

1. Community

At the core of a community, there is the feeling of belonging. Members of the community share experiences, values, identities, and dreams. A community is tied together and keeps existing due to trust and affection between its members. It thrives in spaces for gathering, in a constant commitment to nourish the community through care and engagement in community activities. Members of the community are on the same path towards their dreams. Togetherness is key.

2. Sustainability

Sustainability emerges from an appreciation of diversity. From curiosity about the world around us, and how things work. It is about discovering and learning. It can be about the environment, or the survival of a community. In order to work, it requires rethinking current systems and long-term commitment towards the well-being of the community and of more than human beings. The establishment of everyday habits of care and for connection will enable it.

3. Care

Care is hands-on practice. To practice care, we need to be able to be open to someone else's vulnerability and to welcome them from a place of vulnerability. It is about giving and receiving. It is not only about taking care of someone else but also about self-care. Care requires listening, being tuned into the environment; it is dynamic and adapts to emerging needs. It is responsive. Acting when we perceive there is a need, without plans. It is about understanding what matters most to others. It is not transactional. It is about thoughtful acts of kindness and advocating for others.

4. Sharing

Acting from the perspective of sharing means being able to go beyond individual ownership and consumption, and to recognize the collective value embedded in everyday things and acts. It invites us to reflect on the significance of resources that gain meaning through use, care, and reciprocity rather than market exchange. Sharing is not about taking things for granted, but about cultivating meaningful relationships with what we access and offer, enabling new forms of connection and experience. In today's society, sharing often unfolds in the grey zones of informality, where social bonds and mutual trust shape alternative ways of living together.

5. Self-Expression

Self-expression is about projecting your own voice, being in tune with your feelings, fun, and experimentation that reshapes the world into a unique one for you. It is action-based, to create your own narration and change the environment. There are no boundaries, just endless ways to explore new flavors, spend time with friends, create art. It's about creating your own future in a space where you're free to be seen, heard, and celebrated on your own terms, in your own time.

7. Pleasure from Food

Pleasure from food comes from food that has the power to nourish, comfort, and connect. Food that fuels the body while soothing the soul, offering both energy and emotional warmth. Whether shared in company, crafted in the kitchen, or discovered through new flavors, food can be a source of joy, creativity, and connection. It can allow us to express who we are, celebrate culture and personal choice, and build memories that linger far beyond the meal. In every bite, food carries stories of where we come from, what we care about, and the pleasures we choose to savor.

6. Learning

Learning is a journey of gaining knowledge, becoming aware, trying new things, and cultivating passions. It can happen individually and in the company of others, in a dedicated space and time or out in the world. It happens through conversations, mentorship, and exchanging ideas. Through learning, we can discover the unique perspectives of others and their cultures. With materials to make and learn, it's a process of experimentation that blends individual growth with collective support and recognition.

8. Collaboration

Collaboration is valuing different voices, enhancing each other's strengths, and working together towards a shared vision. It requires the participation, partnership, and joint effort of diverse people. Like an orchestra, people play different roles and come together to create a new sound. Rooted in care, fun, and celebration, it needs to embrace multi-cultural and cross-cultural approaches to spark creativity, and to lean on the expertise of each member. It's a dynamic process of working together where every contribution matters.

9. Inclusion

Inclusion is about embracing differences and seeing the value in others, creating spaces where everyone feels safe, accepted, and represented. It means taking action to advocate for those around us, being responsive to people's needs, and recognizing privilege and power to foster equitable environments. Through empathy, care, and understanding vulnerability, we celebrate diversity, and commit to learning and teaching community justice.



**Our Community
Core Principles**



**Urban
Imaginaries
Lab**



**PARKDALE
FOOD CENTRE**