



## Good Neighbours Food Centre **FEATURE STORY**

### Good Neighbours Food Centre: Catalyst Programming *By Pristine Chabaylo, Community Catalyst*

The Good Neighbours Food Centre (GNFC) Catalyst Programming addresses the issue of food insecurity and poverty by providing access to community programs centered around healthy cooking, gardening, fresh food preservation, nutritious food aid, food waste reduction, and community and youth involvement.

GNFC programs reach people living within a 50km radius of Rosthern and are made accessible and inclusive to everyone. People of all ages, backgrounds, culture, gender, and need participate in these programs. Participation helps people access healthy food aid, learn new cooking and gardening skills, builds confidence, engages and inspires the community, and addresses and brings awareness to the issues of food insecurity, hunger, and food waste reduction.

This programming is important because it gives people access to healthy food aid, nutritious meals, community connection, and cooking and gardening demonstrations. Participants and volunteers have the opportunity to use their passion to help build a food secure community by providing ways to support neighbours in need. Through these programs, we continue to see people's confidence grow as they try new cooking skills and recipes and take them home to their families. Programming gives GNFC staff and volunteers opportunities to continue building and maintaining the relationships we value within our community while addressing the need for healthy food aid and education.

The youth's passion to help grew throughout the year as they volunteered and listened to guest speakers. They planned a food drive and park outreach event that gave them opportunities to share about the work GNFC is doing to build a food secure community. The youth helped with emergency food box delivery and were greatly missed when they went back to school. These opportunities provided them with unique ways to build confidence, interpersonal and leadership skills, and relationships with people within the community.

GNFC loves seeing program participants get excited about cooking new meals for their families and sharing their knowledge with each other. Joy comes from knowing that every act of kindness supports someone in need.

