



## HOLIDAY HAMPER SUPPORT

An annual fundraiser to support local families during the holiday season.

We accept donations by cash, cheque, gift cards or donate directly to us via our website:  
[www.froghollow.bc.ca/donate/](http://www.froghollow.bc.ca/donate/)



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## HASTINGS-SUNRISE COMMUNITY FOOD NETWORK (HSCFN)

A collective project involving food programs at Hastings & Thunderbird Community Centres, Frog Hollow & Kiwassa Neighbourhood Houses, and City Reach Care Society, in partnership with the United Way.

Together we collaborate on initiatives that build the food security of our neighbourhood through enhancing the food programs we offer, growing our network and amplifying the food justice work of our partners, and helping create the conditions required for our neighbourhood's food sovereignty.

## VANCOUVER NEIGHBOURHOOD FOOD NETWORKS (VNFN)

We are part of the VNFN network committed to food equity and access, education, skill building, and advocacy, particularly for community members who are struggling economically. This work is based on the principle that all members of society have the right to quality food. VNFN provides a space for networks to collaborate, share best practices, advocate for food equity & justice, ecologically & culturally sustainable food systems, and community food resilience with a unified voice.

Serving Hastings-Sunrise Community since 1968.



A member of:



ASSOCIATION OF  
NEIGHBOURHOOD HOUSES BC

Funded by:



*Food Security Programs*



FrogHollowNeighbourhoodHouse



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## MULTICULTURAL FOOD SKILLS EXCHANGE

Food skills & nutrition workshops on topics such as preservation, including canning, jamming, and dehydrating local fruit for extended shelf life. Join us and learn how you can save your harvest and build a hardy pantry for yourself. There are many opportunities for hands-on cooking skills and learning best practices for preparing healthy meals and snacks that are safe, nutritious, culturally acceptable and fun! Participants connect together to learn about healthy nutritional recipes and culturally diverse food practices that build community and a wholesome lifestyle.

## GARDENERS' HANGOUT

A seasonal program. Come by our garden at Clinton Park Fieldhouse (2690 Grant St. Vancouver) to receive seeds and samples and learn how to make herbal tea from the garden! Gardening resources are available and also opportunities for you and your child to plant a seed and watch it grow! Gardening is experiential, and it's always a learning experience. Visit us to share yours, or come on down to gain new gardening tips!



## HARVEST FESTIVAL

An annual harvest celebration event in Clinton Park, including music and band performances, as well as the famous vegetable contest & exchange from our neighbours' backyard gardens. You can also learn about important and useful resources & information from local food network organizations & grassroots groups.

## COMMUNITY PROGRAM GARDENS

Opportunities for our program participants of all ages, abilities & cultural backgrounds to learn how to grow vegetables from the Indigenous perspective of land stewardship and expand food access from the "grocery model" to "grow your own model."

## COMMUNITY CONNECTIONS BLOG

A community-led blog where you learn more about gardening, healthy food choices, sustainability as well as fun stories by authors from the neighbourhood.  
<https://bit.ly/frogghollowblog>

## NEIGHBOURHOOD PANTRY

We generate community resources for families in need, including non-perishable goods such as grains, protein and stored canned food made available to residents in the Hastings-Sunrise area.

This low-barrier food access is an essential supplement to our neighbours who are experiencing mobility challenges to a distant food bank or facing economic struggles to sustain adequate, safe and culturally appropriate food for their families.

## KIDS IN THE KITCHEN

Offered during Family Drop-in Program that encourages intergenerational learning and cooking. A group of children ages (0-6) guided by their caregivers/guardians, working together in the kitchen to prepare hot lunch for the drop-in session.



All program schedules are subject to change without notice. Please call to confirm times and availability, or visit our website for the most up-to-date information.