

# **DRAFT**

**Growing Interest:**

**Supporting Vanderhoof not California by**

**Farming For our Future**

**A report on promoting the growth and  
distribution of local agricultural products in  
the Nechako Valley**

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## **Executive Summary**

This report presents the data generated at the Nechako Valley Food Network meeting held on January 12<sup>th</sup>, 2009, in Vanderhoof, over 60 people turned out to contribute ideas, energy and support to a lively and inspiring discussion of how local food could be a multi purpose dynamizing force - contributing to the local economy, to the enhancement of community pride. In this report the data generated by the group and the activities of the meeting was collated and analysed by Rhianna Everitt, a volunteer working under the mentorship of Theresa Healy, Ph.d The Regional Manager of Healthy Community Development for Northern Health. The first draft was reviewed and commented on and this second draft emerging from this process was shared with the group for their validation and commentary before circulation. This final draft will serve to present the energy, insights and enthusiasm of the group from that first meeting to inform and support the next steps.



## **Introduction**

The Nechako Valley Food Network (NVFN) is a group of volunteers aimed at promoting “the growth and distribution of local agricultural products in the Nechako Valley” through a database of local producers and consumers. They believe the network will support them “To educate and aid individuals to grow and eat their own produce in an environmentally sound way,” and enable the people in Vanderhoof to buy local foods as much as possible. In addition to the database of local producers and consumers, the NV Food Network is considering creating a volunteer database (of skills and machinery, etc.) to support the development of community gardens, mentorship programs, and the Farmer’s Market.

A town meeting was held in the Library Multipurpose Room on January 12 2009. The room was filled over capacity with local people, leaving some to stand along the wall as all the chairs were filled. There was a wide variety of people in attendance whose experiences and backgrounds ranged from local farmers, beekeepers, business owners, teachers, students, parents and organic growers. The meeting was facilitated by Dr. Theresa Healy who is the Regional Manager for Healthy Community Development with Northern Health, assisted by Christine Glennie-Visser, Regional HEAL Coordinator, and transcribed by \*UNBC Environmental Planning graduate Rhianna Everitt, mentoree with the Healthy Community Development Program.

The purpose of this meeting was to introduce and connect local people with the Nechako Valley Food Network and to build a foundation that will maintain and strengthen the relationship between local producers and consumers. It is our goal to take Vanderhoof down the path that will lead to our town becoming as agriculturally educated, healthy and self-sustainable as possible.

## **Meeting Summary**

### ***Opening Round***

The meeting began with Katie introducing the purpose of the meeting and the guest facilitators. The purpose of this meeting was to facilitate a collaborative community vision towards local food security and to introduce some of the communication tools that the Nechako Valley Food Network is developing to assist in this process. Dr. Theresa Healy and Christine Glennie-Visser from Northern Health are introduced. Theresa expresses her excitement to be involved in the meeting and describes the ice breaker activity to encourage everyone to express who they are and what dreams

they hold for their local community. People were to take turns stating their names and the hopes they have for the future of Vanderhoof. Almost everyone in the room took part and there was a unified consensus about what was best for their community and what direction they wanted their community to move in. The results were inspiring, with everyone supporting and encouraging each other's visions, providing an optimal platform from which to build. This was an energizing and powerful beginning to the meeting.

*See Appendix A for a full transcript of the Opening Round*

*Please note in any of the transcripts, comments beginning with \*\* indicate uncertainty of words due to handwriting or acoustics*

## ***Presentations***

The members of NVFN delivered individual presentations that allowed for everyone present to be up to date on what communication tools the network has that can assist the entire community in achieving a unified vision (once that is defined). The presentations were divided into five sections which covered the issues of why people should buy locally, linking local producers and consumers, the technology available to do so, the different levels and types of communication between local producers and consumers, and the idea of congregational liaisons to help the community work together and unite their efforts.

*See Appendix B for a brief review of the presentations*

## **Briefing Notes Exercise**

The facilitator invited the group to take part in a Traffic Lights Group Exercise. This purpose of this exercise is to enable everyone to identify the barriers, ideal states and needed actions that they see in regards to achieving sustainable healthy food security in Vanderhoof. Everyone is given green, yellow and pink post-it notes to correlate with the colors of a traffic light. Barriers were written on the pink paper, ideals were written on the yellow paper and solutions were written on the green paper. There were three areas in the room, each designated to one of the colors where people could collate their data, i.e. post their notes. The participants were divided into three small groups and were assigned the task of analyzing the data.<sup>1</sup>

This process collected a great deal of important information in a relatively short time.

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<sup>1</sup> Not everyone present participated in the small groups, but they still seemed to be actively engaged in networking.

Why is it the healthy food is the most expensive? Shouldn't it be the other way a

It is also noteworthy because it puts the power of determining meaning into the hands of participants and supported in depth conversations as the small group members worked with the information. The three small groups then presented their findings back to the group as a whole

This exercise was received extremely well by all as it allowed those who did not participate still to be included. People were interacting with each other and were able to take part in the different discussions being held throughout the room. This was fundamental in allowing everyone to establish what they saw as the key issues and the next steps needed.

### ***Barriers and Challenges***

The 5 key barriers identified in this challenge centered on a lack of education and marketing resources, financial instability, poor location choices and government restrictions. The knowledge of where our food comes from and how to feed ourselves needs to be regained and implemented into the school system and community living. There is no database or media regarding where and how to buy from local producers, making it extremely hard for most consumers to access healthy local foods. The proposed location for the Farmers' Market is counterproductive because it requires transportation to access, therefore excluding people with no vehicles and increasing travel costs. The Farmers' Market needs to be central and accessible for everyone in order to fully provide for all members of the community.

The high price of land and production costs means most producers have outside jobs in order to pay for their farm. This results in higher prices for local food products which tends to discourage consumers from buying locally, especially lower income families. Government regulations are restricting the potential profits of local farmers by prohibiting the sale of local beef and milk off of the farm (due to safety and health reasons) and limiting slaughter expansion.

The first and most distressing theme was the lack of knowledge. ***People don't care where their food comes from.*** There is too much ignorance about where our food comes from and how to grow food; the knowledge of how to feed ourselves is being lost. The group feels strongly that children must be taught at an early age to eat properly.

The ***lack of database and accessible information and poor media*** impacts everyone, including new community members, How to network? Who can help?

has a clear knowledge of how to grow, prepare and store their own food and make sure  
A dream. Farming In Vanderhoof community-supported

Where to look for info? These are questions many community members have. It is hard to get the word out, to spread the information for producers to reach consumers and visa versa.

The issue of **location, location, location** impacts local food issues. The Farmers' market location not beneficial and the proposed location of farmers' market (historical society) is not central; It will require transportation for people to access, and is far removed from rental accommodations in town. This could mean that lower income families have greater barriers at accessing local food. Also, visibility isn't high and parking is limited.

**Cost of farming** was also raised as a key barrier. Participants noted that it does not pay enough to be a local farmer or producer. The high cost of land and production costs means most producers have outside jobs to pay for the farm. In particular low income people can't afford healthy local food because it has become too expensive.

The participants generally feel that the Government should be leaders in promoting healthy local food and promoting access to it yet **Restrictions are placed by Government**

Examples of restrictions are government regulations restricting/prohibiting CSA. Safety and health factors. Limiting of slaughter capacity actually undermines local efforts rather than supporting them.

*See Appendix C for a full transcript of the Barriers data*

## ***Ideals and Visions***

The wide range of ideals that were listed stemmed from a central theme of improving community living by **supporting local food producers** and healthy eating. Certifying local food production facilities and providing convenient slaughter capacity will allow for an increase in the amount, diversity and profit for local producers. Increased **government support of local initiatives** would contribute to making farming in Vanderhoof a profitable and community-supported livelihood. A key factor for success is the development of a well constructed and easily accessible data base connecting local producers and consumers. Utilizing the power of groups, co-operatives and organizations to manage tasks would be very beneficial in determining and achieving local goals. The desired outcome is a synergy that will lead to an increased knowledge of and demand for all locally produced foods such as beef, milk, bee products, produce and more.

need to teach children to eat healthy and learn about healthy food (teach a person to

Another main priority is a **community garden and green house**, preferably one for the public and one on school grounds. The community garden and Farmers' Market need to be located centrally and within close proximity to one another in order to accommodate the needs of all community members. **They will provide access to healthy, fresh and organic food for the whole community**, while enabling everyone to engage in a healthy balanced lifestyle, and making Vanderhoof more self-sufficient. This will aid in the integration of knowledge of food and healthy living, and lead to all plot subscriptions being filled with the need for more land. **Schools will be able to provide hands-on mentorships** on such things as worm composting, green houses, gardens and farm partnerships all to be worked by the students. Public mentorship programs focusing on gardening, canning, etc. will also provide the possibility for every family to gain knowledge on how to grow, prepare and store their own food, and ensure that their children play an active role in the process.

In summary, the ideals included improving resources such as: certified local food production facilities; convenient slaughter capacity; more government support of local needs; good data base connecting consumer to producer, community supported green house in both schools and for public, access to healthy, fresh and organic food is readily available in our community. Other ideas included increasing knowledge of and demand for local bee products; engaging everyone in the community engaging in healthy balanced lifestyles increase/arise from Vanderhoof becoming self sufficient, the development of garden, canning, etc. mentorship programs. Utilize the power of groups, co-operatives and organizations to share knowledge at all levels and aid in marketing. The education system also figured in ideals and visions: *"School systems are integrating knowledge of food and healthy living, and having hands-on mentorships, for example worm composting, green houses, gardens and farm partnerships all to be worked by the students."*

Participants also see the central role of the community garden and farmer's market, and that they need to be located close by and centrally, in a way that reflects the community's vitality and spirit. This will aid in the integration of knowledge of food and healthy living. A success indicator would be that the community garden has all plots are fully subscribed and looking for new land.

### ***Next Steps – Actions Identified as needed***

The overall consensus emerging from the data on the third component of the exercise fell in to 5 categories as drawn from 2<sup>nd</sup> cut of the raw data: Incorporating schools, educating the public, involving and connecting with the public, relocating the Farmers market and a small miscellaneous. (see Appendix E for the full transcript and numbers associated with this category.)

Under **incorporating the schools** the group had identified the importance of including education programs within the school system for children and their parents, including hands on experiences and mentorship opportunities. Schools as a natural site for worm composting, green houses and gardens could support real learning and develop knowledge of the local growing climate. Links with local experts could be fostered through workshops, provision of hot lunches, a regular agricultural fair (similar to science fairs or in conjunction with them). This strong foundation within the school would build the preference for and thus a demand for local produce.

**Educating the Public** was the natural partner of in school education. Promoting buy local efforts and the use of community gardens, through the local web network, through neighbour link, print and radio media, bulletin boards, churches and community groups would ensure a broad wave of inclusion. The recognition that lost skills need to be recaptured was also strong: workshops and mentoring in producing, using and preserving local produce will be a necessary work. Ensuring the people of Vanderhoof understand the true cost (as opposed to price) of food is also vital. People need to understand the real costs, where food originates, what happens to food when produced in industrial conditions in other countries and what has happened is happening to nutritional and cultural content.

Beyond simply educating the public, the group expressed a strong desire focusing on **Involving and Connecting the Public**. Promoting ways the public can then act on new knowledge including encouraging enrolling in community gardens and greenhouses as a source of community food., learning and relying on what is available locally first. Developing the database that can link local consumers and producers and have ability to grow into whatever is needed in the future would be crucial to these aims.

In order to both promote and accommodate local demand for local food identifying *“community property that is available for community garden, identify neighborhood expertise that is available to support this and assign the task of managing this to specific person(s)”* was recognized as forward planning

The result of this work would be a growing interest and momentum going in the community.

The **Re-locate Farmers' Market** topic suggested changing the proposed location of Farmers' Market to a more central, accessible and ideal location. Some ideas included Riverside Park, which would put the market within walking distance of town and be part of Bird Sanctuary Ferland Park and play ground. This would open up the opportunity to integrate the market into the community activities e.g.: summer kids' program. Other idea was to locate the Farmers' Market in the Co-op parking lot as it is central, with lots of parking and high visibility.

The ***Other category*** identified a group of ideas that had merit but did not fit in the above categories.

- The Nechako Waste Reduction Initiative members want to form an umbrella group to apply for funding for both the Food Network and Waste Initiative group, to help combine initiatives for both groups - needs members with admin skills to help with that. This board could possibly also facilitate planning for smaller groups such as the Community Garden.
- Advocacy and help to develop government programs that help work with farmers' markets and small farms.
- A convenient slaughter capacity needed - suggestion to move forward with adding another slaughter facility.
- Advocate for a change in tax assessment re: farm status - increase allowable products, allow value added income and no more split classification.
- It would be great to have government services that allow diversifying outside forestry, give people a list of options and letting people choose what they want to do, that will work for their region and communities
- We need access to heritage seeds.

## **Conclusion**

The consensus of the group present was that this was a good beginning but only the beginning. A wider community meeting with input sought and the information shared from this section was seen as the next steps.

The Healthy Community development team undertook to craft a report from the meeting with pictures from the camera that would be circulated in advance of the next meeting.

## Appendix A: Opening Round

Sean - As a consumer I want good quality, affordable & nutritional food.

Thea - I want to continue raising awareness especially at high school for kids & parents, get parents and children involved regarding their diets.

Suzie - We want a good strong farmers' market.

Henry - I grew up in a large family which was self sufficient in growing good/high quality food and lots of it. He wants this life style and ability reborn.

Garry - Help develop government programs that help work with farmers' markets and small farms.

Norm - Member of the Crop advisory, he has bought an 80 acre piece/(parcel??) of land and wants to produce enough local food to protect the community.

Janet - as an organic grower, wants to be adequately compensated for the work she puts into it.

Allan - Community garden doesn't have enough space, measure of success would be that the garden is over subscribed.

John - as a bee keeper, wants Vanderhoof to be a hot bed for bee keeping industry in BC

Judy - Really interested in supporting local food systems.

Susan - has a really long sustainable wish list, wants sustainable income for everyone, affordable access to food for everyone including marginalized peoples. This will have to include transportation and safety as parts of the whole

Lisa - knows people can develop and share their amazing skill sets and expertise across the community, which will enable everyone to grow food and provide for the whole community.

Shelly - Wants to support Vanderhoof not California.

Debra - Really interested in seeing community gardens and greenhouses as a source of community food.

Todd - Wants to promote self sufficiency at both community and individual levels.

Debra - Our children can learn and inherit our culture, such as their cattle ranch legacy.

Katie - Wants government to re-evaluate regulations on beef and dairy so communities can access local food. We can meet the needs of local healthy eating and build the need for it

Ray - Is a food addict who wants to eat better and wants a healthy food program. "We have some children who have never eaten healthy vegetables. We need to teach children to eat healthy and learn about healthy food" Teach a person to garden, you feed them for life."

*Aside: There are 8 focus areas in the government for education and no focus areas for healthy eating/agriculture.*

Patty - "everything Ray said"

Valerie - Has small children and wants her kids to help grow what they eat at home and at their friends' houses.

Jeanie - Wants to see people enjoy growing food and know the absolute joy of growing things in a garden.

Susanne -Vanderhoof has an amazing potential to be a leader in the province on how local food production can be a strong economic and social support provincial need to have a strong farmers market that supports local farming. Also needs strong leadership not only from grassroots up, but from top to bottom (pincers).

*(sorry name not heard)* - Small markets can benefit from an economic downturn b/c people start going locally for food choices.

Jolene - Wants a network of master gardeners.

Devon - Through education we can open a system of sharing so people know what and how to grow here.

Celia - wants to increase access to local quality food in farmers market and other food retailers.

*(sorry name not heard)* - Is a 3<sup>rd</sup> generation farmer who is looking to diversify their farm. Can raise the beef natural organic and environmentally friendly, natural cycles?

Darlene - There is a lot of knowledge and pride from the older generations to be past down, it can help develop self esteem, elder's knowledge.

Steve - Vanderhoof can produce for other towns also, create economic security.

Kimberly - Wants access to heritage seeds.

Speaker - By all of this we can strengthen our social fabric through food.

*(sorry name not heard)* - as one of the larger farmers in the area - I want to see an increase in grain, hay into picture

Henry - I have good available land and excellent soil as result of the lake bottom. I want to be a good neighbor and share what land exists with those who don't have any so the landless can garden as well. I want to see a bank of available gardening land for local people.

Facilitator: I want to interject to ask you to think about what children are learning in school, and how important it is that the local community steps up to become a leader in this way. Listening to these voices - there is a something quite powerful here - a collective weaving of dreams.

*(sorry name not heard)* I want to see diversify beyond trees in our forests. Saw the experience of taking out dead trees and just replacing them with one type of tree, what a lost opportunity. It would be great to have government services that allow diversifying outside forestry, support a given list of options and letting people choose what they want to do.

Loraina - would like to support building an agricultural plan for Vanderhoof because this area is gold mine. And working at provincial and regional level. An agricultural plan is a good way to ground yourself. Especially the ones already completed that carry the history of Vanderhoof - there is no need to re-invent the wheel

*(sorry name not heard)* I think we need an impetus for honey industry - network and producers. Be aware of the history of our region and agricultural, know background and use it, work from it.

*(sorry name not heard)* Increase networking with growers to maximize honey production, need friendship or networking.

## ***Appendix B: Presentations***

### **Home grown**

Presented by Val and Allan -

A vision of the food network as promoters of conversation between local people, the network can provide the most local made food on dinner plate as possible: Locally grown as opposed to non-local and non-natural. We need to know where our food comes from. The cost of local may be more \$ but is better, know the history of your food from garden to plate. We need to know true cost of food to get to your plate if it is not local. It is hard not to eat foods that aren't in season, but it is better for local living - it makes a good difference. Personal, global and local levels of food - eating right makes you feel good and promotes living and eating well. On a community level allows to tie into seniors with wealth of experience which we will lose if we don't tie into it. On global scale we need to think what we are doing to 3<sup>rd</sup> world countries when we buy produce under priced from them? Need to be conscience and accept responsibility of our eating actions.

### **Experiences of retail**

Presented by Maya -

avid consumer of local produce, owned/operated local health food store. If producers had C.S.A would help guarantee profits and clients. Defines C.S.A. and benefits of members, food they eat and the land which the food was grown. Helps create economically stable food market for local farmers.

### **Nechako Valley Food Network website**

Presented by Devin and Lisa (on behalf of Michelle)

Devin: Interested in technology and a passion for connecting with local farmers and help them and his own family. Intent is to develop database that can link local consumers and producers and have ability to grow into whatever is needed in the future. Build list of producer s and consumers, help public to full exposure of what is available in their community and how to support local agriculture Use as communication tools as well, such a questions or requests. Provide more info on real costs, where produced, how produced, what it is; full info on food. Help those with limited time or who don't have the contacts locally to find out the info on local foods they are looking for.

Question - Can you include workshops on the website, volunteer database?

Lisa - Discussed bulletin board, showed where it was on website. Talked about available mentorship in community regarding farming/gardening. Overview of Morsel Articles, producer profiles, resources and links, message centre, home grown recipes.

*Questions – What about a space for kids to contribute? Photo of the week or kids' drawings.*

- Tough economic times bring out all creativity, people have to do it our way w/out government led programs b/c they come with restricting regulations. There are some safe ways to get around these regulations, he suggests that with canning programs on the website that they are tested very well to be safe and other aspects follow food safety.

**Congregational liaisons** idea came up to have congregational liaison for each congregation and find out who wants to be producer/consumer, and able to network through website and bulletin board for people to be able to reach out to other programs and get wide range of volunteers from diff groups (school district, adult mental health, etc).

The group took a 15 minute break in which contact information sheets were provided so that people could be linked to the NVFN and with local producers or consumers. Another summary sheet was available as well for the Congregational Liaisons regarding database, various tasks, email of network, etc., and for anyone else who was interested.

## **Appendix C: Barriers**

*Note: when more than one response was received from the group, the number of responses is noted in red*

Education/knowledge, access, government restrictions, other time demands, cost/fair prices, location, attitude and marketing.

### Education

**2**-Children must be taught at an early age to eat properly.

**2**-Reaching and re-teaching importance of real food to youngsters. i.e. fuel for mind and body.

-Knowledge of greenhouses.

-Knowledge of how to feed ourselves is being lost.

**1**-Kids' lack of knowledge about where their food comes from.

**1**-Ignorance about where food comes from and how to grow food.

-Education of farmers and consumers of bees and hive products and health benefits and local produce benefits.

-Understanding what and how vegetables grow in this zone.

-Lack of local food producers. 1) Mentoring new producers. 2) Engaging old or past producers.

-Incorporate native reserves into this plan.

### Attitude

-People don't care where their food comes from.

-Getting interest and momentum going in the community.

**1**-The work necessary to begin producing and consuming local products seems overwhelmingly hard.

1-Burnout.

-Confidence.

-\*\*World problems are increasing. How to remain at our place and show caring.

### Government Restrictions

-Time, energy and effort needed to produce food crops while also working full time and living a modern lifestyle. Distance between ideal and goal.

1-Government intervention; i.e. restricting due to regulations in the name of safety and health.

1-Government regulations restrict/prohibit CSA.

1-Government regulations (selling beef and milk off the farm).

1-Government regulations.

1-Safety and health factors, regulatory bodies, federal and provincial.

-ALR and Farm Tax assessment issues.

-Slaughter capacity limited.

-Local people are more than the local and federal government.

*Unfinished Notes:*

### Location

-As a new community member - how to network? Who can help? Where to look for info?

-Little use of community garden.

-Enough land to produce for more than my family.

-Seasonal growing - no consistent supply.

1-Farmers market location - museum is not an ideal location.

1-Proposed location of farmers' market (historical society) is not central; will require transportation to access, and is far removed from rental accommodations in town, which could mean that lower income families have greater barriers at accessing. Visibility isn't high and parking is limited.

-\*\*Too much weight put on organic label.

### Other Time Demands

-Time such a limited thing.

-Volunteers (many).

### Cost and Fair Prices

-The inertia and efficiency of the existing food delivery system.

1-Current farmers/producers are living below poverty level and will be unable to continue to raise crops at these levels.

1-It does not pay enough to be a local farmer or producer.

1-High cost of land and production costs means most producers have outside jobs to pay for the farm.

1-Economics - cost of production for farming is so high.

-People with lower income not getting nutritional food.

-Barrier is the distance from town to farm i.e. consumers will use so much gas to travel to farms - is it sound practice?

1-\*\*Wholesale low prices, for products i.e. beehive products

### Marketing

1-Marketing.

1-Lack of marketing for local producers.

1-Marketing or getting the word out.

Challenge: creating balance between generating understanding of value of growing our own produce and positively supporting local producers so that their businesses are sustainable. (Don't want to create so many private producers that local agriculture is negatively impacted).

## ***Appendix D: Ideals***

A list of general ideals was written on the paper provided and the group placed the post-it notes in a circle all around the written list with no designated groups for the individual notes. Based on all of the notes provided the group members divided the

ideals into eight areas; marketing, education, financial, farmers' market, community garden, continue momentum, manageable tasks and processing capacity. The notes are listed below.

-Certified local food production facilities.

-Convenient slaughter capacity.

-Gather knowledge of barriers.

-\*\*"GOD" is God as shown in 17 different Christian denominations in this valley - breeds adversaries.

**1**-We develop garden mentorship programs, canning, etc. Share knowledge at all levels by utilizing existing infrastructure - networking.

**1**-Utilize the power of groups, co-operatives and organizations such as this to get together and help each other with marketing.

-Good data base connecting consumer to producer.

-All plots are fully subscribed and looking for new land.

**2**-That community garden and farmer's market are located close by and centrally. Reflect community vitality and spirit.

**2**-Farmers' market location - Riverside park or Ferland park.

**3**-People inviting consuming and not afraid of local bees and products.

**3**-Strengthen local market demand for hive products.

-A place to gather, share, learn, eat quality local food, i.e. farmers' market.

-Government actively supports CSA.

**4**-Healthy, balanced lifestyles that give priority to self sufficiency.

**4**-Get: exercise, fresh air, social interaction and good food.

**4**-Time for healthy living and being a part of a healthy, self providing community becomes a priority.

**5**-Good, nutritious and fresh produce readily available.

**5**-Access to consistent supply of food.

5-Access to healthy, fresh and organic food is universal in our community.

-Change in tax assessment re: farm status - increase allowable products, allow value added income and no more split classification.

-\*\*Everyone in the community engaging in the local food issues and concepts on same level. (word?)

6-Local farmers and producers are paid well for their products and services.

6-Farming is a profitable, community-supported livelihood.

6-Farming in Vanderhoof is financially viable.

6-Farmers can get a fair price for their product.

6-Farmers paid enough for products that they don't have to work outside jobs to keep the farm going.

Burnout issues - small, doable actions. Need to have celebration of successes, sharing of work loads. Ask for help and keep asking.

7-We all know how to feed ourselves, prepare and store food, and have plenty to share. Our children are actively involved in their food production.

7-A clear knowledge of growing vegetables in this area.

7-Every family passes down the information, resources, know-how and commitment to the next generation.

7-Parents must take the time to educate and not leave it all to schools, etc.

8-Education systems integrating knowledge of foods' origins and what's needed for healthy living.

8-Schools would include worm composting, green houses, gardens and farm partnerships all to be worked by the students.

8-Education and hands-on mentorship, for example planting and growing.

-More education on modern family using commercial fertilizer.

-Less government intervention - supporting regulations, open mindedness, trust and less bureaucracy.

Re: lack of local producers 1) engage SD 91 in mentoring up now young producers, 2) support the amazing local small farms.

10-Community supported green housing.

10-Parent or community volunteer to help with greenhouse activities.

-To have access to land and water.

-The ideal solution to covering the gas from town to farm - car pooling.

-Local producers would have a marketing plan.

-\*\*Adversity breeds knowledge and self reliance: exercise, good eating habits, care, good well, good example to other valleys.

-Assign small tasks.

-People are passionate about food.

-Great momentum and productivity.

-Consumer is responsible for their own actions.

*Unfinished notes:*

-Food travels from farm to plate in an.....

## **Appendix E: Actions**

Those organizing the actions list came up with seven different types of action groups which were: government related, education, farmers' market, greenhouse, community garden, C.S.A, and miscellaneous.

### Government related

-\*\* Work with Ministry of MLG for agricultural support.

-Educate government while CSA's operate successfully (simultaneously). We are successful with or without them.

-Lobby government to reconsider regulations.

### Education

1-Education/demonstration. (x 2)

1-Working with and being educated by people who have the knowledge and resources.

**2**-Education programs in schools for kids and their parents.

**2**-We make education about food an essential part of the culture of our schools and our society.

**2**-\*\* 1) Educational teams giving workshops in the schools. 2) Local food hot lunches for schools. 3) Advertising campaign in multi-media. 4) Networking. (all belong under heading?)

-\*\*Tear down barriers to knowledge.

-\*\*Start with the land I have until I have access to more. Connect with a mentor who could be the knowledge I need to be successful. (heading?)

### Farmer's Market

-\*\*Get teachers, parents, students and school boards to work together to create gardens, green houses and worm composting on the school sites.

**1**-Location for Farmers' Market - Riverside Park. Within walking distance, part of Bird Sanctuary Ferland Park and play ground. Could be integrated into the community activities → summer kids' program.

**1**-Farmers' Market to be located in Co-op parking lot. It is central, lots of parking and high visibility.

-\*\*Community to be able to purchase organic produce from Nechako Valley Community Organics - new greenhouse project located at Bean. Same project supplies organic produce to food bank and community kitchen.

### Greenhouse

-Year-round greenhouse.

-Have greenhouse operational at schools so that students can help out.

-\*\*Get involved with your community to help strengthen it

**1**-\*\*Develop strategies for local food security.

**1**-\*\*Continuing to provide veggies and fruits but from local sources.

-\*\*Outsource from another community for that season within Canada.

-\*\*Farmers' Market website. Food bank getting some fresh veggies and fruits to be able to put into hampers for people.

-\*\*Forming of community network provides voice for progress in desired directions. More faith in self, self responsibility taught in school and at home.

### Community Garden

**1-**\*\*Encourage neighborhood gardens. 1) Identify community property that is available for this. 2) Identify neighborhood expertise that is available to support this. 3) Dedicate identified person for this purpose. 4) Network in neighborhoods to make it happen. (word?)

**1-**\*\*Promotion of garden through local web network, neighborlink (community kitchen), newspaper, bulletin board, radio, churches and community groups.

**1-**\*\*Developing resource and tool kits that assist in the implementation.

**2-**\*\*Capture the notion of teaching children to garden so they can feed themselves for life. Greenhouses and raised bed gardens etc. at all schools.

**2-**\*\*Schools division at fall fair.

**2-**\*\*School district science fair with agricultural division. (word?)

-\*\*A committee of like minded people begin development of a collective marketing plan.

-\*\*Producers also have food available for purchase on Saikeez reserve (community health centre). (word?)

### CSA

**1-**Consumers and government recognize the many inherent values of locally produced and consumed products, and this is reflected by community and government support.

**1-**Consumer and community willing to support the viability of farming.

-\*\*Live products, food buying, exchange groups and CSA. (word?)

-Cut out middle man who adds cost to the product.

-Vanderhoof food network can connect farmers and consumers to arrange connections.

-Support our farmers and be willing to pay more.

### Miscellaneous

-Have personal one-on-one to encourage to get people out.

-Do a little at a time and set small goals.

-Re-evaluate priorities to make time for growing, connecting and living as part of a healthy community.

-Produce delivered by taxis.

-Another slaughter facility.

-Priorities must be wanted, nutritional changes must be a priority.

-\*\*Burn-out issues: Processing important, develop a plan; share it, reflect and get support. Working together. (word?)

-\*\*Re: Lack of local producers; 1) Share your website widely. 2) Have SD 91 agriculture program engage in agriculture planning for this area for self sufficiency...  
... (word?)