

## Frequently Asked Questions

### Where can I learn about food services on and off campus?

The UBC Food Asset Map provides information about different food related services and resources on campus, including student-run cafes, UBC Food Services establishments, and food skills workshops<sup>(2)</sup>. The Vancouver Food Asset Map provides information about food services for across Vancouver<sup>(3)</sup>.

### How can I reduce food waste?

Plan your meals for the week in advance and only buy as much as you need to prepare those portions.

### Who do I talk to for more information about nutrition?

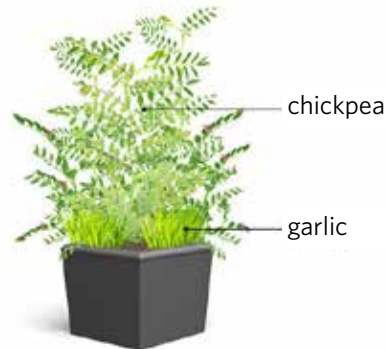
UBC Food Services provides free consultations with a registered dietitian for students living in residence at UBC<sup>(4)</sup>. The Wellness Centre has nutrition resources, such as recipes, healthy eating handouts, and nutrition workshops geared towards students! Dial 811 and ask to speak to a dietitian-- free for anyone with a Provincial Health care card.

### Where can I learn to cook?

Join the UBC Cooking Club or attend workshops on campus. You can also volunteer at Agora to learn cooking and other skills. Cooking with friends is a great way to share time, food and fun.

### How do I get involved in growing food?

Across the campus and city, you can learn to grow food in community gardens, through workshops, with student groups and communal gardens. Volunteering is a great way to connect with experienced food growers and meet new people.



Metro Vancouver's Grow Green Guide<sup>(5)</sup> provides ideas for growing food like this *Hummus Yumms* planter with chickpeas and garlic.

## References

### (1) Canada's Food Guide

[food-guide.canada.ca](http://food-guide.canada.ca)

### (2) UBC Food Asset Map

[sustain.ubc.ca/teaching-applied-learning/seeds-sustainability-program/ubc-food-system-project](http://sustain.ubc.ca/teaching-applied-learning/seeds-sustainability-program/ubc-food-system-project)

### (3) Vancouver Food Asset Map

[vch.ca/public-health/nutrition/food-asset-map](http://vch.ca/public-health/nutrition/food-asset-map)

### (4) UBC Food Services Registered Dietician

[food.ubc.ca](http://food.ubc.ca)

### (5) Grow Green Guide

[growgreenguide.ca](http://growgreenguide.ca)



## Acknowledgements

This brochure was co-created with input from AMS Student Food Bank, UBC students, Roots on the Roof, UBC Wellbeing, and UBC Botanical Garden. Funding and support for this brochure was provided by the UBC Wellbeing Food and Nutrition Working Group.



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We acknowledge that the UBC Point Grey campus is situated on the traditional, ancestral and unceded territory of the Musqueam people.

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[botanicalgarden.ubc.ca/food](http://botanicalgarden.ubc.ca/food)

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# FOOD

## Edible Plant Identification and Nutrition Guide



UBC Botanical Garden

[botanicalgarden.ubc.ca/food](http://botanicalgarden.ubc.ca/food)

## Connecting to Food

Food brings connection with land, culture, and people. We eat for many reasons including celebrations, rituals, comfort and to connect with others. In addition, learning to grow, harvest, prepare and share foods provides endless opportunities to connect with friends while learning new skills.

## Eating Plant-Based Foods

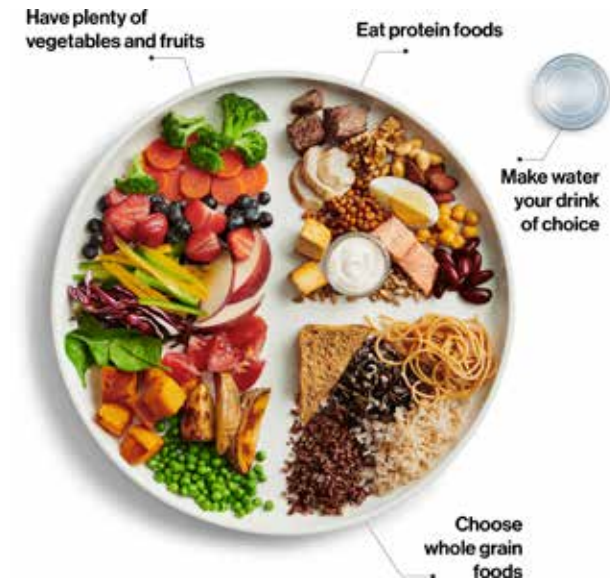
Plant-based foods include fruits, vegetables, and plant-based proteins such as beans, lentils, chickpeas, nuts and soy. Including plant-based foods can enhance physical health and mental health. In addition, we can support sustainable food systems as many of these plant species are grown in Vancouver.

## Canada's New Food Guide<sup>(1)</sup>

The new Canada's Food Guide is now a web-based resource with recipes, videos and actionable advice.

The new food guide promotes "how" to eat:

- Cook at home with friends and family
- Have fun trying new foods and new recipes
- Eat meals with others



# EDIBLE PLANTS | GROW, HARVEST, PREPARE & SHARE

## PULSES

**Chickpeas**  
pois chiche



Hummus, salad topper, curries, roasted as a snack



Protein, Fibre, Iron & Calcium



Sealed container (dry) or canned

**Green beans**  
haricots verts



Stir fries, fried rice, sautéed with garlic as side dish



Fibre & Vitamin C



Fridge, freezer or canned

**Pinto**  
haricots pinto



Chilli, bean dip, bean salad, soups



Fibre, Protein & Iron



Sealed container (dry) or canned

**Lentils**  
lentilles



Dahl, lentil stew, vegan sloppy joes, ground beef replacement



Iron, Fibre & Protein



Sealed container (dry) or canned

## LEAFY GREENS

**Kale**  
chou frisé



Quiche, smoothies, stir fry add to pasta and pesto, bake



Vitamin A, C, K Calcium & Fibre



Sealed in fridge or freezer  
Tip: Wash before freezing

**Swiss Chard**  
bette à cardé



Frittata, omelet, salads, wrap, stews and stir fry (with stems)



Vitamin A, C, K Iron & Fibre



Sealed in fridge or freezer  
Tip: Wash before freezing

**Bok Choy**  
pak-choï



Soups, with noodles or stir fry, congee, Thai curry



Vitamin A, C, Fibre & Iron



Ventilated in fridge or freezer  
Tip: Wash before freezing

**Spinach**  
épinards



Frittata, omelet, spanakopita, salads, smoothies



Vitamin A, Iron, Fibre & Calcium



Sealed in fridge or freezer  
Tip: Wash before freezing

**Brassica rapa**  
白菜



Soups, with noodles or stir fry, congee, Thai curry



Vitamin A, C, Fibre & Iron



Ventilated in fridge or freezer  
Tip: Wash before freezing

**Spinacia oleracea**  
菠菜



Frittata, omelet, spanakopita, salads, smoothies



Vitamin A, Iron, Fibre & Calcium



Sealed in fridge or freezer  
Tip: Wash before freezing

## ROOT VEGETABLES

**Potatoes**  
pommes de terre



Soup, casserole, roasted, mashed. Shepherd's pie, perogies, gnocchi



Vitamin C, Fibre & Iron



Cool, dark & away from onions (fridge is too cold)

**Carrots**  
carottes



Roasted, sauces, stew, chilli, soup, fritters, shred in salads



Vitamin A & Fibre



Fridge in crisper

**Beets**  
betteraves



Root: Shredded, roasted, baked. Leaf: same as spinach.



Vitamin A, Fibre & Betaine



Sealed in fridge

**Kohlrabi**  
chou-rave



Slaws, carrot and kohlrabi fritters, mashed, roasted



Vitamin C & Fibre



Fridge in crisper

**Beta vulgaris**  
甜菜头



Root: Shredded, roasted, baked. Leaf: same as spinach.



Vitamin A, Fibre & Betaine



Sealed in fridge

Tip: Separate roots and greens

**Brassica oleracea**  
芥兰头



Slaws, carrot and kohlrabi fritters, mashed, roasted



Vitamin C & Fibre



Fridge in crisper

## VEGETABLES

**Cucumbers**  
concombres



Greek or other salads, tzatziki, sandwiches, sliced



Hydration, Fibre



Wrapped in fridge

**Eggplant**  
aubergine



Pastas, Thai curries, stir fry, grilled in sandwiches



Fibre, Skin contains antioxidants



On counter, away from fruits & onions

**Squash**  
cource



Soup, chilli, grilled, mashed



Fibre, Vitamin A & C



Cool, dark & away from onions (fridge is too cold)

**Pepper**  
poivron



Stuffed, pastas or quinoa salads, roasted in hummus



Fibre, Vitamin A (red) & C



Fridge in crisper

**Cucurbita maxima**  
西葫芦



Soup, chilli, grilled, mashed



Fibre, Vitamin A & C



Cool, dark & away from onions (fridge is too cold)

**Capsicum annum**  
甜椒



Stuffed, pastas or quinoa salads, roasted in hummus



Fibre, Vitamin A (red) & C



Fridge in crisper