

## WORKSHOPS &amp; EVENTS

**Assessment of the Seasoned Spoon's Educational Workshops and Events**

Final Report

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### **Executive Summary**

The Seasoned Spoon is a vegetarian cooperative café at Trent University that sells prepared food to the Trent community and a variety of services to students, staff and community members. Among these services are their nearly 20 workshops and events offered each academic year. The project was a four-month community-based research project to evaluate the workshops and events that the Seasoned Spoon offered for the 2017-2018 academic year.

The Seasoned Spoon commissioned this project in order to evaluate its workshops and events and make recommendations for the future of its educational programming. To assess the Seasoned Spoon's workshops and events, we conducted participant observation and distributed a survey to Trent community members. We received a total of 83 surveys (69 online surveys, and 14 paper surveys in the café), and by attending workshops and events this semester, we were able to get some valuable feedback from both methods of data collection.

The general consensus of those who had completed surveys was that their experience with workshops and events put on by the Seasoned Spoon were highly informative and interesting. The vast majority of those who had attended a workshop or event in the past were interested in attending more in the future. The workshops and events have helped many to learn new skills and feel more confident in their personal abilities. For those who had not attended an educational workshop or event, the main reasons for not attending included: scheduling conflicts, being unaware of the workshops and events, and not wanting to go alone. Both those who had and had not attended the workshops and events suggested ways to improve and different topics that they wanted to be covered in the future.

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Our recommendations to the Seasoned Spoon are as follows:

1. We recommend that the Seasoned Spoon offer different times and days of the week for their workshops and events.
2. We recommend the Seasoned Spoon offer some of the educational programming that was mentioned by survey respondents. Some of these suggestions include: cooking, growing, soap making, traditional Indigenous food systems, cooking classes, and crafts.
3. We recommend that the Seasoned Spoon increase their outreach for the workshops and events. This would include: more posters around campus, increased reminders on the Facebook page, and inclusion of the events throughout Trent University wide newsletters.
4. Our final recommendation is to collect data for at least 3-5 academic years and then to propose a student research placement with the TCRC that will synthesize and interpret the data and to make further recommendations.

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### **Assessment of the Seasoned Spoon's Educational Workshops and Events**

#### Introduction

The Seasoned Spoon is a vegetarian cooperative café at Trent University that sells prepared food to the Trent community and offers a variety of services to students, staff and community members. They work towards food justice and sustainability by selling healthy food sourced from products of local farmers and businesses in the Kawartha region, operating as a cooperative, and providing educational opportunities. A central part of the mandate of the Seasoned Spoon is to offer educational programming to “increase awareness, encourage advocacy and inspire action around food issues,” (The Seasoned Spoon). This is done through a variety of ways including through paid and volunteer work opportunities, reskilling workshops, panel discussions, Indigenous meals, and student research projects. In terms of the educational programming, a good proportion of the time and resources is spent offering workshops and events on a bi-weekly basis.

Next academic year (2018-2019) the Seasoned Spoon will have greater flexibility in terms of both staff hours and resources to invest in programming. As a result of the new financial position, it's possible for them to imagine new possibilities for programming and they would like to take a closer look at the way that they run the workshops and events. Overall the Seasoned Spoon wanted to evaluate the effect that their workshops are having on their members who attend, and they would also like to know why other members are not attending the workshops. This will help them re-evaluate the mandate and reach more of their members through these workshops.

The Seasoned Spoon offers these workshops and events throughout the year and evaluating their impacts is something they value. We conducted participant observation at some of the workshops and events this semester, alongside online and paper surveys. Both gave us insights into the successes and areas of improvement that the Seasoned Spoon can focus on for next year's workshops and events.

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### Literature Review

Food security, food sovereignty and food justice are contentious terms in the academic literature. First, for the definition of food security, most research will begin by looking to the definition provided by the 1996 World Food Summit which states that it, "...exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life" (FAO 2006). Ultimately, food security centres on a person or group's ability to access a resource that allows them to live a healthy lifestyle. This is on the rise throughout the world. There is an estimated 815 million people around the world who suffer from undernourishment as of 2016 (FAO 2017). Some scholars have pointed to the increase in food prices beginning during the "Great Recession" of 2008 (Flood 2010) as an indicator. Another cause is due to less international aid being distributed to the agricultural sectors in developing countries that has a direct impact on farmers' incomes and hinders their ability to afford to maintain healthy crops. Other scholars like Charles and Godfray (2010) have pointed to increasing human populations and the logistics of producing and selling food to global markets. This is something that impacts the Global North and South as rapid urban development increases (Fullbrook 2010). Many scholars, activists and policymakers point to distribution of income as the primary means for addressing food security. Food security is an issue in Canada, too. Canadian food banks are often overwhelmed with the increasing demand as an estimated nearly 1 million Canadians use a food bank every month (Food Banks Canada 2016). According to a *Toronto Star* article from 2016, as many as 40% of post-secondary students are food insecure and the George Brown campus as many as 10,000 students had used the food bank at least once in the fall 2016 semester (Beeston).

Food sovereignty according to the definition provided by A. Haroon Akram-Lodhi (2015) follows these five guidelines. 1) Persons and groups have the right to access food that is healthy and culturally appropriate. 2) Provides agency to the people who grow their own food as a path of resistance against MNCs. 3) Protects food producers and consumers from damaged

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or contaminated food products. 4) Provides persons and groups with practical and technical knowledge so that alliances can be formed with likeminded groups. 5) Diversifies ecosystems. He also argues that food sovereignty was originally supposed to be a term that would promote resistance against the current global food system, but as it has been adopted by multiple organizations, it has been transformed into a new meaning. One where food sovereignty co exists with the global food system (Akram-Lodhi 2015). However, for the sake of simplicity because to debate each definition is outside of the scope of this report, food security centres around the accessibility of food resources. Food sovereignty centres around a person or groups right to produce, sell and consume food that they think is right for them to do so. Our final term to define is food justice. One of the most popular definitions of food justice is associated with a part of the United States food movement which sees food security as the ramifications of systemic inequality (Moragues-Faus 2017). Again, to put it simply, food justice directly or indirectly addresses the forms of inequality that can be demonstrated through food security and food sovereignty. How can these issues be addressed in an urban setting such as Peterborough? Unfortunately, we were not able to find many scholarly sources that discuss the Peterborough or Kawartha region any of the terms that are defined above. However, we found two news articles that claim that Peterborough has one of the highest rates of food insecurity per capita at nearly 17% of residents (Anastasakis; Vanmeer). The articles point to the fact that because of the rising cost of living, this increases an individual or household's likelihood to become food insecure (Anastasakis; Vanmeer). Further scholarly research supports this point in the two case studies of New York City as an example of an area that is heavily urbanized and has been experiencing an increase in food insecurity. The first case study conducted by Sacks et al. (2010) suggests that one method to address food security issues is to involve state and non-state actors to make informed policy decisions. The second study focuses on the gentrification process of Brooklyn, New York which among other issues is increasing the food insecurity of many of the residents (Weissman 2014). What both studies point to is providing

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educational tools to people who are food insecure which will encourage small scale agriculture and sustainability methods. However, one of the articles that we will incorporate into our research is an article that challenges the notions of what is sustainable agriculture in Ontario and Wales, UK (Maxey 2006). What the research suggests is that the residents of Ontario and Wales fall into one of two categories: Actively engaged in the production and distribution of their food and those who receive land through inheritance (235).

So, how does the discussion of food security, sovereignty and justice relate to the Seasoned Spoon and to our research? The Seasoned Spoon is conscious of the global picture of food security and sovereignty and that some of the patterns that can be seen in the national and international contexts can also be seen in the Kawartha region, Peterborough and Trent University specifically. One of their mandates is to “increase awareness, encourage advocacy and inspire action around food issues” (The Seasoned Spoon). To fulfill this mandate, they provide opportunities to those who are affiliated and those who are not affiliated with Trent University to engage in thoughtful dialogue, discussion and debate on issues surrounding food security and sovereignty. The first part of this is the use of vegetable gardens which are often a food source for their café in addition to partnering with producers from the Kawartha region. The second part of this is through the use educational tools such as the workshops and events to promote sustainable agricultural practices such as composting, re-growing seeds from plant-based products such as beans, chickpeas, and sunflower seeds, among others, to get the most out of food sources. Other workshops and events include soap making, craft fairs and kombucha brewing, which encourage participants to produce and buy ethically- and locally-sourced goods from businesses that are within the Kawartha region. By doing so, as we will further discuss in the results section, this gave participants more confidence and knowledge about the topics and materials that were discussed in the workshops and events they had attended. To summarize, the Seasoned Spoon addresses issues around food security, sovereignty and justice through their vegetable gardens, café and their workshops and events.

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Our goal was to identify these themes through the workshops and events. For now, we will focus on the methodology section, which will explain how we conducted our research and achieved our results.

### Methodology

We used participant observation and online and paper surveys to conduct our research on the evaluation of the workshops and events of the Seasoned Spoon. Before we had decided on our research plan, we discussed other options such as semi conducted interviews and focus groups. Although, we think that these would have been valuable to understand our survey respondent's experiences with the workshops and events, we believe that both options would have firstly, taken too much time to conduct and then to analyze the data, and secondly, we would not have had enough quantitative evidence to present to the Seasoned Spoon to use future educational programming needs. We decided to use our research methods that would allow us to collect data with the use of non-probability convenience sampling (Goodchild 2017) in a small window of time between March 21<sup>st</sup> to April 6<sup>th</sup>, 2018 to distribute the survey, collect and analyze the data. Therefore, we decided to conduct our research through participant observation and surveys as these methods would allow us to achieve the highest number of respondents possible on a limited schedule. We recognize that this firstly presents limitations to our research that became through a subjective interpretation of the events from the researchers and from our participants. Secondly, as we will discuss in the results section, most of our participants did not attend the workshops or events in the 2017-2018 academic year; which presents a thought provoking challenge to understand the participation of the Seasoned Spoon's workshops or events. While on the one hand, we as researchers and the Seasoned Spoon wanted to understand the reasons that the participants did and did not attend, it does not capture a more fair and balanced perceptions to understand the participation of the workshops and events. One of the reasons for this is the time limitation that we had allowed for the surveys to be distributed. If the surveys were distributed earlier in the semester, we believe that this

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would have meant a higher response rate and more responses from participants who had attended a workshop or event. However, in spite of our limitations, we think that we were able to provide the Seasoned Spoon with useful data to be utilized in the future of their educational programming needs. Now, we will explain why we chose our methods, participant observation and surveys to conduct our research.

The first method employed in this project was participant observation. Participant observation occurs when a researcher or a research team goes into a new setting, for example, the Seasoned Spoon Café, to observe the interactions between participants and the instructor(s) over a length of time. We chose to use participant observation because we wanted to understand and observe the learning environment of a workshop or event. We wanted to see the interaction between the instructor(s) and the participants, the topic or materials presented and the engagement of the participants with it. This allowed us to understand how the workshops and events at the Seasoned Spoon function and to see first hand, how the participants and the instructor(s) interact with one another.

The second data collection method we chose was a written survey that was available in digital and print formats. Through “convenience sampling” (Goodchild 2017), the purpose of the survey was to understand those who have participated and those who have not participated in either the workshops or events. Then, what they think about the educational programs and the Seasoned Spoon generally. Also, we included surveys to expand our sampling frame (Goodchild 2017). This was primarily accomplished through the utilization of the distribution of the survey through the Seasoned Spoon’s newsletter via email and our personal social media accounts. We wanted to know if there are any barriers for the participants or for future participants in terms of being able to attend a workshop or event, whether this be the cost, the time and date of the workshops or events, or other concerns. Also, we wanted to know how knowledge gained in workshops were incorporated into participants’ lives, and what kinds of workshops and events would people like to see in the future. Generally, we wanted to

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understand how people interacted with the Seasoned Spoon and use this to make informed recommendations to the Seasoned Spoon about future educational programming changes.

Then in the following sections we will analyze and present our results and have a discussion, where we will present our recommendations

### **Findings and Analysis**

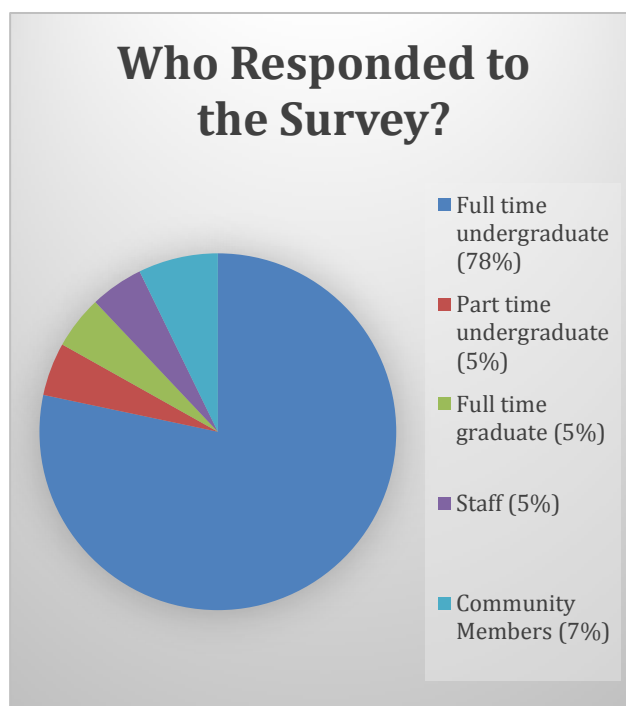
#### Overview

We participated in three workshops and events in the winter term for the purposes of participant observation. The first of those was a Sprouting and Growing Seeds workshop that took place on January 22, 2018. The next workshop was a Crafting Kombucha workshop with Belly of the Beast on January 29<sup>th</sup>. On February 6<sup>th</sup>, we attended the Seasoned Spoon Community Meal before the Annual General Meeting, our third opportunity to conduct participant observation. At the workshops, we explained that our purpose for being there was as student researchers, who would be observing and participating in the workshop and clarified that we would not be taking any photos, video or audio recordings or conducting mini interviews where personal information was exchanged.

We were also able to collect a total of 83 surveys. The online survey was distributed by the Seasoned Spoon through email and Facebook. There were 69 online surveys received, and 14 paper copies. The surveys were available from March 21<sup>st</sup> 2018 until April 6<sup>th</sup> 2018.

#### Survey Findings

The surveys were available for 17 days (March 21<sup>st</sup> to April 6<sup>th</sup>). We collected a total of 83 responses—14 were submitted as paper copies



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at the café, and 69 were completed online. To understand what demographic and in general who had completed surveys, we analyzed the data. Of those who completed the surveys, 78% were full-time undergraduate students (Figure 1). While smaller percentages were full-time graduate students, part-time undergraduate students, staff and community members, the largest portion of people answering were full-time undergraduate students. This could have been assumed as this is the largest demographic at Trent University as a whole. Around 36% of the respondents were members of the Seasoned Spoon, while 64% were not. This meant that many of the people who responded to our surveys were potentially not very familiar with the Seasoned Spoon and what it offers.

### *Findings Related to the Effectiveness of the Workshops and Events*

We evaluated the effectiveness of the Workshops and Events based on our findings from both the surveys and participant observations. Of all those surveyed, 21 people had attended a Seasoned Spoon workshop or event this year. In general, their feedback was positive, and they enjoyed their workshop. There were 20 people who said that they would attend another workshop or event in the future. This is quite a large amount of people who responded to the survey and we were not shocked to see this after seeing the positivity within the workshops and events themselves. The interaction within the Kombucha Making Workshop and the Sprouting and Growing Workshop illustrated this same thing. People were engaged with the workshop facilitators. They asked questions about the given subject, and meaningful conversation ensued between workshop attendees and the facilitator.

The success of these workshops and events can also be measured by the skills that attendees take away from the workshops. At the Sprouting and Seeds event, participants were engaged throughout the workshop, listened intently to the knowledgeable workshop facilitator, asked questions, and everyone shared their knowledge and experiences. Most, if not all of the participants actively sprout and grow their own seeds. The workshop instructor, who also shared

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samples of what she has been sprouting at home, including nuts, sunflower seeds and chickpeas among others. At the end of the workshop, the instructor brought the participants over to the sunroom, where she has some seeds that are grown in soil. The participants were enthusiastic about seeing the seeds and the continued exchange of information. Overall, I would say that the participants seemed to enjoy this workshop and the content. They enjoyed learning about the content from the instructor and from each other. There was an enthusiastic spirit amongst the participants to engage with the material and with each other. Although many people already were familiar with sprouting and seeds, everyone was able to learn something new.

The Kombucha Making workshop was led by two instructors, including the founder of a local kombucha business. She was energetic, engaging and knowledgeable about the kombucha brewing process. She mentioned how she wanted to be as sustainable as possible and intends to produce kombucha with zero-waste by the end of 2018. The instructors introduced themselves and talked about running a food-based company. They introduced the process of selecting appropriate teas to use and how long to ferment them. Then they explained how they make kombucha. The lead instructor was very insistent that there are a multitude of ways to make kombucha and the way that she makes it is only one. They handed out samples of some of their most popular kombucha items. The participants in the workshop seemed to enjoy them and asked questions about the process of fermenting kombucha. Again, like the previous workshop, there was a high level of engagement from the participants and more of an exchange of knowledge rather than the instructor who claims to know everything imparting their wisdom. This style of learning in all workshops and events benefit those who are trying to learn. Participants were able to take home a bottle of kombucha with them. As with the Sprouting workshop, many people left with information that they knew nothing or very little about before. It armed people with knowledge and courage to try and make kombucha on their own.

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Within the surveys, this theme of learning something new from the workshops and events was apparent. In a question about how workshop attendees would integrate what they had learned into their lives, these were some of their comments as to what aspects of the workshops they have incorporated:

- It gave me more confidence to make more things on my own (homemade gluten free baking)
- More conscious of what, how and who I'm eating with
- I bake bread, bagels and make cheese
- Incorporating more veggies, locally sourced meat and produce
- The Seasoned Spoon is where I've learned most of my vegan/vegetarian recipes
- Made me more mindful
- I pay more attention to the origin of produce (local, fair trade)

These are the ways in which the workshops and events that the Seasoned Spoon runs have impacted lives on a daily basis. They are making more conscious and capable students, staff and community members. Although it may not be life changing primarily, it is arming people with knowledge and convincing them to try new things. These comments really make the importance of workshops and events that the Seasoned Spoon offers easy to see.

### Findings Related to General Educational Programming

Of all the people surveyed, many had not attended a Seasoned Spoon event before and the general reason for not attending was that they were unaware, not interested, and the biggest reason was that there was a scheduling conflict with school or work (Figure 3). We wanted to find out how the Seasoned Spoon could remove these barriers, and multiple respondents recommended increased advertisement across campus, online and within the Seasoned Spoon itself. Some other suggestions to removing the barriers people face included taking away the cost of workshops to make them free. Some people did feel that the cost of workshops had prevented them from attending in the past. Broader changes that surveyed people said was that they would love to see more collaborative events within the Seasoned Spoon between colleges and student groups on campus. "Get more students involved by having student promoters or

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Seasoned Spoon ambassadors to talk to each college,” one person said. They also recommended that the Seasoned Spoon host some of the workshops and events in locations closer to downtown, including Traill College.



Very few of the people surveyed had anything negative to say about the Seasoned Spoon, but nevertheless their input can definitely be used constructively in the future. Not in direct relation with the workshops and events offered by the Seasoned Spoon, one respondent person said, “I have always felt a little nervous to go into the spoon, it looks closed off and a little uninviting... maybe this is because it is in such a dark corner of Champlain. It never looked particularly inviting to me. Now that I have been inside I have changed my mind but think it can be intimidating to get in the door.” Another respondent found the workshop they attended to be overcrowded and unwelcoming. They recommended making the space welcome and open to all people and making the workshops more hands on. Despite this bad experience with their first workshop, this person was still open to attending workshops in the future.

Overall the success and positivity that was perceived from the surveys allowed us to make the conclusion that the workshops and events that the Seasoned Spoon offers are positive and impacting many people within the Trent community.

### Recommendations

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With the diverse array of people who answered the surveys online and in the café, alongside the participant observations, we were able to make some concise and easy-to-implement recommendations for the Seasoned Spoon to try.

1. *We recommend that the Seasoned Spoon offer different times and days of the week for their workshops and events.*

This could include workshops closer to noon, different days of the week and perhaps on weekends. Caitlin Bragg, Education and Outreach Coordinator, mentioned that most workshops and events were placed on Wednesdays because of her availability so this may not be possible to change. With the data showing that 36 people surveyed saying that they had a scheduling conflict with the workshops and events (Figure 3), a consideration into changing the time of day might be instrumental for increasing workshop and event attendance. We recognize that this may not be feasible but possibly finding other spaces on campus to hold future workshops would help to reach students in the early afternoon.

2. *We recommend the Seasoned Spoon offer some of the educational programming that was mentioned by survey respondents.*

We also recommend that the Seasoned Spoon offer some of the topics that were most mentioned by those surveyed. The suggested workshop and events topics mentioned in the survey were:

- Soap making (mentioned four times)
- Fermenting
- Craft related (mentioned twice)
- Cooking classes (mentioned eight times)
- Seasoned Spoons food sources, why they use them, and what uses they have
- Social justice (mentioned twice)
- Positive community actions
- Pickling
- Using recycled materials to make something new
- Sustainable gardening

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- Hard cider
- Information about a community project
- Making compost bins
- Essential oils workshop
- Sustainable living
- Kimchi making
- Student cooking on a budget
- Planting spices
- Kombucha
- Candle Making
- Indigenous traditional food systems (mentioned twice)

Keeping the popular workshops such as soap making, kombucha making, fermenting, cooking classes and crafting workshops will help in continuing to draw in more workshop participants.

Trying out new workshops will keep people interested in what the Seasoned Spoon has to offer.

*3. We recommend that the Seasoned Spoon increase their outreach for the workshops and events.*

We recommend that outreach for the workshops and events be increased. This includes more posters within the Seasoned Spoon, and around campus. One respondents suggested placing the posters in all of the college annexes that are in the surrounding Peterborough area. We also suggest more reminders from the Seasoned Spoon email surrounding the workshop and events times so that people are less likely to forget. If people were reminded of the workshops and events on the day of, those on campus might be able to attend right away.

*4. Our final recommendation is to collect data for at least 3-5 academic years and then to propose a student research placement with the TCRC that will synthesize the data and to make recommendations.*

Our final recommendation is to use our survey for a minimum of 3-5 academic years to collect further data on workshop and event attendance. Then propose a student research project with the TCRC in which students would be responsible to synthesize and interpret the data to make

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further recommendations for the Seasoned Spoon's educational programming. This would allow for a higher rate of response and consistent patterns over the time period which can provide insights into the attendance of the workshops and events.

### Conclusion

The goal of this project was to evaluate the 2017-2018 workshops and events that the Seasoned Spoon offered. We evaluated the success and the ways that the workshops and events could be improved for next year. By releasing surveys online and in the Seasoned Spoon, we were able to get a wide range of responses and views. The participant observation helped solidify our beliefs that the Seasoned Spoon workshops are a place of learning and many people enjoyed this opportunity to learn.

The Seasoned Spoon offers many ways for people to learn and grow. Their workshops and events are helping people learn new skills, make new crafts, and meet new people. Food insecurity is something that affects Canadians and students daily. The Seasoned Spoon is conscious of the insecurities surrounding food and is helping students, community members and staff learn the skills necessary to make, grow and sustain their lives with healthy food. It is clear that these workshops and events that the Seasoned Spoon provides are something that many people look forward to. The amount of positivity and community that the Seasoned Spoon generates was proven in the surveys and participant observations. All of the surveys received had a positive look on the workshops and events offered, and even if they were critical of them (in very few instances), they were open to trying another workshop or event in the future. From our observations and experiences at the Seasoned Spoon's workshops and events, we saw the interaction and community building that the Seasoned Spoon makes on an everyday level. To do this research and help the Seasoned Spoon increase attendance of the workshops and events that are impacting people's lives directly was a rewarding project to be a part of. We hope they will use the research we found to tailor the workshops and events to different

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audiences, offer them at different times and include some of the suggested workshop topics.

We will include the spreadsheet of collected data from the surveys with our final report.

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## Appendix



## Survey of the Seasoned Spoon's Educational Workshops and Community Events

### Part A:

This survey is being conducted by Joy Davis and Emily Worrad on behalf of the Seasoned Spoon Café. The research is being carried out as part of a course, IDST 4220, and in conjunction with the Trent Community Research Centre (TCRC). The Seasoned Spoon Café is seeking feedback from members and non-member patrons regarding its educational programming, including workshops and other educational events.

Joy Davis and Emily Worrad are fourth year students at Trent University in International Development Studies. Should you have any questions about this survey, you may contact Joy at [joycedavis@trentu.ca](mailto:joycedavis@trentu.ca) or 289-829-1229 or Emily at [emilyworrad@trentu.ca](mailto:emilyworrad@trentu.ca). If you have any concerns about your participation in this project, you can also contact course instructor Dr. Hayley Goodchild at [hgoodchild@trentu.ca](mailto:hgoodchild@trentu.ca) or the TCRC project coordinator David Tough at [davidtough@trentcentre.ca](mailto:davidtough@trentcentre.ca).

This survey should take between 5-10 minutes to complete. **Upon completing this survey, you will be entered for a draw for a complimentary gift certificate to the Seasoned Spoon in the amount of \$25.00.** There are minimal risks to you from participating in this research. Questions regarding personal food (in)security may cause you some feelings of anxiety. Benefits of participating in this research include helping the Seasoned Spoon improve its programming to meet the needs of its members and the wider community.

Your choice to complete this survey is voluntary. There is no deception, or undisclosed risk to yourself or other participants involved in this exercise. You do not have to respond to any of the questions on the survey if you do not wish to do so. You may withdraw your participation at any time. You have the right to confidentiality of personal information and anonymity. Your contact information will only be used if your survey is selected in the draw for a complimentary gift certificate.

All data collected through this survey will be stored securely throughout the duration of the research project. After the study, all the paper copies of the survey will be destroyed.

Should you wish to receive a copy of the final report, you may reach us at any of the above addresses.

### Part B:

I have read the above description of the research in which I have been asked to participate and understand the possible risks and benefits involved. I have also been told that I may withdraw from this project at any time and that any personal identifying information I provide will remain confidential.

I voluntarily agree to participate in this project.

**Printed Name:** \_\_\_\_\_

**Date:**

**Signature(s):**

\_\_\_\_\_

\_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Section A: The Basics**

1. What is your relationship to Trent University? Please check which applies to you.

- Full time Undergraduate Student
- Part time Undergraduate Student
- Full Time Graduate Student
- Part Time Graduate Student
- Staff/Faculty
- Community Member

2. Are you a member of the Seasoned Spoon at Trent University?

- Yes
- No

3. How often do you visit the Seasoned Spoon on a monthly basis?

- 0-1
- 2-4
- 5-8
- 9 or more

4. Why do you visit the Seasoned Spoon? Please select all that apply.

- |   |   |
|---|---|
| The food/beverages <input type="checkbox"/> | School or work-related meeting <input type="checkbox"/> |
| Study space <input type="checkbox"/>        | Volunteer or employment <input type="checkbox"/>        |
| Socialize <input type="checkbox"/>          | Attend a workshop or event <input type="checkbox"/>     |
- Other (please specify):

**Section B: Workshops & Events Survey**

5. The Seasoned Spoon frequently hosts workshops and other events for students, staff, faculty and members of the community to attend. Have you ever attended an educational workshop or event hosted by the Seasoned Spoon?

Yes

No

*If you answered 'no' in the previous question, please skip to question 14.*

6. If you answered 'Yes' above, please estimate the number of workshops and events that you have attended.

\_\_\_\_\_

7. Please indicate which workshop(s) & event(s) you have attended during the 2017/18 academic year. Please indicate all that apply.

Kombucha Workshop (January 29, 2018)

Soaking and Sprouting: Grains, Greens and Seeds (January 22, 2018)

Fire Cider Workshop (January 15, 2018)

Community Meals (December 5, October 19, 2017 and February 6, 2018)

Craft Fair (November 29, 2017)

Soap making (November 27 & December 4, 2017)

Bagel Making (November 20, 2017)

Making Connections: Food Waste & Climate Change (November 15, 2017)

Spanish Cooking (November 6, 2017)

Scarecrow Making and Pumpkin Carving Party (October 12, 2017)

- Mead Making (October 4, 2017)
- Haudenosaunee Corn: Traditional Cooking and Preparation (October 2, 2017)
- Cider Making (September 27, 2017)
- Trent Farm to Table (September 21, 2017)
- Herbal Gardens Preparations 101 (September 20, 2017)
- Collective Cooking: Building Community Together (September 13, 2017)
- Campus Farm to Table Tour (September 12, 2017)

9. Please rate the workshops or events that you have attended based on the following criteria.

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
The topics/materials discussed were interesting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The instructor(s) was knowledgeable on the topic.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The instructor's teaching style was satisfactory.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The location of the workshop or event was satisfactory.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The time of the workshop or event was satisfactory.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The interaction between the instructor and the workshop or event participants was satisfactory.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. On a scale of 1 (very unlikely) to 5 (very likely): how likely are you to incorporate what you have learned after attending a workshop? Please select one.

- |                          |                          |                             |                          |                          |
|--------------------------|--------------------------|-----------------------------|--------------------------|--------------------------|
| Very Unlikely            | Somewhat Unlikely        | Neither Likely nor Unlikely | Somewhat Likely          | Very Likely              |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>    | <input type="checkbox"/> | <input type="checkbox"/> |

11. Would you attend another Seasoned Spoon workshop or event in the future?

- Yes   
No

12. If you answered 'no' to Question 11, please tell us what some barriers which prevented you from attending the workshops.

- |                               |                          |  |                          |
|-------------------------------|--------------------------|--|--------------------------|
| Time of workshop or event     | <input type="checkbox"/> | Commute/Weather  | <input type="checkbox"/> |
| Location of workshop or event | <input type="checkbox"/> | Difficulties with Registration (e.g. sold out workshop or event) | <input type="checkbox"/> |
| Cost                          | <input type="checkbox"/> | Other (please specify):  |                          |

13. Do you have any further feedback regarding the workshops and events you have attended? If so, please provide it below.

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Please go to question #16 to complete the survey.

14. If you have not attended a workshop and/or event at the Seasoned Spoon, please tell us why. Check all that apply.

- Unaware/Not interested
- Scheduling conflict with work and/or school
- Cost
- Long commute
- I did not want to go alone/Did not know anyone
- Difficulties with registration (e.g. workshop or event sold out)

WORKSHOPS & EVENTS

Accessibility of the workshop or event location

Other (please specify):

15. Do you have any suggestions/recommendations or feedback to improve barriers or limitations to attending a workshop? If so, please elaborate below.

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16. What kind of workshops or events would you like to attend in the future? Please select all that interest you.

Cooking

Growing

Preserving

Environmental Living Skills

Social Justice

Other (please specify):

17. Please tell us of any specific workshop topics you would like to attend?

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18. Do you have any suggestions or recommendations for the Seasoned Spoon to make changes to its educational programming to better meet the needs of its members and the wider community? If so, how? Please use the space provided.

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## WORKSHOPS &amp; EVENTS

**Section C: Food & Cooking Habits**

19. How many members are in your household? Please select one answer.

1

2-3

4-5

6 or more

20. On average, how often do you go grocery shopping? Please select one.

1-2 times a month

3-4 times a month

5 or more times a month

21. Where do you go grocery shopping? Please select all that apply.

No Frills/Fresh co.

Wal-Mart/ Giant Tiger/ Costco

Canadian Superstore/Fortinos/ Sobeys

Farmer's Markets

Health Food Store (e.g. Joanne's or Kelcey's)

Other (please specify):

22. On average, how often do you prepare meals for yourself and/or your household? Please select one.

1-2 times a week

3-4 times a week

5 or more times a week

WORKSHOPS & EVENTS

23. On average, how often do you order in food or go out to eat? Please select one.

1-2 times a week

3-4 times a week

5 or more times a week

24. If you have attended a Seasoned Spoon workshop or event, did it impact your cooking, shopping or other food habits?

Yes

No

N/A

25. If you answered 'Yes' to Question 24, please tell us how it has impacted your cooking, shopping or other food habits.

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26. If you answered 'Yes' to Question 24, please tell us of any specific skills you have gained.

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27. Do you have any further comments or suggestions?

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Thank you for your time.



the  
seasoned  
spoon



Trent Community  
Research Centre

## WORKSHOPS & EVENTS

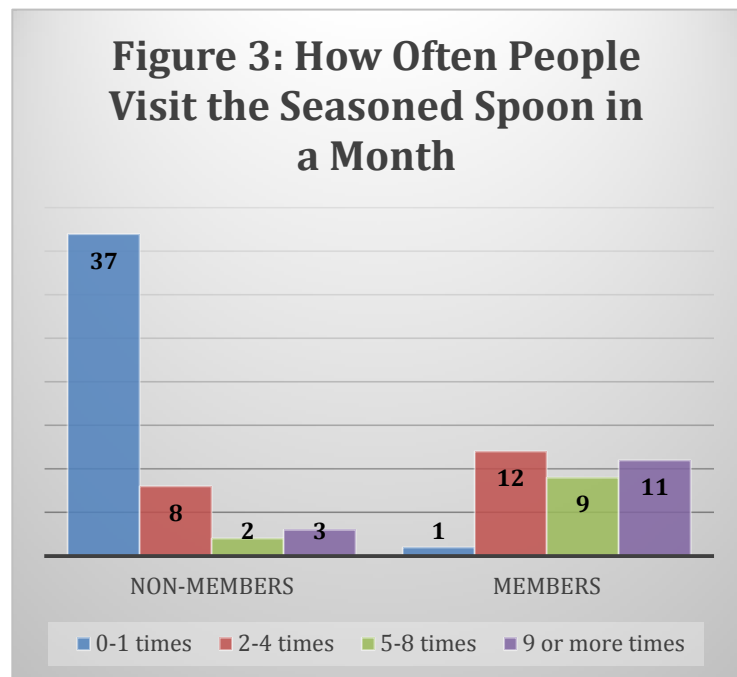
### Appendices B

Additional information from collecting the surveys was found that did not particularly pertain to the research questions. We decided to include all of this information in the appendices.

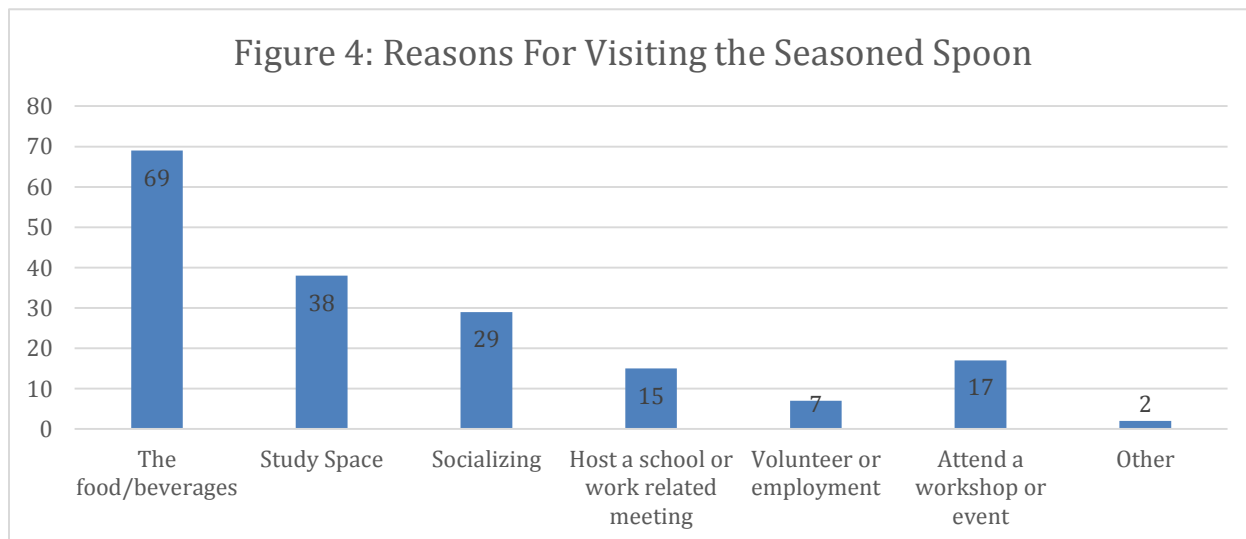
We found that members on average visited the Seasoned Spoon more often than non-members (Figure 3). The interesting part about this figure is that non-members visit the Seasoned Spoon quite regularly. Thirteen of the non-members surveyed visited the spoon anywhere from two to nine or more times a month. This means that some non-members are unaware or unwilling to pay the membership fee of \$10 for students, \$20 for staff or someone with a living wage. Perhaps better advertising and information surrounding the benefits of being

a member of the Seasoned Spoon would help some non-members access the 10% discount on food and increase general membership. It is also possible that the initial \$10 would not be seen as beneficial enough for a non-member, but for those visiting the Seasoned Spoon over 2 times a month it would give them a discount on food. This is also taking into account the data which suggests that

of the people surveyed, 69 of them went to the Seasoned Spoon primarily for the food and beverages (Figure 4). If some of these non-members were visiting the spoon more than nine times a month, and assuming that they in fact bought food or beverages, exemplifies that the benefits of the membership should be better advertised.



## WORKSHOPS & EVENTS



We also wanted to include some of the wonderful things that people had to say about the Seasoned Spoon in general but was not necessarily related to the workshop and event research. In the final question of the survey, question 27: Do you have any further comments or suggestions?, we had some nice positive feedback regarding the Seasoned Spoon and it's important to let Aimee Blythe and Caitlin Bragg aware of what people are thinking. Some of the answers were:

- Thank you for all your work to provide healthy meals and education!
- Keep up the good work
- I really love the spoon
- Good food
- The Seasoned Spoon is the best and I appreciate the low-cost options and delicious food
- Thank you for your investment into this community
- Keep being awesome
- Thanks for the dope food

Some more constructive comments that people made that were not related to the workshops and events but still relevant were:

- Longer hours
- Longer hours to enjoy your great food
- Be open for longer on Monday and Fridays. and be open on weeks to provide a healthy eating option on campus during the weekend if this is possible
- Better consistency in quality of cooking (tofu)

## WORKSHOPS & EVENTS

- Maybe post online what the menu of the day is

These comments are all things that the Seasoned Spoon could consider doing in the future to better serve their customer's needs. Some of them may not be applicable, while others could definitely be something to consider.