

A CAMPAIGN FOR



*Grow
With Us*

#204 - 1120 20th St W

located in Station 20 West

Saskatoon, SK

Treaty Six Territory and homeland of the Métis Nation

2023-2025

"The CHEP deliveries give us hope... We struggle with food security every day - EVERY day.

The COVID crisis exacerbated our plight times a million. People that have money cannot possibly understand the stress of not really knowing how to get food. With hampers we feel WE have the right to quality food like everyone else.

Honestly, this program makes us feel important and healthy."

- New Horizons Delivery for Seniors participant



"Thank you for what you do. I grew up depending on scraps from food banks and I know what it's like to be hungry and desperate.

When you are malnourished, it's hard to believe that anything in your life can get better. You give people hope packed in that box."

- CHEP Supporter

"To see seedlings, to sprout, to full on plants to harvest and onto a dinner plate was very eye opening."

- The askîy project Urban Agriculture Intern

Food insecurity is a call to community action.

Our community needs your support.

CHEP is a Saskatoon nonprofit that relies on community support via donations and fundraising to complement static provincial funding and grants for programs that have seen unprecedented growth and expansion based on the community's needs.

As inflation and the cost-of-living increase, CHEP continues to feel the impact of rising food and delivery costs. We purchase all our food for our programming, buying from local vendors as available. Your investment in CHEP supports the continued delivery and expansion of our important programming. Supporting CHEP helps to support food security in the Saskatoon community.

CHEP supports our community by providing stable access to affordable, nutritious, and culturally appropriate food and opportunities to learn the skills to grow and prepare healthy food.

Grow With Us

CHEP is looking for committed partners to support us to our funding goal of \$200,000 annually, over the next three years

In Saskatchewan, 20.3% of households are food insecure.

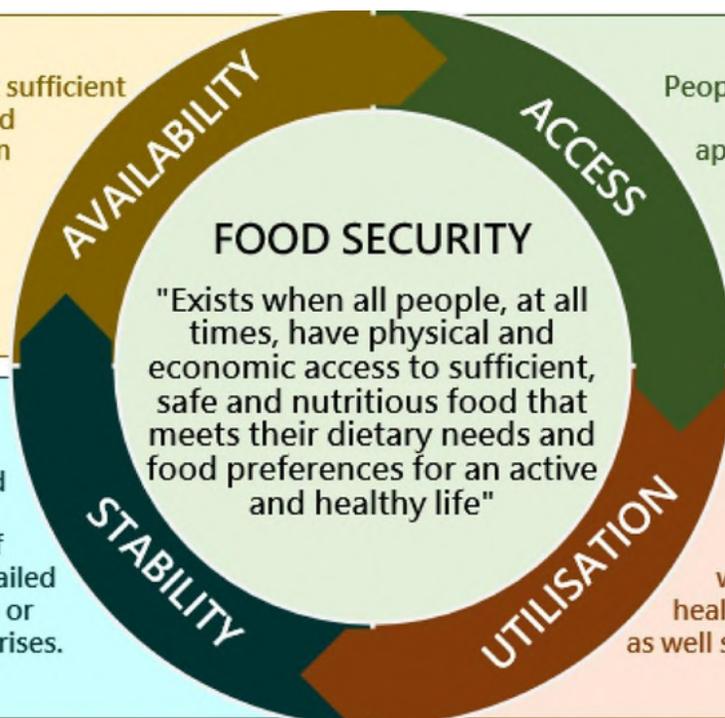
Rates of food insecurity in the province have risen almost 2% over the last year.

26.1% of children in Saskatchewan are living in food insecure households.

Data from Canada Income Survey (CIS) 2021 via PROOF (2022)

Food *availability* means that sufficient quantities of appropriate and quality food is available from domestic production, commercial imports, food assistance or food reserves on a consistent base.

Stability of food refers to *availability* of adequate food all the times, thus, certain that *access* and *utilisation* of appropriate food is not curtailed by any hindrance, shortages or by emergencies or sudden crises.



People have adequate income or other resources to *access* appropriate food domestically through home production, buying in local markets or as exchange, gifts, borrowing or as food aid.

People *utilise* food properly through food storing and processing practices while have sufficient knowledge where they apply nutritional, health, sanitation, socio-cultural as well spiritual parameters of food.

Food insecurity is a social determinant of health.

Food insecurity is a systemic problem. More than just an issue of food supply, food insecurity is a social and economic problem that is entrenched by inequitable access to resources and results in worsened health outcomes for those who are most acutely affected.

People who face systemic racism and other forms of discrimination that present barriers to the accumulation of wealth are more likely to be food insecure.

Food security is a crucial social determinant of health. Increased chronic and acute physical and mental health conditions, as well as increased healthcare needs, are all closely linked to food insecurity.

FOOD INSECURITY = Inadequate access to food because of financial constraints

Health impacts of food insecurity



Inadequate intake of nutrients



Increase risk for various chronic diseases



Increased risk for negative pregnancy outcomes



Long-term deficits in children's socio-emotional, cognitive and motor functioning



Increase risk for negative mental health impacts (including depression, suicide, substance misuse, etc)



Total healthcare costs increase steadily with increased severity of household food insecurity



Who is CHEP Good Food Inc.?

For nearly 35 years, CHEP has been promoting - and providing - healthy food options for Saskatoon residents. We work to build capacity in the community of Saskatoon by alleviating the main barriers to food security and making healthy food choices: education, accessibility and cost.

Our Vision: **A Food Secure Community**

- Where everyone has assured access to adequate, appropriate and personally acceptable food in a way that promotes health, respect and dignity
- People are able to earn a living wage by growing, producing, processing, handling, retailing and serving food
- The quality of land, air, and water is maintained and enhanced for future generations
- Food is celebrated as central to community and cultural integrity.

Our Mission

CHEP works with children, families and communities to improve access to good food and promote food security.

What does CHEP stand for?

Well, it used to stand for Child Hunger & Education Program. In 2004, we changed our name to reflect how our focus had grown to include, not just school food programs, but access to good food for the whole community.

CHEP's Impact

CHEP's programming works to mitigate the impacts of food insecurity. From our community markets, to providing fresh school lunches and nutritional education to students, to our urban agriculture initiative that focuses on sustainable production, and more, our aim is to reduce barriers to food security and to further food sovereignty.

CHEP believes food is a basic human right and that a community-based capacity building model builds resiliency into our food system.

[Annual Report 2022](#)

[Our History](#)



5,230

customers served
at Station 20
West Community
Market



22,917

lunches prepared
and delivered to
students in Saskatoon
schools.



3,936

pounds of food
harvested
through The askîy
project.



3,176

Good Food Boxes
sold and
delivered across
the city.



14,500

seed packages
provided to the
Saskatoon Seed
Exchange



"Many of our students live in conditions of poverty. Your generosity helps provide essential healthy food to feed their bodies and minds.

Thank you for helping us bring smiles and sustenance to the children in our school."

On behalf of staff and students from Saskatoon Public Schools community schools

Our Guiding Principles



Relationship to the Land

Many of the impacts of food insecurity, disconnection from cultural food and foodways, and resulting health inequities are tied to settler colonial and colonial policies that have shaped access to land and resources.



Mutual Respect

CHEP values the diverse, unique lived experience of its staff, volunteers, and the community it serves. We ensure programs take place in a safe environment and aims to foster dignity and respect.



The Right to Food

CHEP affirms that all people have the right to affordable, nutritious, and culturally safe food and foodways. We operate with the understanding that inequitable access to food and systems of food production has disproportionately impacted historically disadvantaged communities.



Education and Advocacy

Through partnerships and programming, CHEP strives to enhance public awareness and understanding of the root causes and impacts of food insecurity, and address these impacts in a meaningful, sustainable manner.

Our Programs



Good Food Box

Social Enterprise that increases access to fresh, healthy, local foods in Saskatoon. Revitalized in 2023 using a neighbourhood depot delivery model.



The askîy project

Seasonal urban agriculture internship that engages Indigenous and non-Indigenous youth to learn about growing, harvesting and selling food. askîy (ᐱᓐᓱᓴ) means earth or land in Cree.



Centralized Kitchen

Ensures all children have access to fresh, nutritious food in the form of a daily brown bag lunch. We prepared 22,917 lunches for students at 33 schools in 2022.



Community Markets

Providing healthy, affordable food in neighbourhoods where access to fresh produce is limited. These markets offer staples and seasonal items in multiple locations.



Community Gardens

Providing food security and learning opportunities for people to feed themselves with food they've grown. We support a network of community members and gardens with the City of Saskatoon, schools, and other land providers



Collective Kitchens

An opportunity for a group of people to pool their resources to make healthy, low cost, delicious food to take home and share with their families.



Chefs in Training

A five-week after school program for students age 10-15 to learn about safe food handling and preparation - future chefs gain confidence and learn healthy food choices.



Emergency Food

An ongoing program to support underserved community members. Most requests are referrals by SHA social workers.

Our Reach



5,405
Followers



4,672
Likes



1,760
Followers



648
Followers



"I can cook on the stove at home now!"

"I made my own salad at home."

"Mom was surprised I made it all by myself!"

- Chefs in Training participants

"I wanted to share with you how much the kids loved the program (Chefs in Training) at Caroline Robins Community School. Their classroom teacher was thrilled with the students sharing what they had learned throughout the 5 weeks. Thank you for having the program at our school."

- Donna Blunt, Community Schools Coordinator at Saskatoon Public Schools

Part of Larger Movements for Food Security



THE COALITION
FOR HEALTHY SCHOOL FOOD

CHEP Good Food Inc. is a part of The Coalition for Healthy School Food. It is group of more than 260 non-profit organizations working to ensure all Canadian children have access to healthy meals at school.



THE GLOBAL GOALS

CHEP's programs contribute to the UN Sustainable Development Goals, most applicably Goal 2: Zero Hunger working towards a world free of hunger by 2030.

Food Secure Canada highlights how school food programs are directly relevant to meeting nine Sustainable Development Goals.



Your Investment Helps Us Grow

Level of Support

Total Commitment
over Three Years

Recognition

Collective Sustenance \$100,000 - \$150,000

- Press release with gift announcement, including photo opportunity
- Social media featured story acknowledgment
- Top-billed logo in CHEP's Sponsorship Thank-You News ad
- 6 Empty Bowls tickets* and special recognition at Empty Bowls
- All of the benefits below

Growing Community \$50,000 - \$99,999

- Social media acknowledgment (total four e.g., once a quarter)
- Recognition plaque to be placed in the CHEP office and provided to the donor
- Website listing or logo on Campaign webpage
- Prominent logo in CHEP's Sponsorship Thank-You News ad
- 6 Empty Bowls tickets* and special recognition at Empty Bowls
- All of the benefits below

Seedling Resilience \$25,000 - \$49,999

- Social media acknowledgment (total of four e.g., once a quarter)
- Listing or logo in CHEP's Sponsorship Thank-You News ad
- 6 Empty Bowls Tickets*
- Separate Campaign listing in Annual Report
- All of the benefits below

Sprouting Ideas \$10,000 - \$24,999

- Social media acknowledgment (total of two acknowledgements)
- Listing or logo in CHEP's Sponsorship Thank-You News ad
- 4 Empty Bowls Tickets*
- Separate Campaign listing in Annual Report per year of funding commitment
- All of the benefits below

Seed Potential \$1,000 - \$9,999

- Social media acknowledgment (one group acknowledgment with other donors in this level)
- 2 Empty Bowls tickets
- All of the benefits below

Supporter up to \$999

- Website listing on campaign webpage
- Separate Campaign listing in the Annual Report

Note: (*) Number of Empty Bowl Tickets are listed in their category and do not compound

CHEP believes in a systemic definition of food security where all community residents can obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes self-reliance and justice. Food is a human right. We will continue to support the community to overcome and reduce barriers to food security and to work together toward food sovereignty.

We are looking for partners to join us in working toward a food secure Saskatoon.

CHEP Good Food Inc. operates on Treaty 6 territory, the traditional lands of many Indigenous peoples including the Cree, Saulteaux, Dene, Dakota, Lakota, Nakota, and the homeland of the Métis Nation.

Living and working on this land obliges CHEP to be accountable to the ways that access to food and land has been severed, and work towards a just, sustainable relationship to the land for all.

Contact

Gord Androsoff
Executive Director
executivedirector@chep.org
(306) 986-5837



Reading Recommendations:

- Food Secure Canada (2021). School Food and the Sustainable Development Goals: A pathway to meeting multiple goals and targets. Available from <https://foodsecurecanada.org/resources-news/news-media/school-food-and-sustainable-development-goals>
- Saskatoon Poverty Reduction Partnership (2021). Vibrant Communities and Economies: What Does The Nonprofit Sector Have to Do With It?
- Tarasuk V, Li T, Fafard St-Germain AA (2022.) Household food insecurity in Canada, 2021. Toronto: Research to identify policy options to reduce food insecurity (PROOF). Retrieved from <https://proof.utoronto.ca/>

