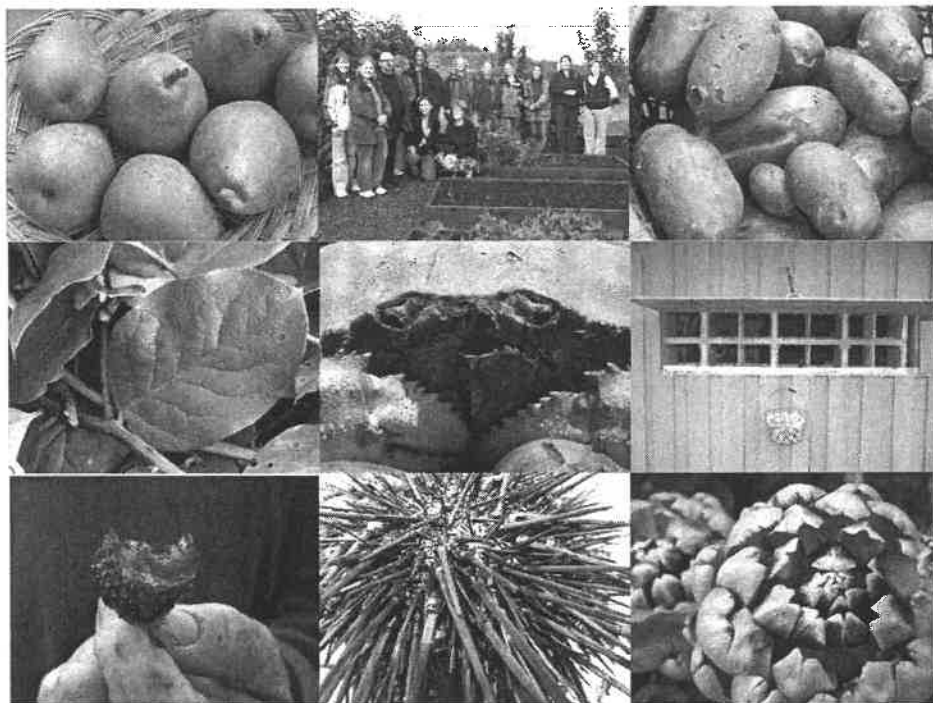


FOOD CHI: A FOOD STRATEGY FOR THE SOOKE REGION

**An Environmental Scan of Food Security Issues in the Sooke Region, and a
Preliminary Action Plan to Address these Issues.**

FINAL REPORT



**Prepared for the Vancouver Island Health Authority's
Community Food Action Initiative by
Sooke Food CHI**

JULY 2008

The success of this project was made possible by a committed group of community volunteers and the many citizens who understand the importance of nurturing an accessible, healthy, and sustainable food system within their communities.

The authors wish to thank the Vancouver Island Health Authority for the funding to engage with the communities of the Sooke Region to better understand local issues relating to food security and food culture.

Thank you.

Acknowledgements

There are many individuals and groups who have contributed to the success of our project who are mentioned in this report. Food CHI wishes to especially acknowledge the following groups, and their representatives, who helped to support various aspects of the project:

VIHA Community Food Action Initiative: Caryl Harper (Regional Food Security Coordinator).

Sooke Community Health Initiative (CHI)
Edward Milne Community School Society
CASA – Sooke Child, Youth & Family Centre
Feasting for Change: Reconnecting to Food, Land & Culture Project
VIHA Aboriginal Health
VanCity
T'Sou-ke First Nation
District of Sooke, Planning Department
District of Sooke, Official Community Plan Review Committee & Consultants
ALM Organic Farm
Glenairley Centre for Earth & Spirit
Edward Milne Community School Culinary Arts Program
West Shore Food Security Group
Sooke Harbour House
Scia'new First Nation
Pacheedaht First Nation
Sooke Country Market
Sooke Video Awareness Night
Sooke News Mirror
Rural Observer
Vital Vittles
SD#62 & Ed West Alternative School
Shirley Community Hall
Canadian Cancer Society – Vancouver Island Region
CR-FAIR

Finally, a hearty thank you to the people of the Sooke Region for sharing your passion for food and agriculture and all that these entail. Your dedicated concern for our community and the well being of our food system continues to inspire and act as a model for other communities. From finding creative ways to grow your own food; to attending community food discussions; to volunteering at the community garden; to buying from your local farmer and spreading the word to your neighbors - you are helping to enhance food security for the community and planet. Here's to many more community potlucks with local food, friends and family. Happy eating, everyone!

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PREFACE

Food CHI: A Food Strategy for the Sooke Region was made possible through the Vancouver Island Health Authority's Community Food Action Initiative Fund, granted to the Sooke Community Health Initiative (CHI). The project was accomplished with the work and support of the volunteer steering committee known as *Food CHI*, which represents a broad cross section of volunteers from the gardening, farming, restaurant, health, local government, non-profit and volunteer organizations, as well as numerous interested and concerned citizens.

The steering committee generously volunteered their time and effort to support the project coordinator. Over 100 people have requested ongoing engagement with Food CHI through their e-mail distribution list, and many individuals are actively engaged with the project and have participated in project meetings, activities and events. The members of the steering committee are:

1.	Mary Alice Johnson	ALM Organic Farm; Full Circle Seeds; Sooke Country Market
2.	Julia Kemp	CASA Community Garden Coordinator; Lifecycles Project – Youth Core
3.	Ellen Lewers	Mrs. Lewer's Farmhouse; Sooke District Official Community Plan Review Committee
4.	Kathryn Kusysyn	Nutritionist and Yoga Instructor; CHI member
5.	Sinclair Philip	Sooke Harbour House Co-owner; Slow Food Canada
6.	Isabelle Charles	Scia'new First Nation Elder; CHI member
7.	Tina Tejano	Scia'new First Nation community member
8.	Phoebe Dunbar	EMCS Board; CASA Board; community volunteer
9.	Roberta McDonald	EMCS Community School Coordinator; CHI member
10.	Carol Mallett	Sooke Garden Club, Sunriver Community Garden
11.	David Mallett	Sooke District Official Community Plan Review Committee
12.	Andrew Moore	T'Sou-ke Nation Communications Coordinator; Sooke District Official Community Plan Review Committee
13.	Ellen Anderson	Family Physician; community researcher; CHI member
14.	Theresa Willman	Silvercloud Farm; Sooke Country Market
15.	Marika Nagasaka	ALM Organic Farm; Sooke Country Market, Chair
16.	Toni Tata	Sooke Family Resource Society
17.	Marlaina Elliott	District of Sooke, Director of Planning & Approving Officer
18.	Jane Hutchins	East Sooke Farmer; CHI member
19.	Robert Byers	East Sooke Farmer
20.	Mary Dunn	VIHA, Public Health Nurse; CHI member
21.	Fiona Devereaux	VIHA, Aboriginal Health Nutritionist
22.	Carol Harding	Sooke Country Market, Treasurer
23.	Marlene Barry	CHI, Chair & small business owner
24.	Betty Tully	Juan de Fuca Economic Development Commission
25.	Steve Holland	Community member
26.	Mary Holland	Community member

27.	Tracy Kelly	YMCA/YWCA Camp Thunderbird, Food Services Director
28.	Pia Carroll	Edward Milne Community School, Culinary Educator & School Garden Program
29.	Jessica Boquist	Sooke Harbour House
30.	Roberta Kubik	Edward Milne Community School, Principal
31.	Jo Phillips	Nutritionist; Sooke Video Awareness Night, Coordinator
32.	Amy Rubidge	Barefoot Farm; Yoga Instructor
33.	David Stott	West Shore Food Security Group; Capital Families Association Food Security Coordinator
34.	Miranda Aloma	Community member, garden farmer
35.	Nancy Falconer	Canadian Cancer Society, Vancouver Island Region Community Action Coordinator; CHI member
36.	Michelle Marier	Community member; CHI member
37.	Katherine Lesyshen	District of Sooke, Associate Planner
38.	Kate Kittredge	Community Development Consultant, Food CHI project coordinator, CHI member, Feasting for Change project consultant

Project coordinator, Kate Kittredge, worked with the steering committee to collect public input and information and compile this environmental scan and preliminary food strategy based on the strengths, weaknesses, opportunities and threats facing food producers, distributors and consumers in the Sooke Region from Port Renfrew to Beecher Bay. This community engagement and consultation process has also increased local awareness of food security issues facing local citizens and consumer groups.

This report has been developed from extensive public consultation, and is intended to provide key stakeholders in local government, the health authority, farmers and food producers and citizens with a foundation upon which to base future land use, development, and policy decisions. We intend this document to serve as a basis for further community conversations, engagement and knowledge translation. Comments on the report and suggestions for improvement and additional areas of enquiry are welcome. Please direct your comments, questions and suggestions to: andrew@tsoukenation.com.

EXECUTIVE SUMMARY

In June 2007, the Vancouver Island Health Authority's Community Food Action Initiative granted funds to the Sooke Region's Community Health Initiative (CHI) to engage with community members, local First Nations, decision makers and key stakeholders in the region from Port Renfrew to Beecher Bay around the topic of regional food security.

These funds were used to conduct a regional scan of issues related to food production, engaging local citizens in raising awareness of food security issues. This consultation is the first step in developing and implementing a community food security and health action plan.

A core group of volunteers was recruited, met monthly, consulted widely, and held community focus groups to provide residents and stakeholders the opportunity to discuss and comment on food security issues. The Steering Committee developed a vision for the fledgling 'Food CHI' group, held community events to raise local awareness of food security issues, published articles in area newspapers, and engaged in discussion with local decision makers to ensure they were aware of our focus and activities.

This first Food CHI project built on community research and engagement done by the Community Health Initiative (CHI) since 2004 in documenting health needs and resources¹. The Sooke District is currently engaged in an Official Community Plan Review, and the Juan De Fuca Electoral Area is engaged in developing an Agricultural Area Plan, and both CHI and Food CHI have engaged with and informed both processes.

In the process of community consultation and engagement, Food CHI developed a clear vision for the group:

Our vision is that all citizens of our region will have the opportunity, knowledge and resources to produce, acquire, eat, enjoy and celebrate affordable and nutritious local food.

We envision a vibrant sustainable food culture rooted in viable local production, historical and First Nations knowledge and environmental stewardship.

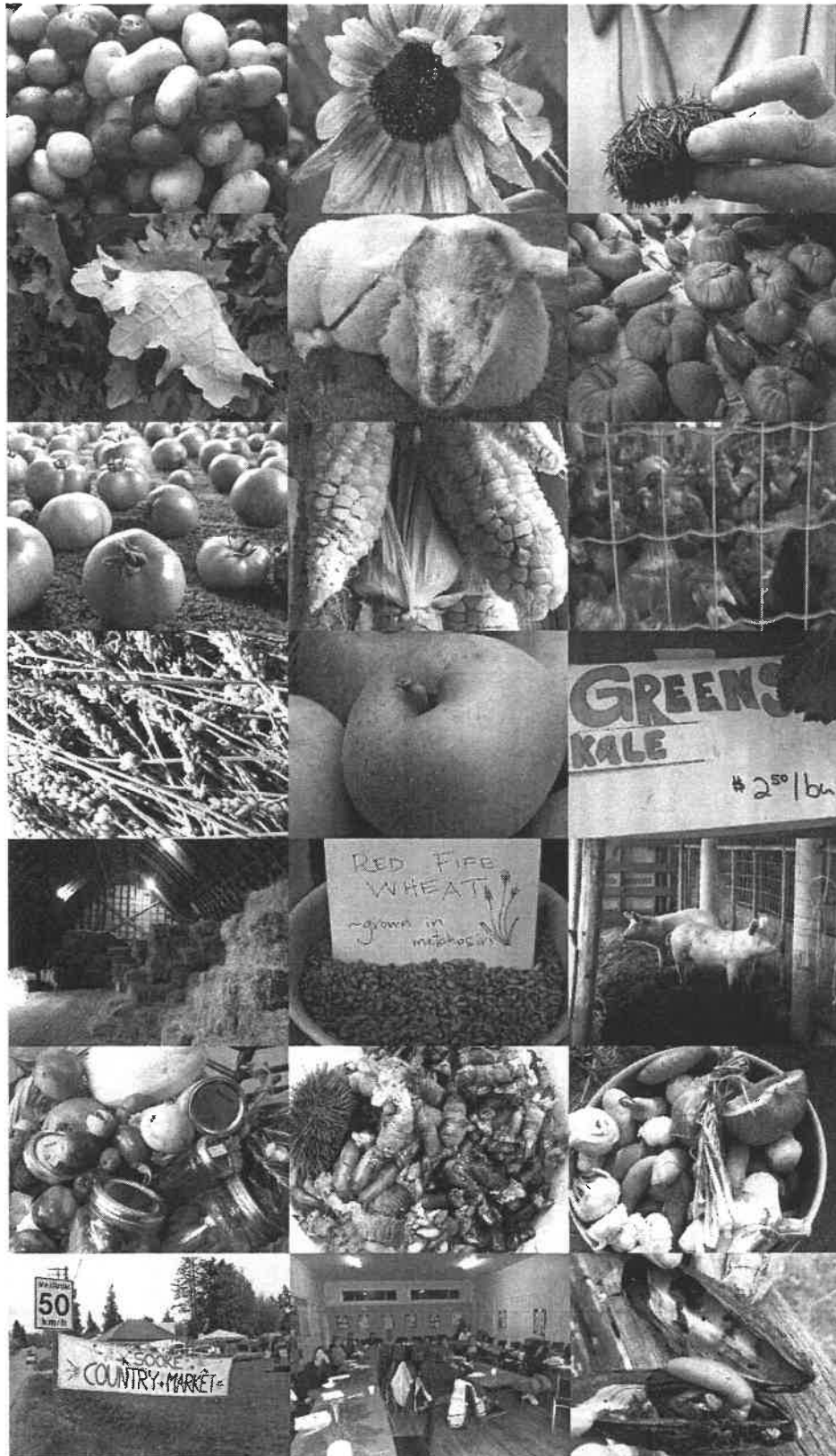
Citizen needs and desires will inform food and agricultural regulation and policy at all levels of government.

¹ Sooke Region Community Health Information Project Final Report:
<http://www.emcsprograms.ca/sookechi.html>

As Food CHI members spoke with citizens and local focus group participants to assess the current situation and raise awareness around regional food security issues, the topics discussed coalesced into a number of common themes. The following themes surfaced in many ways in many contexts, and have become the organizational framework for Food CHI activities and planning for the next steps in engagement with citizens and decision makers in the region. The themes are:

- 1) Community Education & Awareness:** there is a desire in the Sooke region to raise local awareness of food security issues and challenges, to support citizens of all ages who wish to learn how to feed themselves in a healthy manner, and to connect local food production and consumption to the development of local culture and community
- 2) Food Accessibility:** As food costs rise, the social disparities in food access and nutrition rise as well. A significant number of citizens in our regions depend on food banks and community food sharing. Ensuring equitable access to healthy food through the lifespan is an ongoing challenge for all communities.
- 3) Regulations & Policy:** Local farmers, fishers, wild harvesters and food producers uniformly cited the current regulatory framework and planned policy changes as the key threats to protecting existing farmland fisheries and wild harvesting; and maintaining or increasing local food production.
- 4) Local Production:** The demand for locally produced or harvested food far outstrips current production. Targeted incentives for new farmers, fishers and food producers are an essential aspect of maintaining local production.
- 5) Market Revitalization:** The desire to have community markets as places to meet neighbors, buy locally produced food, share the bounty of our region, and build community connections emerged as a common theme in all our consultation.
- 6) Local History, Culture, First Nations & Cuisine:** We live in a unique region where we celebrate a long history of a sustainable First Nations food culture that is now threatened by many external and internal forces. Creating a vibrant local food culture is one way to ensure that we remain a viable community for residents and visitors alike.
- 7) Diversification & Sustainability:** The ability to feed our population in the future as we face population growth, economic challenges, and climate change, requires innovative solutions that embrace a diversity of perspectives and approaches and are focused on sustainability of our food supply.

The detailed information collected from the community has been reviewed and compiled by the Project Coordinator and the Steering Committee in order to develop a Food strategy for the Sooke Region, and design a Community Food Action Plan during 2008/2009. Food CHI intends to seek funds for the development and implementation of this plan.



PROJECT ACTIVITIES JULY 2007 – APRIL 2008

The activities, as described below, are defined by Schedule A of the Sooke Community Health Initiative (CHI) service contract with VIHA.

1. DIALOGUE:

The dialogue began with the formation of Food CHI in July of 2007. Monthly supper meetings, where an average of 20 to 30 participants were present, occurred at a variety of settings around Sooke to encourage access to a dialogue for those interested in “food security”. Each participant who was able brought food to these gatherings where not only good local food was shared but so were values of food and food culture. This was the beginning of the **purposeful** dialogue.

Food CHI Meetings were held at varied community locations to ensure widespread access:

- ALM Organic Farm & garden tour (Food CHI Inauguration);
- Sooke CASA, community kitchen & garden tour (x3);
- EMCS & garden tour (x2);
- Barefoot Farm (Amy Rubidge) & tour;
- T’Sou-ke Nation Band Hall & Community Kitchen (x3);
- Sooke Seniors Drop-in Centre;
- Ralph Hull’s Sushi by the Sea B&B.

As this dialogue became more focused it extended to include many additional locations and events:

- Field Trip to Richmond’s The Sharing Farm Project & Terra Nova;
- Field Trip to Sooke’s Woodside Farm;
- 50 km Diet (see appendix);
- Co-hosted Dan Jason Film & Q&A – Gardens of Destiny (see appendix);
- Co-hosted ‘King Corn’ film screening and Q & A;
- Presented to Sooke District Official Community Plan Review Committee;
- Inclusion in Sooke District Official Community Plan: Community Survey mailed to 8,000 homes with 800 completed and returned (see appendix);
- E-mailing List (with over 100 people);
- Education fairs;
- Other community gardens, community farms;
- Local First Nation’s Communities.

Food CHI hosted a booth at the following local events to enhance education & awareness surrounding both the group and food security issues:

- Transportation & Health Forum (Edward Milne Community School);
- Gardens of Destiny Film Screening (Edward Milne Community School);
- Rotary Auction (SEAPARC);

- West Shore Go Local Food Summit (Colwood);
- CR-FAIR Food Matters Forum (Victoria City Hall);
- Sooke Country Market (3 Saturdays summer 2007).

By the fall of 2007 the dialogue that was both passionate and enlightening, became focused through a more planned approach to our activities. See *Planning* below and the development of a vision for Food CHI.

Purposeful dialogue, however, never ceased. With the growing awareness of how important food security is to our community and the recognition that the Sooke region is not alone in this quest, many citizens wished to be included in the dialogue.

1. PLANNING

Food CHI Strategic Planning & Development:

The committee met Sunday December 4th 2007 for a full day of visioning hosted by the Sooke Harbour House with twenty people attending for 5 hours. With the skilled guidance of Andrew Moore, a locally-based community planner and facilitator, Food CHI moved through a SWOT analysis and several visioning exercises that looked at Sooke region's relationship to food in respect to its roots, values, interests and dreams. By the end of this process the group had developed the following vision, name, by-line, logo and informational content for the public, as well as seven key themes to organize our enquiry and reporting:

Vision Statement	<p><i>Our vision is that all citizens of our region will have the opportunity, knowledge and resources to produce, acquire, eat, enjoy and celebrate affordable and nutritious local food.</i></p> <p><i>We envision a vibrant sustainable food culture rooted in viable local production, historical and First Nations knowledge and environmental stewardship.</i></p> <p><i>Citizen needs and desires will inform food and agricultural regulation and policy at all levels of government.</i></p>
Name	Food CHI
By-line	A Food Strategy for the Sooke Region
Logo	See appendix

Brochure Development	See appendix
Key Themes	1) Community Education & Awareness 2) Food Accessibility 3) Regulations and Policy 4) Local Production 5) Sooke Country Market Revitalization 6) Local History, Culture, First Nations and Cuisine 7) Diversification and Sustainability



The Visioning Day at Sooke Harbour House, facilitated by Andrew Moore, highlighted many concerns and opportunities that were grouped into seven key themes that now form the basis of Food CHI's proposed Community Food Action Plan.

A Vote to become a non-profit organization:

Food CHI was originally nurtured into existence by the Sooke Community Health Initiative. Now that the organization has an established membership, a clear vision, an independent mandate and numerous partners, members felt, with the full support of the CHI membership, that Food CHI should become independent from CHI. With an Action Plan that may involve owning, licensing or leasing property Food CHI realized it needed to have incorporated non-profit status, and is currently in the process of incorporating.

Implementation of Sub Groups:

Food CHI engaged its participants by forming five working groups with specific tasks (fundraising, communication, education and awareness, community gardens, school gardens), and over time various ad hoc groups to take on specific tasks. Our coordinator and some members also engaged local municipal staff and elected officials in the need to include food security in their planning and Official Community Plans. Planning included consultation with other authorities and governing bodies as well: the Vancouver Island Health Authority, First Nations, School District #62, the BC Ministry of Agricultural and Lands, the Capital Regional District, and CASA - the Cooperative Association of Service Agencies in Sooke.

Collaboration Plan:

All of our activities have encouraged co-operation and collaboration with existing organizations as we consider these as key determinants for best practices in community engagement and planning.

Therefore, many of our activities have been conducted in partnership with a variety of organizations, from Corporations to non-profits, and from Municipalities to individual producers:

- Feasting for Change Project (T'Sou-ke Nation, VanCity, VIHA Aboriginal Health)
- Sooke District Official Community Plan Review Committee
- Sooke District Planning Department
- Woodside Farm
- Edward Milne Community School Society
- Ed West Alternative School (SD62)
- Sooke CASA – Child, Youth & Family Centre
- CHI – Sooke Community Health Initiative

One of our successes in community collaboration was the engagement of participants from the Sooke area First Nations bands – T'Sou-ke, Pacheedaht, and Scia-new Nations (Beecher Bay). An additional success in collaboration was to see the inclusion of food security in the District of Sooke's Official Community Plan (OCP) and the OCP Community Survey. Both of these accomplishments were indicative of the importance of food security for local citizens.

2. FOCUS GROUPS – East Sooke to Port Renfrew

The focus groups were intended to bring together citizens who shared a common interest or geography, e.g. fishers and farmers, distinct neighborhoods and settlements. However attendance at many of the focus groups included quite diverse interests and geography. Members of Food CHI assisted the project coordinator in facilitating the groups and the recordings.

The proceedings of the focus groups increased our understanding of issues and challenges and informed the development of our Food Security Plan, and subsequent priorities for Food CHI's next steps for year two. Please see Appendix for focus group summaries.

Focus Groups:

- T'Sou-ke Nation: Workshop facilitated by Dawn Morrison and hosted by T'Sou-ke and the Feasting for Change project;
- Pacheedaht Nation: Meeting hosted by Pacheedaht and the Feasting for Change project;

- Scia-new Nation: Meeting hosted by Scia-new and the Feasting for Change project;
- Sooke Senior's Drop-in Centre: focus group;
- Vital Vittles Community Lunch: interviews;
- Ed West Alternative School: grocery shopping, pizza making, community garden tour and conversational focus group;
- Sooke Region Farmers & Producers (and one fisherman): focus group;
- Official Community Plan – Food Security Focus Group held at the Reading Room Café and open to all Sooke citizens;
- Sooke Country Market AGM: meeting;
- East Sooke – Glenairley Centre for Earth & Spirit: focus group;
- Shirley & Otter Point - Shirley Community Hall: focus group.

Advocacy & Support: additional meetings

To enhance communication, education and awareness and to engage with as many relevant stakeholders as possible the coordinator consulted with the following individuals and groups:

- West Shore Food Security Group coordinators;
- Senior Policy Analyst for the Ministry of Agriculture & Lands;
- The Land Conservancy's Conservation Partner's Program coordinator;
- Sooke District OCP Review Consultants;
- Glenairley Centre for Earth & Spirit – land-use planning committee;
- CASA Community Garden planning committee;
- Chair, Sooke District School Garden Committee;
- CHI monthly meetings;
- CR-FAIR.

3. COMMUNICATIONS PLAN

Food CHI's internal communication with over 100 participants, was primarily via weekly e-mails, and a group Facebook account. The monthly supper meetings were also important for the formal and informal sharing of information and visioning. The communications sub group was very task-oriented and planned external communication with the media and the public. Many members of Food CHI took every opportunity to share their activities and ideas with neighbors, friends and families in an informal fashion, hence the ever-expanding e-mail list.

Food CHI communication efforts through its members and press releases, stories and features in local newsletters seemed successful based on the numbers of citizens in the Sooke region (and outside the region) who were aware of Food CHI and its purpose.

Some of the evaluative comments being received one year later are positive and encouraging. 'Old timers' have started vegetable gardens, landowners at locations such

as Sun River want others to come and grow food, and 20 volunteers willingly lend a hand at the CASA village community garden every week. Additionally, funding bodies have approached Food CHI and the community garden in regards to supporting community gardening for 2009. This all began with Food CHI and its enthusiastic participants who communicated its values and beliefs that we can do “something” to increase access to local foods in our community.

Throughout Food CHI’s first year many opportunities were seized to promote our existence, to enhance dialogue and bring community awareness to the topic of food security and our related goals.

Much of the success in ‘getting the word out’ about Food CHI to the local and external communities involved a very committed Food CHI Communications Coordinator, Kathryn Kusyszyn, and those who supported her efforts. The Food CHI ‘word’ was spread through the following print media (see Appendix for examples from the list below):

- 2 Sooke News mirror articles;
- 1 Rural Observer article;
- 1 poster put up at all locations listed in the Communications Plan Postering document (see Appendix);
- 1 press release sent to all outlets in the Communications Plan Advertising document (see Appendix);
- 2 Sooke News Mirror ads;
- 2 Goldstream Gazette ads;
- Paragraph published in Focus magazine calendar;
- Paragraph in Monday magazine calendar;
- Sooke Food CHI e-mailing list;
- Sinclair Phillip’s Slow Food Partnership email list;
- Left Coast events email list;
- Sooke museum calendar website;
- Jo Philips Video Awareness night email list;
- Sandwich board road sign.

Additional Publicity & Marketing:

- Sooke News Mirror - 50 km diet
- CFUV Radio – Interview with Mary Alice Johnson of ALM Organic Farms
- The Metchosin Muse
- Shaw Community Programming
- CR-FAIR E-Zine
- Booth at Gardens of Destiny film screening
- Presented at Juan de Fuca Economic Development Commission Board Meeting
- Presented at West Shore Go Local Food Summit
- Page on EMCS Website

- EMCS Program Guide
- Food CHI E-Mail List (serving over 100 people)

4. FOOD SYSTEM INVENTORY

An inventory by map and text has been established to show where food is grown and distributed in the Sooke region. These documents are available upon request from Andrew Moore at andrew@tsoukenation.com.

At each of the community focus groups attended by farmers and growers, we asked them to identify by drawing on the regional maps (provided to Food CHI by the District of Sooke) where they were farming and what they were farming and any other farmers they knew about.

Not only did this mapping exercise make us aware that much of the food production and farming is occurring on non-ALR land, much of the ALR land identified on the maps was not being farmed, and was clearly subject to significant development pressure as the populations around these areas increased. This double jeopardy is further compounded by data compiled by the Land Conservancy showing that the District of Sooke and the Juan de Fuca Electoral area have removed more land from the ALR as a percentage of their ALR than any other region on Vancouver Island.

Our scan shows how challenged we are in terms of having the capacity to grow sufficient food, and how challenged we may become to sustain even the current very limited capacity. Only by more citizens taking an interest in growing and consuming local foods will we have the ability to produce and consume affordable, nutritious food locally.

5. REGIONAL AGRICULTURAL FORUM: \$5,000 Community Grant

Early in the spring of 2008 Food CHI began discussion with the Juan de Fuca Economic Development Commission and some of its members to partner in their Fall 2008 Agriculture Forum for Sooke. The Juan de Fuca Electoral Area is currently engaged in an agricultural inventory and a review of land use planning. Food CHI requested and received a grant from the District of Sooke Council to assist in our participation and partnership in this Agricultural Forum and planning process. The District of Sooke has granted Food CHI \$5,000 to assist in this event in October 2008.

The forum will be an important venue to continue strategic planning and action planning for the implementation of our Community Food Plan.

6. EVALUATION OF ACTIVITIES

Each community focus group and conversation was conducted and recorded in an open and public manner, and each session was concluded with a request for comments and

suggestions from the participants on how to improve the process and any other suggestions that could inform our next steps. This feedback was collated and informed the next steps.

The number of activities and the number of participants demonstrate a high level of community support for Food CHI's first year of activity. A test of the efficacy of this initial process and genuine community involvement will be seen in what Food CHI can accomplish in successive years. To have engaged so many volunteers and to have developed a vision and an action plan with clear priorities after the first year is an excellent beginning, but success requires the next steps to be completed in a thoughtful and responsive fashion.

The community food action plan, community support and citizen engagement is still ongoing, below is a list of Off-Shoot Groups and Projects that have been supported by Food CHI.

Volunteers and community agencies have accomplished a great deal, and increased the awareness of local politicians and decision makers. The engagement and leadership of our governing bodies and decision makers to address land use issues, and provide support (leadership, policy and action), is necessary for food security to become an ongoing part of the Sooke Region's political priorities, and each citizen's choices.

Off-Shoot Groups & Projects:

- School Gardens Group: collaboration involving the Sooke Region's public schools and the CASA community garden;
- CASA Community Garden Project & Vancity Funding;
- SunRiver Community Garden Project;
- Woodside Farm advocacy initiative (members of Food CHI) in consultation with District of Sooke Planning and OCP review committee consultants;
- CASA Youth Cooking Classes (3 Saturdays in April facilitated by local chef).

Food CHI Committee Members Evaluation:

In March, nearing the end of the VIHA CFAI funding cycle Food CHI's coordinator administered an evaluation for feedback from committee members of the year to date. She used both the meeting environment and the email distribution list to garner feedback. The feedback was positive and constructive and will be incorporated into future planning. Please see appendix for completed evaluation forms.

7. DISTRICT OF SOOKE: OFFICIAL COMMUNITY PLAN COMMUNITY FEEDBACK ON FOOD SECURITY

In January a community survey for the District of Sooke's Official Community Plan (OCP) was designed and administered in the community. The draft survey initially included no questions regarding food security but due to advocacy on behalf of Food CHI and effective collaboration with the OCP team the final survey included an entire section on food security featuring our group's suggested questions. This was a victory for Food CHI and for the community.

The participation from Sooke residents was impressive. Over 800 residents returned the OCP Community Survey, which was mailed to individual households, distributed on-line and handed-out by Committee members at Village Foods and Western Foods.

87% of respondents indicated that protection of local streams and coastal waters is a high priority, and a further 72% felt that protecting local fisheries is also a high priority.

Over 80% of respondents indicated Medium-High priority for:

- Banning pesticide use
- Farmer's market
- Access locally grown products
- Protection of agricultural land

Additional Comments on Food Security in Sooke - top 5 responses:

1. Protect agricultural land if it is viable
2. Support a farmer's market
3. Encourage farming
4. Buy locally
5. Become more self-sufficient

Source: Sooke District website

<http://www.sooke.ca/reports/Planning/OCP%20Review/Preliminary%20Community%20Survey%20Results.pdf>

See Appendix for Community Survey and community comments on local food security.

**8. Juan de Fuca Area Economic Development Commission:
Agricultural Forum & Area Plan**

Food CHI's original intent was to use the VIHA Community Food Action Initiative grant as leverage to acquire additional funding to support a community food forum. However, these funds were targeted to the SWOT analysis once the Juan de Fuca Electoral Area Economic Development Commission (EDC) declared their intent to sponsor a community forum as part of development of their Agricultural area plan.. In the interests of collaboration and coordination, Food CHI has acquired funds from the District of Sooke to bring to the table to partner with the Juan de Fuca EDC to conduct such a forum in the fall of 2008

Proposal Summary

In March 2008 a Request for Proposals (RFP) was released by the Juan de Fuca electoral (JdF) area's Economic Development Commission (EDC) for qualified consultants to organize and facilitate an Agricultural Forum in October 2008 with the intention to create dialogue around the opportunities and challenges of local farming within the JdF area. This Forum will be a preliminary step in the development of an Agricultural Plan for this area.

Background

The proposed forum will build upon the strides taken as a result of:

- 1) Sooke Community Health Initiative's (CHI)² Community Health Information Project: a comprehensive data acquisition process completed in December 2006 with funds from UBCM Health Promotion grants; and
- 2) Food CHI's 2007/08 environmental food security scan and the subsequent Community Food Action Plan with funds from VIHA's Community Food Action Initiative.

Both project results have provided the community with locally specific and compelling information (both qualitative and quantitative data), which has empowered, and will continue to empower, CHI and Food CHI to take action to address barriers and gaps to the health of the community.

These comprehensive processes illuminated the need for a community food action plan and an agricultural area plan. The data collected in 2006 showed that 3.2% of citizens who completed the survey reported using the food bank in the past 6 months, 16% of citizens report getting their food from a local farm or producer, 8.4% from fishing or

² The Sooke Community Health Initiative is a community-driven, not-for-profit organization formed in 2003 to assess and address the health needs of the Sooke Region from East Sooke to Port Renfrew. See: <http://www.emcsprograms.ca/sookechi.html>

hunting, and 14.4% from their own garden. Clearly, having sustainable local agriculture is important to our community's citizens. Participants at the Community Forum (held in September 2006) identified the need to develop a regional food security plan with local/regional partners as a community priority. An important component of this plan will be an agricultural area plan.

The importance of such a plan is amplified in light of recognized challenges with protecting and enhancing our region's local food system. Today, tourism is typically cited as Sooke's main industry. However, Sooke began as a farming community in the mid-1800's and is proud to be the home of one of the oldest working farms in British Columbia³. The history of food in the region, however, began long before that with the Coast Salish and Nuuchalnuth traditional food practices. Historically, food production and farming played a much larger role than they do currently in the community. Development pressures on rural land are at the forefront of local community politics. Three of the largest farms in the JdF area are currently at risk⁴, and the CRD's farmers are older than the national average⁵.

By employing MED's agricultural planning ability and breadth of experience, in collaboration with Food CHI's extensive knowledge of the region and their ability to coordinate, support and facilitate regional forums to engage and mobilize community, this Forum and subsequent planning will build on the assets/needs assessment accomplished by Food CHI in 2007/08.

Our Approach

Food CHI supports efforts by the Juan de Fuca Electoral (JdF) area to initiate a community-based agricultural dialogue as an initial step towards the development of an Agricultural Plan for the area. Such a plan will help the community chart a course to re-establish agriculture as a locally important and viable practice.

To help direct the anticipated plan Food CHI supports the proposed community-focused Agricultural Forum.

Further to ensure the success of the plan the Agricultural Forum must:

- Engage, excite and involve the community and key stakeholders – particularly those involved in food and agriculture;
- Provide an opportunity for education, awareness and dialogue;

³ Woodside Farm is currently farmed but is vulnerable to development.

⁴ These 'at risk' farms include: an organic farm that is not included in the ALR and with an aging farm operator; a second farm, not currently in operation, is owned by a woman who is past her 100th birthday this year with no plans from her relatives to continue farming it; the third farm is at risk from family pressures to sell the land with most of the family not wanting to stay in farming.

⁵ Statistics Canada's newest figures indicate that the average age of farmers in Canada is 52 compared with 58 according to CRD Roundtable on the Environment's Final Report, Phase 1: Putting Food and Food Policy on the Table.

- Help build local interest and capacity;
- Expand on identified local agricultural challenges and opportunities that have been voiced through Food CHI's environmental scan;
- Harness the decades-old community-based wisdom, skills, and knowledge related to local agriculture;
- Build on Food CHI's 2008 Community Food Action Plan;
- Begin to identify a future vision for agriculture in the Juan de Fuca Electoral Area;
- Identify key actions, partnerships and priorities that support local agriculture;
- Recommend key actions for pursuing an agricultural area plan;
- Gauge community interest for an agricultural plan and identify those interested in participating in the associated planning process.

Update

As of July 2008 agricultural forum plans are being solidified by Food CHI (and supporting funds from the District of Sooke's Community Grant program) and the JDF Economic Development Commission with dates for October 2008.

9. A Community Food Action Plan: RECOMMENDATIONS & NEXT STEPS

Based on Food CHI's community consultation the following Community Food Action Plan is recommended for 2008-2009:

KEY THEMES	RECOMMENDATIONS	NEXT STEPS for 2008/09
1) Community Education & Awareness	<ul style="list-style-type: none"> ○ Provide learning opportunities through experience: gardens/kitchen/web-site ○ Create local awareness on a global level: i.e.: create opportunities to learn about the looming 'global food crisis'. ○ Encourage children & youth to educate their family/neighbors. ○ Presentations to school trustees & PACs ○ Community educational potlucks at EMCS and CASA ○ Fundraisers: Soup in a pottery bowl – "soup-a-bowl" ○ Educate: local food = real food, real taste & nutrition ○ Garden – grow communication ○ CASA community kitchen programs ○ CASA community garden programs ○ Publish photos of local producers with details in media ○ School concessions & cafeteria food = locally sourced & healthy ○ Community food calendar ○ Workshops (website/newsletter) ○ School gardening programs (website/newsletter) ○ Calendar of local foods events (website/newsletter) 	<ol style="list-style-type: none"> 1. Partner with the JdF Area EDC and the District of Sooke to hold a regional agricultural forum. 2. Support development of an Agricultural Area Plan; 3. Implement Communications Plan: i.e.: Food CHI website & newsletter; 4. Host Food Film Festival in partnership with Awareness Video Night at EMCS; 5. Community workshops 6. Fundraiser: local foods calendar with recipes; 7. Increase Food CHI visibility at local events (booths, pamphlets, etc.); 8. Each month in Sooke News Mirror & Rural Observer: Farmer Profile: A day in the life of a local farmer. This will provide an opportunity to showcase our local producers and get the word

		<p>out/educate/create awareness.</p> <ol style="list-style-type: none"> Engage Leadership Class (and other interested students) @ EMCS in Food CHI activities (for credit); Engage Ed West Alternative School students at the CASA Community garden & kitchen Continue to support the School Gardens project.
2) Food Accessibility	<ul style="list-style-type: none"> Improve community access to good, healthy, fair food Increase education/marketing Support development & sustainability of community & allotment gardens Activities & program – gardens/kitchens Continue to work closely with the Feasting for Change group and the T'Sou-ke, Pacheedaht & Scia-new Nations to understand and support food security in their communities. Food Bank Work Link (employment center) Women's Transition House Vital Vittles Supper circle Soup stand – public share the same pot Consider a community 'non-taxable items only' food card for low income families in lieu of the food bank challenges 	<ol style="list-style-type: none"> Explore with local businesses/chamber of commerce/ possibility of transforming from Food bank to 'non-taxable food item' card for low-income families who qualify. Develop a local farms guide in collaboration with West Shore Food Security Group; Lobby local grocery stores to start selling more local products; Continue to advocate for & support local Nations to receive funding for food & growing infrastructure/ programs; Develop gleaning program (e.g. local fruit trees) to distribute to local food bank & food programs;

		<p>6. Continue collaborating closely with the Feasting for Change group.</p> <p>7. Support community table at local Sooke Farmer's market where extra produce from community member's gardens is sold to raise funds for community food security activities</p>
<p>3) Regulations & Policy</p>	<ul style="list-style-type: none"> ○ Understanding & analysis of regulations ○ Regional, provincial & national research ○ CRD review of agriculture ○ Lobby Sooke District & JdF Electoral Area/CRD ○ Expand network of stakeholders ○ Policy – advocacy ○ Local Media - advocate for publicity ○ Markets – use as a forum for communication 	<p>1. Design & host a Regulations 101 workshop: what do the regulations mean for small-farm producers and how can we lobby to make them work for us?</p> <p>2. Plan & implement a regional forum in collaboration with West Shore Food Security Group inviting local producers and politicians to sit at the table and discuss regulations.</p> <p>3. 'Politicians on the Farm': host a farm tour for our local politicians so they see first-hand how the regulations effect local production efforts;</p> <p>4. Work closely with the District of Sooke's Planning Department to ensure no more land is removed from the ALR in the region;</p>

		5. Lobby local provincial governments (i.e.: letter writing)
4) Local Production	<ul style="list-style-type: none"> o Recruit more young farmers & apprentices o Make farming a financially viable occupation o Increase amount of land farmed o Increase number of farmers o Create allotment gardens o Support development of CASA community garden & Sunriver community garden & T'Sou-ke Nation & Pacheedaht community gardens. o Create incentive for young people to farm o Cooperate farm/distribution/marketing o Transforming land-use from conservancy to farming 	1. Continue to support the Village Garden Network (i.e.: CASA community garden, Sunriver Community Garden concept, Pacheedaht & T'Sou-ke Nation gardens); 2. Develop, with support from key stakeholders, a Farmer Incentives Program; 3. Work closely with the District of Sooke's Planning Department to ensure Sooke's 3 at-risk farms are not developed but are set-up for production; 4. Support the development of an Allotment Gardens Program within the District of Sooke 5. Lobby Sooke district to adopt Food Security as a key priority for their OCP.
5) Sooke Country Market Revitalization	<ul style="list-style-type: none"> o Hire a Market Coordinator o Locate a permanent site o Expand eventually to a year-round market o Continue to ensure it is community run o Increase community awareness o Attract more producers/vendors/consumers o Radio publicity o Promote as a community resource o Funding to increase visibility/permanent site/food challenge 	1. Utilize communications plan to attract more producers/vendors/ consumers to the market. 2. Help Board find funds to hire a Market coordinator; 3. Support coordinator to lobby for permanent market site;

	<ul style="list-style-type: none"> o Expand to include other vendors: music, specialty coffees, craftspeople, arts, etc. 	
6) Local History, Culture, First Nations & Cuisine	<ul style="list-style-type: none"> o Enhance cultural relationships to food – traditions/flavors o Initiate speaker series (i.e.: Nancy Turner, Abe Lloyd, Dolly Watts) o Regional food systems – Danny Henry o Guided by History and 1st Nations o Integrate traditional foods into modern diet – sweet turnips/fish/kelp/seaweed o Museum o Elders o Cook – diverse cuisines o Sustainability o Diet/health o Sooke Harbour House native plants o Collaborate with local museum o Collaborate with heritage farms 	<ol style="list-style-type: none"> 1. Host a native plant & foods workshop. 2. Host a Local Food History celebration/fair; 3. Encourage strong collaboration between & inclusion of 3 regional First Nations communities & Food CHI;
7) Diversification & Sustainability	<ul style="list-style-type: none"> o Stabilize sustainability of Food CHI by securing on-going funding. 	<ol style="list-style-type: none"> 1. Finalize Food CHI's non-profit status & incorporation; 2. Set up a charity so donors may support our efforts; 3. Garner funds to hire a part-time, year-round Regional Food Security co-coordinator to ensure the sustainability of Food CHI and related projects.

10. BUDGET REPORT

FOOD CHI BUDGET - VIHA CFAI FUNDS: \$10,000			
		Notes	Cost
Honourariums	Tracy Kelly	Ed West Focus Group Facilitation	100.00
	Andrew Moore	Visioning Facilitation	800.00
	Kathryn Kyshysen	Communications Support	250.00
	Mark Gauti	Logo Development	100.00
	Evan Middleton	Administrative Support	80.00
	Ellen Anderson	Focus Group Facilitation/Writing Support	200.00
Coordinator Fee	Kate Kittredge	300 hrs. x \$20.00/hr.	6,000.00
Travel	Kate Kittredge	90km x 4 trips x 9 months x \$0.47	1,522.80
Focus Groups	Food: Sooke Harbour House Visioning	Cheque to Sooke Harbour House	210.00
	Food: Meat Farmers Focus Group	Cheque to EMCS (caterer)	70.00
	Food: Ed West Focus Group	Bill 1 (groceries)	76.49
		Bill 2 (groceries)	15.56
	Food: East Sooke Focus Group	Cheque to Josephine Hill (caterer)	250.00
	Food: Otter Point/Shirley Focus Group		0.00
	Sooke Market AGM Focus Group		0.00
	Sooke Senior's Centre OCP		0.00
	Beecher Bay (Scia'new Focus Group)	Supported by Feasting for Change	0.00
	T'Sou-ke Nation Focus Group	Supported by Feasting for Change	0.00
	Pacheedaht Focus Group	Supported by Feasting for Change	0.00
Food	Meeting Refreshments		27.91
			8.48
			16.11
			16.36
			9.46
			10.00
Supplies	Focus Groups & Meetings	Bill 1	64.45
		Bill 2	41.11
		Bill 3	9.43
	Gift for Facilitator		26.20
Printing		Bill 1 - H&R Block	11.30
Rental Fees	Sooke Senior's Drop-In Centre	Cheque to Sooke Senior's Drop-in	40.00
	Glenairley Centre for Earth & Spirit	Cheque to Glenairley Centre	50.00
	Sooke Harbour House	Donated (\$600)	0.00
		TOTAL COSTS:	10,005.66

11. LIMITATIONS OF THIS PROCESS

Further funding to hire committed staff is not only key to sustaining the activities we have outlined above, but also to addressing one of the inherent weaknesses of this particular project: we have not had the time and resources to interview and properly engage with the local Chamber of Commerce, local non-profit organisations (the Food Bank, Meals on Wheels, the Christmas Bureau, the Sooke Family Resource Society, etc) and local business owners and operators (groceries, bakeries, restaurants, cafés) who are among the key links in the food distribution system locally. Future efforts need to include these activities.

12. DISCUSSION AND NEXT STEPS

The efforts of a committed group of Food CHI volunteers and an enthusiastic community development consultant to raise awareness of food issues in the Sooke region have generated many concerns, questions, ideas and potential activities and opportunities to influence community awareness, local developments, and political processes. Maintaining the vision, energy and momentum Food CHI has developed over the past year, in order to implement a community food action plan will require careful planning and coordination, and much more volunteer time and political engagement.

Our next steps on each of the seven themes outlined above (not arranged in a particular time sequence) include:

- 1. Partner with the JdF Area EDC and the District of Sooke to hold a regional agricultural forum.**
- 2. Explore with local businesses/chamber of commerce/ possibility of transforming from a Food bank model to a ‘non-taxable food item’ card for low-income families who qualify.**
- 3. Design & host a Regulations 101 workshop: what do the regulations mean for small-farm producers and how can we lobby to make them work for us?**
- 4. Continue to support the Village Garden Network (i.e.: CASA community garden, Sun-river Community Garden concept, Pacheedaht & T’Sou-ke Nation gardens)**
- 5. Utilize a communications plan to attract more producers/vendors/ consumers to the Sooke Country market**
- 6. In partnership with the T’Sou-ke Nation, host a native plant & foods workshop open to all community members**
- 7. Finalize Food CHI’s non-profit status & incorporation.**

We look forward to ongoing engagement with VIHA’s CFAI and local and provincial political bodies to achieve the goals outlined above and proceed with informed, constructive and innovative activities to address local food needs of the Sooke Region.

13. APPENDICES

Due to the large amount of supporting documentation not all appendices will be included in the electronic version of this report. For the full document please see the hard copy available in various locations including VIHA Community Food Action Initiative and the Sooke Regional Library.

Appendix 1:

Community Focus Group Summary Notes

Focus Group Summary Information: SWOT ANALYSIS

Food CHI's primary method of inquiry was through a **SWOT Analysis**. "SWOT Analysis is a strategic planning tool used to evaluate the Strengths, Weaknesses, Opportunities, and Threats involved in a project... (and) involves specifying the objective of the...project and identifying the internal and external factors that are favorable and unfavorable to achieving that objective. The technique is credited to Albert Humphrey, who led a research project at Stanford University in the 1960s and 1970s {using data from Fortune 500 companies}" (http://en.wikipedia.org/wiki/SWOT_analysis).

Note: Food CHI's primary *objective*, as it pertains to this analysis, is to evaluate existing issues in order to develop a plan to enhance Food Security in the Sooke Region.

- **Strengths:** attributes that are helpful to achieving the objective.
- **Weaknesses:** attributes that are harmful to achieving the objective.
- **Opportunities:** *external* conditions which are helpful to achieving the objective.
- **Threats:** *external* conditions which are harmful to achieving the objective.

Each focus group was designed by the facilitator to suit the needs of the participating members. Each focus group was very different rendering SWOT Analysis as an inappropriate method for some of the 11 groups. The foundation for the focus groups was built on an all day visioning event at the Sooke Harbour House facilitated by Andrew Moore, a skilled and experienced professional facilitator and member of Food CHI.

Appendix 1: Community Focus Groups

Date/ Location	Participants	Method of Inquiry	Strengths	Weaknesses	Opportunities	Threats
November 7 th Sooke Harbour House (6 hrs.)	20 individuals: Members of Food CHI	PRIMARY VISIONING SESSION SWOT Analysis	<ul style="list-style-type: none"> - Community volunteers - Growing/farmers - Presence - Research - Climate - Indigenous species – plants - Knowledge 1st Nations – practice/fishers/history/animals - Farming experience - Restaurants - Critical mass of informed consumers - Youth - Communicate to the media - Logging/fishing/art s/agriculture/1st Nations - 1st Nations spiritual connectedness to each other/land traditions/knowledge - clean air/water 	<ul style="list-style-type: none"> - Export of natural resources - Loss of dairy farming (recreational livestock) - Personal use of ALR land - Collapse of fisheries - Exploitation of resources - Rock fish endangered – affecting micro-systems - Population rising affects biodiversity - Geographic weakness - Water lowering - Transportation costs – both economically and environmentally - Age of farmers rising between 58 – 64 years old - Regionally 58 years old North Americans spend the least amount on food - Low levels of health literacy - Eat to get full – not nutrition - Healthy food prep requires time - High rainfall = poor soil - Too much choice - Manufactured food goods are “easier” to consume 	<ul style="list-style-type: none"> - knowledge of organic foods - local products – exploited locally - school gardens - keep food mileage down (85% drive to the grocery store) - critical mass – transfer of land for ALR - 52% of community members are volunteers! - Civic garden plots - Compost education - Farm market - Landscaping food products (fruit) - Partner with businesses - Educate all ages of food production, manufacturing and processing (i.e. – preserving) - Lower mass fishing (industrial) - Programming for our commercial kitchens - Raise self esteem through education on food - Give jobs (experience) to children and families – to connect their environments - Lifestyle 	<ul style="list-style-type: none"> - Improper planning of development - Farm tax status connecting - Only land (property) that is farmed is considered “farm tax exempt” – all untouched property(e.g. woodlot, shelterbelts etc) is taxed residential - Package misinformation - Lack of advocacy from federal government for 1st Nations - Bylaws influence farms (animal processing) - Infrastructure for farm supplies/feed - No large animal medical care - Global connection temperature rising - Drag net fisheries - Very little control in MF - Marketing boards/egg production - No access to local fish - Being ethnocentric

			<ul style="list-style-type: none"> - trees - wildlife/beauty - wild craft - independence - survival/creativity - fringe - original thinkers - pioneers/independent - anarchy - voice - OCP review committee members 	<ul style="list-style-type: none"> - Cost of healthy food is too high for lower income families - Rise in food bank use – people are in need of affordable food resources - Cost of housing/transport is too high to support healthy food consumption by low income families - Marketing – through media - Diabetes/obesity/related cardiovascular diseases on the rise - Convenience of manufactured food - 20% of population lives below poverty level - not enough people growing their own food - lack of political leadership - 5% of people say they regularly go hungry - 1.5% would not have enough food for one day - children go hungry in our community daily - job security low - car dependency - grain production lowering - loss of wild food - destruction of habitat - destruction of ALR - consumerism – knowledge gap 	<ul style="list-style-type: none"> - Possible monetary financial gain - Local products in stores - Seed saving – learning – heritage - Seedy Saturday - Grow sub-tropical/tropical fruits in greenhouses - Marlaina Elliot – head of planning @ the District - Network - Act now BC - CRD – affect ALR policy - Educate youth – school credit for learning about gardening, farming and food security issues? - Agricultural Education for all ages - Protect and raise the ALR - Protect 1st Nations land - Educators - Youth - Sense of urgency - Timing - Relevance and importance of developing in an eco-friendly, self-sustaining way - Local government support and attention - Food related organization - Sheep breeders - Fruit and growers - Mushrooms - Slow food - Global food supply 	<ul style="list-style-type: none"> - poses a threat - Public/politicians unfounded opinions that we have no good agricultural soil
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February 21st Sooke CASA (3 hrs.)	30 individuals: Farmers/Fishers/ citizens of entire Sooke Region			<ul style="list-style-type: none"> - global food supply - lower health literacy - 70% of people don't understand nutritional labels—need education - 50% of food sources are processed 	<ul style="list-style-type: none"> - Cost of feed - Cost of running equipment - Fuel costs - Cost of land - No protection for farms - Weak regulatory leadership - Vancouver nearest place to take cattle - Ferries- need to reserve to haul livestock - Don't know exact time you will arrive - Used to have priority for livestock to load - Lack of local slaughter b/c of hard lobbying by large slaughterhouse - Lost 30-40 % capacity of animals - No licensed local animal transport - Not a big enough market - No infrastructure for off-loading inspections - Costs too high - People don't eat enough fish b/c cannot access/afford 	<ul style="list-style-type: none"> - Elect politicians knowing above - Keep gov't out of it - Protect the land for farming (from higher density housing adjacent, and urban type neighborhood complaints) - Place to market product - Deregulate! - Smell of prosperity never sweet - Establish relationship of market - Tax structure to support farming - Farm-gate box program - Wage subsidy, co-op programs - Butcher training - On farm slaughterhouse - Financial support for a slaughterhouse and deregulation of subsidies and amount of livestock - Education and awareness - Economics –sustainable - Connection b/w comm. pop. density and carrying capacity of land and 	<ul style="list-style-type: none"> - Gas/ transportation costs - Development - Quotas- costs - Regulations - Climate change - Fishing license costs - Predators
			<ul style="list-style-type: none"> - Veggies - Orchard Fruit - Berries - Hay - Honey - Goats: meat, milk - Chickens: Eggs, meat - Sheep: meat, milk, fiber - Alpacas fiber - Rabbits meat - Turkeys - Cows - Pigs - Guinea Fowl - Fishers - Foragers - Abundance of wild foods - Honey - Forests - Ocean - Open land - Not many houses on farm land - Crab 				

			<ul style="list-style-type: none"> - Shrimp - No red tide outside spit - crab & shrimp fishery supports: 4-5 fishermen, 1 sells locally - Experience - Seasonal seafood abundance - Climate-growing produce - goats and sheep - ALR - Proximity to city - Houses cut down - Right to farm Law - Don't have to be in ALR to farm - Demand for produce up - Tax advantage - Education (university) - 2nd generation farmers - young seaweed etc. - people wanting to farm - some experienced gov't. - variety of community products currently supplied - history - land condition 	<ul style="list-style-type: none"> - Need a licensed facility to take fish through in order to sell locally - Long way to drive for poultry or cattle - Can't sell any meat not slaughtered by regulated house - International trawl fisheries - Defoliants sprays by logging companies - Hay land - Can't sell dairy - Dairy trucks won't come to Sooke - Quotas transferred - High insurance - Livestock ins. High - Regulations changing - High cost of slaughterhouse - CRD- noise bylaws - Access to feed - No access to young pigs, calves, chicken, kids - No large animal vet - Not able to protect livestock from predators (by using guns) - Price of land leaves no incentive to farm - BC Assessment Tax review - People don't know or care where food comes from i.e. locally or how it 	<ul style="list-style-type: none"> - watershed the area that can be hayed and pastured protected from predators - less pressure from neighbors about what you can farm (i.e. pigs) - place to market produce dereg'd to allow value added farm produce to be sold - farm signage - educate dog, cat/all animal owners re: domestic species impacting farmers - tax structure that supports farming - high school farming program - political activism - pressure on local government to change regulations - put agricultural studies on the school curriculum - more support/wage subsidy for learning farmers - training for butchering - mobile slaughter/ butchery ?? not viable - financial or tax incentive to establish local slaughter capacity - training program for staff to work at slaughter & butcher capacity - increased wild foods 	
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			<ul style="list-style-type: none"> - more interest - sense of community - local 4H club - variety 	<ul style="list-style-type: none"> - comes to the table - Local stores won't buy local food- insurance rates - Small population willing to farm locally - Difficult for older people to keep and farm their land - Too expensive to produce your own food for livestock - Too costly to have employees - Conservation officers not available - Protection of your animals - Burning regulations - Rendering plant for entrails in Vancouver - mixed farms: costs – of feed, fuel, land, cost of running equipment - weak regulatory framework - lack of transportation infrastructure - no local slaughter capacity (poultry, cattle, sheep) - loss of farmers because of changes in regulations - market for seaweed too small locally - no infrastructure for offloading and selling fish - no local fleet because now 	<ul style="list-style-type: none"> - industry – mushrooms, seaweed - CSA (community supported agriculture) - education of community about where their food comes from - Relationship building - incentives for young people to farm - increased fuel costs may make local food more cost-effective - opportunities to grow different crops 	
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				<p>a business rather than a lifestyle</p> <ul style="list-style-type: none"> - American legislation/ lawsuit to discontinue? - troll fishery too destructive to too many species - aerial defoliants administered by logging companies affect fruits and berries - losing hay land quickly - no dairy farm between Beecher Bay and Port Renfrew - island quota sold & moved to Lower Mainland - the only licensed livestock hauler is in Duncan - insurance costs for transporting animals - if you are an unlicensed hauler (for yourself) there's a different set of regulations than if you are licensed. - increased urbanization - no feed store - difficulty accessing juveniles - fallow land - land price has outgrown farmers - small farms sizes 		
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				<ul style="list-style-type: none"> - farm tax reassessment - consumers don't understand where their food comes from - grocery stores not willing/able to access local food - lack of local demand from institutions (schools, hospitals, etc.) - cost of farm insurance - low number of people willing to farm seriously - lack of availability of farm labor - wildlife can be an immediate threat and it takes 24-48 hours for conservation officers to arrive - local fire bylaw makes disposal of farm waste difficult - local rendering plant needed 			
February 1st OCP Review Committee Focus Group @ Sooke Senior's Drop-in Center	25 Sooke seniors: ages 65-100 facilitated by Ellen Lewers (farmer).	Discussion See Appendix	N/A	N/A	N/A	N/A	N/A
February 27th	14 individuals: 8 students, 2	Healthy shopping	N/A	N/A	N/A	N/A	N/A

ED West Alternative School @ Village Foods & Sooke CASA (4 hrs.)	teachers, 4 Food CHI members	exercise; cooking class & garden tour, and discussion with marginalized youth of their issues/attitudes around food and food security.	N/A	N/A	N/A	
March 5th Sooke Country Market AGM @ Sooke Senior's Drop-in Centre (3 hrs.)	8 individuals: Sooke Country Market committee members, farmers & Food CHI members.	Visioning discussion	N/A	N/A	N/A	N/A
March 14th Holy Trinity Anglican Church (2 hrs.)	Vital Vittles	Semi- structured Interviews	N/A	N/A	N/A	N/A
March 27th East Sooke @ Glenairley Centre for Earth & Spirit (3 hrs.)	10 individuals: farmers/fishers/ citizens of East Sooke	SWOT Analysis	<ul style="list-style-type: none"> - Ragley Farm - Residents are tuning into local food and becoming more aware of growers - Community spirit - Conversation – around food sales – involve community and connect 	<ul style="list-style-type: none"> - Need other income to support farming - No large livestock farms in E Sooke any more - Slaughter rules inhibit raising fowl - Farming is so physically demanding - No large animal vet - No managed hay lots - Cost of farm labor 	<ul style="list-style-type: none"> - No stores selling produce so customers buy direct from farms - Pastures for grazing - Salal pickers - Bill's green houses (Beecher Bay Rd.): - Grape juice (BB rd) – John Rusk - Space to farm for food – swap 	<ul style="list-style-type: none"> - Government Regulations! - Governance (Sooke or Metchasin?) - Development - Real Estate prices - Non-resident owners - Extreme unpredictable weather - Water shortages - Don't know the

			<ul style="list-style-type: none"> - neighbors - Building community around the market - Involving Metchosin and Sooke through food sales - There is land available for growing - Glenairley Farm - Chipperfield Farm (Eagle Paw Organics) - Grow great lettuce - Warmer winters - Mild summer - Very little fog - Old established farms - Ways to build soil - Local feed store - Abundance of seaweed - Variety of growth - Lots of restaurants which will buy all you can grow - Limited pests (insects) - Lots of buffers for rams - Fresh air - Close to Victoria - Lots of fresh water - Soil program 	<ul style="list-style-type: none"> - Distance from viable labour pool - Small local labour pool - No organic feed at local stores - Affordability of land - Aging farmers - Wildlife (i.e.: deer, cougars, raccoons) - No storage for grain - Cost of feed increasing rapidly as grain prices rise 	<ul style="list-style-type: none"> - Local knowledge and skills <ul style="list-style-type: none"> - host workshops to supplement income - Pearson College students - Global food crisis (cost of wheat doubled last year) – will this make people eat more locally? - Education and awareness building – EMCS and elementary schools. - Allotment gardens – Glenairley has space - Community Supported Agriculture: but it's more work than preparing orders for a market or a restaurant - Restaurants and B&B's. - Trading but ...illegal - Shrimp fertilizer - Seaweed - Sooke Trout 	<ul style="list-style-type: none"> - carrying capacity of the region - Lack of young people interested in farming - Us! (humans) - Fisheries - Government and Politics - private ownership negotiations (i.e.: FN's) - Climate Change - Wildlife: eating crops & animals - Economic control of food
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			<ul style="list-style-type: none">- Woofers and apprentices- Being able to burn waste- Being near East Sooke Park – hikers, vacation rentals for purchasing- 3 main farms – target different markets- Connectedness to food being sold at farm-gate- Way to explore and learn to grow- Inlet creek farms- chickens – meat- Wildlife			
April 23 rd Shirley/ Otter Point @ Shirley Community Hall	Shirley & Otter Point community members & farmers	SWOT Analysis	<ul style="list-style-type: none">- Mobile cows- Lots of land – potentially productive- No pollution- A lot of people who grow and garden- Sooke Garden Club- Interest- Resources (i.e.: manure, seaweed)- Good Climate- Minton Farm- Tugwell Creek- Honey Farm- Silvercloud Farm	<ul style="list-style-type: none">- Period of change- Inability to access seafood- Water- Acidity of the soil- Fog/climate- Mould spores- Deer/bear/rabbits/raccoons- Development- Cost of land- Age of farmers- Transportation<ul style="list-style-type: none">o Distance between placeso Cost of fuel- Zoning regulations- Split-land tax	<ul style="list-style-type: none">- Period of change which pulls people together to fight common concerns- Awareness of global warming, food sustainability- Funding availability- Media “Going Green”- Community groups: connecting networks- Rural Observer- Local mentors- Being your own example (start @ home)- Groups (i.e.: Food CHI, COGVI)- Nicole (Shirley) is collecting compostable	<ul style="list-style-type: none">- Government<ul style="list-style-type: none">o Regulationso Policy (knee-jerk policy making)- Cost of land- Lack of “bodies”- Apathy – hard to get people to help- Current job market- People not wanting to do manual labour- Cultural Change<ul style="list-style-type: none">o Work ethico Types of work people will do- Low wage –

			<ul style="list-style-type: none"> - Lots of B&B's (buyers) - Point no Point - Fossil Bay - Farm land - Ocean - Lots of rain water - Berries - Mushrooms - Salal 	<ul style="list-style-type: none"> - Sooke Market <ul style="list-style-type: none"> o Need vendors (crafts, music, jams/jellies, etc.) o Needs electricity o Needs a permanent location o No washrooms/benches o Can't see prepared food i.e.: coffee/hotdogs without permit, etc. o Needs coordinator (applying for funding) - Pull between cheap produce in the store and buying locally at a higher price 	materials	<ul style="list-style-type: none"> - economical viability - Loss of knowledge base - Development – loss of ALR <p>Suggestion: can we require developers to contribute land for community/allotment gardens, green space, etc?</p> <ul style="list-style-type: none"> - Lack of “Canadian Content” law (i.e.: % of local products sold in grocery stores) - Fuel costs
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Date/ Location	Participants	Method of Inquiry	Strengths	Weaknesses & Threats	Opportunities	Next Steps
January 8 th Scia-neu First Nation (2 hrs.)	12 individuals: Chief, staff, Elders, & community	Visioning Discussion/ Planning Meeting	<ul style="list-style-type: none"> - Elders and others with knowledge & skills relating to traditional food practices in community 	This was not the method of enquiry used.	<ul style="list-style-type: none"> - Clam digging & cooking - Learning practical traditional results 	Events Calendar: April – Initial Feast May – Clam dig & beach cook

January 25th T'Sou-ke Nation (4 hrs.)	35 individuals: Chief, Elders, community members & Feasting for Change project members.	Evening Feast & Workshop facilitated by Dawn Morrison, Coordinator, BC Food Systems Network Working Group on Indigenous Food Sovereignty.	<ul style="list-style-type: none"> - who are willing to teach - Community boat - Smoke house - Rock-stickers, sea urchins, mussels, shrimp, octopus, berries, etc. - Nature's bounty 	<ul style="list-style-type: none"> - Seafood toxicity & depleting stocks - depleting fish stocks - development pressures on harvesting areas - deer population dwindling - forestry practices - polluted clam beds - children & youth have no taste for traditional foods b/c they are eating fast food too much - Obesity - Diabetes - Distance to grocery store & fresh food - Invasive species (i.e.: Scotch broom & blackberries). 	<ul style="list-style-type: none"> - Canning fruit & fish - Orchard revitalization (apples & plums) - Canning skills - Young mothers: knowledge of food available & how to access it. - How to get the children & youth involved - Beach cooking - Big House 	<ul style="list-style-type: none"> - June – Sea urchins and other seafood outing - July – Orchard revitalization - Aug – Host Feast for Tribal Journeys; Blackberry picking - September – Blackberry picking; canning of fruit & fish.
March 11th	7 individuals:	Visioning	- A few individuals with	<ul style="list-style-type: none"> - Rural & remote 	This was not the method of enquiry used.	This was not the method of enquiry used.
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Pacheedaht First Nation (1 hr. & on-going)	Staff, community members, and Feasting for Change project members.	Discussion/ Planning Meeting	<ul style="list-style-type: none"> knowledge & skills relating to traditional food practices High seafood consumption Development of a community garden Staff who are committed to enhancing food security 	<ul style="list-style-type: none"> location - Diabetes - Lack of food skills - Cost of good food - Lack of funds 	method of enquiry used.	<p>March: Botanical Beach seafood gathering, Feast & Seafood Presentation.</p> <p>April: plant ID & community assessment</p> <p>May: tea gathering</p> <p>June: camas/root garden</p> <p>July: seal demo</p> <p>August: berry picking & freezing</p> <p>September: fish canning/vacuum sealing</p> <p>October: wild plant harvesting – mushrooms, fall berries, cow parsnips, horsetail, salmon berries, huckle berries, silverweed, crabapples, yarrow, etc.</p>
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