




From Practice to Research:  
Is Food an Impactful Ingredient of Integration?

# NOURISH





**What dish or ingredient  
makes you think of home?**



## **Food & Identity:**

“Of course, you are French”

**ENVIRONMENT**

**SPIRITUALITY**

**HEALTH**



**BELONGING**

**EQUITY**

**ECONOMY**

Food and (im)migration have a long interconnected history in Canada



CANADA – THE NEW HOMELAND



**OWN**

**YOUR OWN**  
**HOME IN CANADA**  
*and apply for a*  
**READY-MADE FARM**  
*to the nearest*  
CANADIAN PACIFIC AGENT

**CANADIAN PACIFIC**

The advertisement features a colorful illustration of a farm scene with a green house, a red barn, and several cows grazing in a field. The text is arranged in a vertical layout, starting with the word 'OWN' in large white letters, followed by 'YOUR OWN HOME IN CANADA' in red, and 'READY-MADE FARM' in red. Below this, it says 'and apply for a' in italics, 'to the nearest' in italics, and 'CANADIAN PACIFIC AGENT' in black. At the bottom, 'CANADIAN PACIFIC' is written in large yellow letters.



# Canada needs better protections for migrant workers, federal parties say

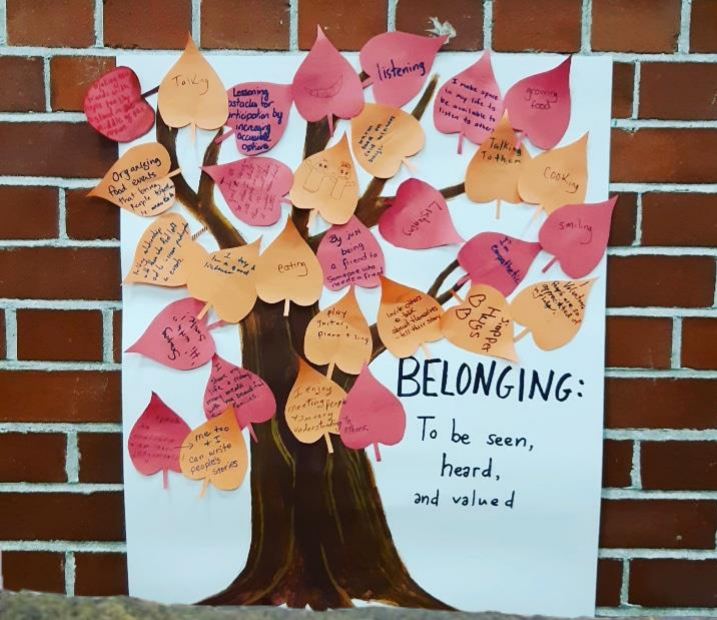
VOTE 2019

By [Sara Mojtahedzadeh](#) Work and Wealth Reporter  
Tues., Oct. 15, 2019 | 4 min. read



Cooking/eating garners more attention now...





Together we...







NEWCOMER  
KITCHEN  
PETERBOROUGH





# Newcomer Kitchen Cooks Up Business Venture For Syrian Refugee Women


"It feels great to be cooking again. I feel that I was born again."



By Andree Lau



It's so hot that the door to The Depanneur restaurant is propped open for air circulation. The smell of frying onions and then stewed chicken wafts outside


A collage of fresh produce including green peas, tomatoes, and potatoes, with a central white box containing the word 'EMPLOYMENT'. The word is written in a large, bold, black, sans-serif font. The background is a light gray gradient, and the entire composition is framed by a thick black border. The produce is arranged in a grid-like fashion, with green peas in the top left, tomatoes in the top right, and potatoes in the bottom left and bottom right. Small white labels with handwritten text are visible on the produce boxes.

# EMPLOYMENT

## Question:

Are you or have you been involved in a program that used food as an avenue to boost newcomers' employment skills?



A bunch of fresh green cilantro leaves is positioned on the left side of the image, resting on a rustic, weathered wooden surface. The wood has a prominent grain and some dark spots, suggesting it's old or well-used. The text is overlaid on the right side of the image.

**What do you know about  
the impact of this type of  
programming?**

**Focus on  
life skills & integration**

## **Culture Kitchen offers newcomers to Thunder Bay 'great and nice opportunity' to learn, belong**



Program run by Roots to Harvest provides weekly cooking, food handling certification class; women now catering

[Cathy Alex](#) · CBC News · Posted: Apr 02, 2019 8:00 AM ET | Last Updated: April 2



Lubaba Shesho (left), Duha Shaar (middle) and Aya Wadi (right) participated in the Roots to Harvest Culture





A collage of fresh vegetables including green peas, tomatoes, and potatoes, with handwritten price tags. The central text is overlaid on a white background with a black border.

**LIFE SKILLS /  
INTEGRATION /  
BELONGING**



**Question:**

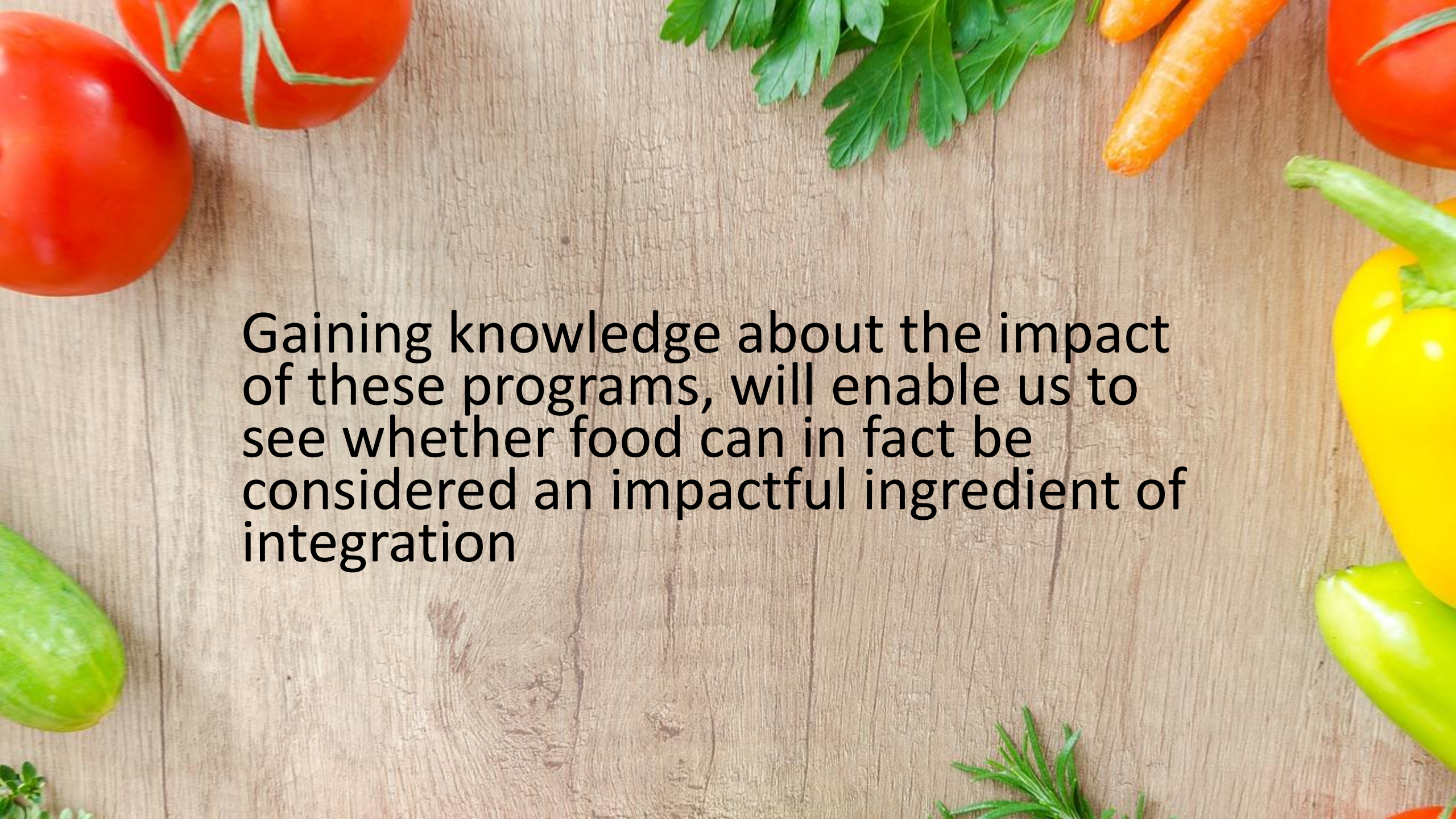
**Are you or have you been involved in a program that used food as an avenue to cultivate integration?**




**What do we know about the impact  
of this type of programming?**

A group of people are working in a garden, laying wooden boards on the ground. In the background, a sign on a fence reads "Cassidy Butterfly Garden" with a butterfly illustration. The scene is outdoors with trees and a building in the distance.

**From Practice to Research:**  
It's time we systematically  
harvest lessons learned



Gaining knowledge about the impact of these programs, will enable us to see whether food can in fact be considered an impactful ingredient of integration

The background of the image is a close-up, top-down view of several slices of citrus fruit. Most of the slices are bright yellow lemons, showing their characteristic segmented structure and white pith. One slice, positioned in the lower-left quadrant, is a pink grapefruit, distinguished by its vibrant magenta color. The slices are arranged in an overlapping pattern, creating a textured and colorful background.

Who may be interested in joining a working group?



**Thank you!**

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