



Community Helping Community Cause Building Roots

Amidst the challenges of COVID-19, Building Roots is supporting the most vulnerable in our community through at-home resources, information, and tools, and food provisioning. We're supplying food through contactless pick up at Moss Park Market, deliveries to residents in Moss Park, and support for agencies and organizations around the city. COVID-19 may have made the issue of food insecurity in the city even more visible, and Lisa Kates, co-founder at Building Roots, has described the need right now as nearly unlimited.

A pandemic that has been described as a great equalizer, is also, quite frankly, anything but. Our work at Building Roots has long been centred on enabling social cohesion- community helping community- and lowering the barriers to accessing programs and services so that folks that experience social isolation can come together to enjoy community events, gather around food, share and exchange skills, and work together to create vibrant neighbourhoods. We've always worked to respond to the community, and despite an influx of changes and unpredictability, this seems no exception.

As COVID-19 sheds light on the most vulnerable and heightened inequalities: those who are at risk for increased food insecurity and do not have the privilege of stockpiling food; seniors who are higher risk for COVID-19; those struggling with drug addictions and mental health concerns who must also stay at home largely isolated from support and resources; families that are living in overcrowded conditions and underhoused, we emphasize the need for support from those who may be in positions to provide it.

Simultaneously, we've witnessed an outpour of reaching out and digging deep, collaboration, and sharing- out of love, generosity, and yes, necessity. The wonderful folks at DAREarts said it right, "the small and mighty ships are sailing together." It is important we continue to stay connected as we pop up, build out, and piece together innovative responses to the vulnerabilities we're witnessing around the city right now.

As we continue developing our services in response to COVID-19, we ask those who are able to support us in helping those most in need to donate to <http://buildingroots.ca/donate/>

If you are an agency or organization that requires information, support, or consultation in food provisioning at this time, specifically in relation to contactless food pick-up and delivery practices, please contact hannah@buildingroots.ca