

# Let's Talk Food:

## Food Security Forum Summary Report



**Event Date:** May 26th, 2026

**Location:** Holiday Inn Vancouver Centre

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# Let's Talk Food

## Food Security Forum Summary Report

*We recognize that this event took place on the unceded territories of the Sk̓wx̓wú7mesh (Squamish), xʷməθkʷəy̓əm (Musqueam) and salilwətaɬ (Tseil-Waututh) Peoples, on whose traditional homelands we are grateful to be living, playing and working together.*

## Background

Last year, the PCN 3 Steering committee highlighted food security as a rapidly rising issue. This year, several of the PCN Steering committees ranked food security as a priority issue for their PCN, making the topic the focus for this year's Spring event.

The purpose of this event included presenting on the current food security situation in Vancouver, available resources, and the importance of compassion when communicating with patients.

The event brought together 112 attendees; of which 88 were family providers, and 15 were steering committee members.



## Overview

The **Let's Talk Food** engagement event was held on **Tuesday, May 26th, 2026**, and convened family physicians, nurse practitioners, and allied health professionals from across the Vancouver Primary Care Networks. The purpose was to share knowledge and build resources on food insecurity and discuss how best to approach these conversations with patients.

Three speakers were invited to share their expertise and experience to raise awareness and support providers in feeling more confident in identifying insecurity, starting conversations and connecting patients to community supports. Seven community partners hosted booths highlighting their food security services and resources.

### **SPEAKERS**



**Ian Marcuse** on *Food Security & Resources*  
Coordinator  
[Vancouver Food Justice Coalition](#)  
[Vancouver Neighbourhood Food Networks](#)



**Dawn Royle** on *Lived/Living Experience*  
Social Work Program Student  
Langara College



**Alena Spears** on *Clinical Perspective*  
Clinical Dietitian  
[Hope to Health Research & Innovation Centre](#)  
[Hope to Health Clinic](#)



### **COMMUNITY PARTNERS**

- [COLLINGWOOD NEIGHBOURHOOD HOUSE](#)
- [FROG HOLLOW NEIGHBOURHOOD HOUSE](#)
- [LITTLE MOUNTAIN NEIGHBOURHOOD HOUSE](#)
- [MOUNT PLEASANT NEIGHBOURHOOD HOUSE](#)
- [DUMONDE HELPING HANDS FOUNDATION](#)
- [GURU NANAK'S FREE KITCHEN SOCIETY](#)
- [TRRUST COLLECTIVE IMPACT](#)

# 110+

Family Physicians, Nurse Practitioners, community partners and speakers attended the evening

# Key Themes From The Speakers

Ian Marcuse on Food Security in Vancouver, Dawn Royle on Lived Experience, Alena Spears on Clinical Perspective

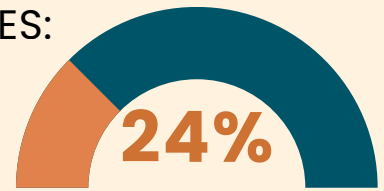
Food insecurity is increasing in Vancouver. Providers can help by connecting patients to Ministry-funded supports such as the Diet Allowance, Short-Term Nutrition Supplement, Monthly Nutrition Supplement, and Food Crisis Grants.

They can also support patients through respectful, non-stigmatizing conversations, offer realistic dietary advice based on available cooking facilities and skills, and review medications to ensure they suit the patient's living situation and are cost-effective.

[Click here to download the PowerPoint presentation from the event.](#)

## FOOD BANKS BC STATES:

1.3 million or 24.4% of British Columbians are experiencing food insecurity



## PRIMARY INCOME SOURCE OF BC FOOD BANK CLIENTS

	BC	VANCOUVER COASTAL REGION
JOB INCOME	23%	32%
DISABILITY SUPPORT	19%	10%
PENSION INCOME	13%	20%
NO INCOME	15%	15%

Food Banks Canada 2025 HungerCount

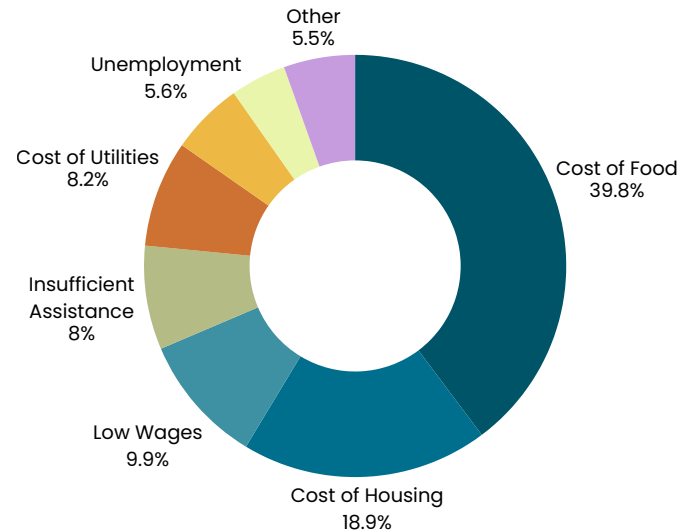
**51.4%** of Food Bank Clients are **18+ women**

**33%** of Food Bank Clients are **children**

**In 2025, there has been a 79% increase in the number of visits to BC food banks since 2019**

BC Food Banks Hunger Report 2025

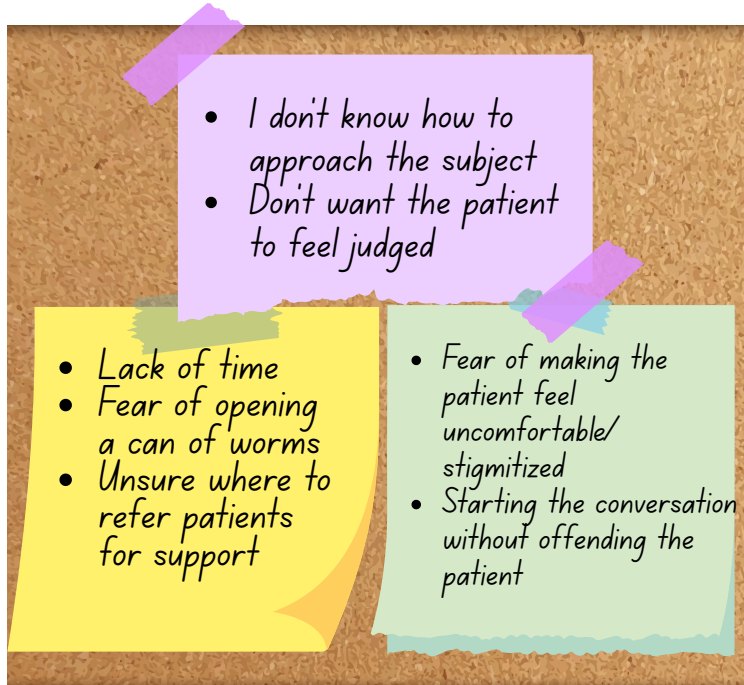
## Main Reasons for Accessing a Food Bank



Food Banks Canada 2025 HungerCount

## What We Asked:

What makes it hard to address food security in your practice?



## Key Resources



[Vancouver Division Food Security Webpage](#)



[Food Asset Map](#)



[Vancouver Free and Low-Cost Resources Map](#)



[Fraser Health Free and Low-Cost Food Directory](#)

## Nutrition Care in Canada provides a Poverty Screening Tool (Food Insecurity) for providers to support their patients:

1. Do you have difficulty making ends meet at the end of the month? (Yes or No)
2. In the past month, was there any day when you or anyone in your family went hungry because you did not have enough money for food? (Yes or No)

## Evaluation

Overall feedback from participants was extremely positive. Attendees shared that the information was eye opening and powerful. The learnings will help providers connect with their patients in a more meaningful way.

100%

said they would attend another PCN Engagement Event in the future

## What Did You Like About the Event?

"I really appreciated the presenter who shared her lived experience of food insecurity. It was a powerful learning moment for me, not just learning through my mind but through my heart."

"Getting a firsthand talk from a person who suffers from food insecurity was really special."

"Loved getting to know local resources and the faces behind these organizations. Loved the presentations and mention of culture, shame, parenting, hiding it, how food banks are not the only answer and can be traumatizing and stigmatizing."

"I've become much more informed and equipped to deal with food security."



## What Could Have Been Improved?

"More information on the individual resources for patients, and a hard copy of the information to take away from the event."



## Next Steps

If you have any questions about the Food Security Event, or would like any further information, please contact [pcn@vancouverdivision.com](mailto:pcn@vancouverdivision.com).

### Connect with your Community Network Manager!

If you want to know more about accessing PCN resources, supports or want to connect with other folks in your PCN, your first point of contact is your PCN's Community Network Manager (CNM).

Find your CNM contact information [here](#).



*We would like to extend a heartfelt thank you to all the speakers, community partners, and staff that supported this event. We learned so much from you and could not have made such an impact without you. To access any resources or additional information on the event, please check out the [Vancouver Division Food Security Webpage](#).*