

## **2011 Food Connections Conference: Graphic Recordings**

On November 23, 2011 representatives from across the Health Region gathered in Nanaimo to network and share their knowledge of and experience with community food security. The proceedings were captured by a graphic facilitator named Colleen Stevenson to create a visual/textual record of the day.

Food Connections  
 November 23, 2011  
 Nanaimo, BC

# Food Connections



- ★ 'Limits to Growth' 1973  
By 2030 our population cannot be fed
- ★ Roots of food security movement in 1930s  
Great Depression
- ★ Ongoing global food shortages & resultant disease outbreaks
- ★ Misdistribution of both quantity & quality of foods  
We face both malnourished & overnourished people

★ The food security agenda:  
 abundance  
 food policy

The food insecurity agenda:  
 poverty & hunger  
 reduction

Should &  
 Can these  
 converge?

Stakeholders with the most power determine the agenda

Research  
& Policy  
Writing

Feeding our Bodies & Souls

Mentoring  
& Skills  
Development

Fishing  
Farming  
Hunting  
Gathering

★ Food is so much more than  
 nourishing our bodies

★ This is about communities  
 coming together, working  
 together & creating a more  
 sustainable future

★ For Aboriginal communities  
 the return to traditional foods  
 is about the health &  
 relationships of the body, the  
 spirit & the land

★ What makes sense?  
 Building community support  
 starting with talking to  
 neighbors & sharing foods

Lolleen Stevenson

POLICY FROM  
PROVINCIAL TO  
REGIONAL

Food Connections  
November 23, 2011  
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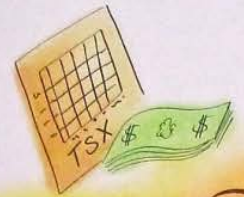
\* Poverty is dramatically on the rise

**FIRST WE FEED THE CHILDREN**

\* Let's use public procurement to support local food producers

\* Organizational Check List:

- Credibility
- Research of excellent quality
- Diversity
- Big Picture Context



Economy



Energy

Environmental Health



Watersheds



Health & Well-Being

# Food Security

\* Imperative to build food security into regional plans

**3 Key Questions**  
Guiding VIHA policy

1. WHAT is the knowledge base?
2. WHO are key stakeholders?
3. How do we monitor?

**FOUR PILLARS**

1) Healthy Eating



2) Healthy Start



3) Healthy Communities 4) Healthy Lifestyles



Golleen Atkinson

# On the Ground, In the Ground

## Food Security Initiatives & Insights

### Growing Opportunities Garden Co-op

- scale of production
  - infrastructure
  - safeguard skills
  - young people on the land despite land \$
- "We're the occupy farms movement"

We need an agricultural land trust for future generations



Farm to Schools

preschools  
cafeterias  
hospitals  
hotels

+20,000 Students!

"We're the occupy the cafeterias movement!"

## Food Skills For Families

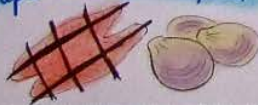
Reaching out to families  
seniors  
newcomers to Canada  
First Nations



## Traditional Foods Initiatives

- Feasting for Change
- Youth digital storytelling

"We represent the occupied"



We each need to hold space for relationships with First Nations communities, youth, elders, culture

\* Indigenous foods \*  
& knowledge around them are complimentary to the introduced foods movements & there are efforts to bring together those two walks of life.

Lolleen Stevenson

## Eat & Be Merry



Great ideas come from COLLABORATION

Conversation SPARKS



INNOVATION comes from mixing it up & bringing together unlikely pairings