



Culturally Responsive Food Resource Guide



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Introduction

Purpose of the Guide

The Culturally Responsive Food Resource Guide is designed to help individuals and the broader community learn more about the diverse cultures that shape our community, while also educating each person about the Richmond Food Bank's core mission of providing food assistance. This guide will acknowledge the importance of cultural food responsiveness, explore the diverse community that we live in, and share cultural food profiles that offer meaningful insight into international cuisines and traditions.

Importance of Cultural Food Responsiveness at the Food Bank

Cultural food responsiveness at the food bank is important because it promotes inclusivity to all clients and supports the overall well-being of each person. By offering culturally appropriate food items, such as soy sauce and oil, the food bank helps foster a greater sense of belonging within every individual and ensures that all cultures can be seen, valued, and respected for their uniqueness.



Acknowledging Community Diversity

Richmond, British Columbia, is known for its vast multiculturalism. More than half of the population identifies as Chinese, alongside significant Southeast Asian, European, Canadian, and African communities. This diversity is also reflected in the city's many languages, with English, Cantonese, and Mandarin being the most commonly spoken, followed by Tagalog, Punjabi, and Spanish.

Religious traditions also play a role in shaping the food practices of certain cultures. For example, in Islam, foods classified as *halal* are considered permissible, while foods classified as *haram* are considered forbidden to consume. Together, these cultural, linguistic, and religious influences build the diverse community that defines Richmond.

Food Sourcing & Shopping: Culturally Specific Grocery Stores



CHINESE

Wah Shang Supermarket: 8108 Park Rd
88 Supermarket: 4591 Garden City Rd #110

UKRAINIAN

Steveston European Food Market: 12220 Second Ave #120
Superstore: 4651 Number 3 Rd
FreshCo: 6140 Blundell Rd or 10151 Number 3 Rd

FILIPINO

Tindahan Grocery: 5960 Minoru Blvd
Edsa Mart Filipino Specialty Grocery: 4051 No 5 Rd



MEXICAN

Exotic International Market: 11331 Coppersmith Wy #110
Superstore: 4651 Number 3 Rd

MIDDLE EASTERN

Souk Mediterranean – Dollar Store: 4121 No 5 Rd
Richmond Halal Meat & Deli: 4020 No 5 Rd

JAPANESE

Izumiya Japanese Marketplace: 7971 Alderbridge Wy #160
Darumaya Japanese Grocery: 4700 McClelland Rd #1715



PERSIAN

Souk Mediterranean – Dollar Store: 4121 No 5 Rd
Hayat Supermarket: 10991 No 1 Rd

AFRICAN

Exotic International Market: 11331 Coppersmith Wy #110
Out of Africa Trading: 4871 Shell Rd #2150

INDIAN

Sabzi Mandi Supermarket: 9371 No 5 Rd #5
Exotic International Market: 11331 Coppersmith Wy #110
Fruiticana: 4101 No 5 Rd

Community Food Resources



There are many no cost/low cost food supports in Richmond. Scan the QR code to learn about community meals, hamper programs, and other food resources in the community.



COMMUNITY GARDEN

Richmond has many community gardens across the city, the majority of which are looked after by Urban Bounty. Learn more about being a community gardener here!



RICHMOND FARMER'S MARKET

One of the best places to find fresh, seasonal produce is at a farmers market. In Richmond, the Steveston Farmers Market and Kwantlen Farmers Market are great options.



Affordable Shopping Tips

Affordable shopping strategies often require finding specific stores that sell certain grocery items at a lower rate rather than buying from larger grocery stores. Bulk Barn (11380 Steveston Hwy), is a great option for buying spices and other ingredients for cheaper prices.

One of the biggest advantages of shopping at Bulk Barn is the flexibility it offers in purchasing exactly the amount of ingredients you need. Unlike traditional grocery stores, where items are sold in fixed quantities, Bulk Barn allows you to buy as little or as much as your recipe or household requires, helping to reduce food waste and save money.



Fridge and Pantry Organization

Organizing your fridge is key to preserving the freshness of your food for as long as possible. Consider the following format for your fridge at home:

- **Top shelves:** leftovers, beverages, ready-to-eat foods
- **Lower shelves:** raw meat, fish, eggs
- **Drawers:** fresh herbs, leafy greens, cut vegetables
- **Fridge door:** sauces, condiments (it's the warmest part of the fridge!)
- **TIP:** Use plastic bins – they're easier to move around and clean up.

For your pantry, the most important thing to keep in mind is access. Here are some easy ideas you can try implementing at home:

- **Use clear containers for dry goods.** Storing items like rice, pasta, and oatmeal in transparent containers allows you to quickly see how much you have left.
- **Invest in shelf risers.** These maximize vertical space and make it easier to access items, especially spices or jars stored at the back.
- **Organize with stackable bins.** They help keep similar items grouped together, making everything more visible and helping you avoid buying duplicates.

Fridged Ingredients

- ✓ Raw/cooked meat
- ✓ Dairy/eggs
- ✓ Fresh produce

Pantry Ingredients

- ✓ Bread
- ✓ Rice/pasta
- ✓ Potatoes

Storage Tips to Reduce Waste



Store Fruits Away from Vegetables

Fruits release ethylene gas, which can cause fresh produce to ripen and spoil faster. Try keeping your fruits separate from your vegetables and herbs, so that you can preserve your fresh ingredients for as long as possible!

Sort Through Produce ASAP

When you first get your produce, discard anything that looks bad or mushy. It is also a good idea to remove any vegetables from their plastic bag, twist-tie, or rubber band. This extra packaging can limit air flow and cause faster ripening.



Pickling Leftover Vegetables

Pickling vegetables is a great way to make use of leftover vegetables. This simple preparation provides good acidity that complements many meals. Popular vegetable choices for pickling include cabbage, onions, radishes, and carrots.

Substitutions Using Food Bank Ingredients



EXAMPLES:

- ✓ **Zucchini noodles instead of spaghetti:** Using a spiralizer or vegetable peeler, zucchini can be made into noodles that you can cook with pasta sauce. Zucchini noodles introduce fiber into your meal and can even be more affordable!
- ✓ **Cauliflower instead of potato:** Mashed cauliflower is a great addition to any protein-based meal and can be a nutritious alternative to mashed potatoes.
- ✓ **Applesauce instead of egg (for baking):** For some recipes, $\frac{1}{4}$ cup of unsweetened applesauce can replace one egg when baking. This swap works well for those who have egg allergies or follow a vegan diet.

Common Vegetables in Richmond



Richmond's climate and seasonal weather limits the type of vegetables that can be successfully grown in the area. Many local farmers and gardeners tend to grow vegetables like garlic, zucchini, kale, beets, radish, and peas. Other common choices are carrots, lettuce, tomatoes, cucumber, and spinach.

COMPOSTING BASICS

- ✓ **Choose the right bin**
You can use any garbage bin that provides some airflow but can be sealed to keep rats out.
- ✓ **Add balanced materials**
Use equal parts of brown material (cardboard, dry leaves) and green material (produce scraps, fresh grass clippings). Avoid adding meat and dairy to your compost, and try using coffee grounds to speed up the process!
- ✓ **Maintain the compost**
Stir the compost at least once a week, keeping it moist, but not wet. The full process takes about 10-12 months. After this, your compost is ready.

The West Coast Seeds Planting Guide is a convenient tool that shows you what to plant and the best time to do it!



Balcony and Small-Space Gardening Tips



TAKE ADVANTAGE OF VERTICAL SPACE

Try to grow your plants up rather than out, which can take up more space than you actually have. You can achieve this by using support structures, trellises, hanging plants, or any available wall space.

REMEMBER TO NOT OVERCROWD YOUR GARDEN

With limited space, it can be easy to want to make use of as much soil space as possible. However, in doing so, it can harm the potential growth of your plants. Ensure that your plants are properly spaced.

CONSIDER CONTAINER GARDENING

Try growing your plants in pots rather than soil beds. Pots make it easier to control soil quality and move plants around for sunlight. Some plants that grow well in pots include herbs or cherry tomatoes.

Overview of Major Cultural Cuisines

CHINESE

INGREDIENTS

Rice
Noodles
Tofu
Bok Choy

DISHES

Steamed buns
Chow mein
Fried rice
Wonton soup

METHODS

Stir-fry
Steaming
Braising
Roasting

UKRAINIAN

INGREDIENTS

Potatoes
Cabbage
Beets
Sour cream

DISHES

Borscht
Varenyky
Chicken kyiv
Piroshki

METHODS

Stewing
Boiling
Baking
Frying

FILIPINO

INGREDIENTS

Bay leaf
Peppercorns
Rice
Vinegar

DISHES

Chicken adobo
Kare kare
Pancit
Lumpia

METHODS

Frying
Grilling (inihaw)
Boiling

ITALIAN

INGREDIENTS

Olive oil
Balsamic vinegar
Tomatoes
Pasta
Oregano

DISHES

Gnocchi
Lasagna
Polenta
Bruschetta

METHODS

Sauteing
Simmering
Baking
Roasting

MEXICAN

INGREDIENTS

Corn
Beans
Chilies
Tortillas
Lime

DISHES

Enchiladas
Tamales
Elote
Tacos al pastor

METHODS

Grilling
Roasting

MIDDLE EASTERN

INGREDIENTS

Chickpeas
Dates
Bulgur
Rice
Lemon

DISHES

Hummus
Falafel
Shawarma
Tabbouleh
Baklava

METHODS

Slow-cooking
Grilling
Braising



JAPANESE

INGREDIENTS

Soy sauce
Rice
Miso
Seaweed
Mirin

DISHES

Ramen
Miso soup
Okonomiyaki
Onigiri
Gyudon

METHODS

Simmering
Grilling
Steaming
Deep-frying

PERSIAN

INGREDIENTS

Saffron
Turmeric
Rice
Nuts

DISHES

Ghormeh sabzi
Chelo kabab
Fesenjan

METHODS

Slow-cooking
Grilling

AFRICAN

INGREDIENTS

Cassava
Yams
Rice
Onions

DISHES

Jollof rice
Fufu
Egusi soup

METHODS

Slow-cooking
Grilling
Stewing



Ethnic Food Items at the Richmond Food Bank

Understanding the everyday foods that are enjoyed in our community is essential to providing inclusive and responsive food assistance.

Through various surveys, the food bank has worked towards reflecting the cultural and dietary diversity of its clients through our distributions and culturally appropriate items.

COMMON DIETARY STAPLES

Many food bank clients reported that they rely heavily on ingredients such as:

- Salad/vegetables
- Rice
- Onions
- Oil
- Potatoes
- Tomatoes
- Garlic

FREQUENTLY DESIRED ITEMS

Survey participants also shared food items they hope to see more often during distributions, such as:

- Oil
- Vinegar
- Coconut milk
- Buckwheat
- Sunflower oil
- Lentils



Client-Suggested Ethnic Items for Purchase

NON-PERISHABLE ITEMS

- Oil
- Vinegar
- Rice
- Coconut milk
- Buckwheat
- Sunflower oil
- Lentils

PERISHABLE ITEMS

- Salad kit
- Leafy greens
- Onions
- Potatoes
- Tomatoes
- Garlic



Dietary Restrictions

HALAL

- Definition: “food and drinks that Muslims are allowed to consume according to Islamic dietary laws”
- Non-halal examples are pork and alcohol



KOSHER

- Definition: “food that adheres to Jewish dietary laws”
- Non-kosher items are pork, shellfish
- Meat and milk cannot be consumed together



OTHER MAJOR DIETS

✓ VEGETARIAN

- Consists mainly of fresh plant-based items or produce
- Excludes meat, poultry, and seafood

✓ VEGAN

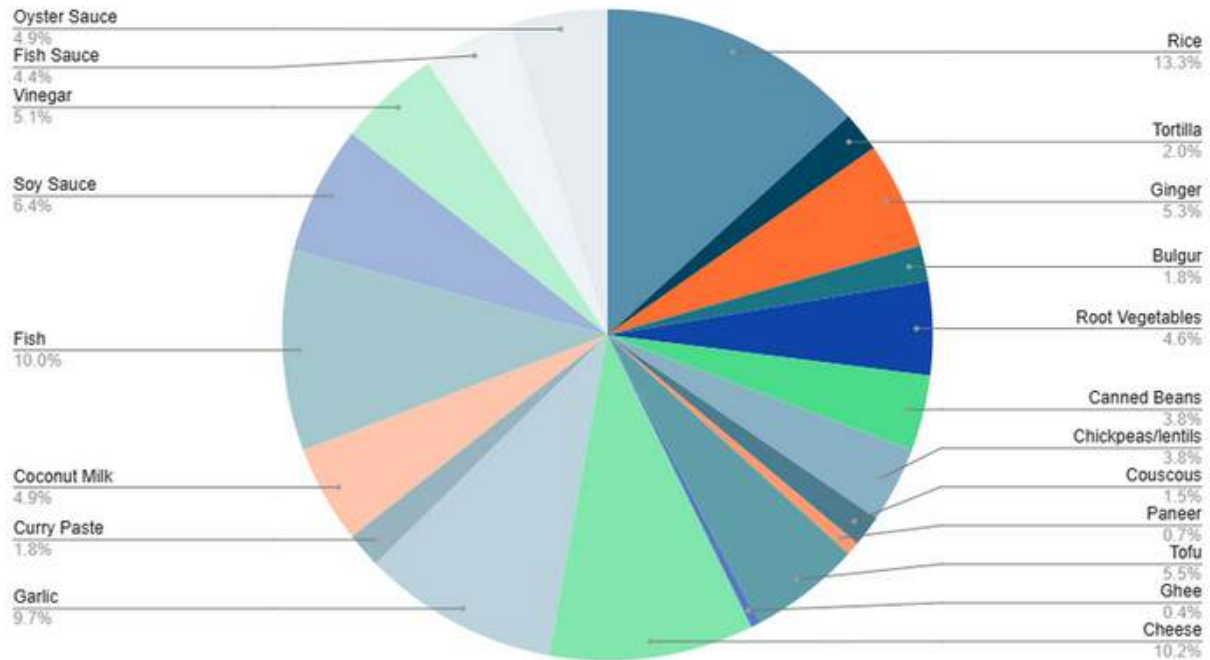
- Consists mainly of plant-based items and starches
- Excludes all animal produces (ex. meat, dairy, and eggs)

COMMON INGREDIENT SUBSTITUTES

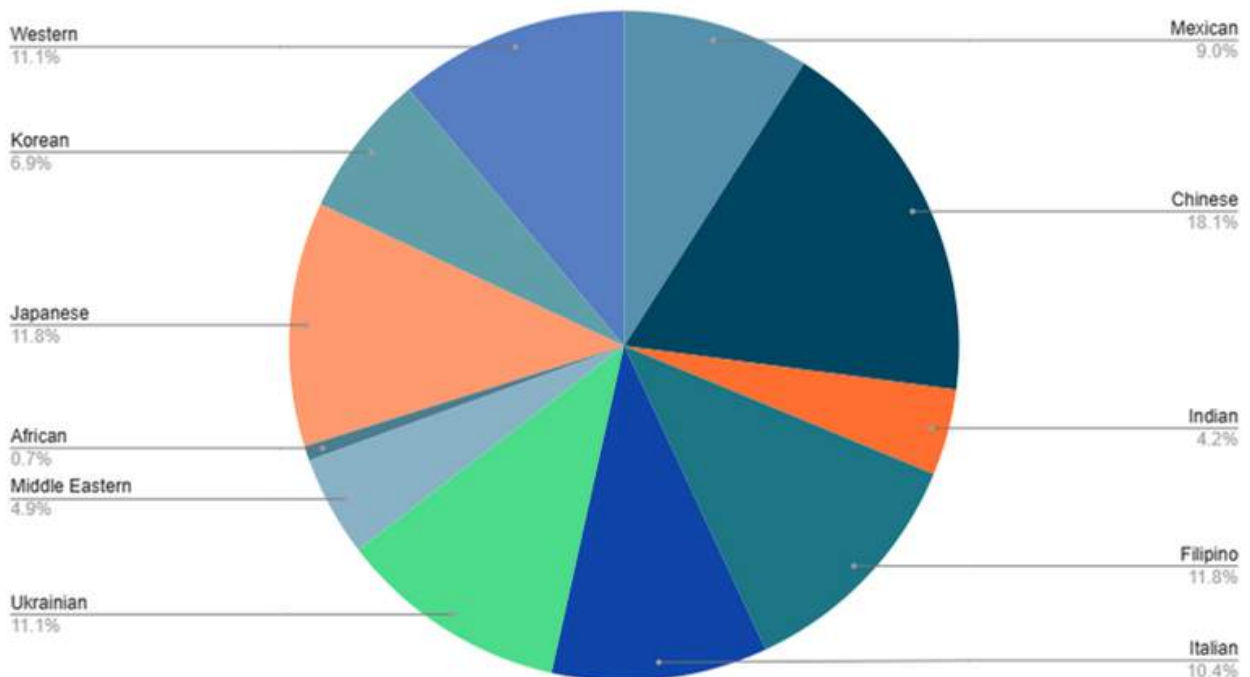
Tofu
Plant-based meat
(ex. Beyond Meat)
Applesauce
Nut milks
Canned beans

International Cuisine Breakdown

Most Popular Ingredients to Cook With



Most Popular Cuisine to Cook



Garden-Based Recipes



ASIAN LETTUCE WRAPS

Key Ingredients Used:

- Lettuce leaves
- Ground beef
- Onion
- Garlic
- Canned water chestnuts
- Green onions

DILL CHICKEN SOUP

Key Ingredients Used:

- Carrots
- Onion
- Shredded chicken
- Baby spinach
- Fresh dill



ASPARAGUS HAM DINNER

Key Ingredients Used:

- Spiral pasta
- Asparagus
- Sweet yellow pepper
- Tomatoes
- Cubed ham
- Parsley

Recipes for Unfamiliar Ingredients



CANNED BEANS

Minestrone soup (Mexican)
Chili con Carne (Mexican)
Red Beans and Rice (Southern US)

CHICKPEAS

Hummus (Middle East)
Falafel (Middle East)
Chana Masala (Indian)

TOFU

Mapo Tofu (China)
Miso soup (Japan)
Pad Thai (Thailand)

COCONUT MILK

- Thai Green Curry (Thailand)
- Butter Chicken (India)
- Laksa (Malaysia/Singapore)

OYSTER SAUCE

- Beef with Broccoli (China)
- Stir-fried Gai Lan (China)
- Pancit Canton (Philippines)

PANEER

- Palak Paneer (Northern India)
- Paneer Butter Masala (Punjab region, India)
- Paneer Tika (India)

