

Vancouver Coastal Health

Community Food Security



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www.vch.ca/population/food.htm

Purpose of this Presentation

- Share VCH's approach to food security
- Share current activities and existing food security networks and projects



Definition of Food Security

“Community Food Security exists when all community residents obtain a safe, personally acceptable nutritious diet through a sustainable food system that maximizes healthy choices, community self-reliance and equal access for everyone.”



VCH's Vision of Food Security

Residents enjoy maximum nutritional health and live in communities where the healthy food choice is the easy choice



History of Food Security within VCH

Long involvement of nutritionists, nurses, community developers and others resulted in:

- Establishment of Community Food Action Initiative (CFAI) under ActNow BC (2005)
- Inclusion of Food Security within the Core Functions for Public Health Framework (2005)
- Establishment of Population Health Team (2006)
- Health Authority base funding for CFAI (2008)

Rationale for Food Security within VCH

- Health inequities, vulnerable populations and food insecurity
- Chronic disease prevention
- Climate change, ecological degradation and health



Key VCH Responsibilities

- Aligning VCH policies and procedures
- Enhancing the case for food security
- Supporting communities addressing food security



Aligning VCH Policies and Practices

- Working with Food Services across VCH
vending machines, trans fats , healthy choices
- Working across the organization
Aboriginal Health Strategic Initiative, Mental Health and Addictions, food safety



Enhancing the Case for Food Security

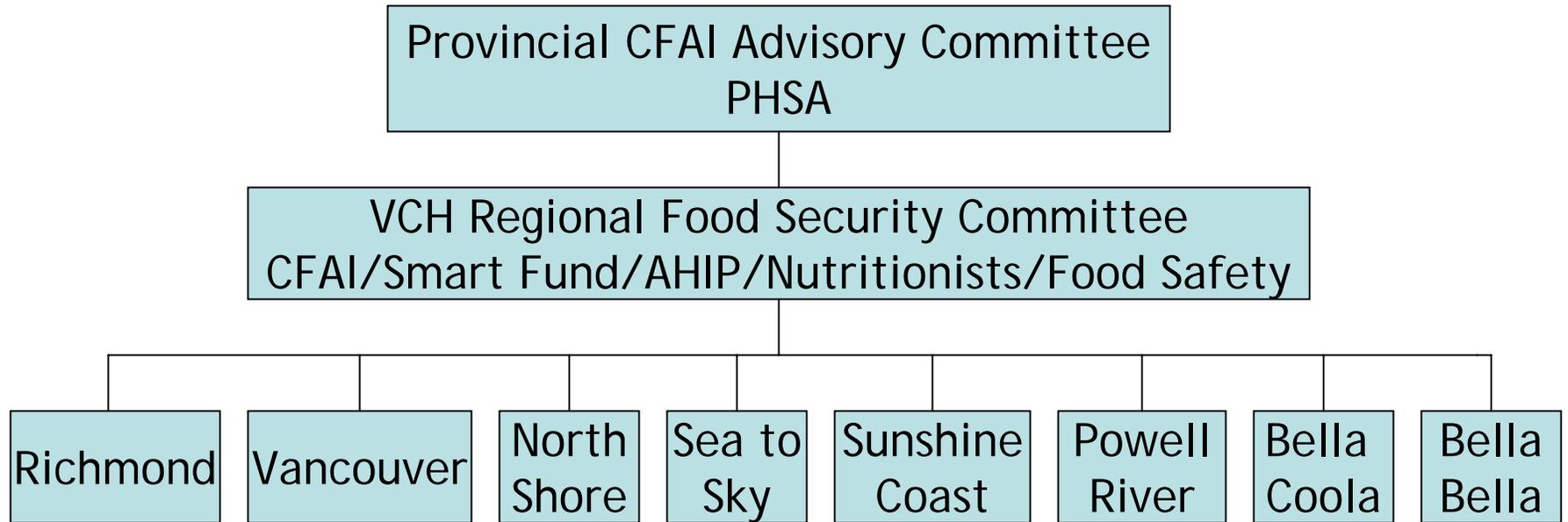
- Partnerships with Universities
 - Food security and social housing research, interns*
- Enhancing local and provincial evaluations
 - Indicators, process and impact evaluations*
- Awareness and education initiatives
 - Community and organizational presentations*



Supporting Communities

- Leadership
funders table, local and provincial committees
- Education
video/audio series, workshops
- Advocacy
trans fats, UBC Farm
- Resources
funding, e-brief, info sheets, food bites

VCH Food Security Committees



North Shore

- Edible Garden Project

Collected and distributed over 300kg of produce

Workshops on gardening, food preparation/preservation

Working on community gardens in low income housing

- Harvest Food Recovery Project

Recovered over 1500 pounds of food per month

Distributed over 350 food boxes per month



Richmond

- Richmond Pocket Market
- Local Food Guide
- ALR committee
- Richmond Farm School
- Community Garden
- 10 Mile Diet
- Food For All Dialogue



Sea to Sky

- Renovation of Seniors Center Garden
- Development of Newport House garden
- Health Fair with the Squamish Nation
- Development of Pemberton Farmer's Institute web site
- Food Education project at Whistler Secondary School



Vancouver

- Neighbourhood and Community Garden Networks:
*Grandview Woodlands; Trout Lake/Cedar Cottage;
Vancouver Community Agriculture Network*
- 6 community gardens
- Workshops, educational resources, e-newsletters, blogs,
“Growing Community Gardens”, Stone Soup Festival etc...



Powell River

- Monthly planning meetings and potlucks
- Good Food Box program
- 2 demonstration gardens
- New community kitchen
- Community seed-saving project
- Workshops, community kitchen events



Bella Coola

- Fruit and vegetable gleaning project
- Community Kitchens
- Agriculture in the classroom & school gardening projects
composting workshops, school gardens guide
- Putl'ixw community gardens
- Valley Fresh eat local campaign
- FoodShare Bella Coola resource centre
- Workshops, advocacy for producers and processors, film
screenings and potlucks
- Nuxalk nation food sovereignty committee

Sunshine Coast

- Sechelt band workshops and activities in food harvesting, preparation and processing
- Food Action Network Quarterly newsletter
- Community gardening mentorship program



SMART Fund

- Grandview/Uuqinak'uuh School: Community Gardens
- Jewish Family Service Agency: Food Services for Seniors
- Sunshine Coast Community Services Society: Community Kitchens
- Sea to Sky Community Services: L.I.F.E. - Learning to Improve Food Choices and Exercise
- Hastings Community Centre: Wheels to Meals
- Greater Vancouver Food Bank Society: Downtown Eastside Community Kitchens (DECK)

Aboriginal Health Initiative Program

- Kitasoo Band: Local Community Food Security Council
- Vancouver Native Health Society: Good Food Box
- Nuxalk Health and Wellness : Reversing Youth Diabetes Trends (Bella Bella)
- Vancouver Aboriginal Friendship Centre Society: Aboriginal Youth Health Awareness
- Vancouver Native Health Society: Aboriginal Intergenerational Landed Learning Project
- Vancouver Native Health Society: Urban Aboriginal Food Enhancement Project
- Circle of Eagles Lodge Society: Healthy Nutrition in Residential Facilities (Vancouver)

Food Security and Social Housing

Research aims to provide a set of population specific food security recommendations to better integrate food and housing

- What is the current state of food security among this population?
- What are the barriers to enhancing the food security of this population?
- What changes to policy would be effective in improving food security for this population?



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