



The Canadian **CED** Network

Le Réseau canadien de **DÉC**

CCEDNet's Alberta Newsletter Month 2008

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1. Profile: Spoon Fed Soup Delivers

After working for many years as a chef in the demanding, yet low paying food industry, Carmie needed a change that was right for her. She noticed that soup seemed to always sell well and that not many businesses were making and delivering soup. Carmie got ten friends to test out her soups. Not only did her friends love the soups, they told all their friends how delicious they were.

Though it was a challenge, Carmie became self employed and found a commercial kitchen to make her soups in. In the three years that Spoon Fed Soup has been in existence, Carmie has made 60 different types of soups. Each week Spoon Fed Soup makes three types of gourmet soups. She loves making lentil and legume soups. Currently the curry bread lentil is her customer's favourite.

All the soups are made from scratch with natural ingredients. Ninety percent of the produce and meats are organic. Carmie personally eats organic food, so creating organic soups was natural. Plus she says organic tastes better.

Many of her customers want to know where the ingredients come from. Carmie buys most of her ingredients from local farmers, whom she was introduced to by friends. Most of the soups are seasonal. In the winter time Carmie uses ingredients she previously canned.

Spoon Fed Soup delivers the soups directly to customers on Sundays and Mondays. This way only 2 trips are made in two small vehicles, instead of a 100 vehicles coming individually to Spoon Fed Soup. Also inline with Carmie's values of reducing her eco-footprint, Spoon Fed Soups currently just delivers within the inner city. To accommodate those who live in the suburbs, Carmie delivers to people who work in offices downtown. The soups just need to be reheated and are ready to eat.

The soups are sold in one litre glass jars, which requires a deposit of \$1. Soups cost \$12 including the deposit for the glass jar. Spoon Fed Soup accepts 100% Calgary Dollars, which Carmie can spend in her neighbourhood at the Sunnyside Market grocery store. The jars are picked up as the next batch of soups are delivered so they can be reused. Carmie recycles and composts as much as possible. She also uses an environmentally safe cleaning product.

Right now Spoon Fed Soup is at maximum capacity selling 300 litres of soups each week. This is not nearly enough to keep up with the demand, built up from mostly word of mouth, but also articles in the Calgary Herald

in Canada

- Cape Breton University's MBA in
- Community Economic Development
- National Events

5. Job Postings

and the MacLean's magazine. With this, Carmie is planning on buying her own space and building her own kitchen in the near future. She will have to hire staff, but expects that it will not be difficult to hire and retain staff in Calgary's tight labour market because of the unique community and environmental aspects of her business.

Spoon Fed Soup is the new wave of business that is locally based, supports and is supported by the community, is environmentally driven, and is commercially successful.

Order Your Soup from www.spoonfedsoup.com

Thanks to the Alberta CED Co-op for this profile

2. CED Tools

SFU CED Gateway

Looking for a bit of *Intro CED*? Simon Fraser University have put together an excellent resource to introduce the world of CED. [The CED Gateway](#) includes case studies, activity-based exploration of CED, articles, links to on-line resources and much more.

Check out www.sfu.ca/cscd/gateway/overview.htm

3. Alberta CED News

Rural Matters! Finding Rural Canada's Voice

The symposium will be a combination of thought provoking speakers, education sessions, and active roundtable discussions focused on economic governance, infrastructure and environmental sustainability.

Shaw Conference Center in Edmonton from July 5 to 8, 2008.

More info and registration at www.ruralmatters.ca

4. National News and Events

Transforming or Reforming Capitalism

Towards a Theory of Community Economic Development

edited by John Loxley, *Professor of Economics and Co-ordinator of Research, Global Political Economy Program, University of Manitoba*

Worldwide interest in community economic development has grown rapidly in recent years. There has been a blossoming of "how to" manuals, as well as analyses of co-operatives, development corporations, gender and CED, financing CED, planning CED, government and CED, etc. Yet, with a few exceptions, in all this discussion very little is said about the basic objective of CED: is it designed to fill holes left by capitalism or is it intended to replace it? There is equally little on a theory of CED - its rationale, modus operandi, successes, failures, strengths, and weaknesses. This book draws on several disciplines – particularly economics, sociology, and political studies – to assess the state of CED theory and to identify implicit theoretical issues for building that theory.

Get your copy from [Fernwood Publishing](#)

BBC Podcast on Social Enterprise

Check out the [podcast from BBC](#) discussing Social Enterprise in international development.

1st World Forum on Social Enterprise

World Forum on Social Enterprise will be held in Edinburgh, Scotland on September 2-5, 2008. Hosted by CEiS, a UK non-governmental organization and social enterprise and the Scottish Government.

For more info, follow the link <http://www.ceis.org.uk/events/sewf> to the dedicated World Forum site where you can access the programme, get an overview of the wide array of speakers and register for the event!

Places are going fast and we have passed 50% of the 450 capacity in the first 4 weeks of registration, so make sure to get registered!

Report: Engaging Communities in Support of Local Development

This report from SRDC indicates that communities can play an important part in improving local development and helping populations at risk of social exclusion. Access the full report [here](#).

[Thanks to Tamarack](#)

Markham Ontario goes for Local Food Procurement

MARKHAM, ON - June 4, 2008 — Markham is the first municipality in Canada to adopt Local Food Plus (LFP) procurement practices for its municipal food services, an initiative to help support Ontario's farm economy, address climate change, reduce green house gases and pesticide use, and to promote environmentally responsible purchasing."

[Read on...](#)

CED Projects Receive Over \$170,000 from the Co-operators

Eleven community-based organizations dedicated to helping disadvantaged Canadians build financial independence have received a total of \$173,096 in grants from The Co-operators Foundation. The funding supports the charitable and non-profit organizations' efforts to provide work experience and skills development opportunities to the people they serve. In April, The Co-operators announced a contribution of \$1 million to The Co-operators Foundation, through which it provides financial support to social economy enterprises and other worth causes in Canada, including the eleven grants announced today. Since 1995, The Co-operators has donated more than \$2 million to 54 community economic development organizations across the country. Read more at www.cooperators.ca

Source: On Co-op E-newsletter for June 13, 2008

Beyond the Farmers' Market by Sarah Hultine

The potential for community and economic development of local food systems and locally-grown food initiatives in Central Illinois

"The idea of developing local food systems is an attractive one, but the how to of developing local sources and markets for food is often a stumbling block. Even as consumers are shopping at farmers' markets, subscribing to community supported agriculture operations, dining at restaurants that buy locally, and developing new relationships with farmers, more would be better. This guide describes factors that contribute to the success or challenges of local food system projects." [Read on](#)

New Book

Under Construction - A History of Co-op Housing in Canada

by Leslie Cole

"To read Under Construction: A History of Co-operative Housing in Canada is to appreciate anew the remarkable evolution of co-op housing in Canada; the small but determined lobby that more than 40 years ago gave birth to a powerful national movement;" [Read on](#)

Cape Breton University's MBA in Community Economic Development

This program aims to deliver advanced business knowledge and skills in the context of the community and the world. The MBA in CED curriculum includes all business subjects found in traditional MBA programs, and covers economic development, leadership, strategy, governance and management of change. [Learn More](#)

National Events:

- [Creating a Modern Housing Policy: Tri-Country Symposium October 14 - Toronto, ON](#)
- [CANDO Nominations for Economic Developer of the Year Awards](#)
- [CANDO Call for Speakers, "Economic Development - Power of Technology". October 5 - 8, Montreal, QC](#)
- [Tamarack - Communities Collaborating Institute 2008. September 15 – 19, Kitchener, ON](#)

5. Job Postings

For the latest CED postings visit the National and Regional job pages on CCEDNet's website

[National](#) | [AB](#) | [SK](#) | [MB](#) | [North](#)

If you have positions to post, please send them to breimer@ccednet-rcdec.ca

**We want to here from you.
Get in touch with us if you have comments or questions
about our network and our newsletter.**

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www.ccednet-rcdec.ca

*Strengthening Canada's Communities
Des communautés plus fortes au Canada*

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