



2 June 2020

PFC Statement on Anti-Black Racism

The Parkdale Food Centre stands in solidarity with Black communities, across both Canada and the United States, who are experiencing the devastation caused by police brutality and anti-Black racism.

From the fear of violent, or even deadly, interactions with the police to the economic impacts of housing and employment discrimination, anti-Black racism can have a profoundly negative impact on a Black person's life. And according to Foodshare, Black households in Canada are 3.56 times more likely to be food insecure.

As a Food Centre dedicated to challenging inequalities, we ask our community of neighbours, volunteers, donors, partners and supporters to engage those around you in a conversation about the past week's events. When you encounter anti-Black racism (whether it is a comment from a family member or a message on social media) please speak up.

Parkdale Food Centre has been built on inclusion, kindness and providing a safe place for all. We leave you with an article from the Broadbent Institute to reflect on the struggle with the burden of food insecurity, with a disproportionate number of Black and racialized Canadians identifying as food insecure as a result of enduring racialized income inequality.

https://www.broadbentinstitute.ca/black_food_insecurity_in_canada

Deb (Deborah) Abbott, Chair Board of Directors

Karen Secord, Executive Director

Ingredients

3/4 cup butter, room temperature

1/2 cup brown sugar

1/2 cup granulated sugar

1 egg

1/2 TBS vanilla extract

1/2 cup sourdough starter (stirred down if bubbly, however sourdough discard works just as well)

1/2 cup sifted red fife flour

1/2 tsp baking soda

1/2 tsp salt

1/2 tsp cinnamon

1/8 tsp nutmeg

2 c rolled oats

1 c chocolate chips*

1 c chopped nuts*

*Or other mix-ins of your choosing! Dried fruit works great here, too.

Step 1

In a stand mixer fitted with a paddle attachment, or handheld mixer, mix together butter and sugars until light and fluffy. Add egg and vanilla and mix until well incorporated, scraping the sides of the bowl as necessary.

Step 2

Mix in sourdough starter.

Step 3

In a separate bowl, sift together the flour, salt, baking soda, and spices.

Step 4

Add dry ingredients to wet ingredients, along with the rolled oats and mix to combine. Stir in chocolate chips and nuts.

Step 5

Tightly cover dough and refrigerate for 1-2 hours or up to one day. Alternatively, you can skip the fridge and bake right away, but your cookies may spread more.

Step 6

Preheat oven to 375F. Bake 8-12 minutes