

Santropol
Roulant

Food People Community

You can grow that here



A Well-Fed City

Santropol Roulant uses food as a vehicle to break social and economic isolation between generations and cultures. Creatively and collaboratively, we strengthen and nourish our local community with our novel approaches to active youth engagement, urban food systems, food security, and community care.

We don't eat food the way we used to.

Not the way our grandparents did, not even the way our parents ate when they were growing up. We're not quite sure what effects these changes will have in the long run, but we do know that right now, even in our own backyards, we have neighbours and friends who don't have the pleasure of eating well, let alone

eating enough, or eating healthily. Many in our very own city are not well fed, and we can change this. This is why Santropol Roulant exists.

Our recipe for a well-fed city would be simple and green. It would revolve around the two things that truly matter, the two things that we know best: food and people.

What if the Roulant was a place where we experimented with innovative ideas to address our community challenges? A place where, daily, we came together to create a rather radical

alternative to a current community care system that leaves too many people behind; a place where we could cook up a story of a well-fed city.

Our recipe for a well-fed city would be simple and green. It would revolve around the two things that truly matter, the two things that we know best: food and people. We'd need some other key ingredients of course, like joy, warmth, teamwork, and a good peppering of inspiration. But these are not in short supply: we can, and do, grow them here.

We see the need for stronger communities and better food for all. Every day, Santropol Roulant works to answer this need. Our hope is that through these pages you will come to understand our approach and impact, that you will see how our vision for a well-fed city links food, people and community, and that you will choose to support Santropol Roulant.



Nourishing our Community

Our ability to respond to the basic needs of the vulnerable populations we serve is made possible thanks to individuals such as yourself who support our work. By working together we can nourish our community and ensure that all can live with dignity.

A social service organization such as the Roulant has a responsibility to be a catalyst for deeper and longer-lasting social change. Even as we deliver our essential service we remember to look beyond simply responding to immediate needs in order to also address the underlying causes that lead to social and economic isolation.

We take care of each other today, while preparing innovative solutions for tomorrow.

Our experience has taught us that a collective and engaged response is a powerful approach to finding solutions to complex social challenges. This is why we put such a strong emphasis on nourishing not only individuals, but also community.

We nourish our community by creating a welcoming space for those who desire to work, volunteer, and create positive change. Here, the community can come together to constructively reimagine its relationships to the environment and to each other. It is in this shared space that we see our members take care of each other today, while also preparing innovative solutions for tomorrow. Anyone who has ever stepped foot into Santropol Roulant would immediately recognize it as a nourished and empowered community.

We want to continue to grow our impact by reaching more people outside of our community, deepening the relationships we already have, and building upon the potential of our space and networks. We're proud of our shared successes to date, but we want and need to do more. We see a well-fed city on the horizon and are doing everything we can to continue creating it.



Growing People and Food

Santropol Roulant uses the power of food as a vehicle for social change.

Since we moved to our new home at 111 Roy East two years ago, we are seeing more and more people wanting to tap into food's tremendous power as an instrument of change. In that time, our fresh basket program, our markets, and the fresh produce needs of our meals-on-wheels have all benefitted from our increased production of fruits, vegetables, and herbs. We've also pioneered and demonstrated emergent trends in

the field of urban agriculture such as urban beekeeping, fruit recovery programs, small-scale intensive growing, and more.

We are growing the creativity, daring, and leadership skills of a younger generation.

Having evolved from hobby gardeners to true urban farmers, we are now acting as a model for developing and sharing powerful ideas and practices about food, people, and community-building in an urban context.

Yet, we are more than just urban food growers and meal deliverers - we are also community builders. Every day, as we experiment with addressing social and economic isolation through food, we are growing the creativity, daring, and leadership skills of a younger generation.

We're also inspiring these same youth to believe that we can address complex social challenges when we work together. In fact, they're discovering that working together is the only way to address these social challenges.

Moving forward, we intend to increase our capacity to bring people together. We will equip, empower, and encourage them to use our food-centred programs and activities as platforms through which to discover and explore their own potential as potent agents of social change and as community builders.

People as Gifts



17 years ago we started with an innovative question: How might young people increase the food-security of Montrealers living with a loss of autonomy while also increasing their own capacity to make a difference in the world?

Since 1995 we have delivered over 465,000 meals to seniors and individuals living with a loss of autonomy. Along the way


we've also offered more than 300 jobs and internships to young people. But it's our founding question that has enabled us to slowly and surely build a reputation throughout Canada as a social service with a vision for social

We see our community members flourish in those moments when we provide them with the space, time, and resources they need.

change; one that houses innovative perspectives on youth engagement, urban food systems, and community care.

It's our founding question that constantly and consistently puts people and relationships at the heart of our objective to nourish community. It's our founding question -whose answer must start with treating people as gifts- that continues to shape our vision of a well-fed city.

Treating people as gifts means appreciating and celebrating everyone as a whole person that is imbued with many dimensions. We see our community members flourish in those moments when we provide them with the space, time, and resources they need. They in turn nourish our community even as they themselves are nourished, and the boundary between giving and receiving becomes increasingly blurred.



Santropol Roulant's cumulative impact is the sum of the many small moments that occur over the course of our daily activities. To thousands of volunteers, these small moments define the Roulant as a unique place where they've been given a chance to flourish and learn to lead with bravery, gentleness, and decency.

For our clients, the support they receive with each delivery of a warm, healthy, and nutritious meal helps them live with dignity in the comfort of their own home.

For all members of our community -clients, donors, volunteers and staff alike- Santropol Roulant is a place through which to discover that we can make a powerful difference in the world around us. The social change that starts at Santropol Roulant will end elsewhere. We just feed people along the way.

“Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.”

– Margaret Mead, cultural anthropologist, 1901-1978

If you believe in a **well-fed city**, in **nourishing our community**, in **growing food and growing people**, and that **people are gifts**, please make a donation to support our work today!

We have big plans and bigger dreams. If you want to dream big about healthier communities with us and are considering a major gift, we'd love to hear from you.

Santropol Roulant

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