

# Lunch a la Kart



CANADIAN MENTAL  
HEALTH ASSOCIATION  
L'ASSOCIATION CANADIENNE  
POUR LA SANTE MENTALE

- Quote for the Season:
- Live life with no regrets. Regret is an indicator of a conscience. Let it challenge you to take responsibility for your words and actions, to create disciplines for yourself, but not to detract from self-esteem and sense of worth. Move past your regret.

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## Launch a la Kart

Yes you read that right! Lunch a la Kart had its official launch on June 23, 2004. All of us on the Lunch a la Kart Steering Committee turned up at the Vancouver Police station, 312 Main St, to witness Police Chief Jamie Graham buy a sandwich in support of this social enterprise.

Groups of satisfied customers mingled and shared conversation while they ate.

The Vancouver Police department has come on board as a primary supporter of Lunch a la Kart, believing in the mission and purpose of hiring mental health consumers in the Downtown Eastside.



Jonathan Oldman, Executive Director of CMHAVB chats and eats lunch with Police Chief Jamie Graham

Police support has provided access to selling lunches at their offices. In addition, Lunch a la Kart has received further requests from the Crown office in the Law Courts and Police Credit Union

## Fax (or email) a la Kart

Craving the Roasted Veggie sandwich? It is a disappointment for some of our customers when the lunch they crave has been sold out. This is an easy problem to fix and a way to guarantee happy customers. Just fax in your order

to 604-683-0071 by 10AM the same morning, and your choice is guaranteed to arrive by lunch-time. Delivered with a smile!

Our menu is on our brochure and website @ [www.lunchalakart.com](http://www.lunchalakart.com)

## Job Posting: Lunch a la Kart Delivery Associate

**Objective:** To sell lunches to businesses in the Downtown Eastside and Neighboring Areas

At Lunch a la Kart, we provide continuous supportive employment for mental health consumers. This position is for someone who enjoys selling and interacting with people. The job can be physically demanding as candidates must be able to walk, while pushing a cart, up to 3 hours a day in all types of weather.

### Details:

On-the-job training provided

Part-time casual– 4 hours/ day (10 AM–2PM)

1-3 days/ week or as scheduled

Training wage is \$8/hr, regular wage is

\$8.50/hr with incentives

For more information regarding Qualifications, Skills and Duties requested, please contact Glennis MacLeod, Business Development Coordinator, at 604-562-4353 or email at [lunchdelivery@potluckcatering.com](mailto:lunchdelivery@potluckcatering.com)



## Socializing in Summer

The hot days of summer are here! Here are ways to enjoy being outdoors and build community at the same time:

Picnic. Picnic. Picnic. Say it three times and then do it!

Sign up with the SPCA and take a dog for a walk. Sometimes the best company are those that silently appreciate

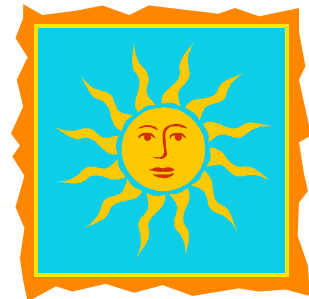
No matter what your age, your toes can always appreciate a water park

Ice tea. Lemonade. Ice cream. Bar-b-que. Can summer get any better?

Start a conversation over your backyard fence

Take in the sights and smells of your neighborhood gardens– everyone has a beautiful oasis nearby to enjoy

- Wake up just one morning to see the sun rise– it's so worth it!



## Recipe of the Season: Japanese Salad

### Chop and Combine

- 1 1/2 cups red cabbage, shredded
- 2 cups green cabbage, shredded
- 1 1/2 cups broccoli florettes
- 2 cups green onions, chopped
- 3 cups bean sprouts, washed
- 1 1/2 cups snow peas, cut in half
- 1 cup celery, diced
- 1 1/2 cups carrot, diced
- 1/4 cup sesame seeds, optional
- 1/2 cup slivered almonds, toasted, optional



- 1 package miso ichiban noodles, crushed into bits

### Dressing– Combine in small Jar and Shake:

- 1 package soup base
- 3 tablespoons red wine vinegar
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/3 cup of olive oil

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