

GOOD FOOD

GATHERING

The **Good Food Gathering** Report 2022



Produced by CRAIR and the Good Food Network. We work to promote healthy and sustainable food systems. This considers our relationships with each other, and the land and waters of this region.

www.goodfoodnetwork.info



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Land Acknowledgement

We endeavour to honour the land and its treaties by strengthening our relationship and responsibilities to them. We live and work on unceded Coast Salish Territories*, specifically of the Lək̓ʷəŋən (Songhees) and Xwsepsum (Esquimalt) Nations here in the core area, the W̱SÁNEĆ Nations {W̱JOLĒLP (Tsartlip), BOKÉĆEN (Pauquachin), STÁUTW (Tsawout) W̱SIKEM (Tseycum)} out on the Saanich Peninsula and Gulf Islands, to the west Sc'ianew (Beecher Bay), T'Sou-ke, and Pacheedaht, and MÁLEXEĻ (Malahat) and Pune'laxutth' (Penelekut) Nations.

Artwork by Andrea Fritz

Who is the Good Food Network?

The Good Food Network is a regional network of food system actors working collaboratively and aligning efforts towards the Good Food 2025 strategy. The strategy outlines shared-impact goals and a Collective Impact Map with the aim of mobilizing efforts across three impact areas: **Local Food Economy, Food Literacy, Food Equity and Access.**

CRFAIR plans and delivers the Good Food Network's annual Good Food Gathering, which brings community, food advocates, organizations, local governments, farmers, and educators together to connect to sector learnings and opportunities, network, review collective impact, take part in experiential engagement and celebrate!

2022 overview



In 2022, we asked the Network questions around what they were mainly focused on and about which challenges they felt most strongly. As we began to tally the feedback, a theme of scarcity - or a "lack of" resources - emerged. The fact was, and is, that we are all currently facing similar life challenges in 2022. For those working in, sustaining, and caring for the region's food supply in a post-pandemic era, Network members are struggling with considerable capacity limitations in many areas, including financial, human, and health and wellness resources.

Building Abundance and Currencies for Resilience

The 2022 Good Food Gathering theme - Building Abundance and Currencies for Resilience - was our response to this feedback, along with acknowledgement of ongoing work in building a diverse, equitable and inclusive food system in our region.

Artwork by Andrea Fritz

Calendar of Events

To launch the October 2022 Gathering series, we created a Calendar of Events that included over 30 workshops and experiences hosted by many of our great Good Food Network Partners and other community organizations



Events ranged from weekend-long food growing workshops to water conservation, to forest walks and canning swaps.

We promoted the Events Calendar with a Social Media Campaign highlighting events around the region on a weekly basis.

This endeavour was an excellent opportunity for us to showcase, share and celebrate the diverse and rich learning opportunities, land experiences and informational content that Network members are delivering to the community.

Grow-Your-Own Food Forest (Weekend Workshop)

Sat, Oct 22, 10am - Sun, Oct 23, 1pm

Edible Landscapes Design Ltd (map)
Learn how to design and install your own low-maintenance, high-production, edible forest garden at home, whether you have a tiny backyard, acreage, or a small farm.



Artwork by Andrea Fritz

Youth Food Network Report



The Youth Climate Justice Group was a 2022 focus group of CRFAIR's Youth Food Network, a collaboration of youth with a mission to hold space for, offer resources for, and inspire youth to engage in their food systems and communities while exploring good food.

"...change is a product of collective action and not of individual struggle."

Youth Climate Stewardship Collective

Over the course of the summer we took part in a number of field trips to learn from the folks in our community who are helping to address climate injustice in our region. Together we nurtured local food systems, carried out land-based restoration projects

Through these experiences, a newly formed partnership with the Compost Education Centre took root, and we launched the first Youth Climate Stewardship Collective, an ongoing workshop series that provides experiential opportunities to engage in hands-on, reciprocal learning centred around climate justice and ecological stewardship. Overall we felt that the Youth Climate Justice Group achieved its goal of giving youth a chance to engage with the community and learn more about initiatives related to climate action and climate justice.

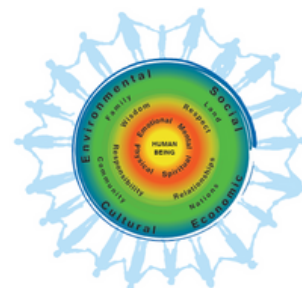


[Youth Food Network Report 2022](#)

Artwork by Andrea Fritz

Workshop: Resources for Resilience

We designed the Resources for Resilience Workshop to respond to the input we received regarding the challenges many network members faced in 2022. Whether it was financial strain, food affordability, mental health, lack of connection or strained human/labor resource challenges - these challenges were not unlike many of those faced by organizations and businesses throughout the region, in fact the world.



Leaders from both within and beyond our network were invited to facilitate and share information and resources on these topics. They included Scale Collaborative, The Victoria Foundation, Swan Lake Nature Centre, CRFAIR, and Island Health. They provided overviews in their area of expertise and then led break-out sessions, where participants could choose what resiliency areas they wanted to focus on.

“Incredibly valuable! Great facilitation and awesome knowledge shared - a great networking opportunity”

The Resources for Resilience Workshop was an opportunity to gather with “resiliency leaders” to learn about their available resource options in key support areas: labour/human resources capacities; through government supported employment programs and volunteerism; in funding and financial resource options through new/non-traditional funding sources like Scale Collaborative; grants and financial resources through Victoria Foundation; and health and wellness resources via Island Health and food distribution resources throughout the region.



“I am passing along some of these resources to my ED.”
“There are so many more resources for free food in Victoria than I realized”

 [Resources for Resilience Guide](#)

Artwork by Andrea Fritz



Signs of Lekwungen Walking Tour



A highlight of the 2022 Good Food Gathering was the Signs of Lekwungen Walking Tour, hosted by local Indigenous tour group Explore Songhees. The tour captures the historic, cultural and traditional significance of the Lekwungen people through interpretation of the Signs of Lekwungen, marked by life-sized “spindle whorls” created by Songhees artist, Butch Dick. The Songhees Walking Tour includes 3 of the “7 Signs of Lekwungen” specifically at the Inner Harbour, Songhees Point and Laurel Point. The tour is about 2 hours long and includes a Harbour ferry transfer and bannock bread. Attendees came with great curiosity, humility and questions (that were strongly encouraged!)

Highlights included the territory’s abundance of food sources and food cultivation in the area known as -whu-SEI-kum, “place of mud,” where some of the best clam beds on the coast existed. The area known as the Inner Harbour was once teeming with camas gardens, shellfish fields and salmon. The tour is especially impactful as some of the stories shared by guides Cecelia Dick, Melissa Barnhardt and Cyril Morris are those from family members and elders.



Along the route, arrowheads and other stone tools are still found, reminding us that the lowlands were rich for hunting. When housing development began, the lower elevations were left for market gardens and nurseries until after the Second World War.

During the regular visitor season, Explore Songhees Tours also hosts a canoe tour in the Inner Harbour, highlighting additional historical and cultural landmarks throughout the region.

Explore Songhees is a 2022 Recipient of Destination Greater Victoria’s Impact Award. They have been featured in Forbes Magazine, Canadian Traveler and USA Today “Best 10” itineraries for Victoria visitors!! They also hosted National Geographic’s partner Lindblad Expeditions.

 [Explore Songhees](#)

Artwork by Andrea Fritz



Abundance in Relationships

Dinner and Awards Ceremony

Esquimalt Gorge Park Pavillion

The Good Food Gathering – dinner and awards – was appropriately themed “Abundance in our Relationships,” as we invited the Network to share and celebrate our community relationships, with and through the food we make, and the food with which we celebrate our collective cultures.

“There was this “magic in the air,” people being there for a common feeling and purpose.”



Co-emceed by Oral Storyteller, Tiffany Joseph and Community and Inclusion Organizer, Parker Johnson, the Good Food Gathering brought together new and long-time network members and new community food makers to acknowledge that our relationship to food is what connects us, and that collectively our food stories create a shared abundance in diversity and inclusion and thrive when introduced to a wider community.



A multi-ethnic, inclusive and diverse menu complimented our celebration with seven local caterers who joined us for an epic food experience. Songhees Catering, Stir It Up, Syriana Catering, Food on the Run, Victoria Filipino Canadian Association, South Island FarmHub and Guido’s set our food table. The meal was indeed a memorable tasting, and community-wide food sharing experience.

“...the food (was) ... “100/10”!!”

Artwork by Andrea Fritz



Good Food Network 2022 Updates

Community leaders, including Christina Kante, Victoria Native Friendship Centre; Safaa Naeman, Syriana Catering; Ariel Reyes Antuan, Iyé Creative and Colleen Popyk: South Island Farm Hub were invited to share how their organizations and businesses honour and celebrate their relationships with their community and their families and how food sustains and nurtures these relationships.

The Good Food Gathering provides an opportunity each year for some of the Network Leaders to update members on the key impact areas. 2022 Progress Reports were delivered by Janelle Hatch (Food Literacy Working Group), Alistair Knox (Youth Food Network), Chef Chris Hammer (Vice Chair, Board of Directors, Food Share Network) and Christina Peacock (Closing the Supply Gap). Some of the highlights are below.

"It's inspiring to hear about the work happening in the community, and meet the people driving the change. It reminds us that we're all working towards the same goals – and we're all together in making change happen"

Food Literacy

The Food Literacy Roundtable Working Group hosted a June 2022 session - 'Sprouting Stories: Food, Land and Social Connections' - to illustrate how and why storytelling can impact local food literacy and expand knowledge on innovative programs and new initiatives.

One such program highlighted was the Food is Medicine cooking series and the joy that had arisen within the series through the sharing of food and stories. The four-part YouTube series travels from Ahousaht to W̱SÁNEĆ, with hosts sharing their knowledge while also learning cultural and culinary teachings from community members and invited guests to reflect on food. The show follows



the teachings of Indigenous knowledge keepers on harvesting, preserving, preparing, and enjoying cultural staples. See the Food is Medicine Cooking Series [here](#)

[2022 Food Literacy Roundtable Report: Sprouting Stories](#)

Artwork by Andrea Fritz

Good Food Network 2022 Updates

Local Food Economy

Building a strong, equitable, sustainable regional food system from Galiano Island to Port Renfrew takes a lot of time, energy and hard work! But the motivation and commitment is growing too. Keys to a strong local supply chain are increased food production, storage, processing and distribution capacity. While the Network continues to develop leadership and action, the region is already contributing to this new infrastructure of a strong local food economy. Processing and relationship building at the South Island Farm Hub and the emerging Kitchen Connect are both capacity builders to this chain.



"The information gained at the event were eye openers to the initiatives being taken in the community by CRFAIR. They are most commendable."

Victoria Filipino Canadian Association

These and other important initiatives throughout the region contribute to a circular economy model that is built on values of sustainability, equity, collaboration and trust.

Food Equity & Access

In our network, an organization that focuses on food equity and access is Closing the Supply Gap

Closing the Supply Gap represents many diverse food sector businesses whose vision is to build a local food supply chain that advances regional control and enhanced collaboration and embeds food knowledge, fairness, and social justice within and throughout this sustainable system.



In August, CSG released its report on Building a Sustainable Local Food Supply Chain in the Capital Region: A Capacity Assessment. The report focused on distribution infrastructure, storage, decentralization and delivery models so we can intentionally bring local food into the mainstream of our food purchases and the way we eat. Stakeholder outreach continued in November, where local food sector businesses, investors and policy makers met to build on the research findings with the intent of identifying priority actions and leadership that will frame the future of a local food supply chain.

Artwork by Andrea Fritz

Good Food Champions 2022

Awards – Written & Presented by Ana Mendez

Food Access & Justice Champion 2022

lyé Creative

lyé Creative has worked tirelessly advocating for justice in our food system, having tough conversations about which voices are missing from dialogue in the food movement, developing innovative programming to support equity-deserving groups, and most of all, planting small seeds of resilience with love and care that will flourish across our food system in time.

In 2022, lyé Creative supported 19 seniors through the 'Transforming Tea & Toast' Program, supporting seniors' access to high quality food. They delivered over 900 boxes of locally grown, nutrient dense produce. They supported 24 families with no-cost CSA's this season, and distributed 138+ gift cards to local grocery stores. This initiative is a pillar in our food system community.



lyé Creative is guided by community-care and mutual-aid. Their leadership in food access and equity is led by joy and their impressive action is creating impactful change for a better future.

Local Food Economy Champion 2022

Sandown Centre for Regenerative Agriculture



Sandown Centre for Regenerative Agriculture is driven by a priority to envision food production, programming and research rooted in ecological health and abundance. Stewarding biodiversity, fostering growers and engaging community – this initiative is a product of years of work, advocacy, and mostly love and hope for a future rooted in regenerative approaches to agriculture. Home to the Farmpreneur Program, Sandown Centre for Regenerative Agriculture is cultivating a new generation of food growers supported by shared amenities, market channels, peer support, and ongoing mentorship from industry professionals in the diverse skills required to thrive in today's agricultural sector.



Good Food Champions 2022

Awards

Food Literacy Champion 2022

Compost Education Centre



For over 30 years, the Compost Education Centre has been connecting people to simple, land-based resilience practices through education, community initiatives, resource and neighbourhood building.

“Honestly, such an inspiring, motivational and heartwarming evening!”

This year alone, the CEC hosted 53 workshops, with topics ranging from Planning Your Garden to Storytelling to Fermenting. This year, in partnership with the Youth Food Network, they started the Youth Climate Stewardship Collective, a program for youth aged 14-20 to learn about climate justice and ecological stewardship. They have developed an incredible library of resources to help the community learn how to garden, compost, harvest, seed and more! The organization also runs a neighbourhood composting program, taking food scraps from apartment dwellers into nutrient-dense organic compost. The team at Compost Education Centre is driven by a passion for community and believe in the importance of education as a means of building resiliency, mutual-aid and collective action.

Thank you to **Lust Life Trio** for providing the entertainment for the Good Food Gathering Dinner and Awards



Gratitude

The Good Food Network is grateful for and deeply inspired by the resilience and commitment our member organizations demonstrate everyday in building a food system that both honours all people and feeds all people; that is accessible, affordable, safe and culturally appropriate for all.

Thank you to our Good Food Gathering Sponsors!



For more information about the Good Food Network and the Annual Gathering visit <https://www.goodfoodnetwork.info/goodfoodgathering2022> or www.crfair.ca

To learn more about our work and programming please reach out:
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