



GO
OD
FOOD
NETWORK

PROGRESS REPORT
2019

What is the story?

From a small seed, amazing things can grow, and the Good Food Network was launched in 2015 with big things in mind. Could we work more strategically towards a shared vision for a healthy, sustainable and more equitable food system in the Capital Region? Could we bring together a diverse network of resources, expertise, influence and elbow grease focused on strategies that would have greater impact?

The network has now grown to 1500 members, and we have worked to advance our community based Good Food 2025 collective impact strategy. This report is an update on the progress made across this network in 2019. It is not a comprehensive review but shows some of the highlights that have occurred this year in each of the Good Food 2025 Impact Areas: Healthy Food Access, Food Literacy, and the Local Food Economy. It provides an update on the work to develop Metrics to help us measure progress over time as well as points to a few new important emerging collaborative initiatives. A big thank you goes out to all who have contributed to this unfolding story.



IN THIS REPORT YOU WILL FIND:

**Good Food Leadership
New Collaborations
Network Bounty 2019
Impact Area Highlights**

**LEARN MORE ABOUT THE GOOD
FOOD NETWORK:
WWW.GOODFOODNETWORK.INFO**



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Good Food Leadership

The Good Food Network (GFN) is aligning our efforts behind Good Food 2025, a strategy to build a better food system. The GFN Leadership is a group from across the food system who meet regularly to discuss current issues and opportunities and guide the development and efforts of the Good Food Network. This year the leadership grew to include Jim McIsaac of the T Buck Suzuki Foundation to strengthen our analysis and action on freshwater and marine ecosystems.

Good Food Champions



Every year we honor people doing Good Food work. The following are the 2019 Champs nominated by their peers of the network:

LIFE TIME CONTRIBUTION: MARY-ALICE JOHNSON

Mary Alice is celebrated for her role in building and growing the organic farm movement in the Capital Region and beyond. She has dedicated a lifetime to being a mentor, organizer and seed sower. Thank you from all of us!

FOOD ACCESS AND EQUITY: SIMONE CAZABON, SALTSRING COMMUNITY SERVICES

FOOD LITERACY: BEANGKA ELLIOT, PROJECT RECLAIM

LOCAL FOOD ECONOMY: ELMARIE ROBERTS AND THE FARMERS OF HALIBURTON COMMUNITY FARM

Demonstrating commitment to Diversity, inclusion and Reconciliation and addressing white supremacy is a learning process. The leadership is committed to personal work, exploration, learning and action as a network. This included a focused investment on launching the collaborative *ŠW,ÇENENITEL* initiative in 2019. It also was a key focus of our 2018 Good Food Summit

NEW COLLABORATIONS 2019



ŚW,ÇENENITEL

"FOR WORKING TOGETHER"

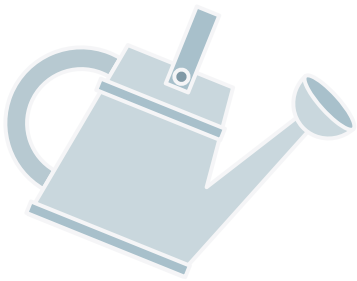
Working to support indigenous food literacy and sovereignty in the South Vancouver Island, this initiative was created in collaboration with the nine nations (Songhees, Esquimalt, Tsartlip/WJŌŁŁP, Tseycum/WSIKEM, Tsawout/SŦÁUTW, Pauquachin/BOŶÉĆEN, T'Sou-ke, Scia'new, Pacheedaht) to further work towards reconciliation and revitalization of traditional practices.

This initiative demonstrates collaboration at many levels and a long term commitment to partnership and funding towards development of indigenous leadership, capacity building, and direct support for community led initiatives. In 2019, \$125,000 was awarded to projects that support land revitalization and food and medicine learning and teaching initiatives.

Westshore Food Roundtable

November 2019 the Westshore Food Roundtable was launched at a meeting of folks coming together to learn and share about food initiatives on the Westshore. The meeting was attended by groups such as Children's Health Foundation, Island Health, CRFAIR, Island Metis, Boys and Girls Club, Colwood Community Garden, Sooke Food Chi, Beecher Bay First Nation, HCP, LifeCycles and Farm to School who are committed to collaborating into the future.





Network Bounty 2019



1500 members sign the Good Food Resolution



4000 copies of Concrete Garden Magazine showcase stories of the Good Food Network



Over \$1.5 Million leveraged for network priorities through working together



Annual June Food Literacy Roundtable brings network actors together to work on metrics and share best practices in food literacy approaches



The Local Food Economy Leadership focused on a systems level shift to a values and place based regional economy launched a demonstration project working to address the local food supply gap (www.crfair.ca/c;psomg-the-supply-gap)



Viewfield Food Security and Distribution Center was secured by the Mustard Seed and network members came together through the Vision Viewfield process to shape its development. \$50,000 was awarded by the Ministry of Agriculture to support a business plan.



Food Leadership update Outcomes Map and Metrics Working Groups established to advance Metrics Framework



Westshore Food Roundtable Established



Good Food Network launched its website

HEALTHY FOOD ACCESS

All residents enjoy food security



**INCREASE ACCESS TO
FRESH FRUITS AND
VEGETABLES**

The Mustard Seed was able to double the amount of fresh foods rescued (over 1.2 million pounds this year) since their first year, distributing to over 50 agencies of the FoodShare Network.



**ALL PEOPLE HAVE
ACCESS TO GOOD
FOOD**

Fernwood NRC raised over \$80,000 and supported 200 families with Good Food Boxes across the region last year. They distributed over 10,000 boxes through 13 locations from Sooke to Saanich.



**ENHANCE
COLLABORATION AND
COOPERATION BY
SUPPORTING AGENCIES**

Good Food Shift is bringing 6 agencies together to create healthier food environments in schools, joining in broader efforts advocating for a universal school meal program.

STORIES OF IMPACT



FROM FOOD BANK TO GOOD FOOD

This past year the St. Vincent De Paul Society (SVDP) implemented a shift in their services called the Good Food Model. This model moves food provision towards providing choices through a grocery store shopping experience. For those needing food assistance, the model provides an emphasis on choice and dignity. A July survey found that 94% of participants like the new model. Over half also stated they would access food literacy opportunities if available (good food workshops, recipe swaps, cooking classes and demonstrations). SVDP plans to build out their services based on these interests.

The Mustard Seed also opened "The Market" with the help of Hero Works. This was an effort to also shift their model to provide more dignified food access which accompanies their efforts to distribute over \$1.2 million pounds to over 50 agencies of the FoodShare Network so families can access good food where they live across the region.



"The shop for yourself method is much better. It makes people feel like people."
participant

"Since the 1980s, we have been pre-packing hampers and giving them to people, now we're giving people the chance to come through and shop for the items that they actually want for their families."

Derek Pace

FOOD LITERACY

Increase food literacy to improve health and sustainability in the CRD



HEALTHY FOOD SETTINGS

71% of students reported an increase in food literacy after participating in LifeCycles school based programs.



FOOD LITERACY PROGRAMS AND SERVICES ARE AVAILABLE AND ACCESSIBLE

25% increase in Food Skills for Families programming in the region since 2015



STRENGTHEN YOUTH ENGAGEMENT AND LEADERSHIP

18 organizations are offering youth food programs-up 80% since 2015.



INCREASE PUBLIC AWARENESS AND SUPPORT FOR LOCAL GOOD FOOD

With the goal of reducing food waste, the CRD Love Food Hate Waste Campaign celebrates one year of raising public awareness. Their goal is to reduce the amount of food, currently 10% of the waste heading to the Hartland Landfill,

STORIES OF IMPACT

SEEDING THE CITY

SEED THE CITY, was launched in 2019. It is a program for high school students where they can gain work experience in urban farming and gardening, explore career pathways in horticulture, and become part of the local food movement in their city. This project is a partnership between LifeCycles, TOPSOIL Innovative Urban Agriculture, and the Greater Victoria School District. During the 9-weeks of summer, students planted and harvested the new micro-farm at Reynolds Secondary and had the opportunity to sell their salad greens at TOPSOIL's on-site market stand.

"It is really important to have programs like this available to youth because it gives us access to a whole new world, it gives us experience in an area that is otherwise difficult to get a handhold in, and it gives us a reason to spend more time outdoors."

Grade 11 Student



Since July, we have harvested 500 lbs of salad greens which is equal to 3,000 servings of salad!
Leah, Coordinator

YFN SPROUTS YOUTH LED FOOD PROJECTS

The Youth Food Network supported four youth led projects to build food skills and knowledge and undertake food action projects this past year. The projects ranged from developing an indigenous plant garden and nursery at Mt. Doug High School, to a range of cooking workshops aimed at both high school and university aged youth. The YFN also joined forces with CRAIR to implement a "youth stream" at the Annual Good Food Summit.

"Mental health is a huge issue, especially in teens, this REALLY helps."

Grade 10 Student

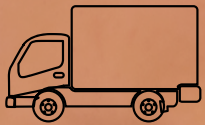
LOCAL FOOD ECONOMY

Strong regional community and commercial food economy



**INCREASE COMMUNITY
FOOD GROWING,
HARVESTING, AND
SHARING**

Victoria Urban Food Table undertook a study in Victoria and of the 300 respondents we learned that there is a network of over 2 acres of private land in food production in the City.



**SUPPORT REGIONAL FOOD
PRODUCERS WITH LAND,
INFRASTRUCTURE AND
CAPACITY**

808 Viewfield, the Food Security and Distribution Center was purchased by the Mustard Seed and is now undertaking a feasibility study to determine how 9000 square feet can be used for storage, processing, and local food distribution.



**INDIGENOUS PEOPLE REGAIN
ACCESS TO LAND AND
WATER FOR FOOD**

Pauquachin First Nation, CRD, community organizations, Local, Provincial and Federal government, scientists and researchers begin collaborative pilot project to clean up Coles Bay so that it can be harvested once again.



**FOOD PRODUCTION IS
RESILIENT AND MORE
ECOLOGICALLY SUSTAINABLE**

Youth Pollinator Squads got busy with knowledge sharing and creating pollinator gardens and habitat in the CRD. This past year Seabluff farm, Wark Street Common and Banfield Common were some of the locations of new pollinator gardens.

CLOSING THE SUPPLY GAP

Led by a Local Food Economy Leaders Group, the Closing the Supply Gap initiative supported CanadaGAP health and safety certification workshops and supports for local farmers to diversify sales and scale up to provide food for wholesale and retail markets. Thrifty foods is stepping up to build relationships and create contracts with these newly certified farmers. They were able to offer local watermelons produced by Ocean View Estates for the first time in their stores this fall.

"It was really encouraging to know that someone like Thrifty Foods can get behind this and are interested in it," says Shawn Dirksen of Northstar Organics. "It was also encouraging to see how funding was able to fall into place for projects." Four other local farms are on the way to certification in early 2020. There are currently 12 CanadaGAP certified farms on VI, so this is a substantial increase.

STORIES OF IMPACT

"At Thrifty Foods we are true believers in the power of supporting local growers, farmers and producers"

Travis Shaw,
participant Closing the Supply Gap

"There is a growing market for local food with limited capacity for supply. We have lost a lot of infrastructure that we need to rebuild"

Farmer2Farmer 2019

saw farmers from around the region keen to work on addressing and adapting to climate change. The key message was to "keep on" working on regenerative approaches in food growing. An Island wide working group has formed to develop a Climate Adaptation Plan for Vancouver Island with the Climate Action Initiative for Agriculture.

www.bcagclimateaction.ca



Greater Victoria - Capital Region

Good Food 2025

Food Access

Key Strategies:

- Improve access to healthy, safe, appropriate food
- Enhance collaboration between programs/services/organizations
- Systemic change through collective advocacy

Target:

Decrease Food Insecurity by 25%

Local Food Economy

Key Strategies:

- Increase community food growing, harvesting and sharing
- Support regional food producers with land/infrastructure/distribution capacity
- Develop capacity/policy that promotes institutional procurement

Target:

Increase Local Foods by 25%

Food Literacy

Key Strategies:

- Develop Community and Neighbourhood Food Hubs
- Strengthen youth engagement/leadership
- Increase public awareness and support for local Good Food

Target:

Double Food Literacy

Environmental Sustainability

Income Security

Family and Culture

Affordable Housing

Heartfelt Thanks!



The Capital Region Food and Agriculture Initiatives Roundtable (CRFAIR) acts as the backbone organization of the Good Food Network. Our mission is to mobilize and connect efforts to develop healthy, equitable and sustainable food systems in the capital region. **Learn more at CRFAIR.CA.**