

The background image shows a person's hands. The left hand is holding a glass jar with a metal lid, containing dried herbs. The right hand is holding a bunch of fresh green herbs. In the foreground, a white plate contains a salad with lettuce, tomatoes, and cheese, along with a piece of bread. The person is wearing a grey shirt and several beaded bracelets on their wrists.

**GO**  
**OD**  
**FOOD**  
SUMMIT

**Event**

**Summary 2017**

# Acknowledgements

Capital Region Food and Agriculture Initiatives Roundtable (CRFAIR) promotes healthy and sustainable food systems. This considers our relationships with each other, and the land and waters of this region. 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 Lekwungen and W̱SÁNEĆ peoples, and would like to express our immense gratitude to the Songhees Nation for hosting us at their Wellness Centre. Many of our practices, including the seeds we plant, the ways we educate and our methods of growing food came to these lands through the ongoing process of colonialism. We hold this understanding in our interactions and engagements with this land and its people.

In addition, we would like to thank the generous support provided by Island Health, the Victoria Foundation, Vancity, The Root Cellar, and Black Press Media. These strong community partners believe in the importance of good food and building the skills and connections that are needed to build a vibrant and sustainable local food system.

This event would not have been possible without the support of our co-collaborators, Island Food Hubs. This team of regional food security champions led the way in bringing an Island-wide focus to this gathering and creating an engaging program for all sectors.

-CRFAIR Board and Staff



together for food





# Overview

For over two decades, food security advocates have held an annual gathering in the capital region. For the past two years, this event has been called the Good Food Summit and has focused on launching the Good Food Network and Good Food Strategy. Building on over a decade of collective impact work, and emerging from the recommendations from previous years, the Good Food Network and the Good Food 2025 strategy are a platform for diverse food actors to connect and align our efforts and work together towards a healthy and sustainable food system in the Capital Region. This event emphasizes cross-sector collaboration, drawing farmers, students, health care professionals, researchers, food access organizations, local government officials, Indigenous leaders, youth, and community members. It is focused on networking, skills-building, and tackling issues of systemic change.

## Goals of the Good Food Summit 2017

- Combine the needs of the Good Food Summit and Island Food Hubs Conference
- Provide cross-sector networking opportunities
- Showcase/celebrate successes and new endeavours
- Tackle issues together through dialogue
- Offer skills-building opportunities
- Feed people well; nourish connection
- Excite people for the year ahead!
- Support decolonial food work and food systems revitalization
- Provide an update and review of the Good Food Strategy

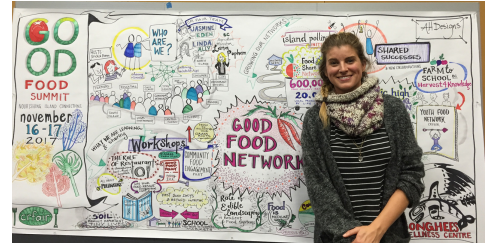
In this report, you will find:

- Event Summary
- Participant Feedback
- Suggestions for Next Year
- Appendices: Program, Workshop Descriptions, Poster

# Event Summary

The Good Food Summit 2017 was held on November 16th-17th at the Songhees Wellness Centre in Esquimalt, BC. This year's event welcomed participants from across Vancouver Island and the Gulf Islands as the conference was co-hosted by the Island Food Hubs. This is the first year that the conference has been held over two days. 170 participants attended, including:

- 20 Youth
- Hon. Minister Lana Popham, BC Minister of Agriculture
- 22 attendees from the Central Island
- 7 Attendees from the Gulf Islands
- 6 Attendees from the North Island
- 16 Attendees from the South Island
- 121 Attendees from Greater Victoria



We were be honoured to be joined by six W̱SÁNEĆ Elders and to be welcomed to the Centre by Songhees Elder Butch Dick.

## Highlights of Day 1:

- Energizing MC Erich Kelch
- Celebrating our successes, naming our inspirational mentors, and building the Good Food Network with Linda Geggie (CRFAIR)
- Youthstream with Eden Murray (Youth Food Network), including making tea!
- Delicious snacks from Skookum Cafe, and an amazing lunch from Chef David (including bannock sandwiches!)
- Afternoon Workshops

## Highlights of Day 2:

- MCs Fiona Devereaux and Erich Kelch
- Panel presentations from the Cow-Op, Lohbrunner Community Farm Co-op & Royal Bay High School, Fernwood NRG, and Greenways Land Trust
- Morning workshops
- Another incredible lunch with a visit from Hon. Lana Popham, BC Minister of Agriculture
- Afternoon workshops, including a site tour of the Food Rescue and Redistribution Centre
- Pie and Ice Cream!

# Participant Feedback

"Once again a gargantuan heartfelt thank you to everyone for organizing and offering an amazing and essential opportunity to connect, share, learn, and grow"

"Constant exuberance of attendees and kindness about diversity of interests, skills, products, approaches is quite spectacular"

"My heartfelt thanks to everyone! All the workshops attended were amazing and provided a wealth of opportunities to connect, share, & learn"

Did the conference meet your networking needs?

4% said they didn't come for networking

96% said yes

To what extent did we celebrate our progress?

65% said really well

25% said somewhat

10% said we need more of this

To what extent did we increase your awareness of activities that are moving the Good Food 2025 strategy forward and/or the activities of the Island Food Hubs?

51% said a great deal

49% said somewhat

To what extent did we strengthen a shared sense of purpose in the Good Food Network/Island Food Hubs?

60% said really well

40% said somewhat

Overall, the conference is moving towards its goals of celebrating progress, increasing awareness of the Good Food 2025 Strategy/Island Food Hubs, and strengthening a shared sense of purpose, with lots of room for improvement in the coming years.

# Suggestions for Next Year

- More hands-on, in-depth workshops beyond just an introductory level
- Mentor matching opportunity
- Host the event in the mid-Island, with more involvement from up Island
- Keep the button maker!
- More field trips!
- More structured networking activities, perhaps a networking social on the first day
- More restaurateurs and local government
- Bigger Show & Share Fair
- More local food
- Need a guide/introduction to the Good Food Network for newcomers
- Hold the event on a professional development day so teachers can attend

## Suggested Topics

- Coordinated strategic local/provincial/federal government advocacy efforts
- Outside-the-box small scale farming -More rural/remote
- Alternative food-fish, marine, agroforestry, wild food
- What have families been cooking at home?
- 100% sustainability and reuseability
- A panel of young farmers talking about why they are farming and obstacles they face
- Talk about aggregation of efforts at provincial and national levels



Created November 2017  
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# Program Schedule: Good Food Summit

## NOVEMBER 16 -17, 2017, Songhees Wellness Centre

### Thursday Morning

8:30 Doors open  
9:00 Welcome & Opening  
10:30 Break  
10:45 Group discussion: how do we make our networks powerful?  
12:00 Lunch and Show & Share Fair

### Thursday Afternoon

1:30 Workshop #1  
3:00 Break  
3:15 Workshop #2  
4:30 Closing

### Friday Morning

8:45 Doors open  
9:00 Panel Presentations & Networking  
10:30 Break  
10:45 Workshop #3  
12:00 Lunch with Minister Lana Popham

### Friday Afternoon

1:30 Workshop #4  
3:00 Pie Break!  
3:30 Closing







# Workshop Schedule

Thursday 1:30-3:00

## **"I Finally Feel Like I Have a Community Now" - Community Food Engagement Pilot Exploring Food Access in Victoria**

*Matthew Kemshaw & Shereen Kukha-Bryson (LifeCycles)*

This interactive workshop will describe this summer's Community Food Pilot collaborated upon by Cool Aid's Downtown Community Centre, LifeCycles Project Society, and eight Food Ambassadors. The pilot facilitated dialogues with community members who had first-hand experience with the emergency food system. This session offers an opportunity to share folks' teachings and recommendations from the pilot, as well as discuss how to continue to improve food access programs that are inclusive and empowering.

## **All About Pollinators**

*Lora Morandin and Bob Maxwell (Island Pollinator Initiative)*

Wondering why bees and other pollinators are so important? This intro workshop will discuss what people can do for pollinators, how the Island Pollinator Initiative is working regionally, and highlight opportunities for farmers/land managers.

## **The Role of Restaurants in strengthening the local food system**

*Ben Clark (Food Eco District), Jill Van Gyn (Eat Magazine), Joe Cunliffe (Be Love & Cafe Bliss)*

Participants in this session will learn about the dynamics of restaurants, local food supply chains, opportunities for sourcing products locally, opportunities to partner with other initiatives, and what customers can do to encourage restaurants to be good corporate citizens. Restaurants are a piece of the food puzzle that everyone is familiar with on the surface, but this discussion invites a new perspective

## **Storytelling & Networking Space**

Want to share your Good Food Story? Have a conversation you want to continue? Need some unstructured time to just connect and chat? You're invited to join this informal storytelling and networking space.



# Workshop Schedule

Thursday 3:15-4:30

## **School Food Fight: Strategies to Promote Healthy School Food Environments**

*Aaren Topley (Farm to School BC), Marcus Lobb (Island Food Hubs), Matthew Kemshaw (LifeCycles)*

In this workshop, you will hear about how organizations such as LifeCycles Project Society and Farm to School BC are working with schools and their respective school boards to use schools gardens and meal programs as a way to encourage more hands-on learning opportunities to learn about the local food environment. In addition, learn more about how regional and Island-wide networks are working together to transform food systems and policies in school.

## **Good Policie, Good Food: Policy Change 101**

*Linda Geggie (CRFAIR) with local government representatives*

Local and healthy food advocates play an increasingly important role in transforming food policies. This workshop will provide a starting place to understand "what is policy" and how to influence policy change with a focus on local government. We will utilize practical tools that you can take away and real time examples. You are encouraged so bring your policy change wish list along and we will choose a few to workshop together.

## **Closing the Supply Gap: Forging New Links Between Producers and Purchasers**

*Susan Tychie and Pat Reichert (CRFAIR)*

This round table session introduces the "Closing the Supply Gap" initiative in the Capital Region and discuss issues on the supply side of the equation: how to increase the supply of local produce in grocery stores and institutions in a way that makes sense throughout our region. The conversation will help us all to become more familiar about why the local food economy is a community affair, not just a farming issue. With farmers' input we will learn how we can all assist farmers to increase the local produce supply beyond the farm gate and farmers markets.

## **First 2,000 Days and Beyond - A Strong Start and a Strong Finish is based on Nutrition**

*Hélène Dufour (Island Health) and Jen Cody (FoodShare Nanaimo)*

This interactive workshop will maximize your projects' health outcomes by connecting science and nutrition to YOUR community projects. We will link current research to your experience in the your community and share why nutrition, and community nutritionists are important partners at the table to make your projects a success. As a group, we will talk about strategies to 'up our game' by bringing in nutrition as a part of our programs to enhance community outcomes.



# Workshop Schedule

## Friday 10:45-12:00

### **Findings and best practices: food insecurity and seniors**

*Jen Cody (FoodShare Nanaimo)*

This is a community based research project where Foodshare and VIU and the community are collaborating to investigate seniors' relationship with food. We are collecting seniors experiences about what challenges and supports they experience in eating healthy. We will publish and share seniors experience in a report that will inform community action to further support seniors healthy eating. We are also working with the community seniors to develop a Nanaimo Seniors Food Guide.

### **School Field Trips to Farmers Markets**

*Peter Leblanc (BC Association of Farmers' Markets)*

The BC Association of Farmers Markets collaborated with educators and farmers markets to develop a school field trip kit. The learning objectives are tied to the new BC curriculum. In this session, we will share with you the curriculum, our development process, and demonstrate activities. You will learn about this new tool and how you might use either the tool or our development process to create similar field trip kits.

### **Soil: Really Important Tiny Lives!**

*Alysha Punnett (Compost Education Centre)*

This workshop explores the importance of a thriving soil ecosystem in the context of our gardens as well as from the broader global perspective. Everything that microorganisms in the soil do for us will be revealed as well as how to steward the soil so they survive. While this workshop is primarily theory-based, it is essential knowledge for anyone who is interested in growing food, mitigating climate change and working to conserve this key resource.

### **The Role of Edible Landscaping in a Resilient Food System**

*Solara Goldwynn (Hatchet & Seed)*

Edible landscapes combine the practicality and production of the 'kitchen garden' and 'home orchard' with the aesthetics of formal landscaping features. They can provide year-round access to fresh, nutrient-dense fruit and vegetables while connecting people and place to local food culture. By applying the concept of 'permaculture zones' to a regional scale and using examples of projects in and around the Capital Region, this presentation will put 'edible landscaping' in the context of a resilient regional food system.



# Workshop Schedule

## Friday 1:30-3:00

### **Site tour: Food Rescue & Distribution Centre**

Join FoodShare Network coordinator Brenda Bolton for a tour of this unique warehouse where donated fresh foods are washed, sorted, and prepared for distribution to the community.

### **Food Is Medicine: Setting the table for revitalization of Indigenous food systems**

*Fiona Devereaux (Island Health) with Elders May & Skip Sam, Earl Claxton Jr., Anna Spahan, Seliliye Claxton, and Raven Hartley*

Come learn about the launch of the Food Is Medicine poster campaign which creates visuals that promote opportunity to reflect on our food system and creates space for people to reconnect to food, where it comes from and that the food they eat is medicine to their mind, body, spirit and the environment they live in.

### **How to Accelerate Your Small Grassroots Organization**

*Maurita Prato & Andrea Cupelli (LUSH Valley Food Action Society)*

Both Andrea and Maurita have worked in and/or led several small organizations. This workshop will focus on how grass-roots and small organizations can best allocate resources, build on strengths, collaborate, and create a culture of abundance while using the advantages of being small- to think big.

### **Weaving students in to the local food system; connecting schools and communities**

*Patrick Gauley-Gale (Edward Milne Community School)*

This workshop will give a brief overview of the growth of the local food systems programs at Edward Milne Community School in Sooke, BC. EMCS weaves together school garden programs, NGO partnerships, local farms, traditional First Nations practices and wild harvest, and other seasonal activities to cultivate both food literacy and food security within our community. We will then explore how this and other school food programs can be nurtured and in turn germinate new learnings.

### **5 Acre Farm Project**

*Craig Evans (5 Acre Farm)*

This is an urban training farm initiative that has been working with community partners to train community members (many with diverse abilities) in the skills needed for market farm gardening and commercial seed production. This farm is a part of the food security history of the community, the last working farm of BC first community agricultural plan. The community is working with VIU, the Mount Arrowsmith Biosphere Reserve, Foodlands Trust and the Nanaimo Area Land Trust to place the land into an agricultural trust.

# YOUTHSTREAM AT THE GOOD FOOD SUMMIT

Are you between the ages of 14-24? Want to connect with other young people throughout the conference? Join Eden of the Youth Food Network for the YouthStream: a place to meet with other youth learn about the network

THURSDAY 10:45-12:00 TEAM BUILDING

LUNCH BREAK ON THURSDAY (12-1:30)

END OF DAY THURSDAY (4:30-4:45) DEBRIEF OF THE DAY

FRIDAY MORNING 9-9:30 MORNING CHECK-IN

FRIDAY LUNCH (12-1:30)

FRIDAY CLOSING (4:30-4:45) DEBRIEF THE WEEKEND AND

CHAT ABOUT FUTURE OPPORTUNITIES



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www.youthfoodnetwork.ca





# GOOD

# FOOD

## SUMMIT

Nourishing Island Connections

NOVEMBER 16 -17, 2017  
SONGHEES WELLNESS CENTRE

Join food enthusiasts from across the  
Island for hands-on workshops, field  
trips, networking opportunities, and  
good food!

Register at [www.crfair.ca/goodfoodsummit](http://www.crfair.ca/goodfoodsummit)

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