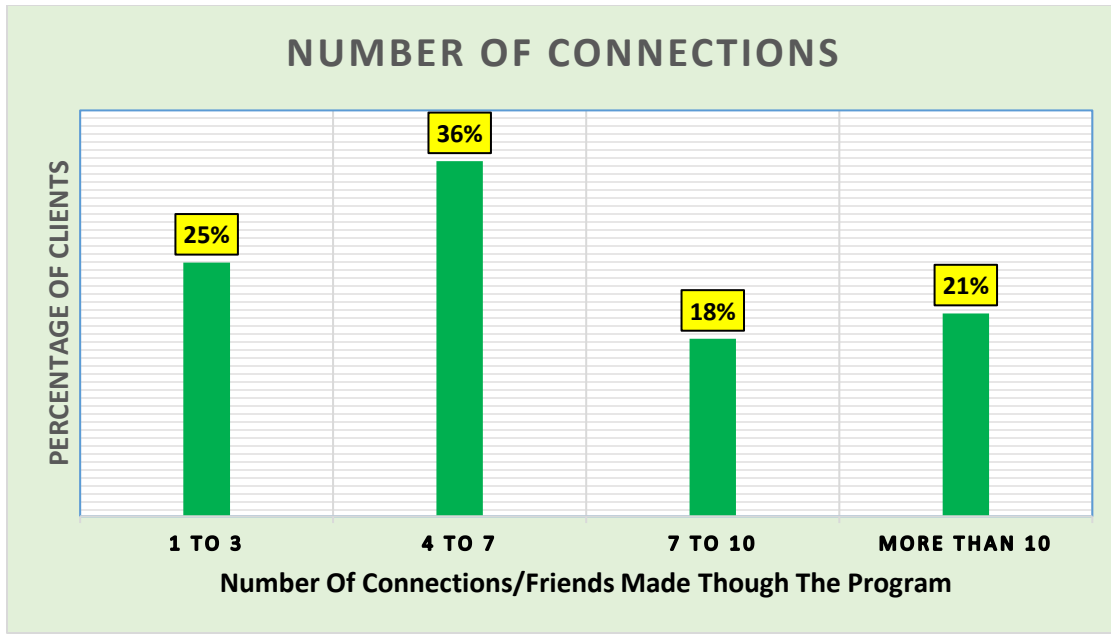
#### Description

The program has a significant impact on helping clients to build their social circles and their social skills. An overwhelming proportion of clients reported that they had made new friends through the program, with some reporting that they had felt very isolated prior to the program; for example, now “I’m staying busy.” One client said, “Before, no friends, and now I have friends in the garden. My partner and friends come and talk to me and I talk to them. It is nice to have friends talking and that feeling makes me happy and committed to maintaining the healthy lifestyle.” Another reported, “I have made friends from community kitchen program, I got acquaintance with an 80 years old Korean lady during the kitchen sessions, and although I’m not part of the kitchen program anymore, we still visit each other, we didn’t know before that we were neighbors.”

Connecting with these new friends was a key motivating factor for attending the program on an ongoing basis, as described by one senior client: “That’s one thing we learned. Sometimes you don’t feel good but when I’ve come to the program, you can talk. The important thing is to participate. It’s like a competition. The important thing is to participate, not win.”

For some clients, participating in FSKG created a shift in their personalities to become more confident and bolder at engaging with people they didn’t know. This was crucial for then establishing new connections outside of the program, and thus growing their networks of support. For example, one client described, “I am more friendly now,” and another client reported, “In the summer, I had a barbeque for friends with vegetables from my garden.” Another client described how he could rely on his new friends to take care of his garden plot while he was on vacation. Clients also used the program to introduce family members to other clients.

This finding was also reflected in the quantitative data in which 75% of clients reported making 4 or more new friends through the program. The survey also showed that these new connections were an integral support to clients, helping them with advice (57% of clients), invitations to other social events (45%), help within the program (33%), referrals to other programs (54%), and networking (65%).



### Significance

The data shows that the nature of the program inherently creates social connections and a sense of belonging, the impact of which is felt far beyond the initial interaction; this is a key insight for us. While food is seen as a connector, activities such as growing food or cooking together create a level of connection and intimacy beyond just eating together. These are also low barrier activities that require little English or prior knowledge of the skill. The activities have broken down barriers and created an environment in which clients feel safe to develop new friendships, something which other research has continually shown is a huge barrier for newcomers due to their lack of initial networks, and language and cultural differences that govern social norms in making new friends and socializing. Clients seem to feel a sense of obligation to each other to "show up," with a sense of purpose in going to the program – this is significant when looking at client retention over the course of a program and how important it is to generate initial bonds between clients to ensure that a client will come back. Outside of the program, clients use their new found confidence and networks to be more socially active with others. Given the social isolation that newcomers (and Canadians!) experience, staff have provided a safe and welcoming space to develop skills and confidence that then support their integration into communities outside of the program.

We are excited to see that this finding supports two of our intended impacts: supporting social integration of newcomers and developing their self-reliance. Newcomers face multiple barriers to community and social interactions outside of their own ethnocultural communities (culture, language, lack of initial connections) and can also experience time constraints that can impact their ability to participate in community or group opportunities (e.g. long hours on transit, working multiple shifts, lack of childcare). The evaluation has demonstrated not just the impact of FSKG in creating spaces for low barrier and welcoming social interactions within a community setting, but also the positive effect on newcomers' overall sense of belonging that emerges from ongoing and deepening connections that the program creates. The evaluation shows that FSKG has contributed to confidence and networking building- these are foundational to developing self-reliance in our clients.

## Responses

- Ensure all aspects of the program, regardless of how minimal they are, have adequate time for non-facilitated and facilitated socializing.
- Explore what could augment client retention and these new connections further with the kitchen or garden- e.g. pairing up new members, hosting an event for “graduates” and new clients together.
- Look at opportunities for more cross-cultural and intergenerational exchange through the program.

## Finding 2: If I Just Know It, I Can Do It

Clients increased their self-esteem, gaining the confidence to try things by themselves. They established independence.

### Description

Clients already had a desire to be independent and self-reliant prior to the program, but FSKG gave them the knowledge and skills and confidence to exercise their independence. As one client reported, “My self-esteem has increased because I have learned to cook not only Mexican food but food from other cultures, Japanese food like sushi for instance.” This was also reflected in the survey in which 100% of clients reported that after the program they felt more confident to try new cooking or gardening skills at home. Other clients said, “I plant my own plant and grow my own vegetables in the garden. That makes me confident to be an independent person,” and “I can do garden without my husband’s help.” Clients feel proud of getting new skills that are recognized by friends and community members. They feel ownership when cooking new recipes and make informed choices when menu planning. Sharing the knowledge acquired with family members is important for them because they feel that they are contributing to the wellbeing of their families. One client said, “I feel useful,” and described now making the weekly shopping list (which was previously his wife’s job).

Clients’ increase in self-esteem was closely tied to a sense of ownership and control: “I enjoy it because I can watch my plant grow and harvest it as it is a rewarding thing. There is no pesticide, chemical free. Before I saw my dad doing farming and now I start doing it. He passed that knowledge to me.” Another client said, “I always go to restaurants and remember what we did in the program. I get salmon and it reminds me what we learned. A few weeks ago, on a Saturday, we went out to a restaurant. I know what to ask for and I ask for my asparagus salad and I tell my family. I asked for mustard and honey (for my salad) which I learned from the coordinator.” Other clients said, “I’m growing vegetables from my own culture that I can’t get in the supermarket for 4 months of the year,” and “I feel happy and achievement when I cook at home using recipes.”

Feeling good also affected clients’ personal relationships. For example, one client reported, “If I am happy, my husband is happy. When you are happy, you send those good positive energy to others in the family.”

The program also promoted independence by connecting and referring clients to other services and resources. The survey showed that there was a great deal of variety in clients’ use of other resources, with some frequently used (e.g. Gardens clients accessing garden centers) while others were very rarely used (e.g. Quest, Fraser Health). There were also some differences between Kitchens and Gardens- for example, clients in the Garden program made more frequent use of City of Surrey services & programs compared to Kitchens clients. We

are not sure if some services were used less because they are less needed or whether there are other barriers to their potential use.

### Significance

The process and impact of settlement and immigration can be hugely destabilizing to an immigrant or refugee's sense of self, given that they are powerless to address many of the systemic barriers that are part of this process. The loss of status, income, family, connections and language compounded with the need to now be heavily reliant on support services to navigate new Canadian systems and institutions can be hugely detrimental to clients' self-esteem. Furthermore, given the trauma that many clients experience, it can be very challenging to support clients in becoming self-reliant.

FSKG works from an empowerment model. Throughout the program, clients engage in facilitated learning with support from staff who are subject matter experts. For many Gardens clients, tending a plot was one of the first experiences of sole responsibility. In the Kitchens component, clients learned knowledge and skills that helped them establish control over their family's diets and eating. This generated a profound sense of ownership. In both components of the program, the clients appear to "test" their new-found self-esteem and independence through the relatively low-risk activities of the program, supported by the guidance of the program staff. This gives us hope that this self-esteem can be translated into the real world challenges of the clients in their settlement pathways.

### Responses

- Create a stronger relationship between FSKG program staff and Settlement staff to share reports on clients' progress. Help clients identify how their success in FSKG can translate to success outside the program. Broaden these connections to other departments such as Counselling.
- Establish more opportunities for clients to showcase their knowledge and progress such as hosting and cooking for a community dinner or hosting garden tours for other community gardens groups.

### Finding 3: My Health My Priority

Clients changed their health habits for the better and could make informed decisions about their health in relation to healthy eating and nutrition. Clients' mental health also improved.

#### Description

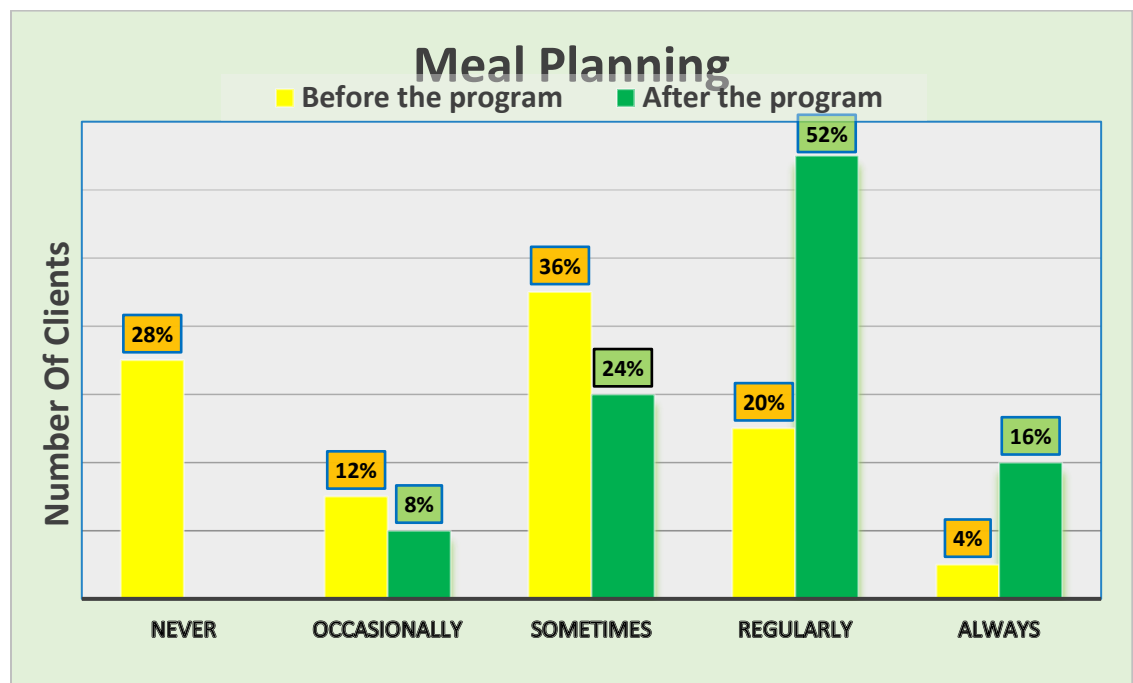
The data showed that a number of clients reported improved health habits within their families: cooking more at home, eating out less, being more physically active, eating more vegetables and choosing healthier alternatives etc. For example, "We now eat more raw vegetables in my family." Many clients described nutritional advice they had taken on such as "less salt and sugar" and "you should eat alternatives like almond milk," "use olive oil," or "eat less rice and potatoes". Clients also reported food safety instructions such as "wearing gloves" and "washing food." One client reported that he learned that it was important to eat in the correct proportions or in his words "good measures." Being able to identify healthy vegetables in English empowered clients to make changes to their weekly shopping habits.

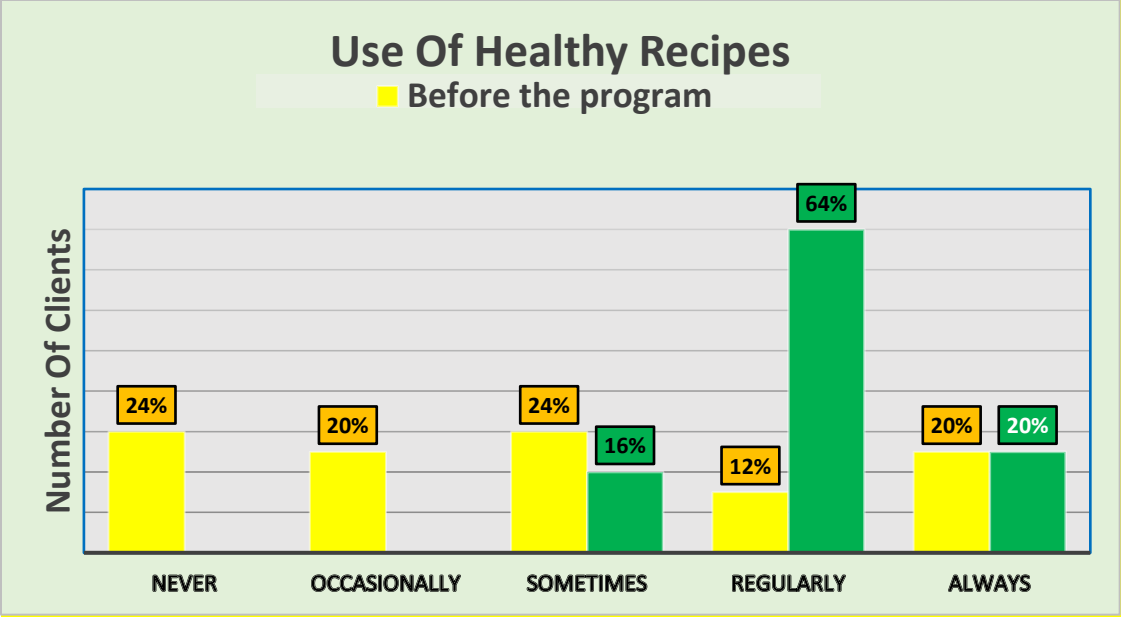
These improved habits impacted clients' health outcomes, for example; "My insulin level was going up and down and my insulin level got better after eating vegetables from the garden. Me and my kids feel happy and relaxed that my diabetes is under control." Another client reported, "I lost weight". One client described how he had heard the nutritional advice given in the program before from his doctor; "I used to do my health exams but they didn't matter to me. Here I discovered something: cholesterol. I knew about it from my doctor but it didn't matter to me. It's the same with diabetes." The program had made him connect deeply with food memories and health advice from his past such as buying fish and fish oil from local fisherman while working at a port in his home country.

The program also had a holistic impact, affecting clients' emotional and mental wellbeing, especially in the Garden component. One client said, "The garden is like a meditation for me ... we are eating more organic salads ... we feel more stress-free... the garden is so relaxing and quiet." Another said, "I think it has helped me to deal with my dark days. Sometimes we all have dark days. It really helps me something very special about digging in the soil. It makes the good days even good before. It gives me a sense of real satisfaction."

Numerous clients could describe in detail quite specific nutritional advice that they were now trying to incorporate into their lives or share with friends/family members. As one client said, "I told my sister and family about healthy eating." Another client reported, "The nutrition we learned. That the body needs all the vitamins. We made juice and now I know that juice in a bottle is not natural. We learned it's better to make it with fresh fruit. Every time my wife is sick or tired, I can cook for her ... beans, just add garlic and onion, and I leave it 30 minutes. Now I learned to take it off the flame and move it. Before I used to leave it."

The survey also showed changes to clients' habits that support positive health outcomes with a significant increase in the % of clients now using healthy recipes and meal planning on a regular basis compared to before the program (see graphs below).





**Significance**

FSKG can contribute to positive health outcomes without health needing to be an explicit focus of the program. The "healthy immigrant" effect has been well documented in research into newcomer populations: immigrants and refugees have a better health state on arrival in Canada compared to the average Canadian, but this declines over time due to a multitude of factors, and they become more susceptible to chronic diseases such as diabetes. Health is folded into the program subtly through various aspects: nutritional advice given by the community kitchen coordinator, the behavioral change in eating more vegetables grown in clients' gardens, trying out healthy recipes at home, cooking less processed food, and the social connections that contribute to clients' overall sense of well-being. Also, much of this health and nutrition knowledge is learned experientially, in the middle of an activity. We are not sure if the health outcomes of the program would be amplified or lost if there was a more explicit focus on health knowledge and information within the program (e.g. through information and orientation workshops).

**Responses**

- Develop or access ESL friendly resources focused on health information that is relevant to the program (e.g. nutritional advice).
- Add in a "health challenge" component to the program- e.g. number of steps taken while working in the garden, competition to find the healthiest recipe in a themed community kitchen.

## Finding 4: If I Can, We Can

Clients quickly embraced new skills or refined existing skills through their own experimentation or through teaching others outside of the program.

### Description

The excitement of learning new practical skills related to cooking or gardening was palpable across all clients in the food security program. Examples from the data include: “I learned easy and fast cooking,” “I learned to grow plants from seeds. I had never done this,” and “I can use the oven differently. You should use the high flame and the low flame. You add the different ingredients at different times. It tastes better.”

A number of clients discussed examples of not just applying these new skills at home in their own kitchens or garden plots but of consequently modifying that skill to suit their own interests. Several senior clients mentioned the impact of learning a simple new skill such as canning and being able to easily take this skill home to share with their families. Clients mentioned the feeling of satisfaction of learning the "right" way to do something within the context of the program but then feeling confident and excited to quickly try it out at home without support or supervision- they were quickly adapting a skill to their own reality. As one client reported, “I noticed spinach grows fast in Canada. I started to grow it at home too. I taught my friends to grow it. Now they are growing it too.” Another client said, “I am innovating new recipes when I am cooking at home and it is very satisfactory when family members enjoy and eat new recipes. It makes me feel confident when cooking.”

This finding is also supported by the quantitative survey which shows significant increases in clients’ use of various skills at home on a regular basis.

<b>% of clients reported Regularly/Always to question; “How often do you use the following skills at home?”</b>		
<b>Skill</b>	<b>Before Program</b>	<b>After Program</b>
Meal planning	24%	68%
Use of healthy recipes	32%	84%
Use of affordable cooking practices	28%	80%
Use of common Canadian kitchen equipment	36%	84%
Growing plants at home	20%	90%
Use of sustainable garden practices	10%	90%
Growing local plants	10%	70%

### Significance

This was a reminder to us of just how exciting and motivating mastering even the most basic of skills can be. It was also a great reminder of how we need to maintain a strength-based approach to our work. With a hands-on guided introduction, clients very quickly embraced skills as “their own.” This implies that all learning and knowledge sharing for the clients needs to be practical, relevant and experiential first and foremost with ample time for "practice" in a safe space. Many of the skills developed in the program require minimal English as it can be learned through demonstration, modeling and practice under guided supervision. This is a crucial reminder to us that ALL aspects of the program need to be designed with this in mind. If clients haven't had a chance to try out the skill, to fail and to try again, they are less likely to try it out at home. While this is a fundamental aspect of adult learning, it can be very easy for us to forget this in program design and in



implementation. We need to make sure that all aspects of our program are experiential and don't just rely on presenting knowledge- e.g. a practice session with all clients trying out knife skills is likely much more effective than a pictorial representation or handout.

Also, this finding was indicative of some more durable changes in their habits and behaviors; clients were embracing skills as their own through adaptation and sharing and not just repeating what they had learned in class. This means the changes to behavior are more likely to be long lasting even if the client exits the program.

## Responses

- Review program activities using “experiential and client-centered” lens. Are there any activities, skills or information that are usually presented through a more teacher/instructor method that could be more experiential?

## Finding 5: Let Me Lead

The FSKG program inspired clients to become community leaders and volunteers inside the program, inside their homes and in the community.

### Description

Both components of the FSKG program gave ample opportunities for clients to share knowledge and skills from their own experience and knowledge base, encouraging them to become leaders. Client examples in relation to this seemed to fall into three levels.

Firstly, numerous clients reported enjoying the opportunity to assist other clients through teaching a skill or teaching about different cultural foods.

Secondly, clients described becoming a leader of their households by taking charge of the family cooking or the family plot and sharing their knowledge back with their family and friends. As one client said, “I take my friends to the garden to show what I am growing.” Another said, “I told my friend about eating raw vegetables- carrot, cucumber, tomato and capsicum.” One client was proud to host visits: “During harvest season, I bring my friends to see my garden.”

Finally, some clients were inspired to become leaders within the community, leading food-related activities or starting to volunteer. One client said, “I feel confident to start a small project. I'm working with people in my Strata now to apply for small grants.” Another client described, “I'm cooking once a month for homeless people using my cooking skills.” One client described how the community kitchen session had inspired him to try something similar for the local Hispanic community: “Last Saturday we met up with each other in Langley... each person brought food from their country. We were 20 people. Now I'm going to invite the others when I organize one. We will organize our own one.”

## Significance

This finding was very exciting for us as it was not really an explicit part of our impact statements except within the indicator of clients becoming champions of food security. Newcomers are given ample opportunity to volunteer and share their skills and experience within the program but this finding supports the impact on clients' lives outside of the program. Many newcomers see value in leadership and volunteer roles but often have few opportunities to engage in something. We were very pleased to find that FSKG contributed to clients feeling that they could demonstrate, share and teach skills and knowledge to others, and thus feel valued and recognized. This also helped us to identify the impact of the program beyond the immediate beneficiaries as clients took their learning into their families and the community.

## Responses

- Build in much more intentional and explicit volunteer and leadership opportunities for clients in the program.
- Bridge clients into external volunteer opportunities related to cooking and gardening.
- Support a group of clients in accessing a Neighbourhood Small Grant to host a community kitchen or community garden activity (e.g. a healthy dinner).

## Finding 6: Canadian, “Eh”?

FSKG helped most clients feel integrated into life in Canada, but it's not a simple process or relationship.

### Description

There's a notable connection between the program and clients' feelings around their integration into Canadian life. However, this varied greatly across clients- comments seemed to fall into four main groups: clients who indicated the program had helped to make them “feel at home in Canada”; clients who had learned new customs that could help them with their integration outside of the program; clients who felt strongly connected with other cultures. The final group reflects clients who did not discuss any connection to their integration in Canada.

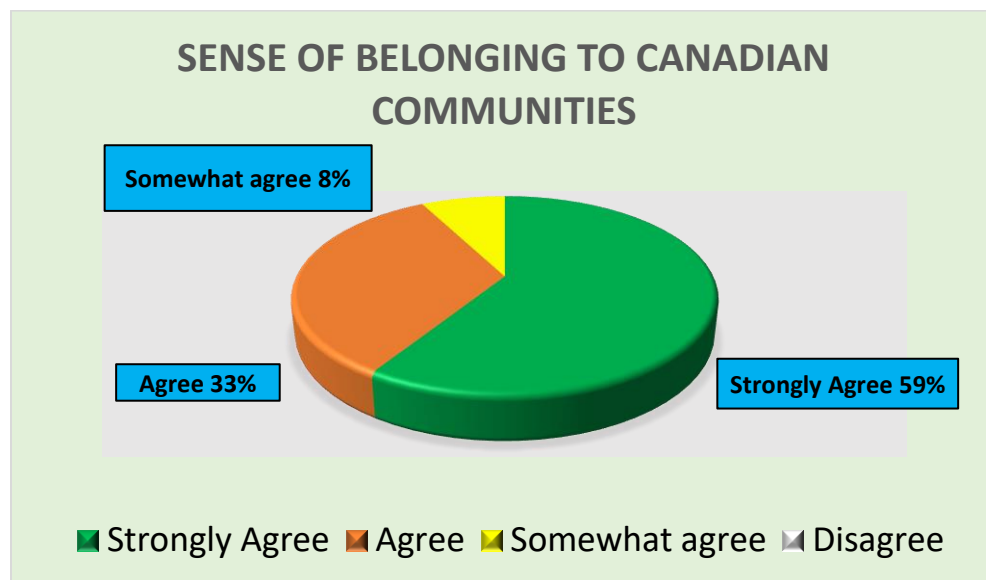
For the first group, the program generated a sense of belonging or made them feel more satisfied with their lives here. One client reported that the program had taught her many things, including how to not waste money by growing vegetables instead of buying them: “this made me peaceful in my life in Canada.” One client said, “I'm not a foreigner anymore.” Another said, “I feel like I belong.” One client described, “Everyone are equal included myself. I used to live in village. Canada is not a achievable place to come. I was feeling hesitant that whether people will be friendly with me or not and now I don't have any kind of that feeling and all are treating me friendly and I am treating them the same.”

In the second group, customs learned to help with integration ranged widely from relevant English phrases to social niceties. For one senior client, he had learned sufficient English to simply go to the gas station to say “Can I have coffee please?” Another client became very emotional when describing how his Canadian neighbors invited him to a barbeque in the “Canadian style” and he felt prepared and knowledgeable to be able to attend. For others, it was something as simple as “I'm eating Canadian vegetables.”

The third group recognized Canada's multiculturalism. One client said, “Thanks to the kitchen program, I am more tolerant, I have learned about recipes from different cultures and I love to know people from other parts

of the world and that is part of being Canadian.” Another said, "Canada is a far-off place and not a place for a small person like me. Now I have trust in the community. All the garden members treat me friendly.” A senior client reported, “I learned that each country has its preferences, but here we have to do everything the same and break our tendencies so that we can live in harmony and know what we can try in this land.” This finding is closely connected with Finding 7: New Tastes, New Feelings, New Feelings.

The survey also supported this finding with 92% of clients reporting that the program had helped them to feel a strong sense of belonging to Canadian communities.



### Significance

We usually perceive integration as a complex two-way process in which migrants and host communities are jointly responsible for adaptation and learning to help integrate newcomers. However, in practice, the onus of adapting usually falls to the newcomer. The findings clearly demonstrate that the program supports newcomers in their pathways of navigating the new value systems, communities, customs, etc. that they perceive to be “Canadian.” However, we are not clear on which aspects of the program contribute to this- is simply cooking a recipe using locally found ingredients enough? Also, should we be doing more to bridge clients who are ready into other mainstream community kitchens and gardens? The program is also connected to mainstream communities through various partnerships, but staff frequently face challenges with mainstream community members complaining about clients who do not follow mainstream Canadian rules and customs. What is the role of the program in supporting mainstream programs in becoming more inclusive of newcomers in order to share the burden of integration?

We also need to maintain a fine balance in the program between the promotion of so-called "Canadian" practices and norms in relation to food (e.g. local ingredients, plants and recipes) compared to ensuring that clients can reconnect with their own cultures through the program. Data has shown that this is also one of the draws of the program for clients- it helps them to re-engage with their ancestral culture during a time when their identity and values are in flux.

## Responses

- Look at how to increase opportunities for intercultural engagement and connection in the program between clients from different cultural groups.
- Explore recipes, plants and activities that showcase the diversity and history of Canada's multiculturalism (e.g. indigenous food systems).
- Engage more established Canadians in more volunteer roles.
- Establish more relationships and invite visits and joint activities with mainstream food security programs such as other community kitchens or gardens for established Canadians.

## Finding 7: New Tastes, New Flavours, New Feelings

Clients developed understanding and appreciation of other cultures, using food as a tool for engagement.

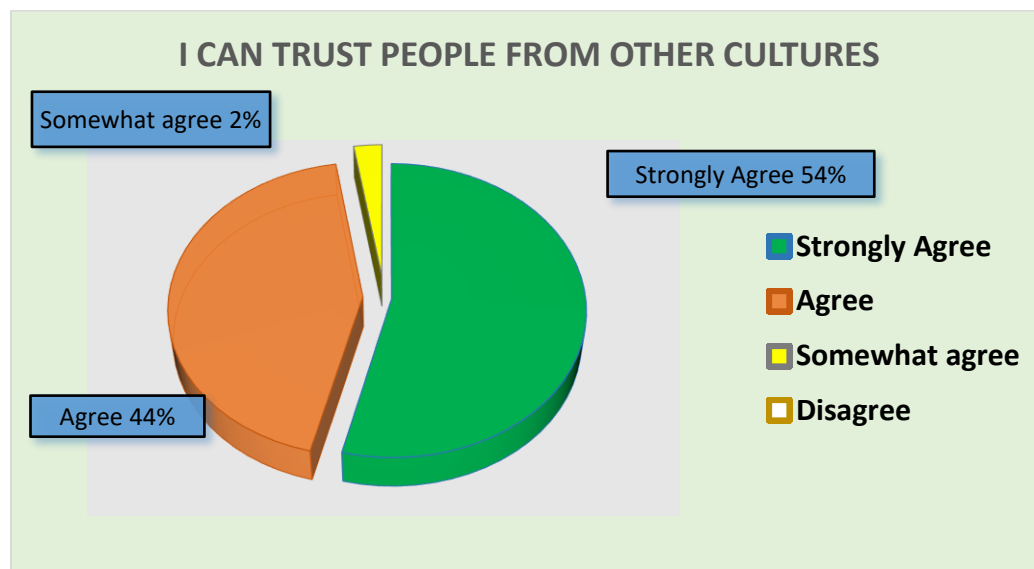
### Description

For many clients, the first introduction to something “new” through the program was sensory- they gave numerous examples of encountering a new taste or smell having been introduced to a new food, ingredient or plant from a culture with which they were not familiar. This occurred through recipes they cooked and ate together, new seeds planted and harvested, and sharing of food at potlucks or events throughout the program. These new experiences were introduced both by other clients and by staff/volunteers. From the interviews, we found numerous incidences in which clients would give an example of how they had experienced a new food, plant or ingredient. They would immediately follow their example by sharing a new understanding or piece of knowledge about what they had consequently learned about a culture, value, custom, tradition or person through that interaction. The client would excitedly relay this new piece of “knowledge” to the interviewer. For example, one client said, “I am Latin American, and I have been interacting with people from other countries, and there is something that I like from the Chinese culture, and it is that they drink a lot of tea, and I am trying to drink more tea because it is very healthy.”

Clients spoke of the profound joy of sharing food, plants, recipes or ingredients with one another and the interest about other cultures that it prompted. A simple sense (smell, taste, etc.) led to other feelings, such as a genuine interest in a person from another culture. One client said, “It makes me feel part of my community. Not just my Chinese community.” One senior client reported now “knowing” what to buy in food places with more multicultural food such as the mall: “You try new flavors. Now I can try spices in restaurants. I didn't know about teriyaki. Now in the soup house, I can choose a soup with vegetables and meat, but light in fat. All of this opened up new flavors for me. I know what they eat in other countries.”

For some of the clients, this was more than just an emotional shift; it also promoted a behavioral change. This began as the reconnection that clients felt with food from their own culture: “Growing kale makes me happy and remember my country.” It then extended to the pride that clients felt in sharing something from their own culture: “I introduced a new (Korean) vegetable to the garden.” Another client reported, “I'm using websites to get recipes from different parts of the world.” Another client said, “Before the program, I had prejudice about other cultures. Now we are forced to know each other and got rid of those prejudice.”

Data from the quantitative survey showed that 98% of clients agreed or strongly agreed with the statement “After the program, I feel I can trust people who are different than me (other cultures)”.



### Significance

These feelings- joy, openness, and trust- lay the groundwork for new friendships. Building intercultural relationships can be incredibly difficult in an increasingly diverse world as “new” or “other” can often be intimidating to consider. Many of our clients have to not just navigate mainstream Canadian cultures and values but also numerous other cultures that make up the local diversity here. The FSKG program promotes numerous cultural exchange activities where recipes, ingredients and seeds are exchanged. Clients are also regularly encouraged to share the histories and stories of their own cultures, not just in relation to food. Regular events such as World Food Day also promote cross-cultural sharing. There are some differences to the Gardens and Kitchens components. The Gardens program is much more diverse, as all clients have plots and participate in activities in relation to the same garden. Also, regular work parties at the Gardens mean clients must work together and build trust. However, while the Kitchens program is open to all cultural and linguistic groups, it often attracts members of the same group who sign up together in groups and invite their friends. Also, the program is often delivered as a language or culture-specific activity with support from Settlement Workers; this is one way to keep the program low barrier. However, it also limits the opportunities for genuine cross-cultural engagement and sharing that the Garden clients enjoy more frequently.

### Responses

- Look for innovative supports to create low barrier groups mixed by culture and language that are still accessible for clients with limited English.
- Identify ways to bring more intercultural learning opportunities to cultural/linguistic specific programming when a mixed group is not an option because of client needs.

## Finding 8: Show Me The Money

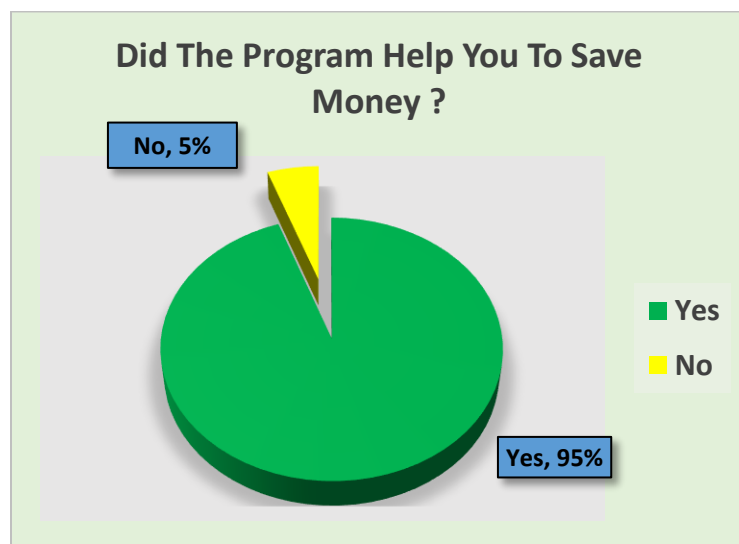
The program helped increase clients' food security mainly by saving money.

### Description

An initial review of the interviews indicated that few clients talked about the program impact in terms of their ability to be more food secure from an accessibility perspective- such as knowing where to access cheap ingredients, use or knowledge of low-income food options (e.g. food banks), or in saving money. However, a second closer reading demonstrated that at least a third of clients made some comments that touched on this point- for example, one client said, "I can cook within a budget," and another said, "I learned tips on how to save money." Another highlighted the challenges: "One of the big problems that me and my family face is having a limited income. We have a limited budget for food, and it is a barrier for me and my family to buy healthy products. With a limited income is difficult to make changes in our diet."

There was also a strong trend in the Gardens' clients who saved money throughout the summer by growing and eating their own vegetables. For example, a client with 8 family members said, "I can grow different vegetables for my family's demands." Another client said, "I grow vegetables from my own country because these are expensive to buy."

The quantitative survey also provided evidence that the program does support clients' access to healthy and affordable food. 95% of clients overall said the program had helped them to save money. When broken down by component, 100% of Gardens clients said the program helped them to save money compared to 93% of Kitchen clients.



### Significance

In the interviews, a third of clients described improved food security in some terms (e.g. "I saved money"), but the effect was much more evident in the quantitative surveys. This is may be due to the fact that the survey asked about food security much more explicitly compared to the interviews. For Gardens clients, the impact

was strongest: they experienced a very tangible example of having improved access to healthy food and consequently saving money simply through the act of growing a ready supply of healthy vegetables.

We know that the majority of our clients are vulnerable due to their income level; it is also possible that this theme was not more explicitly addressed by clients in the interviews due to cultural or language differences around how things like budgeting, low-cost food options and food security community resources such as the food bank are construed in different cultures. For some clients, this is the first time they have considered themselves low income, and they are often battling the implied loss of status and independence; this may explain why some of the other findings seem to have had a much stronger impact on a large group of clients.

The finding does show the complexity of food security. It makes us realize the need to bridge much more intentionally and explicitly into food security supports from an income perspective such as use of food banks, use of coupon schemes, promotion of bulk purchasing, as well as exploring other barriers to access (e.g. distance to a budget supermarket with fresh produce). and to bridge into community supports. We also need to further research how immigration status (e.g. refugee, economic migrant, family class), length time in Canada, age, and family structure (e.g. young parents versus elderly senior couple) impacts client needs in relation to food security in order to create a more tailored program around these themes.

## Responses

- Conduct additional research to identify how access to healthy, nutritious and low-cost food and community-based food security supports (e.g. food banks) affects smaller groups of refugees/immigrants as per various demographics
- Critically assess our current program activities and curriculum from an accessibility lens and explore partnerships and programs to bridge access into food security supports that improve access, such as bringing Quest to DIVERSE*city*.
- Bridge our findings into Surrey wide evaluation data on food security overall, led by the Surrey White Rock Food Action Coalition (DIVERSE*city* is a partner in this group).
- Diversify funding that supports the FSKG programs- e.g. explore food security focused supports.

## Steps Forward

The process of developing and implementing these evaluation tools, and of analyzing the data has been invaluable for our FSKG team. We continue to reflect upon what we heard and what we didn't hear in our focus groups, the richness and the limitations of our data and how we can continuously expand and improve upon our program. As we look ahead at ways to continue to improve our evaluation and our program quality, a few considerations merit discussion here. Upon implementation, we discovered a number of limitations in the qualitative and quantitative tools we developed for this project.

Establishing interview protocols that could be delivered in several languages was challenging. In addition to the core team, all staff involved in the project received training in conducting qualitative interviews and were part of an ongoing process in developing and translating the protocols and were able to provide great insights into client responses. However, there are inevitable nuances that we will have missed due to the breadth of the languages used in the interviews. Also, we did not have the capacity to translate the survey into other languages than Arabic and Chinese. For other clients, they completed the survey in English or received interpretation help to complete it. We also found that it was difficult to create an even sample of clients across all of our strata, based on the initial group of clients selected based on our sampling and the actual reality of which clients were willing and able to commit to an interview or complete the survey. However, this process has greatly improved our overall evaluation knowledge and practices. It will also greatly inform our evaluation of other areas of settlement and community programs which overlap in Impact Statements (e.g. developing clients' self-reliance).

While the evaluation process has identified many possible courses of action in response to the findings, these are the recommendations we will apply:

1. Create a stronger relationship between FSKG program staff and Settlement staff to share reports on clients' progress, and help clients identify their success in FSKG can translate to success outside the program. Broaden this to other departments such as Counselling.
2. Establish more opportunities for clients to showcase their knowledge and progress such as hosting and cooking for a community dinner or hosting garden tours from other community gardens groups.
3. Build in much more intentional and explicit volunteer and leadership opportunities for clients in the program.
4. Review program activities using an "experiential and client-centered" lens. Are there any activities, skills or information that are usually presented through a more teacher/instructor that could be more experiential?
5. Support a group of clients in accessing a Neighborhood Small Grant to host a community kitchen or community garden activity (e.g. a healthy dinner).
6. Critically assess our current program activities and curriculum from an accessibility lens and explore partnerships and programs to bridge access into food security supports that improve access, such as bringing Quest to DIVERSEcity.
7. Bridge our findings into Surrey wide evaluation data on food security overall, led by the Surrey White Rock Food Action Coalition (DIVERSEcity is a partner in this group).
8. Diversify funding that supports the FSKG programs- e.g. explore food security focused supports.



## Appendix

### Appendix A: Impact Statements and Indicators

<p><b>Impact #1 –</b></p> <p>Newcomer families are food secure within sustainable and affordable Canadian food systems.</p>	
<p><b>What we mean:</b></p> <p>What we mean: Newcomers learn skills and knowledge that contribute to their food security: cooking skills, food safety, recipe planning, budgeting and shopping, gardening skills, introduction to plants, ingredients, kitchen equipment and cooking/gardening techniques relevant to the local culture and Canadian food systems. Newcomers household costs are decreased as they learn budgeting and are connected to affordable food supplies. Newcomers reduce their carbon footprints through introduction to organic gardening and waste reduction practices.</p>	
<p><b>E3 (Quantitative Indicators of Impact)</b></p> <p><b>Know</b></p> <ul style="list-style-type: none"> <li>• Clients know about organic gardening practices and plants suitable for the local food system and environment.</li> <li>• Clients know about safe food handling practices.</li> <li>• Clients know how to prepare affordable, balanced meals for themselves and their families.</li> <li>• Clients know where to find sustainable, affordable and culturally relevant food (supermarkets, coupons, small grocery stores, farmers’ markets, food banks, free community meals).</li> </ul> <p><b>Feel</b></p> <ul style="list-style-type: none"> <li>• Clients feel confident and comfortable to apply new skills in their homes (e.g. cooking for their families, tending garden plot without Program Coordinator).</li> <li>• Clients feel food secure.</li> </ul> <p><b>Do</b></p> <ul style="list-style-type: none"> <li>• Clients plan menus for their families using healthy and affordable recipes with simple cooking techniques that use common</li> </ul>	<p><b>E4 (Qualitative Indicators of Impact)</b></p> <p><b>Love</b></p> <ul style="list-style-type: none"> <li>• Clients love community gardening and “grow your own”.</li> </ul> <p><b>Become</b></p> <ul style="list-style-type: none"> <li>• Clients become champions for food security to their families and friends (sharing and practicing the learning and recipes with their friends, teaching skills to others).</li> </ul> <p><b>Believe</b></p> <ul style="list-style-type: none"> <li>• Clients value sustainable, healthy and affordable cooking and growing practices (believe).</li> </ul>

<p>kitchen equipment/ingredients relevant to the local culture (e.g. can opener!).</p> <ul style="list-style-type: none"> <li>● Clients plant, grow and tend to plants that are suitable to the local environment.</li> <li>● Clients feed their families with confidence.</li> </ul>	
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**Impact #2 –**  
Newcomers and their families maintain a healthy lifestyle.

**What we mean:**  
What we mean: Newcomers learn habits and skills through community kitchens and community gardens that contribute to healthy lifestyles both physically and mentally (e.g. nutrition and healthy eating, physical activity in the garden, therapeutic benefits of group activities), improved mental health and reduced stress and social isolation.

<p><b>E3 (Quantitative Indicators of Impact)</b></p> <p><b>Know</b></p> <ul style="list-style-type: none"> <li>● Clients understand the health benefits of good nutrition (nutraceuticals, healthy recipes).</li> <li>● Clients understand the health benefits of physical activity.</li> </ul> <p><b>Feel</b></p> <ul style="list-style-type: none"> <li>● Clients feel they have an improved health status.</li> <li>● Clients feel empowered to make healthier choices.</li> </ul> <p><b>Do</b></p> <ul style="list-style-type: none"> <li>● Clients have made changes to their health (improved eating habits, changed diet, reduced their stress level.)</li> <li>● Garden clients are more physically active through participation in garden activities.</li> </ul>	<p><b>E4 (Qualitative Indicators of Impact)</b></p> <p><b>Love</b></p> <ul style="list-style-type: none"> <li>● Newcomers love cooking and gardening as a therapeutic practice for maintaining good health (physical, emotional etc.).</li> </ul> <p><b>Become</b></p> <ul style="list-style-type: none"> <li>● Clients become community-based experts for healthier lifestyles.</li> </ul> <p><b>Believe</b></p> <ul style="list-style-type: none"> <li>● Clients believe gardening and cooking are valuable holistic health promoting activities (e.g. nutritional benefits, physical health benefits, social benefits).</li> </ul>
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**Impact #3 –**  
Newcomers become self-reliant (in their settlement paths).

**What we mean:**

What we mean: Newcomers have the confidence, hope and resiliency to apply and share learned skills and knowledge beyond the program to support their settlement goals and settlement paths in Canada and become less dependent on services.

<p><b>E3 (Quantitative Indicators of Impact)</b></p> <p><b>Know</b></p> <ul style="list-style-type: none"> <li>● Newcomers know about mainstream services.</li> </ul> <p><b>Feel</b></p> <ul style="list-style-type: none"> <li>● Newcomers have a positive outlook on their settlement to Canada (feel good about living in Canada).</li> <li>● Newcomers feel able to recover from and move through difficult or stressful events related to their settlement in Canada.</li> <li>● Newcomers feel empowered to access mainstream services.</li> </ul> <p><b>Do</b></p> <ul style="list-style-type: none"> <li>● Newcomers independently access mainstream services.</li> </ul>	<p><b>E4 (Qualitative Indicators of Impact)</b></p> <p><b>Love</b></p> <ul style="list-style-type: none"> <li>● Newcomers appreciate and love their life in Canada.</li> </ul> <p><b>Become</b></p> <ul style="list-style-type: none"> <li>● Newcomers become self-sufficient and comfortable living in Canada.</li> <li>● They become ambassadors to support other newcomers' settlement goals/paths.</li> </ul> <p><b>Believe</b></p> <ul style="list-style-type: none"> <li>● Newcomers believe in their ability to navigate mainstream services and resources without support.</li> </ul>
<p><b>Impact #4 –</b></p> <p>Newcomers are socially integrated into established Canadian communities.</p>	
<p><b>What we mean:</b></p> <p>What we mean: Newcomers develop a sense of belonging in their new communities through intergenerational and intercultural relationships and social networks developed through the programs. Newcomers can retain and share their cultural practices and knowledge through the cross-cultural sharing, and understanding with people from different co-ethnic communities. Using food and cooking/growing practices as a cultural connector, newcomers (and established Canadian participants and volunteers) develop their willingness and trust to form the bridging/bonding relationships that contribute to community integration.</p>	

<b>E3 (Quantitative Indicators of Impact)</b>	<b>E4 (Qualitative Indicators of Impact)</b>
<p><b>Know</b></p> <ul style="list-style-type: none"> <li>● Newcomers understand cultural practices and values different to their own.</li> </ul> <p><b>Feel</b></p> <ul style="list-style-type: none"> <li>● Clients feel a strong sense of belonging to their local community.</li> <li>● Newcomers feel a strong sense of trust towards other community members (friends, neighbors, peers).</li> <li>● Newcomers feel open and willing to participate in cross-cultural activities that support bridging/bonding relationships.</li> </ul> <p><b>Do</b></p> <ul style="list-style-type: none"> <li>● Clients make frequent use of their networks of social support and connections (for advice, relaxation, favors, information, social activities).</li> <li>● Newcomers participate frequently in activities that promote cross-cultural exchange (e.g. cooking, gardening).</li> </ul>	<p><b>Love</b></p> <ul style="list-style-type: none"> <li>● Clients love the communities and cultures where they live (cultural sharing and intergenerational bonding, adaptive learning).</li> </ul> <p><b>Become</b></p> <ul style="list-style-type: none"> <li>● Clients become a cultural connector within their communities and established Canadian communities.</li> <li>● Clients become socially engaged rather than socially isolated.</li> </ul> <p><b>Believe</b></p> <ul style="list-style-type: none"> <li>● Newcomers believe that community-based efforts enhance their social integration.</li> </ul>

## Appendix B: Interview Protocol

### Know-Believe

- 1) What did you learn from the program about preparing nutritious food or gardening? How has this awareness increased your family's knowledge to find sustainable, affordable and culturally relevant food?
- 2) What do you see as the key health benefits you have gained through this program? How do these health benefits make a difference for you and your family?
- 3) What have you discovered about yourself by understanding cultural practices and values different to your own? How can you develop trust in order to embrace other cultures?

### Do-Become

- 1) What health and affordable cooking practices are you using? How are you sharing these practices with others?
- 2) What are the difficulties you face when making positive changes to your health after the program? How have you become better at maintaining positive changes to your health?
- 3) What activities do you do in the program that guide you to be an independent person? How has this helped you to develop confidence and become self-reliant?
- 4) What are you doing to access your social networks (e.g. neighbors, friends) for advice, information and support? How does this help you to become attached to your Canadian community?

### Feel-Love

- 1) What do you enjoy about gardening & cooking? How does that shape your commitment to maintain a healthy lifestyle?
- 2) What is the most frustrating aspect of participating in the program? How would you change that aspect of the program? (it might not be something about the program that is causing the frustration. Better to make the "love" about the impact on them, maybe something like, "What has made you persevere in the program in spite of that frustration?")
- 3) What is the most exciting part of participating in the program for you? How has this made you come to love your new life in Canada?

## Appendix C: Quantitative Instrument and Results

### 1) Did the program make you feel more confident to try new cooking skills at home? (Kitchen program )

*100% of the clients say that they feel more confident to try new cooking skills at home.*

### Did the program make you feel more confident to try new gardening skills at home? (Garden Program)

*100% of the clients say that they feel more confident to try new gardening skills at home.*

### 2) How often do you use the following at home? (Kitchen Program)

	Never	Occasionally	Sometimes	Regularly	Always
<b>Meal planning</b>					
Before the program	28%	12%	36%	20%	4%
After the program		8%	24%	52%	16%

	Never	Occasionally	Sometimes	Regularly	Always
<b>Use of Healthy Recipes</b>					
Before The Program	24%	20%	24%	12%	20%
After The Program			16%	64%	20%

	Never	Occasionally	Sometimes	Regularly	Always
<b>Use of affordable recipes and practices</b>					
Before the program	24%	32%	16%	16%	12%
After the program		8%	25%	60%	20%

	Never	Occasionally	Sometimes	Regularly	Always
<b>Use of common Canadian Kitchen equipment</b>					
Before the program	12%	24%	28%	28%	8%
After the program	8%	4%	4%	68%	16%

**How often do you use the following at home? (Garden Program)**

Growing plants outside of your DIVERSEcity community garden plot (e.g. container gardening)	Never	Occasionally	Sometimes	Regularly	Always
Before the program	30%	20%	30%	20%	
After the program		10%		50%	40%

Use of sustainable garden practices (Composting/mulching, spacing between plants, seed saving)	Never	Occasionally	Sometimes	Regularly	Always
Before the program	40%	50%		10%	
After the program		10%		50%	40%

Growing local plants	Never	Occasionally	Sometimes	Regularly	Always
Before the program	60%	10%	20%	10%	
After the program		20%	10%	50%	20%

**3) Identify 3 safe food handling practices that you have learned through the program? (Kitchen Program)**

*Most responses fell into the following categories.*

- Washing hands, fruits, and vegetables before cooking.
- Properly disinfecting the cooking surface
- Cooking at right food temperate and using the refrigerator properly

**Identify 3 organic gardening practices/plants suitable for the local food system and environment you have learned through the program? (Garden Program)**

*Most responses fell into the following categories.*

- Composting
- Mulching
- Crop rotation and spacing to prevent pest and diseases

**4) Did the program help you to save money?**

	Yes	No
Kitchen	93%	7%
Garden	100%	

5) Since you joined the program, how often you have used the following services:

**Garden Program:**

	Every week	Twice a month	Monthly	Occasionally	Never
Another DCRS services		1		3	3
City of Surrey Service Center Programs	2	2	3		
Community Events/Festivals			8		
Garden Centers		2	8		

**Kitchen program:**

	Every week	Twice a month	Monthly	Never
Foodbank		2	2	
Another DCRS services	6	4	5	7
City of Surrey Service Center Programs	6	1	5	13
Community Events/Festivals	1	3	7	13
Fraser Health			5	18
Quest				23

6) Identify 3 specific health benefits of the good nutrition you have learned through the program:

*Most responses fell into the following categories.*

**Kitchen:**

- More energy
- Prevent sickness
- Better sleep

**Garden:**

- Got healthier mentally and physically
- Less obesity
- Strengthens immunity
- Healing therapeutic



- Relieves stress

**7) Identify 3 changes you have made to your health habits after the program:**

*Most responses fell into the following categories.*

**Kitchen:**

- *Eating healthy and no more junk food*
- *Balanced diet*
- *More vegetables and fruits*
- *Less sugar and salt*

**Garden:**

- *More physically active*
- *Better choice of food with more fiber,*
- *Started cooking my own organic food grown at the garden*

**8) After the program, I feel sense of belonging to Canadian Communities.**

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Somewhat agree</b>	<b>Disagree</b>
% of clients	59%	33%	8%	

**9) After the program, I feel that I can trust people who are different than me (other cultures).**

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Somewhat agree</b>	<b>Disagree</b>
% of clients	54%	44%	2%	

**10) How many connections/friends did you make through the program?**

	<b>1 to 3</b>	<b>4 to 7</b>	<b>7 to 10</b>	<b>more than 10</b>
% of clients	25%	36%	18%	21%

**11) In what ways did these friends help you (check all that apply)?**

	<b>% of clients</b>
Advice	51%
Invite/refer to a social event	41%
Help/guide you within the program	38%
Referred to other programs/services	49%
Network with others	59%
Others, please specify	-