



Good Food Network

2021/22 Progress Report

**KALE
LACINATO**

Kale is very cold hardy and the leaves get sweeter with colder temperatures.

This variety is often referred to as Christmas Kale and has long, dark green, wavy, curled leaves.

SEED FROM WEST COAST SEEDS

Working together for impact.

Collective action has never been more vital. It is through collaboration, mutual aid, connection, and support that we make meaningful change. The Good Food Network, formalized in 2015, is a regional collective-impact initiative aimed at providing opportunities for working collaboratively toward a healthy, sustainable, and more equitable food system in the Capital Region. The following report highlights the work of the network over 2021 and 2022 and shows how collaboration is at the core of our work.

WHO IS THE Good Food Network

The Good Food Network is a regional system of organizations, communities, non-profits, grassroots initiatives, teachers, researchers, health promoters, students, food processors, local government, planners, fishers and farmers working towards a shared vision for a healthy, sustainable and more equitable food system in the Capital Region.

The Good Food Network has developed shared-impact goals to drive our work forward. These goals are divided in three inter-connected impact areas: **Food Access, Food Literacy and the Local Food Economy.**

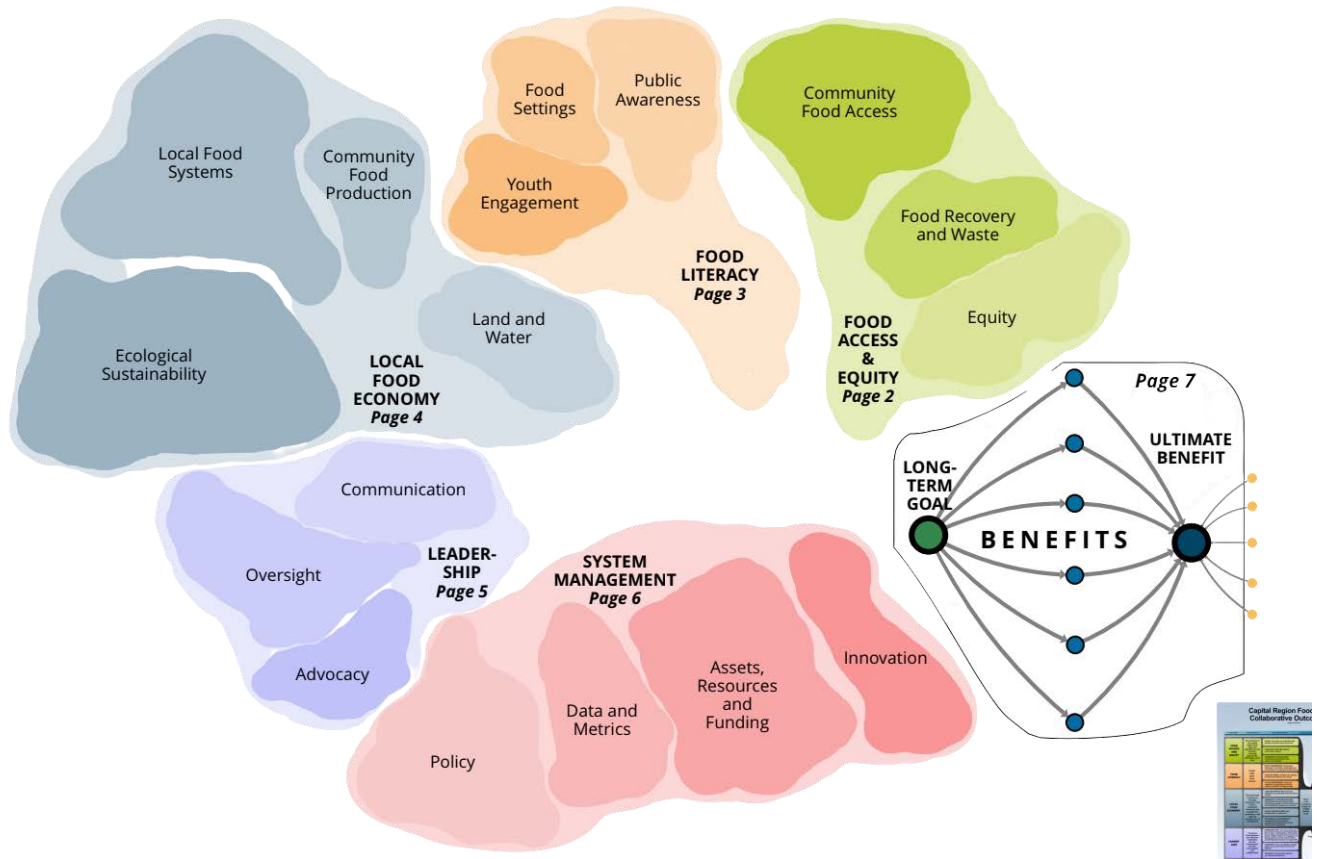


[Learn more](#)



Outcomes Map

The Collaborative Impact Map, created in 2018, was developed as a tool to understand the complex food system web. The map breaks down larger impact areas goals of Food Literacy, Food Access and Equity, Local Food Economy, Leadership and System Management into smaller sub-areas, creating continuity and linkages between impact area goals and long-term benefits to the food system.



Outcomes Map guides the work of the network.

The Good Food Network strategically works to align its efforts to the impact areas outlined in the outcomes map. Working collaboratively we can begin to map out how small connected action can, in turn, result in long-term impacts to the larger food system. To learn more about the Outcomes Map, and explore each impact area, click the link below.

[Collaborative Outcomes Map](#)

KEY

Food System Issues

1

Food Insecurity

High cost of housing and rising food prices are exacerbating food insecurity in our region.

14% of people in the CRD (50,000) are food insecure with food prices rising 5-7% in 2022.

2

Food Sovereignty

Many peoples are not able to access land or resources to practice their traditional foods and medicines.

Land disposition and colonial harm have deeply impacted Indigenous food sovereignty.

3

Challenges to local food production

Heavy pressures on land have driven up the price of rural and agriculture land making land access the greatest barrier to new farmers. Most farmers still struggle with economic survival.

In 2019 alone, Vancouver Island agricultural land prices jumped 13%, the highest year-over-year per-acre price increase in BC.

4

Local Business Struggling

The pandemic has hit local food and beverage operators hard and labour shortages are adding to the economic security of many operators.

Local farmers lost a valuable market in 2020 with restaurant shutdowns, some up to 40% of their sales.

5

Health

Increase in number of food-related health issues.

In 2019, diet related factors were the #1 leading cause of death in Canada.

6

Climate Change

Long global supply chains and food production methods are energy intensive and contribute to climate change and dwindled self-reliance. Climate change will impact our ability to grow food on the island ([Source](#)).

In the 1950's, 80% of the Island's food supply was grown and produced locally. Today that number is 10%.



What is the local response?

The Good Food Network and its many partners are working in a systematic way to work on many of these very challenging issues.

Food Access and Programs

764,000lbs

of rescued food is distributed to over 70+ Food Share Network members in 2021.

[Learn more](#)

Mustard Seed

prepares 3,755 meals, 3365 hampers, 96,000lbs of perishables food rescued and 9,000 cups of coffee served..
every month.

[Learn more](#)

Red Cedar Cafe distributes

1,200

weekly frozen meals to community members.

[Learn more](#)

Food Sovereignty



PEPÁKEN HÁUTW works in collaboration with the Tsartlip Lands Committee, BC Parks, WSÁNEĆ knowledge keepers and local restoration specialists to guide the restoration of **SNIDŪEL (Tod Inlet, Gowlland-Tod Provincial Park)**.

[Learn more](#)

SXOLE, or reef net fishing, was outlawed by the colonial government a hundred years ago. The WSÁNEĆ Nation has been working to reclaim the distinct reef net fishing technology.

[Learn more](#)

Since 2015, **WSÁNEĆ knowledge holders**, in partnership with Parks Canada, have been working to restore sea gardens in the Salish Sea.

[Learn more](#)

Food Production & Land Access

Land access strategies are being looked at to increase the chance of success for new entrants into the field. To share land, lease land, and develop a regional Food and Farmland Trust.

[Learn more](#)

Community and incubator farms are supporting new growers with land, network and marketing opportunities such as the Sandown Center for Regenerative agriculture Farmpreneur Program.

[Learn more](#)

\$280,000

of local food sales from 30 farmers and food producers sold in 2021 through the **South Island Farmhub**.

[Learn more](#)

What is the **local** response?



Local Businesses

Programs like the **Flavour Trails** are working to promote and familiarize regional residents to local food businesses.

[Learn more](#)

Closing the supply gap initiative is mapping local food supply chains, capacity and relationships, to build regional food provisioning capacity.

[Learn more](#)

In 2021 the development of **Kitchen Connect** began. KC is a new food processing facility supporting the scaling of local food processors.

[Learn more](#)

Healthy Food Systems

School Food Shift Collaborative creates a comprehensive analysis of School Food Environments in the Capital Regional District.

[Learn more](#)

Growing Together Initiative supports people to learn how to grow their own food, and learn about healthy foods. Mentorship program matches 100+ novice and experienced gardeners.

[Learn more](#)

Seed the City is a youth work experience program that teaches high school students how to grow, harvest, and share food grown on school grounds in the Greater Victoria School District.

[Learn more](#)

Climate Change

Climate and Agriculture Initiative B.C. analysis of climate impacts on Vancouver Island Food systems - challenges and solutions.

[Learn more](#)

The **Sandown Centre for Regenerative Agriculture** works in partnership with UVIC program to plan, plant and establish a thriving wetland riparian zone.

[Learn more](#)





Building Leadership

The Good Food Network believes in the power of meaningful dialogue to identify key gaps, challenges and opportunities and find solutions through a collaborative approach. This deeply rooted belief is embodied

by the Good Food Network's active roundtables and working groups, bringing Good Food Network members to work in tandem towards key shared impact goals.

Connect and take action!

*Join a roundtable or working group.
Email:
engagement@crfair.ca*

Good Food Leaders

The Good Food Leadership roundtable guides the work and priorities of the Good Food Network. Bringing leaders from across sectors, municipalities, organizations, health authorities, funders and community - these members meet monthly to discuss emerging topics, connect of shared-impact initiatives and engage in collective dialogue towards food system goals.

1

School Food Shift

The School Food Shift Collaborative is a group of organizations leading efforts at the community level in partnership with school, health and food production sectors to improve school food environments.

2

Food Literacy

The Food Literacy Working Group supports networking opportunities for sharing promising practices and research to align food literacy efforts more strategically.

3

Food Policy Taskforce

The Food Policy Taskforce is exploring opportunities for developing a Food Policy Council (FPC) in the Capital Regional District. A FPC is an innovative collaboration between citizens, organizations, Indigenous Nations and government officials.

4

Closing the Supply Gap

CLS aims to bring change that builds a strong, sustainable local food system – a values-based system for producing, organizing, distributing, and financing local food for local use.

5

Climate Change & Food Systems

The newly formed Climate Change and Food Systems roundtable brings together key climate and food experts, municipal actors, food advocates and leadership to engage in food and climate action dialogues.

6

Youth Food Justice

Over 2020 and 2021, this group of nine youth connected within Lək̓wəŋən territory to forward their learning on food justice within a local context. The goal of this group was not to create action, but to work, learn, and reflect.

Collective Action Projects

Food Connections Video & Educators Package

Credit: Growing Together (2020), @kingtidefilms



The Food Security Connections Video, and its complementary Educational Resource package, are for students to learn about food insecurity, hear stories from people in our community and from individuals and organizations that are working to alleviate food insecurity through food justice efforts.

[Learn more](#)

Healthier School Food Environments Report

Credit: 'Get Growing Victoria' Distribution Growing Together (2020), @kingtidefilms



Healthy school food environments are vital. Youth and Children consume $\frac{1}{3}$ of their daily food at school everyday. The School Food Shift collaborative has completed a study of food environments and food services in our region's schools.

[Learn more](#)

Good Food Gathering

The Good Food Gathering is an annual conference hosted by the Good Food Network bringing community, food advocates, organizations, local governments, farmers, and educators together to connect, collaborate and engage in meaningful dialogue around the key issues and opportunities of our local food system. In 2021, the event centered on the theme of 'Listening to the Land', focusing on decolonizing our food systems and embedding justice and equity into our collective work.

[Event Report](#)

"The Good Food Gathering is a great opportunity to connect and learn about all the amazing food-focused initiatives that are taking place in our region. It's a great way to expand your mind, heart, and network."

- GFG attendee

Community Engagement

12 Monthly 'Around the Network' Newsletters

2,000+ Network Members

30% Increase in online engagement

130 Good Food Gathering Attendees

Resource Sharing

500k to Network members

800k to food system infrastructure

7 Working Groups and Roundtables

Collective Impact

280 Products sold through the SIFH

86,500 Plants distributed through Get Growing, Victoria!

Network
Bounty



Growth of new relationships, collaborations, resource-sharing and collective action.

Youth Food Network

The Youth Food Network engaged with youth across the region supporting youth advocacy and leaderships. The Youth Food Network podcast 'Sprouting Conversations' had 12 episodes and 3000+ listens. Making space for dialogue on themes of justice, land and food, the YFN hosted the Youth Food Action Group with the goal of, learning, and reflecting with community members already doing food justice work. The YFN created the 'Weaving your Ways' grant giving youth support to connect in healing, land restoration or advocacy work.



Loving the Land Zine

This resource represents a culmination of relationship-based work and discussions that occurred in the Youth Food Justice group. Through this zine, we hope to support members of the community in developing a relationship with the land and water that they work, learn, play, and live within.

[Learn more about 2021 Youth Food Network Initiatives](#)



[Learn more](#)

How to get involved?

- Stay informed - [Sign up](#) to receive our monthly newsletter
- Connect and take action - Join a roundtable discussion
- Be an advocate for healthy, just and sustainable food systems.

engagement@crfair.ca
www.goodfoodnetwork.info
[@capregfair](https://twitter.com/capregfair)

Honouring the Land

CRFAIR and the Good Food Network honour the unceded lands in which this event was hosted. We endeavour to honour the land and its treaties by strengthening our relationship and responsibilities to them. This event was hosted on unceded Coast Salish Territories*, specifically of the Ləkʷəŋən (Songhees) and Xwsepsum (Esquimalt) Nations here in the core area, the WSÁNEĆ Nations {WJOLÉLP (Tsartlip), BOKEĆEN (Pauquachin), STÁUTW,(Tsawout) WSIKEM (Tsecum)} out on the Saanich Peninsula and Gulf Islands, to the west Sc'ianew (Beecher Bay), T'Sou-ke, and Pacheedaht, and MÁLEXĒ (Malahat) and Pune'laxutth' (Penelekut) Nations.

