



CFSG WINTER NEWSLETTER

SEASONAL NEWSLETTER BY THE CAMPUS FOOD STRATEGY GROUP

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CFSG Mandate

WE, THE CAMPUS FOOD STRATEGY GROUP, BELIEVE:

Food significantly helps define a campus culture.

The university experience is enhanced when students are connected to and happy with their food and food environment.

University students should feel empowered to speak and act on food issues that affect them.

UM has the capacity to house a safe, healthy, just and sustainable food system that meets the social, cultural, economic, nutritional and environmental needs of its community members.

CFSG INTERVIEW WITH UM FOOD BANK

BY AMELIA NGUYEN

I had the pleasure of interviewing Mr. Ivan Henwood, who has been the UM Food Bank director for two years. Included below are his responses to the questions that I had prepared.

Q When was the UM Food Bank established?

A The UM food bank was established in the early 1990s as an initiative to lower food insecurity among the student community of the University of Manitoba. This program is run by dedicated volunteers who work hard to assist people in need.

Q Why is there a food bank at the University of Manitoba?

A Due to the rise in tuition fees and food prices, students tend to prioritize their budget, compromising their nutritional needs. Students may even eliminate entire food groups from their diet due to cost constraints, resulting in a lack of essential nutrients.

Q How does the food bank help students?

A The UM food bank provides food and basic hygiene products for students. Food is a crucial aspect of human existence, especially in a university environment, where being able to consume sufficient food is linked to achieving good academic outcomes.

Q Who is able to access the resources?

A Both part- and full-time students at the University of Manitoba can access the resources. The food bank also assists prospective students set to study at the University of Manitoba.

Q How can students donate to the UM Food Bank?

A Students can give a financial donation or volunteer for a shift at the UM Food Bank. They can also donate food and personal hygiene products.

Q How can CFSG promote the UM Food Bank?

A CFSG can promote the UM food bank to students by raising awareness through NECO's nutrition month events. By informing and engaging with students, they can raise awareness about the campus food bank and encourage them to share the information with others.

Q What is one thing you would like students to know about the food bank?

A The personal information of people who use the food bank is always kept confidential.

Q What can you donate to the UM Food Bank?

A Canned and non-perishable food items such as vegetable, fruit, meat and fish as well as basic hygiene products such as toothbrushes, toothpaste, feminine menstrual products and deodorant. Baby food and cultural items are appreciated as well.

Learn more about the food bank!

- [Official UM Food Bank Webpage](#)
- [Food Bank Donations Form](#)
- [Personal Hygiene Products Food Bank Drive](#)
- [About the Food Bank - 2021](#)
- [How Donations are Helping Students](#)



GIVING FOOD TO THOSE IN NEED



By Elena Rempel

Winter is hard for any Winnipegger; and if you experience food insecurity, the cold can make getting your three meals a day even more challenging. For that reason, we wanted to give a spotlight to some of the organizations in Winnipeg that provide food to those in need. Whether you could use some support or want to lend a helping hand, we have provided links to each organization for either option.



211 is a community-based platform managed by United Way Winnipeg that offers information on the health and social services available throughout Manitoba. One of their topics includes Food/Basic Needs which provides information to resources such as community kitchens, cooking classes, food banks, and more. Follow the link to learn more: <https://mb.211.ca/>



GIVING FOOD TO THOSE IN NEED

Giving the spotlight to some organizations in Winnipeg that provide food to those in need.



Harvest Manitoba

Address: 1085 Winnipeg Avenue

Need Support: <https://www.harvestmanitoba.ca/need-food/>

Want to Help: <https://www.harvestmanitoba.ca/ways-to-give/>



Agape Table

Address: 364 Furby Street

Need Support: <https://www.agapetable.ca/services/>

Want to Help: <https://www.agapetable.ca/give/>

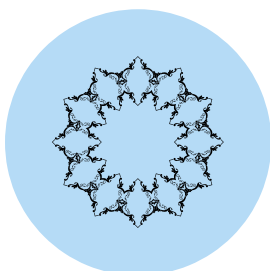


Lighthouse Mission

Address: 669 Main Street

Need Support: <https://lighthousemission.ca/get-help/>

Want to Help: <https://lighthousemission.ca/ways-to-help/>



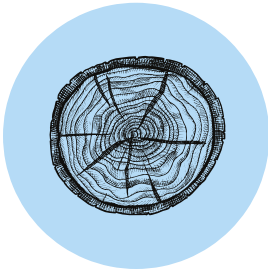
Main Street Project

Address: 661 Main Street

Need Support: <https://www.mainstreetproject.ca/need-assistance/>

Want to Help: <https://www.mainstreetproject.ca/how-you-can-help/>

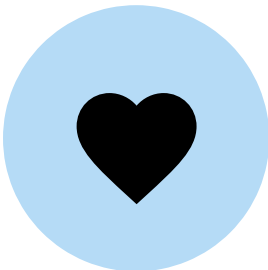
GIVING FOOD TO THOSE IN NEED



Oak Table

Address: 107 Pulford Street

Want to Help: <https://oaktable.ca/>

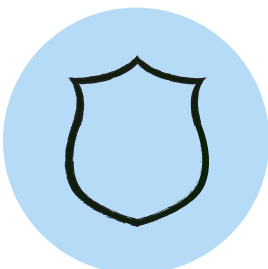


Siloam Mission

Address: 300 Princess Street

Need Support: <https://www.siloam.ca/what-we-do/>

Want to Help: <https://www.siloam.ca/take-action/donate/>

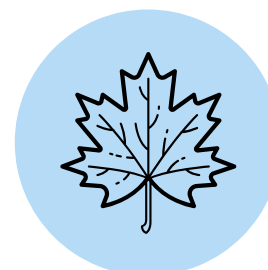


Salvation Army

Address: 342 Logan Avenue

Need Support: <https://salvationarmy.ca/what-we-do/food-services/>

Want to Help: <https://salvationarmy.ca/donations/>



Canadian Muslim Women's Institute

Address: 61 Juno Street

Need Support: <https://cmwi.ca/food-bank/>

Want to Help: <https://cmwi.ca/volunteers/> (Volunteer),

<https://cmwi.ca/donate/> (Donate)

FIND FOOD SECURITY JOBS!



By Hiwot Jonk

There's a good chance that you're looking for a job right now. Whether you're a soon-to-be graduate or simply searching for summer employment, job search can be tough. That's why we combed through hundreds of job postings and picked out 26 of the best food security and sustainability jobs for you! There are loads of options in Manitoba, remotely, or across Canada (if you're looking to do some traveling)! Still want more options? We also listed job boards and other resources so you can conduct your own research.

Don't forget to click on the position titles on the following pages to see the full job description!

Job Boards:

- 🔗 [Food Jobs](#)
- 🔗 [Jobs with local food charities & nonprofits, food security organizations](#)
- 🔗 [Jobs growing local & organic food](#)
- 🔗 [Environmental Jobs](#)

Additional resources containing information about food security/sustainability jobs:

- 🔗 [Local food, whole foods, natural food jobs](#)
- 🔗 [Farmers Markets in Manitoba](#)
- 🔗 [Food Organizations in Canada](#)

Positions in Manitoba

Click on the job title for the full job description!

FOOD SECURITY COORDINATOR

Organization: Fireweed Food Coop

Type: 30 hrs/week – April 1 to September 30

Salary: \$21/hr

WINNIPEG

FIELD CREW

Organization: Natural Collective Farm

Type: Full time - mid May - October

Salary: \$14.50/hour with opportunities for increase

NIVERVILLE, NEAR WINNIPEG, MANITOBA

CASUAL COMMUNITY SERVICES STAFF

Organization: West Central Women's Resource Centre

Type: Casual. Evening and weekend work required.

Start Date: ASAP

Salary: \$18 per hour

WINNIPEG

DROP-IN PROGRAMS COORDINATOR

Organization: West Central Women's Resource Centre

Type: 30-37.5 hours per week

Start Date: ASAP

Salary: \$20-22/hr

Deadline: February 15, 2023

WINNIPEG

MARKET GARDEN WORKER

Organization: Jonathan's Farm

Type: (full-time and part-time)

Salary: \$16 /hour + vacation pay

Location: St. Andrews

FARM NEAR WINNIPEG

FIELD/GREENHOUSE LEADS

Organization: Jonathan's Farm

Type: Full Time, April to November, term to be negotiated.

Salary: \$18 -\$20//hour + vacation pay.

FARM NEAR WINNIPEG

FARMERS MARKET COORDINATOR

Organization: Jonathan's Farm

Type: 16-24 hours/ week June - November.

Part time winter (Dec-March) employment may be available.

Salary: \$18-20/hour, plus vacation pay

FARM NEAR WINNIPEG

WORK WITH US! - CASUAL GARDENING PROGRAM COORDINATOR

Organization: Campus Food Strategy Group

Type: Casual, May-Sept, 3-8 hrs/month

Description: CFSG is looking for a passionate individual to oversee our new gardening program for students living in residence. This program will take place in our Food and Nutrition Permaculture Learning Garden and is set to launch this spring (conditional upon budget approval).

Responsibilities: Provide guidance to students as they plant and harvest their vegetables. Occasionally meet with students in the summer to provide brief lessons on gardening.

Salary: \$500 over the summer *conditional upon budget approval*

LOCATION: FORT GARRY CAMPUS

Positions in Manitoba

ORGANIC & SUSTAINABLE FARMING APPRENTICES

Program: Stewards of Irreplaceable Land (SOIL)

Type: April to mid-November

Accommodations: Available

NEAR NINETTE, MB

PART-TIME SALES ASSOCIATE

Organization: Vita Health Fresh Market

Type: Must be available for various day, evening, and weekend shifts.

Locations: Osborne Village, Garden City and Linden Ridge locations

WINNIPEG, MB

VOLUNTEER SERVICES ASSOCIATE

Organization: Harvest Manitoba

Type: Part-Time Permanent

Salary: \$13.80 to \$15.05 per hour

WINNIPEG, MANITOBA

FLEET AND EQUIPMENT MAINTENANCE ASSOCIATE

Organization: Harvest Manitoba

Type: Full-Time, Permanent

Requirement: MB Class 5 Driver's License and clean Driver's Abstract

WINNIPEG, MANITOBA

ADMINISTRATIVE MANAGER

Organization: Nor-West Co-op Community Health

Type: 1.0 EFT , 1 year term

Deadline: Posted until full

WINNIPEG, MANITOBA

TEEN CLINIC COUNSELLOR

Organization: Nor-West Co-op Community Health

Type: 0.65EFT term position until June 30, 2023 unless otherwise able to extend. Weekdays and Evenings

Deadline: March 3, 2023

WINNIPEG, MANITOBA

EMPLOYMENT PROGRAMMER

Organization: Nor-West Co-op Community Health

Type: Two 1.0 EFT Permanent positions

Deadline: February 21, 2023

WINNIPEG, MANITOBA

FARM LABOURER

Organization: Wild Earth Farms

Type: Full time, May – November

Must have your own reliable method of transportation to/from the farm.

FARM LOCATED TWO MILES NORTH OF OAKBANK, MB

ORGANIC & SUSTAINABLE FARMING APPRENTICES

Program: Stewards of Irreplaceable Land (SOIL)

Type: learning positions / various dates, accommodation, terms (see below)

Accommodations: Available

FARM 10 MIN FROM WINNIPEG

Remote and Live On-Site Positions

ADMINISTRATIVE ASSISTANT

Organization: Jonathan's Farm

Type: Initially an average of 5 - 10 hours/week with the potential for increased hours as duties increase.

Salary: \$18 - \$25/hour + vacation pay

REMOTE WITH OCCASIONAL VISITS TO FARM

BILINGUAL COMMUNICATIONS MANAGER

Organization: Nourish Leadership

Type: Full time, permanent, Ideal start date of March 20th

Salary: Competitive salary \$60,000-\$80,000, benefits, three weeks vacation

Deadline: March 1, 2023

REMOTE

SENIOR SOFTWARE DEVELOPER

Organization: Open Food Network

Type: Flexible working hours

REMOTE

RED WOLF FOOD COORDINATOR (OVERNIGHT)

Organization: The Pine Project

Type: Full-time, July - August, 37.5 hours a week Sunday to Saturday with scheduled days off

Housing: Live on-site in a lodge setting

Salary: \$4,200-\$4,600

HALIBURTON, ONTARIO

MARKET GARDENER

Organization: Windy Mountain Road Farm

Type: Farming opportunity, self employed, March - November

Housing: Live on-site

RIVER JOHN, NOVA SCOTIA

RED WOLF FOOD ASSISTANT

Organization: The Pine Project

Type: Full-time, contract, July 26 - August 27, 2023

Housing: Live on-site in a lodge setting

Salary: \$3,000-\$3,400

HALIBURTON, ONTARIO

INTERN/APPRENTICE

Organization: Abbondanza Farm

Type: Full-time, May - September, 2023

Housing: Live on-site + 3 delicious meals a day

Salary: \$300 stipend a week

EASTERN TOWNSHIPS OF QUEBEC

FIELD CREW ON ORGANIC VEGETABLE FARM

Organization: Juniper Farm

Type: Full-time, April - October

Housing: Live on-site

NEAR WAKEFIELD, QUEBEC

APPRENTICES - ORGANIC & SUSTAINABLE FARMING

Program: Stewards of Irreplaceable Land (SOIL)

Type: Learning positions / various dates, accommodation, terms

ACROSS CANADA

NEWS AND RESOURCES

Get caught up on everything CFSG and more!



We have been very busy lately! Below are a few of our initiatives:

- Published a thread on the UM Reddit page to gain insight into students' perspective of food on campus.
- Met with the Campus-Wide Food Service Committee and shared students' comments and concerns regarding food on campus
- Met with UMSU to discuss gardening programs on campus
- Gave away free meal prep packages to FHNS students in February
- Collaborated with the Nutrition Month Committee to give away four more meal prep packages in March

WHAT'S IN SEASON

- Oranges
- Lemons
- Grapefruit
- Turnips
- Yams
- Potatoes
- Carrots
- Parsnips
- Rutabaga
- Squash
- Brussel sprouts
- Cabbage
- Cauliflower
- Broccoli
- Kale



Nutrition Month 2023

Happy Nutrition Month! This year's theme is "Unlocking the Potential of Food". To us, this means having the resources and ability to maintain a nutritious and culturally appropriate diet. There are several barriers that can make this challenging but Dietitians of Canada has created resources to help Canadians access evidence-based nutrition information, plan meals, and connect with a dietitian. Click here for the full list of this year's resources! In celebration of Nutrition Month, we collaborated with the Nutrition Month Committee to give away free meal prep packages to UM students on March 8th, 15th, 22nd and 29th. The recipes include a chimichurri nourish bowl, Moroccan-style stew, tomato and zucchini pasta and a satay tofu noodle stir-fry. Stay tuned for more information!

WWW.FOODNETWORK.CA/

CURRIED CHICKPEA NAAN WRAPS

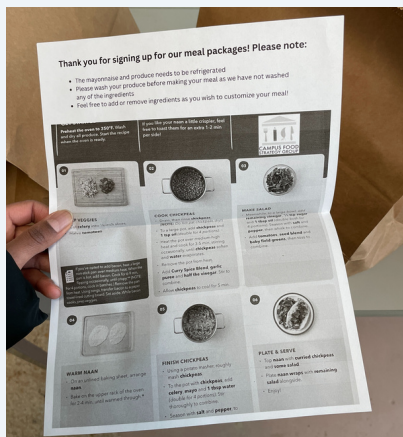
With Garden Side Salad

By Hiwot Jonk and Elena Rempel

Last month we gave out free meal boxes for curried chickpea naan wraps to food and human nutritional sciences (FHNS) students. This meal is full of vegetables and can easily be made vegan by substituting the mayonnaise for a vegan option. The chickpeas do a great job of adding bulk to the meal and are also a great source of protein. But the best part about the meal is definitely how simple it is to make. Each wrap only requires a stovetop and can be made in less than 30 minutes! The students that received our meal packages were able to cut their time in half since we measured and divided the ingredients for them ahead of time. The recipe can be found on the next page in case you missed the chance to get a box!



Top Image: The recipe made a quick and easy vegan meal full of protein! Bottom image: All of the ingredients were conveniently placed in a large paper bag.



How We Did It

In order to prepare these tasty (and nutritious) goodie bags, our group made a fun trip to Walmart to purchase the ingredients and then brought them to the Barbra Burns Lab. There we divided them into individual servings and packaged them up into containers and bags. Each bag also had a copy of the recipe and food safety instructions!

CURRIED CHICKPEA NAAN WRAPS



With Garden Side Salad



ADAPTED FROM CHEF'S PLATE

DIRECTIONS

(1) Cut the Vegetables

- Slice the celery into half inch slices.
- Cut the tomatoes in halves.

(2) Cook the Chickpeas

- Rinse and drain the chickpeas (don't pat the chickpeas dry).
- Add chickpeas and 1 tsp oil to a large pot.
- Cook chickpeas over medium-high heat (stirring occasionally) for approximately 3 to 5 minutes.
- Once chickpeas appear slightly soft and the water has evaporated remove from heat.
- Add to pot the white wine vinegar garlic puree, curry spice blend and half the white wine vinegar. Stir together.
- Cool chickpeas for 5 minutes.

(3) Prepare the Salad

- Mix together the 1/2 tsp of sugar, 1 tbsp oil, and the rest of the vinegar in a large bowl. Add salt and pepper to taste.
- Mix in the baby field greens, seed blend, and tomatoes.

(4) Heat Up the Naan (optional)

- Place naan on a bare baking sheet and bake on the upper rack of the oven at 350°F 2 to 4 minutes until warm.

Chef's Plate website: <https://www.chefsplate.com/>

INGREDIENTS (2 PORTIONS)

- Chickpeas (398 mL)
- Naan (2 pieces)
- Curry Spice Blend (1 tbsp)
- Mayonnaise (2.5 tbsp)
- Celery (3 stalks)
- Baby Field Greens (1.5 cups)
- White Wine Vinegar (1 tbsp)
- Baby Tomatoes (1 cup)
- Garlic Puree (1 tbsp)
- Seed Blend (28 g)
- Cooking Oil (4 tsp)
- Sugar (1/2 tsp)
- Salt and Pepper (to taste)

(5) Mash the Chickpeas

- Mash chickpeas with potato masher in the pot.
- Mix in 1 tbsp of water, mayonnaise, and celery.
- Add salt and pepper to taste.

(6) Assemble the Wrap

- Place some of the salad and prepared chickpeas on top of the naan pieces to form the wraps.
- Enjoy the wraps along with the side salad!

Even though there is still a layer of snow covering our garden, CFSG can't wait to get ready for spring!

We are looking to add a casual garden program coordinator to our team!

Details can be found on [page 8](#). Please email a resume and brief introduction to cfsghanitoba@gmail.com if you're interested in this position.



Looking for something to do this summer?





“Food is strength, and food is peace, and food is freedom, and food is a helping hand to people around the world whose goodwill and friendship we want.”

- JOHN F. KENNEDY



Elena Rempel

Elena is a second year Food Sciences student and Co-Chair of CFSG.



Amelia Nguyen

Amelia is a second year Human Nutritional Sciences student and the Social Media Coordinator for CFSG.



Hiwot Jonk

Hiwot is a fourth year Human Nutritional Sciences students and Co-Chair of CFSG.



Thank you for subscribing to our newsletter! Let us know if you have any comments, questions or concerns by clicking the link above!