

Wild Rose Food Connections



"Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life." ~ World Food Summit, 1996

Program Description: Wild Rose Food Connections is a food security initiative created by Wild Rose Community Connections. This initiative is meant to identify all the food related existing programs in the community and build on those capacities to aim for a coordinated approach. Wild Rose Food Connections has four goals:

- Reduction in food insecurity
- Education and awareness of food related issues
- Social connectivity surrounding food
- To develop a consciousness around food waste and our environmental impact

Current Programs (like us on Facebook to stay informed!):

Food Rescue: To date, volunteers have rescued 77,157 lbs of food from 34 local grocery stores/businesses/restaurants/events that otherwise would have been thrown out due to damage, excess or imminent best before dates. The food is then distributed through "Markets" held at The Commons (55 8th Ave. SE). There have been 132 Markets since the program started in October 2018 in which 5355 people have accessed free milk, yogurt, fresh produce, meat, etc. Anyone can help support us in keeping good food from entering the landfill by coming to the Market to get one free bag of groceries of their choice (the program can be accessed up to four times per month). No identifying information is required. ONE BAG PER HOUSEHOLD. More information can be found on our Facebook Page: **High River Food Rescue**.

Food Asset Maps: A resource guide updated monthly of all food related resources located in High River that is provided to local agencies and community groups. Offered in Spanish and Tagalog.

Lunch in a Crunch: During school breaks students can anonymously text/call 403-813-9819 to be directed to where they can pick up a free nutritious lunch. Funded through the United Way/High River Partnership. In December 2019 Lunch in A Crunch will be available Dec. 21-Jan. 5th, 2020. Program not available on Dec. 25 and Jan. 1.

Food Alliance Meetings: A monthly meeting of all local food related agencies, businesses and interested individuals intended to assist in sharing resources, ideas and programs with the goal of reducing food insecurity in High River. Next meeting is Jan. 22, 3-5 pm at the Commons (55 8th Ave. SE). Anyone is welcome.

Bread Days at the Library: To date, we have provided 45 free bread days. The bread is delivered to the High River Library around 10:30 am and will be available Dec. 11, 18, and 27th. Each person is welcome to take 2 loaves.



Snack Shacks: There are two Snack Shacks located inside of the Book Bungalows (one located at the Skate Park and the other by Colossi's, 4th Ave. downtown) that are filled year-round. There will also be Snack Shacks (fridge and pantry filled with snacks) available **OVER THE CHRISTMAS BREAK** (Dec. 21st-Jan. 5th) at the High River Library and Bob Snodgrass Recreation Center. Proudly funded through the United Way/High River Partnership.

Soup for the Soul: This program links isolated seniors/individuals with a volunteer wanting to share a hot meal and some good company. Volunteers can set up their own visitation schedule. The soup is proudly provided by Medicine Tree Manor, Whistle Stop Café, Knee Deep, Foothills Catering and Highwood Golf and Country Club. Volunteer/referral/ intake forms are available upon request.

Food Connections Speaker Series: Classes have included Maximizing Your Garden Output, 75 ways to Save and others. Our next class is Alberta Health Services Food Safety Basics Certification course held at the Commons from 1-3 pm on Dec. 6. Please contact highriverfoodrescue@gmail.com to RSVP.

Toiletry Collection: In partnership with businesses, sports teams and service clubs we collect toiletry items (shampoo, toilet paper, shaving kits, feminine hygiene products, etc.) to give to agencies that work with families and individuals in need. We have also partnered with the Foothills Children's Wellness Network-Youth Branch to collect items to build Youth Care Kits for youth that have been strategically identified as in need of basic hygiene items. If you are interested in donating, please contact us at highriverfoodrescue@gmail.com.

Grow a Row Campaign: Social media and awareness campaign requesting gardeners to grow an extra row of garden items to harvest and donate to the Food Rescue/Food Bank. The Shepard Family Park Society has graciously donated cold storage so we can be putting out fresh produce throughout the year! If every local gardener grows one extra row of produce this can have a huge impact on our ability to give out produce through our programs. Ideas of what to grow include beets, carrots, potatoes, kohlrabi, parsnips, etc. You can drop off your fresh produce at Wild Rose Community Connections (127 3rd Ave. SW downtown) Monday to Thursday 10 am-4 pm.

Harvest High River: In partnership with the Town of High River, the locations of trees, shrubs, plants and planters containing edible items will be shared on their website (<https://highriver.ca>) so that the public can harvest items like zucchini, apples, plums, mint, saskatoon berries, etc. As well, edible trees will be offered in the species lineup in the Memorial Tree program.

Wild Rose Food Connections provides these programs through the power of volunteers. If you would like to help or have questions about our programs, please contact

highriverfoodrescue@gmail.com or call Sarah at 403-601-0979 or Brianne at 403-498-5255.



Wild Rose Food Connections and High River Food Rescue

