



Intercultural Food Security Study

PUBLIC SUMMARY



Our collaborative pilot project explored community perspectives on how to address **food security** and **health equity** among multicultural communities in Richmond. The results will inform future community based research as well as food security and health equity programming.

What is Food Security?

Food security exists when all people, at all times, have physical, social and economic access to sufficient, safe, and nutritious food to meet their dietary needs and food preferences for an active and healthy life.

What is Health Equity?

An absence of systematic disparities in health or in major social determinants of health between social groups who have different levels of underlying social advantage/disadvantage.

Did you know?

70.4% of the Richmond population is considered a visible minority? That is the second highest proportion of any British Columbia municipality.

The Richmond Food Security Society and Centre for Sustainable Food Systems conducted focus group discussions with members of organizations representing Richmond’s multicultural communities (Richmond Multicultural Community Services, United Chinese Community Enrichment Services Society, India Cultural Centre, Richmond Bethel Church, Richmond Food Bank, and Vancouver Coastal Health Population and Community Health).

Community perceptions and ideas about access, availability and utilization of culturally desired foods, and programming related to health and nutrition was gathered from participants self-identifying as Chinese, Filipino, Punjabi, Iranian, Korean, Taiwanese, Sikh, Russian, Japanese, Haida Gwaii, Musqueam, Sri Lankan, Mexican, Honduran, and French.



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at UBC Farm



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Results & Recommendations

Food Availability & Access

100% of respondents said that affordability influences food choices
24% indicated that organic foods are too expensive
22% indicated that meat is too expensive

Social & Cultural Concerns

100% of respondents indicated a desire for cultural foods
28% do not know how to cook with unfamiliar foods
22% indicated that availability of cultural foods is limited

Knowledge of Food Programs & Services

48% of respondents were aware of the food bank
46% were aware of community meal services
26% were aware of community gardens

Food Production

24% of respondents believe that growing food contributes to household food security
15% indicated the desire to access land to grow food

Future research questions

- How can community organizations and local governments collectively develop intercultural food security strategies grounded in principles of fairness and community-building?
- What are the barriers preventing the improvement of knowledge, use and consumption of new foods?
- How can we improve access to land for local and cultural food production for individual/community use?

Recommended community programs and policies

- Develop a Richmond Food Strategy that fully represents the cultural diversity of Richmond residents and includes principles of fairness and community building.
- Enhance the distribution of resources for food literacy.
- Create and improve access to land for cultural community groups and new immigrants.



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