

Virtual Food Connections
Chatbox Dialogue and Host Site Discussion Highlights
Nov. 19, 2014

SESSION 1: *Local Government Policies and Planning for Food Security in Rural and Remote Communities* featuring *Jeff Weightman RPP MCIP (Capital Regional District)* and *Jessie Hemphill (District of Port Hardy)*

[Webinar Welcome]

Food Security exists when all citizens obtain a safe, personally acceptable, nutritious diet through a sustainable food system that maximizes healthy choices, community self-reliance and equal access for everyone (definition provided by Paul Hasselback).

Paul Hasselback: welcome all.

Lynne Reside: Enderby here with 13 participants

Port McNeill/Mt. Waddington: Hello! Checking in from Port McNeill, 2 participants.

Jessie Hemphill: Jessie Hemphill here, from Port Hardy (but presenting from Thompson, Manitoba!)

Port Alberni: Port Alberni has 9 participants

Misty Isles Economic Development Society 2: Haida Gwaii (Queen Charlotte) here with 5 participants

PHC Gabriola (15): hello here we are in our PJs. All 8 of us!

Karli Yanchus: Karli from Tahsis here, Hello!

Lesley-Ann Staats: Sunshine Coast (Sechelt) 8 of us!

John Stevenson: Hello from Smithers! John here

Courtenay 7: Comox Valley - 8 people

Shannon: Cranbrook - 4 participants

veronica timmons 3: Gulf Island

Williams Lake guest (4): Cariboo Chilcotin

PHC Gabriola (15): gabriola - northern gulf islands

Jeanne Leeson: Lower Stl'atl'imx: Samahquam, Skatin and Xa'xtsa

Lesley-Ann Staats: Sunshine Coast

Bella Coola 5 2: Central Coast - Bella Coola

Willow River: FARMERS!!! :)

Michelle Jones: MPH student!

Karli Yanchus: school volunteer

Bill Mackay: Bill Mackay is a producer

Port McNeill/Mt. Waddington: health professional and interested community member

Sheila W: Teacher

[Session #1 Chatbox Dialogue]

Campbell River (6): How has Saltspring local gov't supported implementation?

Erica Crawford: For more info on Saltspring Island Implementation organization & information:
<http://plantofarm.org/sample-page/>

Campbell River (6): Thx

Erica Crawford: Will ask Jeff for more insight on the role of local government, during discussion, thanks for the question!

Cowichan Green Community: have you heard of the Island Farmers Alliance as they have an island brand, Fresh from the Island

Bella Coola 5 2: How much money did you get from the Economic Development Commission

Courtenay 7: What has been the cost to date and what will be the total cost?

Lesley-Ann Staats: are you including aquaculture in the agriculture strategy? Also, who did you approach to get money from gas tax?

Lesley-Ann Staats: will aquaculture be included in the strategy?

veronica timmons 3: Is there a list of island champions or community groups and their contact information that could be made available

Jeff Weightman: We have not worked aquaculture, that is something that may be addressed in the CRD food and agricultural strategy

Jeff Weightman: it is not something that has come up from the community....yet

Jade Yehia: From your presentation I understand you've (the CRD) has been engaging with the community, and that's so great and vitally important!! I was just wondering if Islands Trust, Island Health, or other agencies have also been involved in the Strategy's development to date. Thank you.

Jeff Weightman: We have not put a list together, yet but if you email me separately at jweightman@crd.bc.ca I can give some names of people who have helped

Glenda Newsted: Recently updated OCP included agricultural conservation.

Karli Yanchus: I put "other" since I'm not sure how our local government is involved

Carol Sheridan: Will we get a summary of the poll results?

Jeff Weightman: Islands Trust has and Island Health (through the CR FAIR) was been involved with the CRD Food and Ag process

Port Alberni: Local govt has a mandate for recreation. Do you see a way to marry urban/rural food production

Port Alberni: and distribution to recreation to access those traditional "recreation" funds in community.

Campbell River (6): What is the difference between 'encourage' and 'support'? Does the local gov't provide funding if they say they'll support something?

Port Alberni: Port Alberni has an Urban Farming Bylaw after an extensive bylaw review. What is the process to amend a bylaw, does a council committee have to recommend the amendments?

Lesley-Ann Staats: If Vancouver can allow honey bees, what was the main issue in Port Hardy to not allow honey bees and only allow mason bees?

Lesley-Ann Staats: who was on the Sustainability committee? What were the plans and goals of the committee? What has it advocated to date? thanks.

Shannon: Were there any concerns about wildlife interface issues? (in our area, chickens as a bear attractant is a big concern)?

Melissa Hemphill: In Revelstoke we are trying to create a Food Security Coordinator. We are unsure if it is best housed under the city or under a non-profit. What would you recommend?

Jessie Hemphill: here's a link to Port Hardy's OCP <http://www.porthardy.ca/your-municipal-hall/reports-bylaws/official-community-plan-bylaw-15-2011-consolidated>

Jessie Hemphill: and our zoning bylaw: <http://www.porthardy.ca/your-municipal-hall/reports-bylaws/zoning-bylaw-no-1010-2013-schedules>

Courtenay 7: After bees and chickens, what is the next project you are working on?

Lynne Reside: what techniques were used to obtain community feedback and engagement?

Bella Coola 5 2: In what ways does the local government support wildharvesting, eg. protecting areas or encouraging the practice?

Karli Yanchus: You've given me a few new ideas for my own work at the school from your presentation, trying to include more local wild foods. Thank you!

Bill Beaugarde: why not honey bee

Jessie Hemphill: council's issues with honeybees were mainly the fear of attracting bears to residential areas, and the fear of hurting people with severe bee allergies (who tend to be more allergic to honeybees than to mason bees)

Jessie Hemphill: worrying about attracting bears was also one of the main issues around legalizing backyard hens

Bill Beaugarde: I live in Vancouver bear are not a problem

Jessie Hemphill: yes, amending bylaws is done by council and so could be kicked off by a recommendation from a councillor or committee. However, it's a drawn-out process, so if there's a way to get in on the regular updating of the bylaw (typically every 5 years) it can be a lot easier

Jessie Hemphill: Our sustainability committee had 3 councillors plus staff - we could potentially appoint community members to serve on this committee, but we didn't, I really wanted it to be more open with community members allowed/invited to come whether or not they were officially appointed

Jessie Hemphill: after bees and chickens, I think our next big goal is to get some lots developed in that rural residential zone to encourage some larger-scale agriculture in the area, working towards making locally harvested (sea)food locally available, and continuing to support our food security coordinator with the development of our food hub and the recommendations that come from that work

Lynne Reside: do the farmers in your area use migrant farm workers? If so what is being done to ensure their living and work conditions are safe? (For Jeff)

Shannon: On the bear issue: how did you resolve concerns when getting chicken bylaw passed? (for Jessie)

Courtenay 7: In Vancouver, when we had chickens and a back yard garden, it increased our property value

Jessie Hemphill: re: the bear issue & chickens - we put some specific guidelines in there around fencing/coop structure, and we agreed that we may have to add more guidelines or do some community education if it became an issue for those who end up rearing chickens

Jeff Weightman: @Lynn Reside, on Vancouver Island they do, on the gulf islands I haven't heard of any Central Saanich each have developed farm workers housing strategies there available on the website

Courtenay 7: Thank-you!

Jessie Hemphill: thank you to everyone who listened in to our sessions :) Please feel free to get in touch via email with any more - jessie.m.hemphill@gmail.com

Campbell River (6): Thank you Jeff and Jessie!

Bella Coola 5 2: The Central Coast Regional District in Bella Coola provided funding for the Bear Working Group with funding to provide electric fencing to loan to community members

Bill Beauregarde: thank you

linda geggie: Thanks to the speakers, great insights.

Jeff Weightman: if you have any further questions please let me know jweightman@crd.bc.ca

Jade Yehia: Thank you so very much Jeff and Jessie!

[Session #1 Host Site Discussion Highlights]

- *What policies or plans are you aware of within your local/regional government that relate to food security?*
- *Do policies provide support for both wild and cultivated food systems?*
- *Do you think there is a need for additional local government plans/policies to support food security in your community? What would that look like?*
- *Did anything in the presentations give you an idea of something that could be done in this community?*

Bella Coola 5 2: No policies/plans relate to food security but CCRD will be revising the OCP in 2015 so opportunity to participate.

Willow River: No OCP here in our area, only Prince George but this does not include our area east of PG - this discussion definitely provides for some further food for thought - there have been some very "light" discussion at the regional district levels about agriculture in general.

Jessie Hemphill: re: community engagement, here are a couple of links that people might find really interesting: <http://www.sparc.bc.ca/resources-and-publications/category/38-community-engagement>
<http://www.artofhosting.org/resources/reading-list/> <http://candychang.com/projects/>

Bella Coola 5 2: There is a need for support from our local gov't; funding and capacity building are priorities; food security includes how we treat land which also affects the ocean eg fish habitat ruined by logging. Bella Coola Sustainable Agricultural Society can support CCRD to release funding that municipalities have.

Bella Coola 5 2: correction: for province to release funding to regional districts

jennette: Our band government is mostly tied up in land claims, forestry and fishing. We are still fighting for our right to food. For example, inadequate sewage treatment led to us not being able to clam dig on our beaches. And district hunting and fishing policies don't fully support indigenous rights to hunt and fish. We believe it is necessary for the district to build a relationship with us so we can work collectively towards policies and plans that support our rights. Our team also believes it is necessary for our local band government to provide some policies and plans that support our people towards food security in terms of emergency preparedness now.

Misty Isles Economic Development Society 2: Haida Gwaii (Queen Charlotte) - Is there any framework for harvesting, processing, and serving or selling wild harvested food in the rural and remote areas in BC for example seaweed, clams, deer, or berries?

PHC Gabriola (15): Gabriola needs a Land Use Inventory; farmer's cooperative; promo of local food products to shift consumers

Williams Lake guest (4): WL has an ICSP (2011) in which ag and local food is one of the top 10 priorities: <http://www.williamslake.ca/310/Official-Community-Plan-OCP>. We have an active Food Policy Council since 2006 (operates under a not-for-profit) and we continue to bring the goals/obj. in OCP alive. We (WL FPC) would like to see the development of an agricultural plan, or economic diversification strategy.

Williams Lake guest (4): not a huge focus on wild/cultivated food systems, other than hunting.

Sooke: The Sooke group has discussed the following key issues and priorities for advancing food security in the region: 1) need for policies at a local, regional or provincial level that better address the barriers to farming and land use to ensure a sustainable, safe food both in farming succession and indigenous community. This could include special zoning consideration such as building codes, ecofarming and land sharing to support economic viability of farming. 2) There is a need to better connect community groups, food security groups, local government officials and food producers to contribute to advancing local policies that meet all needs.

Lesley-Ann Staats: Sunshine Coast (8): we have a number of policies in our OCPs. Regional Sustainability Plan and the Ag Area Plan, however, there doesn't seem to be many policies in the municipalities. We don't have specific policies that support wild & cultivated food systems, although there is general support for this in the Roberts Creek OCP. In order to successfully support food security coast-wide, we need an overarching policy that is supported by the Regional District and municipalities. We found it very helpful to hear about the gas tax revenue - this is a great idea.

Paul Hasselback: Food security definition that I used this morning community food security exists when all citizens obtain a safe, personally acceptable, nutritious diet through a sustainable food system that maximizes healthy choices, community self-reliance and equal access for everyone it can be found in the BC model core programs documents such as at http://www.phabc.org/pdfcore/Food_Security_Model_Core_Program_Paper.pdf and is attributed as the primary source from Bellows, A., and Hamm, M. 2003. International effects on and inspiration for community food security policies and practices in the USA. Critical Public Health 13 (2):107-123. (However I have not confirmed the reference)

PHC Gabriola (15): Need to establish relationship with emergency services group so that we can expand that network into non-emergency food support system requirements.

PHC Gabriola (15): how to let people know where the fresh food is and how to get it

PHC Gabriola (15): buy local agriculture campaign

Campbell River (6): Campbell River discussed wild-crafting and how to make it more sustainable - we have a thriving mushroom cottage industry but this could have detrimental environmental impacts. Also liked the idea of a Food Security Coordinator funded through gas tax via a non-profit to kick-start the ideas and aspirations in our agriculture plan. Also ensuring SmartGrowth principles are considered in policies.

Campbell River (6): Also can the municipality do something with taxes to encourage farm businesses? Something with a lower bar than farm status.

Jessie Hemphill: Municipalities can give property tax exemptions to properties that qualify - you should look into your local government to see what their regulations are around permissive tax exemptions.

Port Alberni: Port Alberni highlights: Climate Smart Agriculture, Drought strategies. Food storage inventory and farm labour community housing inventory. Community supported fisheries to ensure access to high value seafoods to all community members. Brokering

Port Alberni: Brokering rural farm products at urban farm markets to promote accessibility. Bylaws to protect wild crafted food sources.

SESSION 2: *Tricks and Tools for Collaboration and Collective Action in Rural and Remote Communities* featuring Jenny Horn (Vancouver Island University)

[Session #2 Chatbox Dialogue]

BCHC- Michelle: Jenny.Horn@viu.ca

[Presenter Questions]

- ***Q1: What parts of your regional food system are working well, from your organizational perspectives?***
- ***Q2: What does the food system need more of?***

Courtenay 7: local farmers market works well

Cowichan Green Community: RE: Question #1 - Relationships between community organizations/groups and local government

Courtenay 7: local fruit tree recovery works well

Erika Action: farmers markets - on Denman island we have quite a good supply of local meats, veggs, eggs, etc.

Lynne Reside: Question 2 - we need more consistent access to local food

Tofino: relationship building with partners is working well

Courtenay 7: collaboration of local non-profits

Campbell River (6): Question1 - Food security is now being discussed in our community and communication is getting out there.

Erika Action: need more coordination between 'food' systems and ecological conservation initiatives

Bella Coola 5 2: skills are here; do well in farmland preservation and community & social vitality

Deborah Jensen: Question 2. Education. There is still a lack of what food security really means in the overall community.

Port McNeill/Mt. Waddington: Working Well: hunting and fishing, local gathering and preservation.

Karli Yanchus: Tahsis Community Garden Society is quite successful, lots of people gardening, sharing food and knowledge

Jeanne Leeson: Re 1, Community gardens and chickens in communities are working well. #2: Needing more sharing knowledge of traditional foods, availability, harvesting, and preservation

Loraina Stephen: Omineca Region Agriculture Strategy in the Northern Interior funding a Farm 2 School Program!

Courtenay 7: need more engaged eaters

Sheila W: Q2 - Finding the balance between local food production, sustainability and economic development so a fair price and living can be obtained

Lesley-Ann Staats: Q1: farm collective, well established personal relationships

Melissa Hemphill: question 2: affordability!

Erika Action: yes to more engaged eaters!!!

Lesley-Ann Staats: Q2: need more farmers, farmers markets, consumer awareness, buyers

Tofino: We need more targeted solutions to increase food access - local food, harvested food, accessible food!

Jen Comer: Need local storage, transportation and distribution in Creston. Have lots of local producers, but need collective food infrastructure systems

Campbell River (6): Food system needs more sustainable support for food production/harvesting.

Port McNeill/Mt. Waddington: Food System needs more: local produce, support for gardening/community gardens. More by in from the communities.

Courtenay 7: increasing access to local food, government engagement

Misty Isles Economic Development Society 2: Haida Gwaii (Queen Charlotte) - Q1 - Farmers Markets (diversity), also successful Farm to School program

Karli Yanchus: We need more support for people on very low incomes, or seniors living alone, or people without reliable vehicles

Jeanne Leeson: Linking community kitchens and community gardens. Needing support around food buying co-op to maximize options and make healthy foods relatively available. Also emergency food stores for when communities are cut off

Port McNeill/Mt. Waddington: By in for food security in general, and importance of food security and healthy food systems

Cowichan Green Community: Q#1: A growing local food culture

Erika Action: Local forums for discussion on issues that may incite conflicts (ie. around practices)

Bella Coola 5 2: we need more production

Jen Comer: Need funding for local food security coordinator

Campbell River (6): Q2 - need more protection of foodlands through smartgrowth.

Melissa Hemphill: Q1 - Garden guru series - info sessions on all things food related

PHC Gabriola (15): Gabriola has locally produced food; local grocery store does market some locally produced foods; farmer's market and gate sales; CSA's work well too; slow food momentum; awareness

of food preservation techniques; more people trying to grow their own; restaurants are supportive of buying local!

Misty Isles Economic Development Society 2: Haida Gwaii - Q2 - Need more integration of wild harvested foods into overall food system

Loraina Stephen: Implementation of the activities within the new 2014 Model Core Program on Food Security for Public Health (Dec release date expected).

Karli Yanchus: We need support and encouragement for people to start up programs with farming

Karli Yanchus: We need a community soil building system

Cowichan Green Community: Q2 – more local production, increased means for community to access local food (ie. markets, more local food in schools, etc)

Port Alberni: Port Alberni food system needs more community food gatherings to eat together and enjoy the foods and talk. Also more processing and storage facilities.

Shannon: Farmer's Market is very strong in Cranbrook & local support is growing. We need to improve greatly on amount of producers, particularly 4 season production.

PHC Gabriola (15): Gabriola needs to divert and process organic waste locally for soil building

[Presenter Questions]

- ***Q3: What could Food Sovereignty look like in your region?***
- ***Q4: How might it differ in rural and urban contexts?***

Bill Mackay: Food Sovereignty might look like stopping the residential subdivision of ALR land.

Courtenay 7: An engaged community that is involved in the production, distribution and consumption of local food

Willow River: more Farmer Networks to get farmers speaking to each other across regions

Sheila W: Food sovereignty - How about using ALR instead of leaving it inactive?

Erika Action: More coordinated efforts around seeds, livestock etc. - more local seed producers and seed saving - trading seeds outside of the economic context

Courtenay 7: Increased time invested in developing policy with food lens

Analisa Blake: Smaller communities have fewer people to feed and may have more wild and cultivable lands per capita - and a more local system could therefore be more attainable in some cases

Campbell River (6): Could have a Community Farm (similar to a Community Forest) to allow local people to get involved in food production.

Cowichan Green Community: Local government autonomy to set local food purchasing policy

Bill Mackay: Question 4: accommodating rural residential needs outside of the ALR reduces the pressure on ALR land

Courtenay 7: control of our seed supply (Bill C18)

Karli Yanchus: more organization for travelling and co-op buying to make it affordable to more households

Sheila W: emphasize education and sharing of knowledge between producers & people as consumers

Bella Coola 5 2: access to equal access due to poverty; collaboration of families doing the work; social structure that supports distribution and processing; look at what we are importing from outside the valley; ability to make our own bylaws such as having access to farmgate meat and milk

Carol Sheridan: Matching those with land and produce to those who want to harvest and use/consume produce that do not have land

john stevenson: Q3 higher consumer education re: nutrient dense (local) food benefits vs bigger is better general consumer mentality

Tofino: Thank you Bella Coola, we have been trying to figure out how to summarize our conversation

Bella Coola 5 2: :)

Lynne Reside: farm to school, farm to cafeteria programs

Campbell River (6): Dialogue and engagement with all nations around food.

PHC Gabriola (15): Gabriola needs more seed saving; understanding cultural history of our First Nations people and how they used our food lands; local farming and food production coops; more assistance with land acquisition and marketing; enhancing the culture of local food and educating them; EDUCATION; move away from capital industrialist model of agriculture and food systems

Campbell River (6): How can we include traditional food systems and indigenous foods in our plans moving forward?

Lesley-Ann Staats: Sunshine Coast: Q3 - not being overpowered by large corporations, equal access to local food, recognition that everyone has a right to food

john stevenson: Q3 - awareness and promotion of alternative land-access for agriculture production (lease and sharecroppng arrangements)

Melissa Hemphill: GMO labelling

Erika Action: ideas around and 'templates' (legal, etc.) around land succession and keeping land in production as current landed farming population ages.

john stevenson: erika, young agrarians website has good resources re: land access

BCHC- Michelle: <http://youngagrarians.org>

john stevenson: thx

BCHC- Michelle: <http://viacampesina.org/en/>

Erika Action: Thanks! :)

Jenny Horn: Prajateerpu

Campbell River (6): Can you give more examples of what a community-based agricultural extension service would do?

Campbell River (6): How would that look?

Tofino: One of our observations from discussions is around the prominence of agriculture in the conversation(s). It always seems to dominate the conversation and is not as applicable to all regions - maybe especially rural and remote. Have there been thoughts around including aquaculture or promoting other viewpoints of rural?

Jenny Horn: An CB agricultural extension service would be managed by community members who would be engaged in the strategic planning for the development of the office, in the implementation of that plan as teachers, intern hosts, mentors, and in the research realm by defining the research questions, undertaking the data collection or field trials, and in analysis of the findings. Like most CB processes, this approach takes more time, depends on capacity building activities to support the community to assume these roles. It also means having extension workers who are embedded at the local or regional

level and these individuals being comfortable with sharing the space of expert`` with the knowledge keepers in the community (i.e. farmers, processors, fishers etc.)

Jenny Horn: This model is emerging from the global south and is being adopted in the global north. Not to say that there are not participatory models of extension in existence in the north, just that in many cases, the structure of the institutions embeds the power with the extension officers and not with the community.

Courtenay 7: Unengaged: lower income, youth - but roundtables/committee meetings/open houses are not for everyone, so a local school started a permaculture potluck to engage youth and broader community

Jenny Horn: This CB model of management could certainly apply to fisheries management as well. If one is adopting an eco-system or landscape -based planning model, then the aquatic foods and wild foods are included automatically.

[Session #2 Host Site Discussion Highlights]

- ***What collective impact approaches are you already using in your community? What is working, what is not, what are the challenges?***
- ***Who is at collaborating already? Who might be unengaged? How can they be engaged?***
- ***Could any of the approaches discussed today be applied in your community? How?***
- ***How might you ensure deliberate and inclusive participation in your work to strengthen the food system in your region?***

Lesley-Ann Staats: Sunshine Coast: collective impact approaches - Ag Area Plan, Food Policy Council, local non-profit organization (One Straw Society) all works well. Challenges are that the same people are coming out and staying involved challenges are reaching out to a broader community. Community based research could be applied here.

Erika Action: Denman Island: does anyone have any insights into the potential/existing clash between 'locavorism' and plant-based food systems/veganism - this seems to be an impasse in our community.

Erika Action: Integrating the concerns of both of these voices is important, but very challenging

jennette: I have to admit that until I was hired in this position I was also an unengaged (but very interested) person, working hard to make money to buy my food at Overwaitea. There are individual families in our community, that are experts in specific areas, which we would like to access through our program to teach more community members about our local foods. And there is always a couple

champions in the garden working tirelessly to provide us with some vegi's and greens for community gatherings. We certainly work collectively when food fish comes in. Our team wants to be able to engage more community to work towards food security with education of all our local foods and medicines. I want to thank you all for your valuable input as we venture on this pilot project to increase food security in our small community :)

Jeanne Leeson: We are very interested in if any of the participants have experience setting up food buying co-ops, or something similar

PHC Gabriola (15): Gabriola slo-foods is a food buying cooperative

Bella Coola 5 2: Formal collaboration between native and non-native communities; supporting educators and children to a greater degree; to engage underserved community members with childcare, transportation and a meal so they can attend a planning session; continue to increase awareness for the necessity of local food systems;

Jeanne Leeson: Thank you, hoping to connect with others who have started similar programs

Cowichan Green Community: Q#2: Food Security Coalition & new producers' co-op in Cowichan are working on collective action. We feel that industry and larger farmers are unengaged in local food discussions (ie. water use and food; local economy and food; etc...)

Erika Action: @Jeanne: The owner of one of our bistros offers to order things for community residents when she puts in her order for the restaurant, and charges a small percentage for the service. Quite a few people use it.

Campbell River (6): We have good representation on our newly formed Strathcona Food Action Committee, but we could engage more with First Nations and emergency service providers. We could engage more by going into different communities and holding meetings physically in different locations. We could also really benefit from this web conference system so that people can call in and we can discuss documents, etc together.

Jeanne Leeson: Thank you Erika

Sooke: shifting our culture on food and health, recognizing the real cost and importance of good food. There is a need to look at food land and waters use broadly to align policies and opportunities to take advantage of our environment. Food literacy in schools and health policies that include healthy food in institutions.

Campbell River (6): We could also hold focus groups with people who wouldn't normally come around the table if there's something specific to focus on.

Lynne Reside: Armstong organized a Taste of Art street event that included collaboration between local businesses, chefs, artists, musicians downtown. includes art festival for young children.

Erika Action: Thank you!

Campbell River (6): Ucluelet and Tofino Chef's Guild is a food buying club that you may want to look into. Might have got the name a bit wrong, but it's something like that.

PHC Gabriola (15): www.slo-foods.com buying club model

Lesley-Ann Staats: Powell River also has a food buy in coop

Jeanne Leeson: Thank you all!

Tofino: <http://www.tucg.ca/> Here is the link to the Tofino Ucluelet Culinary Guild. It's a great service - high end local/island sourced items for those that can afford to buy or plan together to buy in bulk

Campbell River (6): Thx Tofino!

Jeanne Leeson: Thanks!

SESSION 3: Six-Minute Stories: Successes, Challenges and Strategies in Building Food Security in Rural and Remote Communities

[Session #3 Chatbox Dialogue]

Melaina Patenaude: where do you live on VI?

Lonnie/Janette: Port Alberni

lynette: would you do presentations to help teach about loc.

jennette: what an awesome presentation! thank you for sharing :)

lynette: local harvesting.

Lonnie/Janette: yes, we teach regularly. mostly in Port, but around BC on occasion.

Melaina Patenaude: yes, great presentation. Would love your contact info, if possible?

Lonnie/Janette: cormier.ja@gmail.com lonniemorse@yahoo.ca 250-720-7240

Lonnie/Janette: www.janettecormier.com

Lonnie/Janette: <http://smokinhide.wordpress.com> Lonnie is also a natural hide tanner. mostly bark tan.

Lonnie/Janette: Also, I wanted to share about this great project some people we know are involved in in the Siskiyou (s. oregon) <https://www.indiegogo.com/projects/edgewalkers-winter-social-forestry-camp-2015#home>

Campbell River (6): Thank you Nick that was a fantastic presentation!

Nick: HISWKE thank you

Jeremy Kirouac: I love how this clearly shows the cultural aspects of food security

Stacy Barter: Yes, both presentations have been really inspiring!

Lynne Reside: Question for Nick - Do you see it as important to build a traditional reef net with willow bark, rather than modern fishing materials?

Nick: thanks for your question, yes the model was all natural materials, and it connected us to the land, but the full size net was modern materials

Courtenay 7: Inspiring presentations!

Campbell River (6): Shellfish

Bella Coola 5 2: mushrooms

Justina: mushrooms

Jeanne Leeson: Mushrooms

Lesley-Ann Staats: berries, mushrooms

Linda Geggie: Hi Nick great presentation I would love you to keep spreading your work and knowledge, more people need to know about this amazing initiative. I sent you an email to your uvic account and I hope to connect with you that way

Bella Coola 5 2: duck

Erika Action: I don't get it, but there are wild salt harvesters in this area

lynnette: berries, fish

Tofino: berries, fish and mushrooms

Bella Coola 5 2: seaweed

Misty Isles Economic Development Society 2: Haida Gwaii - deer, fish, mushrooms, berries, k'aaw (herring spawn on kelp), seaweeds, nettles, clams, octopus

Loraina Stephen: berries, mushrooms, grouse, goat, oysters etc.

Stacy Barter: What are some important respectful harvesting principles when it comes to harvesting wild foods?

Nick: thanks Linda, I received the email

Lonnie/Janette: There are many things to consider with respectful harvest. With a plant focus, our primary questions before harvesting are: What is the ecological status of this plant? How does this plant reproduce and what impact will we have on its reproduction?

Campbell River (6): Karli how can people buy your cookbook?

anne everett: That was awesome - you guys rock!

Karli Yanchus: email me at yawnkiss@yahoo.ca to arrange purchase of the book, thanks so much!

Karli Yanchus: \$15 for the book and \$4 for postage

Nick: ok everyone, if you have questions for me, do not hesitate to contact me at nickclax@uvic.ca or twitter: @nickclax thanks again everyone for checking out my presentation of reef netting

Melaina Patenaude: So amazing Karli!! Such wonderful work happening in Tahsis!!

Justina: Thanks Jer!

Erika Action: Jeremy: Isla de Ometepe?

Jeremy Kirouac: Yep

Campbell River (6): Thanks Jeremy, lots of info and findings that are applicable to us here!

Erika Action: Yes, thanks! Great info everyone!

Linda Geggie: You rock Dayna, great to hear about your work again, for those that don't know Dayna has been a pillar in the BC Food Systems network and is a great resource to us all

Jade Yehia: Amazing presentations, thank you!

Bella Coola 5 2: Thanks for all the amazing presentations!!

Lynne Reside: Thank you for the great presentations in a variety of communities throughout the province!

jennette: Gilakas'la to all the presenters! Awesome presentations :)

Stacey Berisavac: Do any of the presenters see opportunities for NGO's such as the Canadian Cancer Society to partner and support some of this local work? What added value do you see that our organization or other NGO's- health focused can add?

Karli Yanchus: I know the Heart and Stroke Foundation was instrumental in providing funding for our Community Garden, through a grant a few years ago.

Glenda: Thank you for hosting this virtually as I would not have been able to participate otherwise. Fantastic presenters and presentations...very well planned. Thanks again.

Misty Isles Economic Development Society 2: (Haida Gwaii) Canadian Diabetes Association Food Skills for Families

Karli Yanchus: Wonderful ideas, Jeremy! It reminds me of the fact that kids who see their moms reading are more likely to want to read. I guess the same goes for broccoli, eh?

Jeremy Kirouac: Absolutely

jennette: I have to go but just want to say thank you one more time! Have a great day everyone :)

PHC Gabriola (15): What a great day. Excellent speakers. Thanks everyone.

Jeremy Kirouac: Also, if families eat around the dinner table good eating habits are more likely to be passed on.

BCHC- Michelle: Canadian Diabetes Association Food Skills for Families:
<http://www.foodskillsforfamilies.ca>

BCHC- Michelle: Thanks so much for your presentation Jennette!

john stevenson: very well organized, very informative and inspiring thanks you

veronica timmons 2: Thank you to all the presenters and hosts. This has been a most useful webinar.
veronica and erika

PHC Gabriola (15): www.goal-2025.com Gabriola Organization for Agricultural Liberty

Melissa Hemphill: involve the indigenous community in our quest to improve food security

Karli Yanchus: There is an Economic Development Planning community meeting tonight, I'll certainly be raising the issue of food security there! Thanks so much for all the inspiration, everyone!

Campbell River (6): Go Karli!

Sooke: thank to all the speakers and all the chats!!!

Campbell River (6): Thank you plan H and Analisa - so amazing to have such a great range of people involved and the presentations!

Courtenay 7: Great, inspiring presentations. Thanks

PHC Gabriola (15): www.csnn/nanaimo.ca Canadian School of Natural Nutrition

Loraina Stephen: Thanks so much....this was a wonderful day!

Jade Yehia: Fabulous session with many take-aways, thank you to the presenters, facilitators, and amazing insight put forward.

Jeremy Kirouac: Thanks everyone. Inspiring and helpful.

PHC Gabriola (15): We have lost our participants-----ferries---kids etc....Thank you from all of us

Jeremy Kirouac: Great job to the organizers and all the participants

Tofino: Thank you everyone!

Willow River: Thank you to all presenters - we have to sign off now but look forward to the recorded sessions to send out to those that could not make it. It was very inspiring!!!!!!! Inspiring for community and collective cooking and eating! :)

[Session #3 Host Site Discussion Highlights]

- ***What do you see as the biggest challenges to making this work in a rural or remote community?***
- ***What will you consider doing in your community based on what you learned today***
- ***What are the critical aspects of food security to keep in mind in rural and remote settings***

Tofino: Thoughts from our group have been centered around access and affordability

Bella Coola 5 2: most important things: sustainable funding for community generated initiatives

Campbell River (6): Most important thing: creating more linkages within our community to get actions done

Jeremy Kirouac: yes!

Jeanne Leeson: Increasing access in a variety of ways

Jeremy Kirouac: simple things can do a lot. If our food environment is structured to promote the ready availability of unhealthy food products, that's what we'll eat. How about fruit baskets instead of pop machines?

Jeanne Leeson: Sorry, Increasing access to healthy foods

Karli Yanchus: critical aspects needed: funding, funding, funding. Volunteers can't afford to volunteer full time. And if people were working on these things full time in small communities we'd get so much more done.

Bella Coola 5 2: @Karli: Amen, sister! :)

Lesley-Ann Staats: Sunshine Coast: we need to reach out to a broader community, rather than preaching to the same people. We would like to find a champion in the business community who can help with this. Critical aspects: we don't have enough farmers or buyers to grow all our food on this side of the coast, so we need to stay connected to the broader community to ensure regional food security is an

option. A policy on supporting "food security" is hard for people to see - we need smaller, more tangible, specific goals.

Cowichan Green Community: We hope to increase community participation in our local food security coalition

Williams Lake guest (4): one of the most important things to keep in mind for food security in rural and remote settings is to plan for sustainability from day 1, and be strategic in collaborating resources, working from the community level alongside the municipal government level. We have local food policies within our OCP, but we need to continue to make those plans come alive in our community.

Campbell River (6): Thank you!!!

Cowichan Green Community: thanks for a great day!

Analisa Blake: Thanks all!