

Food for Thought:
World Café Forum on
Food Security in Prince
George

Featuring: Dr. Kent Mullinex,
Institute of Sustainable Horticulture,
Kwantlen Polytechnic University



Report prepared by

Theresa Healy, Ph.D
Regional Manager
Healthy Community Development
Northern Health

Chris Bone, Social Policy Facilitator,
City of Prince George

Emma Faulkner, Emergency Food Coordinator
Native Friendship Centre Prince George

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The Smoke House kitchen and staff prepared and served an excellent people using as much local and traditional foods as possible using a sustainable approach.

The City of Prince George loaned staff and supports to ensure the World Café ran smoothly. Chris Bone the Social Policy Facilitator, Mark Fercho, Integrated Community Sustainability Planning Leader and Glenda Newstead, Recreation Coordinator were models of calmness and strength.

The Communities in Bloom Committee happily shared Dr. Kent Mullinex, the guest speaker they had brought for their purposes and collaborated on a joint planning to make sure Dr. Kent was widely available.

Dr. Kent Mullinex graciously allowed himself to be shared and responded to the community opportunities with grace and intelligence, generously sharing his knowledge and expertise.

Northern Health's innovative and supportive Population Health supported the event with the expertise of the HEAL (Healthy Eating and Active Living program and its coordinator, Christine Glennie-Visser and with the services of the Healthy Community Development Program and its regional manager, Dr. Theresa Healy.

All of the participants from their various professional and community placements were an example of passion, good humour and faith in the future.

We thank you all for everything you brought that made this such successful event.

Introduction

The world café event held on January 22nd, was part of a series of events featuring Dr. Kent Mullinex. Spearheaded by the Communities inn Bloom Committee. This very active local group were kind enough to engage in collaboration with the Stone Soup Project Roundtable and HEAL Northern Health to ensure Dr. Mullinex reached as large an audience as possible.

Dr. Mullinex opened the morning with a short but inspiring address that highlighted some key challenges facing communities in BC as we continue to depend on a oil-driven agricultural system that is unsustainable as world oil reserves are being tapped out. One of his key messages that communities such as our own often have many advantages for making positive changes that are denied to bigger urban centres and he expressed his appreciation and delight for the opportunity to visit our community and share his current work and broad knowledge of food systems. He also mentioned some of the more subtle changes that have marked agriculture's decline from a centre of community sustainability to a business that is exacting a huge environmental price. For example, he says the research shows that the practice of agriculture used to be a net energy gain and now current practices are a significant net energy drain on what remains of globally available oil. He wants to see us return to a form of agriculture that employs people rather than puts them out of work, that connects entire communities directly to their own food production with municipally supported agriculture that is integrated throughout and around the community. Currently the majority of our food is produced far from the populations that consume the food and community based agriculture designs are being developed that will become models for future communities where agriculture is integral to the fabric and everyday life of the community. Agriculture and food are central to our sense of community and place, critical to our economic well being and crucial for social, cultural and healthy physical development.

The audience listening to Dr. Mullinex was a very diverse group in terms of ages, professions and political views. Gardeners, farmers, foresters, loggers and other local industry and business sectors were represented. Provincial. Federal and Municipal programs and services, including inspections and environmental health were present. Community champions and advocates both individual and organizational were also present. Politicians, students and university professors rounded out the group. This diversity at first was a worry. Would the meeting degenerate into barbed competition? The note takers – all students - reported they were astonished at how collaborative and productive the discussions were –*“I thought they would be throwing swords at each other with their words, but they didn't. It*

“I was watching a young woman, I suppose she was but she looked like a slip of a girl. And she was talking really intensely. And directly across the table was a grizzled old guy, all beard and clearly worked out doors all his life. You couldn't imagine two more different people. He had his arms folded and I thought, oh god, he doesn't agree with her. But then, as I watched he started nodding and he was clearly approving and supporting her words. That is the hope we have in this community.” Observer

was amazing” reported one. The diversity of participation at the gathering, rather than being a barrier to discussion and learning became its great strength. was a strength of the gathering.

Methodology

One of the major supports for the successes at the meeting was found in the methodology chosen for the consultation. The World Café instils a process that accommodates difference and supports mutual engagement. (see Worldcafe.com for more details on this deceptively simple process.) The tables are all decorated with flip chart papers as “tablecloth”; there are many different kinds of markers, modeling clay, toys and other items to encourage kinaesthetic learning. Participants are encouraged to play with the toys while talking, and / o r use the markers, colours of clay to record and illustrate their thinking, thoughts and ideas. These ad hoc data capturing instruments are collected at the end of the session and transcribed as part of the data and photographed. This “at the table

movement” is further reinforced by the physical moves the participants make from table to table.

The journey of thinking and traveling together and the informality of the café style tables all interact to improve conversation and the exchange of ideas.



Figure 1: Artistic "doodle" from table top pages, World Cafe, Jan 22 2010

The three tables were hosted by a facilitator and the discussions and conversations recorded on flip charts and by the note takers. Each table hosted the 2 questions in round one a visioning question (the same at every table) and a second question (different at every table) After completing round one, each table moved on to the next table to tackle the next questions. Much thanks are due to the volunteer facilitators: Glenda, Mark and Emma and the note takers, Rhianna, Robin and Emily who worked extremely hard and very well to support the groups’ progress and deliberations.

The vision question was: *Imagine we have achieved a sustainable food secure prince George. Think about what it's like in that future in terms of how we live as a community, our relationship with the environment around us, and the work people are able to do in an agricultural and social economy.* They were instructed to take 5 minutes to dream about this a little, and then provide 5 short descriptions of their visions (less than 10 words each). Then, each group answered the table specific question. After twenty minutes the groups circulated onto the next table and answered the specific question at that table. Table x below shows the facilitator, note takers and specific question for each of the three tables. The final round saw the facilitators and transcribers present their summary analysis of the answers to the vision question and the answers to their table top question.



Figure 2: Working lunch break

Findings

Here we present a summary and analysis of the information captured during the World Café.

(Note: all the raw data captured by the process is attached here as Appendix 1.)

The Vision Question

All three groups were asked the question: *“Imagine we have achieved a sustainable food secure Prince George. Think about what it’s like in that future in terms of how we live as a community, our relationship with the environment around us, and the work people are able to do in an agricultural and social economy. Take 5 minutes to dream about this a little, and then provide 5 short descriptions of your vision (less than 10 words each).”* After this dreaming time, the groups were given 10 minutes to provide the facilitator with their responses. The vision data from all three groups painted a picture that was grounded in local solutions and leadership, allied disciplines and interests across a broad range of sectors and placed food as a central social, economic, cultural and community resource.

“We have a meaningful way fostering of healthy food consumption implemented in the school system; children are be able to eat healthy foods in the classroom. Sustainable means exist for the transportation and growth of food products from outside of our region. We have accounted for the impact that changes to our local food systems can had on our trading partners.”

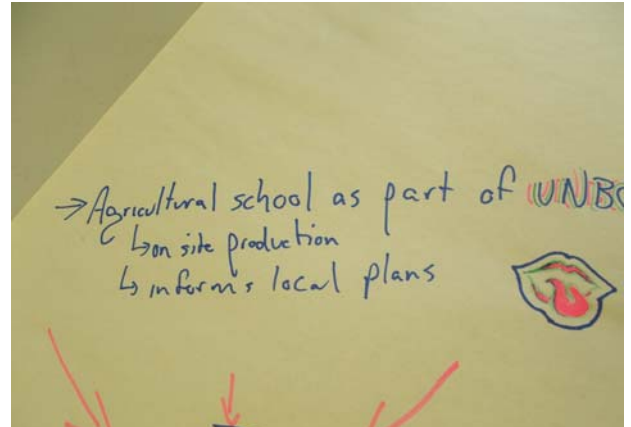
Theme 1: Local solutions, Local leadership

This theme called for a strong involvement, support and integration of the local food supply into the fabric of the local landscape. This was seen as crucial to reality of building towards a vision of a sustainable food secure in Prince George. Global actions taken locally, local leadership and increased self reliance were also seen as key to this part of the vision. Family plots are part of urban planning. There is cross generational communication and learning. People, the public take their role as food citizens seriously.

“There are lots of foods out there, but it just does not come in a plot.”

The definition of good food includes support for the locally available wild foods that are native to the area. Increasing consumer access through local food institutions and retail markets, means there is a year round attractive and accessible Farmer’s Market, open more than once a week with smaller ‘mobile’ markets moving around the community to different sites. There is year round availability and access to local foods through local grocery stores, so as to provide consumers with the choice of buying locally. Food coops and links with the region and there are jump start programs that help ease people into agriculture.

The local university and college have established and support an agricultural program that support research, education and expansion of local agriculture, including practicum on farm placements, while local high schools include introduction to agriculture and opportunities to grow and process food. Of particular interest was the success of bringing local agriculture (and what crops) closer to the city and enhancing the quantity and quality of arable land. Further, the use of local products for innovative solutions to heating greenhouses (such as beetle kill which traps a high level of energy) was something the local university research led.



The outcomes of climate change have affected Prince George in a way that has promoted local agriculture. PG could be a leader in how local communities can respond to challenges and change in positive ways and increase food supply in effective and sustainable ways, ways that utilize the local grass roots and low tech answers. Prince George also has a role in leading the understanding of bioregional sustainability.

“We have research and education on how to grow, gather and prepare local foods, and records of historical plants native to our area. Educational tools on preparing locally successful crops and what to do with seasonal local produce (i.e. recipes) are developed. Such things as a “U-Grow, U-Cook and U-Can” groups are in much demand in our area.”

As a result of the above more people and families are involved in growing their own foods. Greenhouses, residential and commercial also support local food access. Root cellars, bees, dairy are all common and accessible. Like U-brews; U-can businesses help people can their own produce. Other cooperative relations – like tool and equipment exchanges exist

Theme 2: Changes in attitudes and practice - Agriculture

There many fears that we are losing traditional agricultural practices right at the time when we may need them most, especially once the current generation of farmers retire. Ensuring knowledge and skills live on is crucial. Innovation among our local food producers and a new willingness for collaboration among industries, such as forestry and agriculture, rather than opposition. For

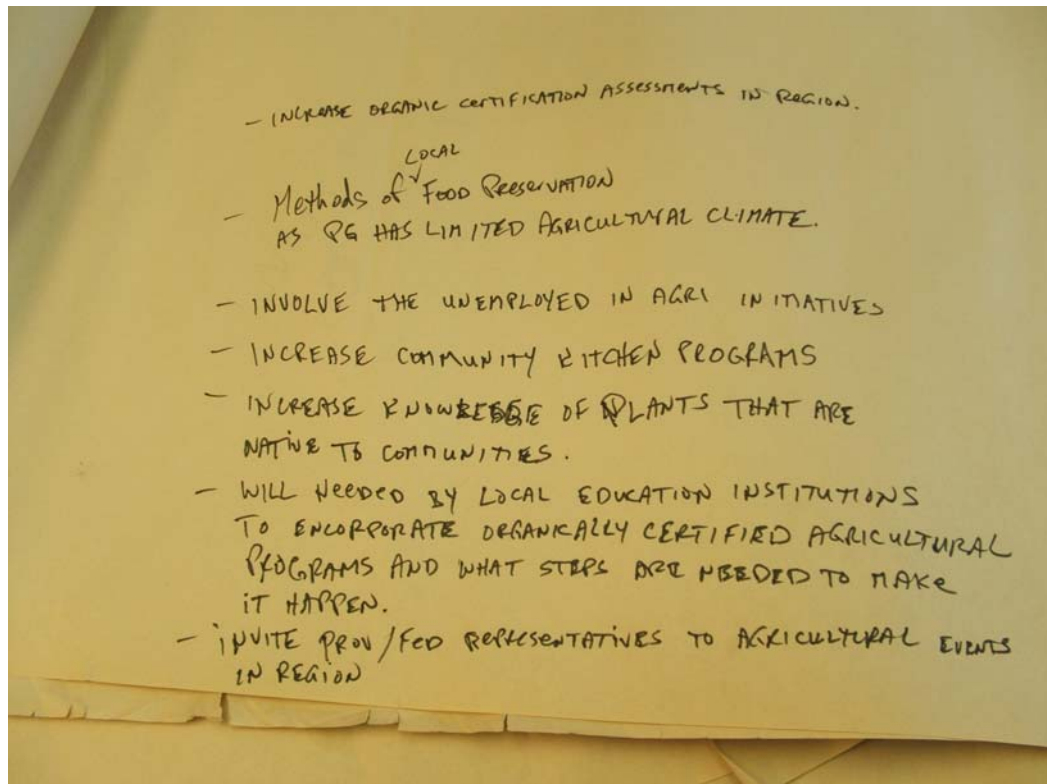


example: the excess heat from forestry is used to heat green houses which will save money and pro-long the growing season for the foods in the greenhouses. Seasonal

social celebrations show the value of and respect for farmers and food producers. We have established equitable means for trading for what we can not grow ourselves.

Theme 3: Changes in attitudes and practice - Government

Have reduced multinational food control and government regulation of what we eat (how it is processed, where it comes from, etc.), and we have established policies and laws that favour and enhance with municipal, ministerial and financial support. Public takes on the role of food citizens and the agro food system make sure readily available food is labeled as “local and sustainable” so that consumers can exercise choice. The creation of jobs in creative partnership initiatives between different groups and individuals helped guarantee the success of this “ideal future”. People who want to work and learn do so with farmers who can’t afford to pay for extra work. The political will to support local agriculture and research including Ministry of Agriculture provision of education to farmers, and the agricultural research station) all have political and local support including municipal policy that supports economic development and the businesses that drive local food productions. A regional/political food policy council is able to apply political pressure at higher levels and ensure full support to communities and local agricultural producers.



Question 1: What are the top actions that would need to happen to make this ideal future come to life?

Groups 1, 2 and 3 were asked the question “What are the top actions that would need to happen to make this ideal future come to life?” They were then given a 10 minute answer period. The themes are presented here. Please note: not all groups developed information for all of the themes.

Community Involvement with Local Foods/Producers

Group 1: There needs to be community gardens and family gardens, providing access to gardens for as many people as possible needs to be part of our foundation for food security. Intergenerational connections need to be made within the community, as well as using our money to put into local community agriculture.

Group 2 identified people from multiple sectors and on different levels need to be connected to each other. This will provide assistance and resources to those from other sectors who are looking to focus locally, as well as aiding communities in researching and using best practices on local foods from other areas. We also need to connect on regional food systems, and ensure a diversity of crops and the communication and cooperation between growers. There needs to be an overhaul of our provincial food transportation systems, with more local and regional marketing. Without eliminating what’s already working, we have to approach corporations to identify the barriers to placement of local products on their shelves.

Group 3: Prince George needs to develop such things as a ‘food trade’ and partnerships with other regions in BC. We also need a Co-operative store that is open seven days a week, as opposed to a Farmer’s Market that is only open on the weekends. Local foods need to be made as accessible as possible in order to best benefit both the consumer and producer. There needs to be incentives to ‘jump-start’/build local agriculture, such incentives reflect the desire for our money to stay in our community.

Creation of New Positions

Group 1: The creation of jobs in creative partnership initiatives between different groups and individuals is a key action that needs to take place to help guarantee the success of our “ideal future”. We need to combine people who want to work and learn with people such as farmers who can’t afford to pay for extra work. The Canadian Farmer’s Team is involved in something similar where they make matches such as these, and have been very successful. Providing such apprenticeships and mentorships will help bring people and agriculture together.

Education and Research

Group 1: We need to increase investments in the education and research of agriculture, such as what will work for growing, gathering and the preparation of food in Prince George and Northern BC. The community needs to work with families to help nurture their work ethic and desire to reconnect with their traditional food sources, and to become more sustainable. Agriculture needs to be introduced to students, showing youth the rewards of connecting to the land and local food production.

Group 2: We need to have research and provide education on how to grow, gather and prepare local foods, and combine this with records of historical plants native to our area. Educational tools on preparing locally successful crops and what to do with seasonal local produce (i.e. recipes) should also be developed. Such things as a “U-Grow, U-Cook and U-Can” groups are in much demand in our area. Building a meaningful fostering of healthy food consumption needs to be implemented into the school system; it is important for children to be able to eat healthy foods in the classroom. Sustainable means need to be created for the transportation and growth of food products from outside of our region. We also need to consider the impact that changes to our food systems can have on our trading partners.

Group 3: There is a great need for education and research around local foods. There needs to be an increase in consumer education about and access to local foods and food security, as well as for local food proponents and the general public. We need to develop an understanding of the value of local foods, to try and teach people not to just look for the cheapest items. The public needs to be educated on where food comes from and the distance it has travelled; this can be done by doing full cost accounting of food, which would include the carbon output, pesticides, etc that come with foods brought in from other regions. There has to be an increase in fostering more local food preservation education and capacity.

As a community we need to reach out to regulatory agencies – focus on educating their staff members around food security. A lot can be done by a ground level agency, there are people to help inform those who are interested in increasing the local food system. One way to help achieve this is by working with local stores to promote local foods. We need to work on improving centralized, controlled ‘agri-business’, and looking towards transit models. There are a lot of resources out there but there is also a lot of disconnect, which is why education and the combination of resources are so important. Another idea is to provide a Food Safe Certificate or related education as a core curriculum for all school programs in order to help students later in life if they choose to produce foods for sale.

Another necessary action that needs to take place is to determine how to do research about what we can grow in our area, and we are going to have to make some collaborations/alliances to start this process. There is also a great need for the skills and methods to preserve local foods due to our climate. We should be utilizing the experienced farmers from our community to inform on agricultural research and on

problems that can happen. It would be wonderful to have these farmers sharing their wisdom and experience with the community, once such way could be via providing apprenticeships.

Changes in Agriculture

Group 1: There is an extensive amount of quality land available for agriculture; we need to find more effective ways to utilize arable and unused land, regardless of ownership. Increasing the amount of smaller farming operations (having 5 acre plots) as opposed to mega operations will be more appealing and stimulating to the younger population. The idea is to maintain existing larger-scale, local operations (not to divide large 160 acre parcels down to smaller 5-10 acre plots), and to have those with smaller properties begin farming their land. This will allow for high density farming in an urban environment along with the usual bigger and less varied operations.

Group 2: We need to plan for the impacts of climate change on our local food systems and productivity, and how our region might be changing. With this in mind we also need to regard temperature change and what we may and may not be able to grow in the future. A key part in our success will rely on our ability to be diverse and communicate with each other. For the products we cannot grow, how can we best use our energy in regards to how far we will go to get those products? We will need to hire an agricultural officer to aide with and establish policies regarding local agriculture. It is essential to strive to obtain the products we cannot grow from other regions as close to ours as possible.

Group3: A good strong connection between agriculture and forestry needs to be established i.e. 'agro-forestry'. An example would be a partnership where the wood waste from forestry is used to heat farmer's green houses, which would extend the growing season of the foods in the green houses. Another partnership that needs to be further developed and strengthened is that between the consumer and farmer. Community shared and supported agriculture would be a great way to help farmers lessen their financial risk because the consumer would be investing in the farm. There is an example of this in Vermont where a local farm is supporting/feeding 500 families. An effective food system can benefit both the consumer and farmer financially.

Government

Group 1: There is a need to advocate for political will to support local agriculture and research (used to have Ministry of Agriculture provide education to farmers, also had great research station) and to gain political and local support for Prince George. We need to establish a municipal policy that will support economic development and the businesses that are going to drive local food productions. With this there also needs to be a regional/political food policy council that is able to apply political pressure at higher

levels. The current policies in existence need to change and give full support to communities and local agricultural producers.

Group 3: Prince George needs a local governing body to manage and regulate what can and needs to be produced and consumed locally. The governance system around food marketing and production needs to be revised and re-invented. There needs to be assurance that the food is not contaminated, but that it is also easy to get to local buyers. The 'road blocks' in the Ministry of Forests, and for licences need to be addressed. It is not easy to get farm classification on land, this needs to be changed to make it easier for local farmers to get approval. The farm tax classification system has also been a problem for many farmers or those who want to begin farming, the issues regarding this system need to be simplified and focussed around helping local agriculture. The local region/municipality can also create a micro-loan program; small scale farmers don't need a lot of money. A local governing body will also need to re-examine the high mark-up on produce in grocery stores, the quota problems with dairy farming, and the regulatory guidelines regarding dairy industry in respect to the production and distribution of local milk. There should also be a labelling system on foods regarding the distance they have travelled (food mileage) and other related information, this will help educate the consumer on the true cost of the food.

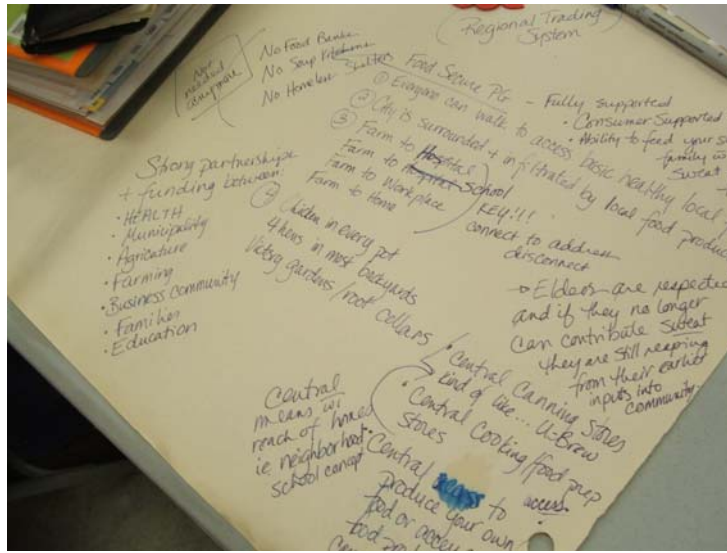
Models and Examples

Group 1: A historical overview of what has worked and failed in our region would be very beneficial to establishing local agricultural methods. It would be very useful to research other efforts and to look at what has failed and succeeded in other areas, and to think in terms of how we prevent those failures from happening to local food crops here.

Funding

Group 3: There needs to be financial support for people interested in getting involved in farming; they need funding for start up compensation. One such method of financial support is via a farm subsidy or farm credit corporation. In relation to finances, we also need to address the issue of disparity between the rich and poor consumer; choice costs money. The development of a Co-operative store (example of Co-op in Calgary and Kamloops were given) where the City provided financial support by means of tax break, and providing an affordable lot. There are many ways in which local foods can be produced where it is financially beneficial to both consumer and producer. Funding needs to be made available to help with the start-up, maintenance, distribution and cost of local foods.

All three groups had strong and cogent examples and ideas of the actions that would be required to move towards the ideal future.



Question 2: What are you doing now that is already helping and what else could be done?

The collation of answers to the question posed at table two (What are you doing now that is already helping is presented in the table below.

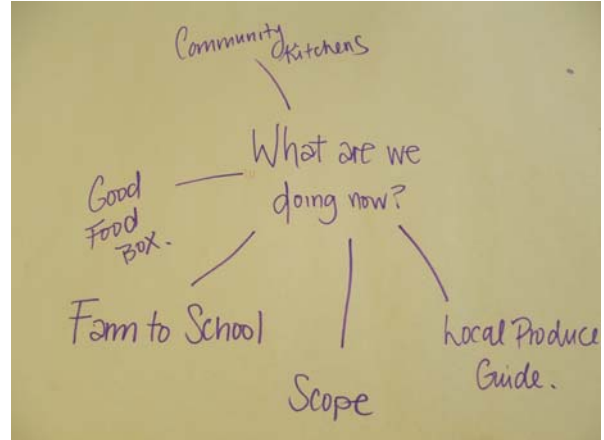


Table 1

Table 1: Current successful actions		
Action	Illustrates	Notes
Community gardens (permanent and temporary)	Growing local interest in growing; use of public and private lands	
The university, and colleges with their students and research expertise; contributions such as practicum; college culinary program; PIRG and compost program; Master’s Gardner’s program.	Opportunity to link young eager minds with knowledge and experience of community; UNBC has recently met (~15 profs) to discuss local agriculture. Diversity of backgrounds represented on the board. Community colleges-have kitchens that may not necessarily be used at night.....could use this resource for cooking, canning etc. Workshops?	<i>Need some organization to link these resources to community needs and community volunteers to the university and college</i> <i>Expand on local food sourcing for UNBC food.</i> <i>Need research: adaptive/eco-region appropriate species</i>
Farmer’s Market	Steady growth indicate growing consumer market	
Good food Box		
REAPS- an organic garden	Serves as an educational outreach tool. They offer workshops and skills for food production	
David Douglas Botanical Society: display garden up at UNBC.	Local capacity, interest and expertise	
Integrated Community Sustainability Planning (myppg and Smart growth)	Municipal commitment to, interest in sustainable future and citizen involvement	<i>City is supporting development for the public market downtown. Need to continue to support this so that it is included in the Integrated Community Sustainability Plan (ICSP).</i>
Private farm tours	Local potential for tourism as anew driver and support	<i>Farm tour brochures or Magazines? We need leadership in developing this to market agriculture in PG area.</i>
Educational seminars (e.g. Kent’s	Drive and hunger for knowledge, for	<i>We could need to increase the</i>

presentation at the University and today); Seasonal dinners and educating local chefs and community	opportunities to come together as a community to address issues	<i>number of seminars / workshops and to have a better system for communicating what events are happening. This is especially needed for events happening at the university so that there is a better linkage with the city / community.</i>
Green Chef ‘ ‘green restaurant’ initiative (e.g. Cimo’s).	Cutting edge – not just the Food network and Jamie Oliver but PG as a leader	
Seedy Saturday-February 20 th , 2010-01-22	Increasing in popularity; grassroots engaged with seed saving and sharing	
Food Skills for Family program: food distribution program by the Carrier Sekani (CSFS) and BCHLA; other emergency food resources for the hungry	Recognizes the many and challenging barriers to food faced by those who live life hungry; PG has reputation for volunteerism and charitable impulses as good as, if not better than, bigger centres.	Move from charity to justice; drive to look at root causes to poverty and hunger; not just filling empty stomachs
Farm to school	PG was a leader in this initiative which ahs gone provincial	<i>***Farm-to-school.....could provide a market....operating a full capacity we might not even have enough farmers to support; Need farm to hospital</i>
Ft. St. John.....greenhouse farm-to-school program-first in BC or Area? This is accompanied by a culinary program with high school students.	Ingenuity and risk taking of the north, the can do will do, have done attitude	
Vanderhoof-they are taking school kids to farms: Project Agriculture: 1 week long	. Kids growing up on farms don’t usually participate. It helps to entrench in peoples mind what agriculture is or means	Build awareness from when kids are young.....something we can take away? Replicate?
Pilot that demonstrated to the market place that we can supply large markets (grocery stores) with locally grown products-from a local farmer.	Local capacity – if the market is there we can grow it	
Land use inventory of Fraser-Fort George.....FFGRD...a GIS project.	Skills and interest of Regional District, a key partner	
Community (emergency) food distribution programs-such as shelters and food line(hampers	Could look at locally sourcing food for hampers and food lines in the food distribution system. Linking people to work together on this-social enterprise-i.e.. Non-profit societies.	
“Stone Soup” Coalition and Project	Demonstrates community agencies can collaborate together and share support and resources	
Min. Of Ag.....“Taking Stock” booklet-self assessment resource available for farmers	What provincial resources can offer to support local endeavours	
BC Farmers Market food coupon program with funding from Min. Of	Local Farmers Markets benefiting from innovative provincial support; local	<i>could be cut this year.</i>

Employment.... This has been good for needy families who like to shop at the farmers market	people often excluded gaining access to local fresh produce	
OBAC: Omineca Beetle Action Coalition: agricultural strategy	Concerted and intelligent work on variety of sectors	...can find this online.
Old Towne: a food store that does sell local produce	Consumer interest in local produce	
HEAL: local- and regional food systems network has regional-interactive virtual, online map that would house video, pictures, and information	Resurrect the PG Food Policy Council	
Smithers: low-cost food outlet that takes food products that are not necessarily ideal but still good. High Roads services society does this.	Shows full circle care - They also employ people with disabilities..... A lot of low-income families access this. Could have food as well as food preparation workshops at this venue. Replicate this?	<i>Social-enterprise in addition to a community kitchen.</i>

What else can be done is covered in table 2 below.

Table 2

Table 2: Suggestions for further action
Give back more authority to farmers. Need to liaise with individual farmers who may not know how to market their businesses as well.....link students or consultants willing to help with this.
Health Markets-integrated into farmers markets ...connecting wellness
Practical learning/certificate for people wanting to upgrade education on this but not wanting to go to university
Model Core Program Paper: Food Security from the Province.....gives a mandate that the Health Authority has to work on food health. Farm-to-school salad bar pilot project, eating strategies, and looking at health strategies. We need to recognize that BC has the BC school Fruit and Vegetables program that we can take advantage of. This favours more southern farmers, but we can tailor it to the region here. There is also policy planning on food security, food sovereignty/first nation's work. Since 2006, health has picked up on this issue of food, health and its connections.
Farmers need to be more adaptable. Just selling your food is not the only way to make profit which they are short on. Kelowna has their tourist industry....agri-tourism business. A population base or market for that is missing. "Farm business advisory service" (offered from FED. Government-Ministry of Ag.)....to help with business planning for value added services.
Facility/Developing systems for food waste. May require partnering with regional/local government. Need to look at creating more awareness around this.....and also food safe regulations
Making food available after work hours.....at grocery stores and outlets that sell local produce.
Catch 22 of farming: when people and families can't make a living it is very difficult to support food systems. If we depend on shortage of fossil fuels to force people to shop locally, the farmers won't be

around by then.

Caribou Interior Poultry Products Association-need to support the producers component of this....really need to engage with small-scale producers "stuff." Could we link provincial parks into regional/local agri-tourism businesses.. Food processing: game meat...for local producers.

Further promoting delivery food systems and creating pocket markets. Need to improve communications about local food and agri-businesses.

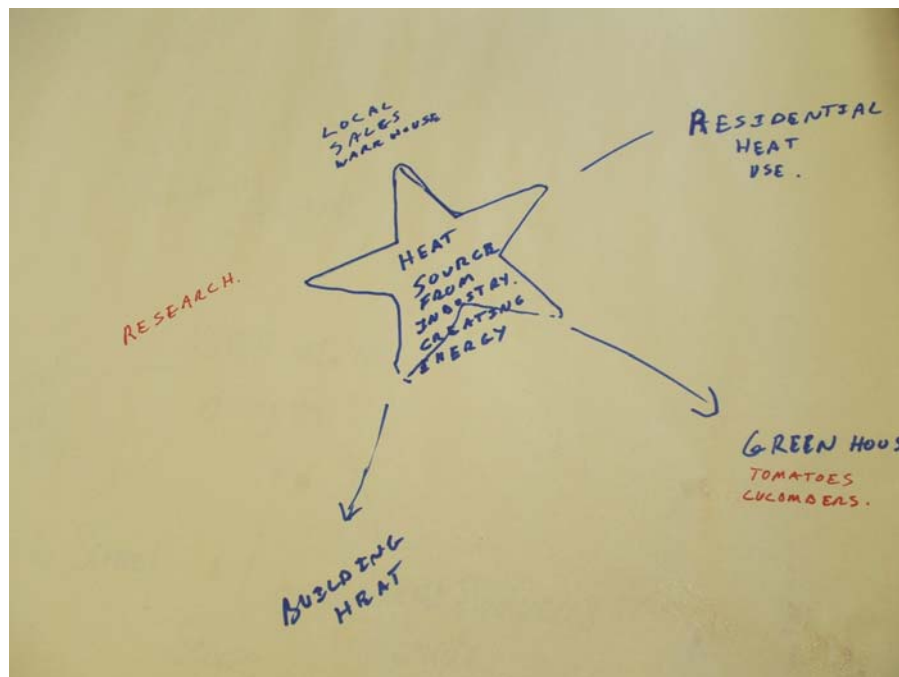
Partnered with food distribution systems: dietician....cooking workshops? Due to control of certain economic factors in peoples lifestyles, they may be missing out on this link in supporting local foods, and creating healthier lifestyles.

Need to remove perceived economic barriers to sustainable lifestyles.

Need to look after the land. There is overuse of land-i.e.. Over-plowing of land. If we are using the land, then we have to have some respect for it.

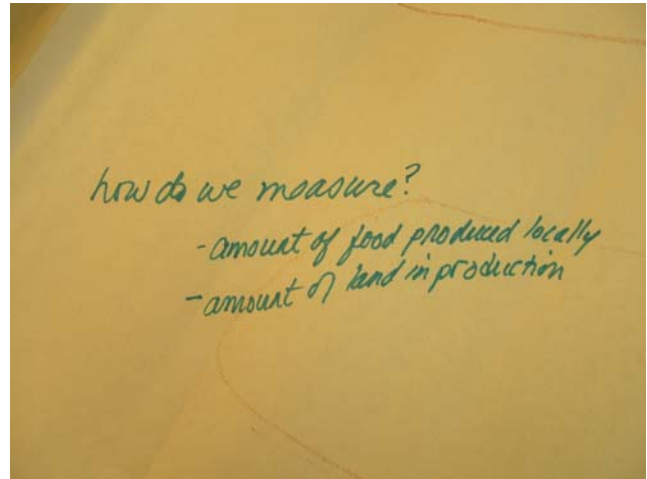
Need to look at enforcing types of agricultural practices such as organic farming. There may be complications in this as it takes a long time (3 years) to fully transition into this. So, linking consultants and experts to help with this may be good. Building better connections for mentors/resources to help farmers. [What is organic? Need to define it for the PG area.....]

Education to help people see that they have the time and resources to eat and live healthy lifestyles.



Question 3: Who do we Track Progress and Measurement

Table 3 hosted discussions on how progress and success might be measured. There were many useful and innovative ideas that would allow a community to track the increase in local food security and sustainability. These ranged from the individual to the collective level to broader conceptual themes such as policy and regulations.



Change in people

- Public takes on the role of food citizens and the agro food system also participates
- More residents keeping bees, chickens and dairy cattle
- Celebration and festivals for people involved in agriculture (to celebrate them)
- Everyone has the ability to create the food for their family

Change in policies

- Readily available food labeled as “local and sustainable” so that we know what we are buying
- Urban green spaces producing food (such as greenways)
- Transportation routes with allow us to easily access community gardens and farms (bike routes and walking routes for example). Access to food for all!
- Capitalize on current efficiencies in food system (trading crops regionally)
- Deregulation of food regulations (free trade)
- The best agricultural land dedicated to food (not for pulp mills)

Change in practices

- Community Supported Agriculture (pre-purchasing of food to ensure the success of the farmer)
- Smaller produce markets and meat markets (know who you are buying your food from)
- Clean water
- Someone else to market the food for the farmers

→ a delegated farm market “shop keeper” to ensure that the farmer can spend time farming instead of selling food

- Season being extended by greenhouses (residential and commercial)
- Change of crops due to climate change (this was seen as a positive advantage)
- Growth of community gardens (and grazing gardens) in neighbourhoods
- Proliferation of root cellars and storage for crops such as potatoes
- Farms in harmony within natural landscapes (for example, using pine beetle kill areas for agriculture instead of clearing land)
- Use of wild crops (learning from the First Nations) e.g. use of berries (there are lots of food out there, but it just does not come in a plot)
- Hemp grown for clothing
- The use of natural seeds (vs. GMO seeds)
-

Changes in Services and programs

- Farming training program at CNC (also practicum)
- Bringing in good guest speakers to learn from (like Kent)
- Farmers sharing equipment (to cut down costs)
- Programs at high school so that they can start learning basics young
- Mentorship programs
- Farming apprenticeship not related with post secondary education
- Local Food in local institutions
 - Farm-to-school (connecting the farming to school-the food at school comes from a farmer)
 - Farm –to-hospital (serving healthy and nutritious food to the people who need it most)
- U-Go cannings (like u-brew) (all you take is your money and body, and you go and you don’t need the canning equipment at home, but go to an expert)
 - This would help with storage of food throughout the winter
- Enterprise development system
- Connections between organizations (to strengthen ties and not to overlap on things are already being done)

Concrete measures suggested by the three groups are presented in table 3 below.

Table 3

The measures of sustainable food systems	
Group 1	Group 2
<ul style="list-style-type: none"> • How many households are supporting Community Supported Agriculture? • Every Mr. G sells fruits and vegetables 	<ul style="list-style-type: none"> • Amount of food produced in area • Amount of functional local food businesses • Amount of land in production (and also the amount of land allocated to agriculture) • Amount of people working in food production and

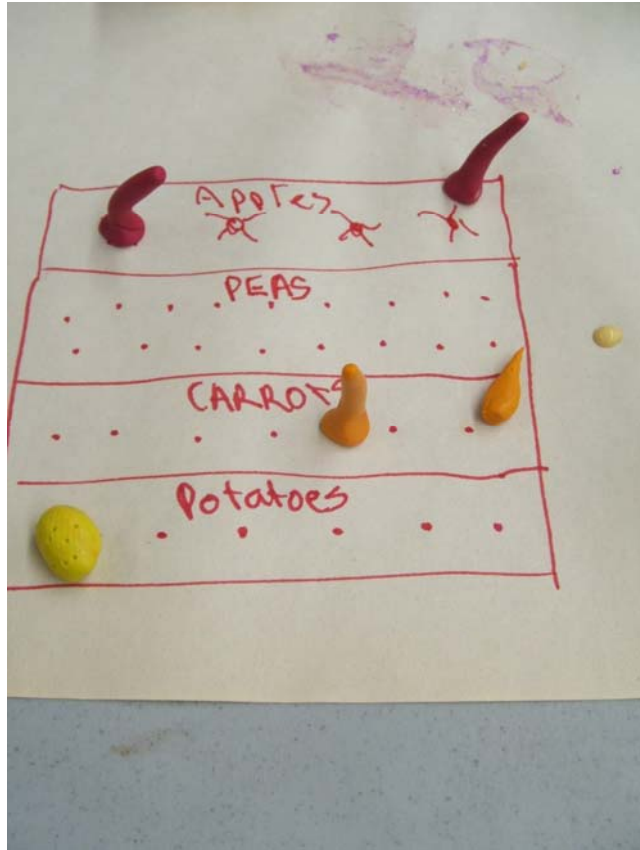
<ul style="list-style-type: none"> • How many local jobs are related to agriculture and food (Goal would be to get 15-25% of population involved) • fewer hospital visits (people are getting more healthy) • less trucks coming up and down Hwy 97 (shows that we are less reliant on the south for food) • less obesity, less diabetics, people living longer <p>Others added by reflection group:</p> <ul style="list-style-type: none"> • <i>Number of people who can prepare, cook and eat locally produced foods increases, especially among marginalized.</i> • <i>Children familiar with and eating locally produced foods</i> • <i>Preference and choice given to healthy local foods; consumption of overly processed, additive-rich foods decreases</i> • <i>Institutional policies reflect preference of local food first</i> 	<p>other successful food related businesses (amount of food licenses would show this_</p> <ul style="list-style-type: none"> • Age of people in it (younger people getting involved would be a sign of growth and improvement) • birth weights, diabetes, longevity • diversity of food grown (for different food groups) • UNBC could help to provide the indicators • demand for processing areas (government inspected meat processors) • presence of a local distributor (to bring things to each store) • amount of stores carrying local produce • you would see more social events (harvest feasts, recognizing and celebrating local agriculture) • municipal policies and by-laws in support of agriculture • economic activity (local economy) • look to stats can for indicators (to get ideas for indicators) • survey what is getting in the way for farmers (listening to the people who do the work) • level of participation at local events which talk about food • addition of agriculture as a department in the municipality • average income of farmers • availability of programs for children (which trace back food, their costs, and how much profit is left for the farmer) → inclusion of this in the curriculum • investment into research at the university (amount of money being spent from the university) • amount of students enrolled in agricultural related courses • growth of private gardens • amount of water used on these gardens vs. lawns • farmer market stats • # of healthy food programs at school • how much ALR land remains in the city
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Conclusion

The key points exercise gave the facilitators and note takers an opportunity to do a rough first cut with the data and present it to the group for discussion and validation. There was not much substantive feedback from the groups to the presentations by the facilitators and note takers. This could be due to the fact the timeline for the end of the session was drawing close, or could reflect a general satisfaction with what was presented.

Presented here is a collation of the closing summaries from the three groups.

- The vision of Prince George is based in connections – better connection between the educational institutions and the community, between formal and informal community members and there is a wide array of what those connections look like from farming programs, to opportunity for volunteers. There are new connections between industries that may have been used to being in opposition –such as collaborations between agricultural and forestry sectors, using wood waste to heat green houses, using techniques from the forestry sector that have been successful and applying to agriculture sector, growing trees and food crops in same space, harvesting native plants from the forestry sector otherwise not used Supporting a focus on food that is not just human grown.
- Health and agriculture are more closely linked - -farmers markets support overall well being and have permanent, year round and respected place in the community. Agricultural Land Management-protecting land, and strategies to organize and enhance agricultural land. We are willing to Use successful food models from other regions and countries, learn from history what failed. There is also an interest in and support of the CSA: community supported Agriculture that means farmers get city folk support regardless of a good/bad season; local food is used in schools / hospitals / cities / and Industrial commercial institutions. Ordinary people can get close to farming by buying shares in farming/get to use a small plot of land. Through these and other means we have a new place for individual and family food production, including supporting backyard space for gardens for food, yard animals (chickens and bees) and for encouraging neighbourhood growth through community gardens space



Regarding question 1, what things are we already doing well doing, there was a call for building on the existing educational connections and to not reinvent the wheel, look at what has already worked elsewhere that is worth replicating and / or adapting for us. A call was made also for better communications. Clearly we need to devise a better ways to communicate about events and opportunities and promote awareness. Also, an agricultural Business & Tourism would help farmer with business/marketing plans and look at how local populations could support these and other necessary mechanisms.

Question 2, what do we need to be doing, identified some key points of intervention. The regulatory systems we have for growing our foods seem to prevent local producers from growing and distributing food locally. There was a strong desire to see our food regulations revisited to allow local producers to sell their product in community without facing restrictive regulations. There is also a dire need for education especially calling on the mentorship of retiring farmers to educate university researchers and develop mentoring system. Healthy food systems in schools for children/youth on all aspects of growing, harvesting, preserving and preparing food. People also noted a frustration around pricing - currently over chargers consumer, under pays farmers, over pays retailer. There needs to be an aide to develop pricing controls to ensure farmer is paid fairly, retailer is paid reasonably, and the consumer regardless of income has access to local food

Question three, addressing how to measure progress identified moving beyond just the standard expectations. Community support for example could be counted in the amount of celebration of local food and farmers, such as fall festivals, market events, and in the number of educational programs available at universities/colleges, other non post secondary programs, apprenticeships (partner with farmers) and mentorship programs. The amount of local land (% devoted to agriculture) would also be a key measure, especially when matched with the percent of diversity of what is grown

Overall, the day was an unexpected success in regards to the respect, intensity and passion which people brought to the room and shared in such positive and educational ways. This report and the data it is based on, will be shared with the mypg visioning process currently underway in the city and also used by the Stone Soup Coalition in their work of developing a community food action plan. The contributions and insights shared by the participants are invaluable and greatly appreciated.

Appendix 1: Raw data from World Café Tables

Each group answered the question: *Imagine we have achieved a sustainable food secure prince George. Think about what it's like in that future in terms of how we live as a community, our relationship with the environment around us, and the work people are able to do in an agricultural and social economy.* They were instructed to take 5 minutes to dream about his a little, and then provide 5 short descriptions of your vision (less than 10 words each). Then, each group answered the table specific question. After twenty minutes the groups circulated onto the next table and answered the specific question at that table. The data here is the material transcribed from the comments captured by the facilitators on their flip charts and the note takers on their laptops.

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Table 1: What are the top actions that would need to happen to make this ideal future come to life?

Table 1 was facilitated by Emma Faulkner and scribed by Rhianna Everitt.

Group 1 - the vision

- Small communities all looking after each other
- Traditional agriculture as we know it doesn't exist, once they retire it is going to be completely different. Need to educated and innovate the producers of food
- Collaboration between industries i.e. forestry and agriculture → agriculture using excess heat from forestry to heat green houses
- Modelling successful agricultural models from other sources/countries. Having people farming on 5 acres of land, small family plots
- Reducing government control of what we eat – how it is processed, where it comes from, etc. No more government rules/laws/regulations about the steps need to take for food to be sold, more lenient laws and less steps
- Able to implement agricultural strategy OBAC, would lead to community security, sustainable food systems, all sectors would be supporting that i.e. Ministry of Education and Ministry of Forestry, and would have money to support that
- Community food security with sustainable food systems, combined with ministerial support and the funds to support this

- Reducing multinational food control and government regulation, local food control instead
 - Enhance food supply from wild foods
 - A farmers market year round (bring market to those who can't go to market – rotate smaller market every weekend to different area)
 - Access for local food institutions and retail markets
 - Reducing the globalization of our food supply, keeping food dollars in local community/economy, going to local farmers and community
 - Year round availability of local foods in grocery stores, providing consumers with the choice to buy local
1. What are the top actions that would need to happen to make this ideal future come to life?
- Community gardens, family gardens – is how you start
 - Creating jobs in creative partnership initiatives between different groups and individuals
 - “bring it together”
 - using our moneys to put into local community agriculture
 - Combine people who want to work and learn with people (farmers) who can't afford to pay them, apprenticeships/mentorships. Canadian farmers team makes matches like this
 - Introduce agriculture to students
 - More investments in education and research of agriculture – what will work for growing, gathering and preparation of food in Prince George & Northern BC
 - Working with families, spending more time nurturing them in order to foster a good/better work ethic and their desire to reconnect to their roots i.e. traditional food sources and sustainability
 - Making intergenerational connections
 - Finding more effecting ways to tap into arable, unused land
 - Extensive amount of quality land for agriculture, finding ways to utilize land regardless of ownership
 - Showing youth the rewards of connecting to land and food production
 - Increase in smaller operations as opposed to mega operations will be more appealing and stimulating to the younger population as opposed to bigger and less varied operations. Having 5 acre plots as opposed to large farming areas.
 - Not dividing large 160 acre parcels down to smaller 5-10 acre plots - maintenance of existing larger-scale, local operations – don't divide if you don't need to!
 - allowing/encouraging for smaller properties to have farm on their land - higher density, urban operations
 - High density farming in an urban environment

Organized:

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Group 2

1. What are the top actions that would need to happen to make this ideal future come to life?
 - Research and education, not just growing food but for preparing food and gathering food that grows locally in the region. Records of historical native plants
 - Advocate for political will to support for local agriculture/research, ex: used to have productive Ministry of Agriculture to provide education to farmers and had great research station. To gain support for our area politically and locally need to start this

- Municipal policy that will support business that are going to drive local food productions. Need “u-grow & u-cook & u-can” groups.
 - Significant work on municipal policy and economic development, we need policies to change and give us support.
- Regional, political - food policy council, need some guts from the city to apply political pressure at higher levels
- Not eliminating what’s already working, approaching corporations to identify barriers to placement of local products on their shelves. Connecting corporations to local agriculture
- Opportunities from growing grains in Peace River, and for sharing – concern over development of European Common Market - finding competition with other countries, use that as a ‘cautionary tale’ in terms of how we prevent that kind of impact on local food crops here. Quite useful under education and research that we need to think of other efforts, look at what has failed and succeeded in other areas.
 - Historical overview of what has worked and failed. Be sure to be diverse and communicate with each other
- Ensuring diversity of crops, communication /cooperation between growers
- Bringing people together multi-sector, different levels
- Connecting on regional food systems
- Consideration for impact that changes to our food systems can have on trading partners
- Planning for impacts of climate change on local food systems/productivity, and how region might be changing.
 - Regard temperature change and what we will be and might not be able to grow in the future
- Overhaul of our provincial food transportation systems – more local/regional marketing
- Hire an agricultural development officer (City of PG, Northern Health?)
- There are products we cannot grow, how best to use our energy regarding how far we will go to get those products. Have outside products as close as possible
- Finding ways to be sustainable with our transport/growth of food products we can’t grow here
- Developing education tools around ways of preparing locally successful crops, and what to do with seasonal local produce; recipes etc
- Are there other sectors looking to do the local focus, researching/using best practices on local foods from other areas
- Building a meaningful fostering of healthy food consumption in the classroom - important for children to be able eat healthy foods in the classroom

Organized:

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 - Historical overview of what has worked and failed. Be sure to be diverse and communicate with each other

Group 3

1. What are the top actions that would need to happen to make this ideal future come to life?
 - The governance system – continue to revise and re-invent the whole governance system around food marketing and production. Need to ensure it is not contaminated, but is also easy to get to local buyers
 - Role models
 - Figuring out how to do the research about what we can grow in our area, need to make some collaborations/alliances to start the process
 - Reach out to regulatory agencies – educate their staff members around food security.
 - There is a lot we can do as ground level agency people to help to inform people who are interested in increasing the local food system. There is a lot of resources out there but is a lot of disconnect
 - Local governing body to manage and regulate what can/needs be produced locally and what is being consumed locally.
 - Creating partnerships with other regions in BC
 - 'Food trade' with other regions
 - Create incentives that reflect money that stays in community, a lot of disconnect
 - Make incentives/distinctions to 'jump-start'/build local agriculture
 - More consumer education about local food, try to work with local stores to promote local foods
 - Develop understanding of value of local food, not always looking for cheapest items
 - Need skills and methods to preserve local foods due to our climate, fostering more local food preservation education and capacity
 - Utilizing the experienced farmers to inform on research and on problems that can happen, and sharing their wisdom and experience – providing apprenticeships
 - Community shared and supported agriculture would be a great way to help farmers lessen their risk. Consumer lessens the risk for the farmer. Ex – farm in Vermont supporting/feeding 500 families
 - Doing full cost accounting of food – includes carbon output and pesticides, etc
 - Food Safe certificate/education as core curriculum for all school programs to help students later if they choose to produce foods for sale
 - Regulations have to be lightened
 - Needs to be financial support for people interested in getting involved, need funding for start up compensation. Farm subsidy or farm credit corp.
 - Federal Land Tax incentives for local growers, local land owners who want to start growing food.
 - Assistance in education, easier access to education. Public needs to be educated on where food comes from and distance it travelled
 - More accessible food security education for local food proponents and general public

- Improvement on centralized, controlled 'agri-business', transit models
- More control over wholesale pricing and retail mark-up, should be a law against high mark-ups, not fair to farmer or public
- Hard to be certified as organic, provide other categories with easier regulations so that good food get recognized
- Restrictive organic certification process changed to category instead
- Need to address issue of disparity between rich and poor consumer – choice costs money!
- Labelling system on foods regarding distance travelled and other info – shows 'food mileage'
- Connect agriculture and forestry models → 'agro-forestry'
 - Address 'road blocks' in Ministry of Forests, and for licences
- Region creates micro-loan program, small scale farmers don't need a lot of money. Municipality based micro-loans
- Address high mark-up on produce in grocery stores
- An effective food system can benefit consumer and farmer financially
- Not easy to get farm classification on land, needs to be changed. Industry needs to be interested in farmers using their free heat for farming. Need to address farm tax classification system
- Starting a co-operative store as opposed to a farmer's market that is only open on weekends
- Develop a wood waste/heat green house partnership to extend growing season
- Develop co-operative store (example of Co-op in Calgary and Kamloops were given). City support of this with tax break, affordable lot
- Quota problems with dairy farming need to be addressed
- Regulatory guidelines regarding dairy industry to be re-examined in order to produce and deliver local milk

Organized:

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- Need to address issue of disparity between rich and poor consumer – choice costs money!
- Develop co-operative store (example of Co-op in Calgary and Kamloops were given). City support of this with tax break, affordable lot

Top 3 Points from Question 1

- Use successful food models from other regions and countries, learn from history what failed
- Have a year round farmer's market in Prince George, a place where people can go weekly to access local goods. Have to be creative to maintain year round, but can be done if enough people have will to make it happen
- Collaboration between agricultural and forestry sectors, using wood waste to heat green houses, using techniques from forestry sector that have been successful and applying to agriculture sector, growing trees and food crops in same space, harvesting native plants from the forestry sector that are otherwise disposed of

Top 3 Points from Question 2

- Regulatory systems we have for our foods prevent local producers from growing and distributing food locally. Desire to see our food regulations revisited to allow local producers to sell their product in community without facing restrictive regulations
- Education – mentorship of retiring farmers to educate university researchers and develop mentoring system. Healthy food systems in schools for children/youth on all aspects of growing, harvesting, preserving and preparing food.
- Frustration around pricing - currently over charges consumer, under pays farmers, over pays retailer. Need to develop pricing controls to ensure farmer is paid fairly, retailer is paid reasonable, and the consumer regardless of income has access to local food

Table 2

Group 1: Ian Picketts, Pat Coon, Jovanka D., Joan Chess, David Kienzle, Reg Feyer, Scott Green, Steven Kiiskila, Andrew Beuzer, Emily Hicks, Sherry O., Glenda Newsted, Robin Chang, Bianca, Tracy Sommerville

- 1. Imagine we have achieved a sustainable food secure Prince George. Think about what it's like in that future in terms of how we live as a community, our relationship with the environment around us, and the work people are able to do in an agricultural and social economy. Take 5 minutes to dream about this a little, and then provide 5 short descriptions of your vision (less than 10 words each).**

Group 1:

Agricultural school at the university. To have one here, or a course to focus on our agricultural lands. Perhaps the word bioregion is more appropriate...but education that focuses on on-site production and informing local plans for PG Agriculture. There is also the idea of local greenhouse production, and also waste heat from the biofuel plants. Apparently, there already is a site ready for a potential regional district greenhouse. UNBC could be a leader in implementing a greenhouse on campus with its own local food system that could feed into the cafeteria. This is something that should be applied to not only UNBC but the school district....that plots, and farm-to-table/farm-to-school programs are available for youth.

There is a bit of a model for that-the Montessori school.....another example is Austin Road. It would be great to expand this to the district level.

A system of agricultural land from areas where wheat, barley, and oats are cultivated on the periphery.....and local plots inside the city. It is not just a crown land issue....

Information is important-how much is already being consumed, what could/is being grown locally.

A big problem is that farmers are not getting enough of the money that they should for their produce. A solution is selling right off the property, but this is threatened...could stop in 5 years due to "regulations". ...need to be allowed to or supported in marketing their own products. BC import tax is affecting local farmers-i.e. US import into Alberta and then bringing it into BC.....

All grocery stores are health food stores-what we should strive for. Most people shop there, and so we should be sourcing good stuff into these places.

The biggest challenge is doing sustainable ag. In a climate that is pretty challenging. We could grow corn for example here if we had the resources...but that could be challenging. UNBC has a chance to play a grass-roots part in this. There are ways to grow things low-tech and sustainable, but will take work.

A bigger permanent building for the farmers market....for 2 days a week....perhaps Wednesday and Saturday....this could be a packed place and a place for addressing regulation and other challenges.

A venue for health...community health...

2. What are you doing now that is already helping and what else could be done?

Group 1:

Community gardens-temporary, private land holdings, city land. Farmers market. Good food box. Integrated community sustainability plan. A real resource is students at the University- there is interest there....but no organization to take advantage of this resource- volunteer/research/PIRG/compost group/local food group. Any community volunteer should be

able to get involved with the existing activities (on and off campus?). College has the culinary program.

Private farm tours. Seasonal dinners and educating local chefs and cmtty. Seminars, such as Kent's presentation at UNBC-heard about it on the radio. We could increase the number of seminars/workshops....we need to have a better system for communicating what events are happening. This can be emphasized for events happening at the university so that there is a better linkage with the city community.

"Green chef"/"green restaurant" initiative...i.e. at Cimo's.

Seedy Saturday-February 20th, 2010-01-22

Food Skills for Family program: food distribution program by the Carrier Sekani (CSFS) and BCHLA

—
What we can do/think about to do:

***Farm-to-school.....could provide a market....operating a full capacity we might not even have enough farmers to support.

Vanderhoof-they are taking school kids to farms: Project Agriculture: 1 week long. Kids growing up on farms don't usually participate. It helps to entrench in people's mind what agriculture is or means. Build awareness from when kids are young.

.....something we can take away? Replicate?

Practical learning/certificate for people wanting to upgrade education on this but not wanting to go to university?

Ft. St. John.....greenhouse farm-to-school program-first in BC or Area? This is accompanied by a culinary program with high school students.

Health Markets-integrated into farmers markets ...connecting wellness.

Group 2:

We have demonstrated to the market place that we can supply large markets (grocery stores) with locally grown products-from a local farmer.

Land use inventory of Fraser-Fort George.....FFGRD...a GIS project.

Community (emergency) food distribution programs-such as shelters and food line (hampers).

"Stone Soup" Coalition and Project

BC Farmers Market food coupon program.....concern about funding from Min. Of Employment.....could be cut this year. This has been good for needy families who like to shop at the farmers market.

Min. Of Ag....."Taking Stock" booklet-self assessment resource available for farmers

What we can do/think about to do:

Model Core Program Paper: Food Security From the Province.....gives a mandate that the Health Authority has to work on food health. Farm-to-school salad bar pilot project, eating strategies, and looking at health strategies. We need to recognize that BC has the BC school Fruit and Vegetables program that we can take advantage of. This favours more southern farmers, but we can tailor it to the region here. There is also policy planning on food security, food sovereignty/First Nations work. Since 2006, health has picked up on this issue of food, health and its connections.

Could look at locally sourcing food for hampers and food lines in the food distribution system. Linking people to work together on this-social enterprise-i.e. Non-profit societies.

Farmers need to be more adaptable. Just selling your food is not the only way to make profit which they are short on. Kelowna has their tourist industry....agri-tourism business. A population base or market for that is missing. "Farm business advisory service" (offered from FED. Government-Ministry of Ag.)....to help with business planning for value added services.

Catch 22 of farming: when people and families can't make a living it is very difficult to support food systems. If we depend on shortage of fossil fuels to force people to shop locally, the farmers won't be around by then.

Caribou Interior Poultry Products Association-need to support the producers' component of this....really need to engage with small-scale producers "stuff." Could we link provincial parks into regional/local agri-tourism businesses...

Farm tour brochures or Magazines? We need leadership in developing this to market agriculture in PG area.

Group 3:

REAPS-has an organic garden that serves as an educational outreach tool. They offer workshops and skills for food production.

David Douglas Botanical Society: display garden up at UNBC. Master's Gardner's program.

UNBC has recently met (~15 profs) to discuss local agriculture. Diversity of backgrounds represented on the board.

OBAC: Omineca Beetle Action Coalition: agricultural strategy...can find this online.

Old Towne: a food store that does sell local produce.

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What we can do/think about to do:

HEAL: local- Resurrect the PG Food Policy Council

HEAL: regional-interactive virtual, online map that would house video, pictures, and information

Smithers: low-cost food outlet that takes food products that is not necessarily ideal but still good. High Roads services society does this. They also employ people with disabilities.....full circle care. A lot of low-income families access this. Could have food as well as food preparation workshops at this venue. Replicate this? Social-enterprise in addition to a community kitchen.

David Douglas: research partnered with the garden.....potential for faculty involvement to explore adaptive/eco-region appropriate species

Farm-To-School in Chetwynd. They have also just received funding to create a community kitchen.

Expand on local food sourcing for UNBC food. Kick out Eurest.

Facility/Developing systems for food waste. May require partnering with regional/local government. Need to look at creating more awareness around this.....and also food safe regulations.

Give back more authority to farmers.

Food processing: game meat...for local producers.

Further promoting delivery food systems and creating pocket markets. Need to improve communications about local food and agri-businesses.

Partnered with food distribution systems: dietician....cooking workshops? Due to control of certain economic factors in people's lifestyles, they may be missing out on this link in supporting local foods, and creating healthier lifestyles.

Need to remove perceived economic barriers to sustainable lifestyles.

Need to lease with individual farmers who may not know how to market their businesses as well.....link students or consultants willing to help with this.

Making food available after work hours.....at grocery stores and outlets that sell local produce.

Need to look after the land. There is overuse of land-i.e.. Over-plowing of land. If we are using the land, then we have to have some respect for it.

Need to look at enforcing types of agricultural practices such as organic farming. There may be complications in this as it takes a long time (3 years) to fully transition into this. So, linking consultants and experts to help with this may be good. Building better connections for mentors/resources to help farmers. [What is organic? Need to define it for the PG area.....]

Community colleges-have kitchens that may not necessarily be used at night.....could use this resource for cooking, canning etc. Workshops?

Education to help people see that they have the time and resources to eat and live healthy lifestyles.

City is supporting development for the public market downtown. Need to continue to support this so that it is included in the Integrated Community Sustainability Plan (ICSP).

3 Key Points:

1) Vision

- a) Connections-better connection with our education, formal/informal community....whether that is a farming program or opportunity to volunteers
- b) Health Market-farmers market that looks at over all wellness...a permanent place
- c) Agricultural Land Management-protecting land, and strategies to organize and ag. Land.

2) Question

- a) educational connections: looking at what has already worked and replicating....adapting for us
- b) better communications-devise a better way to communicate about events and opportunities and promote awareness

c) Agricultural Business & Tourism: helping farmers with business/marketing plans, looking at populations to support that and other necessary mechanisms

Table 3

Group A

Question 1

- Public takes on the role of food citizens and the agro food system also participates
- Community Supported Agriculture (pre-purchasing of food to ensure the success of the farmer)
- Smaller produce markets and meat markets (know who you are buying your food from)
- Readily available food labeled as “local and sustainable” so that we know what we are buying
- Someone else to market the food for the farmers
→ a delegated farm market “shop keeper” to ensure that the farmer can spend time farming instead of selling food
- Farming training program at CNC (also practicum)
- Season being extended by greenhouses (residential and commercial)
- Change of crops due to climate change (this was seen as a positive advantage)
- Growth of community gardens (and grazing gardens) in neighbourhoods
- Proliferation of root cellars and storage for crops such as potatoes
- More residents keeping bees, chickens and dairy cattle
- Urban green spaces producing food (such as greenways)
- Farms in harmony within natural landscapes (for example, using pine beetle kill areas for agriculture instead of clearing land)
- Use of wild crops (learning from the First Nations)
- Celebration and festivals for people involved in agriculture (to celebrate them)
- Bringing in good guest speakers to learn from (like Kent)
- Transportation routes with allow us to easily access community gardens and farms (bike routes and walking routes for example). Access to food for all!
- Farmers sharing equipment (to cut down costs)
- Programs at high school so that they can start learning basics young
- The use of natural seeds (vs. GMO seeds)
- First Nations use of berries (there are lots of food out there, but it just does not come in a plot)
- Hemp grown for clothing
- Clean water
- Mentorship programs
- Farming apprenticeship not related with post secondary education
- Everyone has the ability to create the food for their family
- Local Food in local institutions
→ Farm-to-school (connecting the farming to school-the food at school comes from a farmer)

→ Farm –to-hospital (serving healthy and nutritious food to the people who need it most)

- U-Go cannings (like u-brew) (all you take is your money and body, and you go and you don't need the canning equipment at home, but go to an expert)
→ This would help with storage of food throughout the winter
- Capitalize on current efficiencies in food system (trading crops regionally)
- Deregulation of food regulations (free trade)
- The best agricultural land dedicated to food (not for pulp mills)
- Enterprise development system
- Connections between organizations (to strengthen ties and not to overlap on things are already being done)

Group A: Question 2 (The measures of sustainable food systems)

- How many households are supporting Community Supported Agriculture
- Every Mr. G sells fruits and vegetables
- How many local jobs are related to agriculture and food (Goal would to get 15-25% of population involved)
- fewer hospital visits (people are getting more healthy)
- less trucks coming up and down Hwy 97 (shows that we are less reliant on the south for food)
- less obesity, less diabetics, people living longer

Group B: Question 2

- amount of food produced in area
- amount of functional local food businesses
- amount of land in production (and also the amount of land allocated to agriculture)
- amount of people working in food production and other successful food related businesses (amount of food licenses would show this_
- age of people in it (younger people getting involved would be a sign of growth and improvement)
- birth weights, diabetes, longevity
- diversity of food grown (for different food groups)
- UNBC could help to provide the indicators
- demand for processing areas (government inspected meat processors)
- presence of a local distributor (to bring things to each stores)
- amount of stores carrying local produces
- you would see more social events (harvest feasts, recognizing and celebrating local agriculture)
- municipal policies and by-laws in support of agriculture
- economic activity (local economy)
- look to stats can for indicators (to get ideas for indicators)

- survey what is getting in the way for farmers (listening to the people who do the work)
- level of participation at local events which talk about food
- addition of agriculture as a department in the municipality
- average income of farmers
- availability of programs for children (which trace back food, their costs, and how much profit is left for the farmer) → inclusion of this in the curriculum
- investment into research at the university (amount of money being spent from the university)
- amount of students enrolled in agricultural related courses
- growth of private gardens
- amount of water used on these gardens vs. lawns
- farmer market stats
- # of healthy food programs at school
- how much ALR land remains in the city

Group C: Question 2

- # of backyard/community farms
- indicator of success would be local food dollars
- more farmers
- size of farms & profitability of the farms (# of small high density farms)
- existence of a year long farmers market
- # of farmers market in bio-region
- how much landfill gas would be used for greenhouse (how much renewable energy would be used for agriculture)
- how many greenhouses, and how long are they producing for (12 months of the year)
- how much non-timber products (food) are being used
- # of months that food processing groups are open
- # of school districts are involved in food-to-school system
- # of berries in the north being used for ice wine
- development of an agricultural area plan
- lower unemployment rates
- less hunger amongst the low-income
- less use of food banks
- # of innovative reclaiming projects (like the Richmond Fruit Tree Sharing Project)
- # of “common” acres for local food production
- # of acres of garden space in the city
- # of tourist to farm connections (tours)
- test for children
- curriculum in schools
- # of local restaurants using local food
- # of master gardeners
- # of youth master gardeners

3 Main Points for Vision

- 1. Not just a focus on human grown food**
 - Non-Timber Forest Products
 - Food available naturally in the woods around us
(there needs to be educational systems available in order to use these products)
- 2. Use of backyard space**
 - gardens for food
 - yard animals (chickens and bees)
 - community gardens space
- 3. Community Supported Agriculture**
 - buy from farmer regardless of a good/bad season
 - use in schools/hospitals/cities/Industrial commercial institutions
 - shares in farming/get to use a small plot of land

3 Main Measures

- 1. Amount of celebration of local food and farmers**
 - fall festivals
 - market events
- 2. Number of educational programs available**
 - universities/colleges
 - other non post secondary programs
 - apprenticeships (partner with farmers)
 - mentorship programs
- 3. Amount of land in agriculture (in percent)**
 - percent of diversity of what is grown