

2019 GOOD FOOD SUMMIT

GROWING RESILIENCE

MAIN GATHERING PROGRAM
NOV 21st + 22nd

www.goodfoodnetwork.info

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#2019goodfoodsummit

#growingresilience



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SAANICHNEWS



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VICTORIA FOUNDATION



THANKS ALSO TO METROPOL, SHOWCASE AWARDS AND RECOGNITION, AND SPUD FOR YOUR DISCOUNTS AND DONATIONS.

Day 1 – Thursday, November 21

- 1:00 PM **Registration**
- 1:30 PM **Welcome and Opening Remarks**
- **Celebrating Good Food Champions**
- **Indigenous Food Sovereignty: Key Ingredients for Climate Justice**
 - Dawn Morrison, Founder and Curator of the Working Group on Indigenous Food Sovereignty
- **Growing Resilience**
 - Arzeena Hamir, Farmer and Comox Valley Regional District Board Director
 - Kent Mullinix, Director of the Institute for Sustainable Food Systems at Kwantlen Polytechnic University
- 4:30PM – **Closing Remarks**



Day 2 – Friday, November 22

- 8:30 AM **Doors open**
- 8:45 AM **Opening Remarks**
- **Good Food Network Progress 2019**
- **A Resilient Food System in the face of the Climate Crisis**
 - Moderator: Samantha Charlton, BC Agriculture & Food Climate Action Initiative
 - + Panelists: Jim McIsaac, TBuck Suzuki Foundation; Tayler Krawczyk, Hatchet & Seed; Gary MacDougall
- **Pecha Kucha Style Presentations: Good Food Snapshots**
 - Meghan De Jong - **Eating for Regeneration**
 - Alexis Hogan – **Healing City Soils**
 - Gillian Der 謝美華 – **The ChoiBox: cultural reclamation, community, and food**
 - LifeCycles Seed the City Participants - **Growing the Next Generation of Food Leaders**
- 11:50 AM **A Local Lunch + Show and Share Fair**
- 12:50 PM **Breakout Sessions #1**
- 2:10 PM **Breakout Sessions #2**
- **Lulumexun tu Hwulmuhw Sulhtun (Guardians of First Nations Food)**
 - Facilitator: Kati George-Jim, + Tiffany Joseph, Jared Williams, MUNULTHAAT (Marylin Olsen-Page)
- **Food as an Artistic Medium**
 - Regan Shrumm, Assistant Curator at the Art Gallery of Greater Victoria
- 5:00 PM **Closing Remarks**

YOUR GUIDE TO THE BREAKOUT SESSIONS

BREAKOUT SESSIONS #1 – 12:50PM

SELF-CARE FOR ACTIVISTS

Tia Larkin, Certified Counsellor

~ this session will run for the length of both breakout sessions ~

Self-care is often discussed as something that is important but without the specifics of what it actually looks like. Also, it's often labelled as an individual's responsibility, but the ability to care for ourselves is contingent on the safety we feel at work, home and in our wider communities. Leadership teams who have a strong vision of wellness for those they serve can make self-care a conscious priority in their workplace for healthier, happier employees who want to come to work every day.

CREATING FOOD SECURITY PROGRAMMING IN SMALL AND REMOTE COMMUNITIES

In the Main Boardroom – main floor

Simone Cazabon and **Milo Stuart** will be sharing their journey through 8 years of developing their food security program - Harvest on Salt Spring Island. The discussion will be about the challenges that come along in smaller communities with a growing economic gap and how to lead a new way of thinking that empowers everyone. A two-part discussion:

1. The leadership role and creating strategy, connections, and attracting a good team.
2. Farming and gardening goals, aiming for education, methods of distribution, and a look at permaculture with a focus on protein.

LET IT GROW!

In the Ocean View Conference Room – lower level

Virginie Raimbaud, Community Social Planning Council; Rhaina Bowers, Society of Saint Vincent de Paul Vancouver Island (SVPD), Amber Bartlett, SVPD; Stephanie Lazarz, SVPD; Sasha Harper, SVPD; Margaret Forbes, SVPD

A presentation of the findings from a recent evaluation of the Rosalie's Village Community Learning Garden. This interactive panel presentation provided by stakeholders of a community learning garden focused on: empowerment, building community, destigmatizing food insecurity, food literacy and providing resources and tools to residents to address these concerns. The Victoria Social Planning Council, completed the developmental participatory action evaluation of our three-year food security project supported by multiple funders, now ending its second year. We will share our evaluation findings and our experience from the lens of the women who are working in the garden and administrators who have established and supported this project. This presentation will provide a model for building a supportive community garden as well as, tools for evaluating a community garden and understanding and interpreting the findings.

THE NEXT GENERATION OF YOUNG HARVESTERS, FROM FARM TO FISH

In He'Was Hall (main gymnasium)

Moderator: Tiare Boyes, fish harvester; Ariella Falkowski, farmer; Christine Sayegh, farmer; Angela Fortune, shellfish farmer; Helen Beans, fish harvester; Fraser MacDonald, fish harvester

Join a panel of young agri-producers as they reflect on their experiences in the industry. Panelists will draw upon summit themes as they discuss the opportunities and barriers they have faced in their sectors. This discussion aims to highlight parallels across farming, fishing, and shellfish aquaculture- building connections across the food system, highlighting good work being done, and where more focus is needed to support the future of food production.

BREAKOUT SESSIONS #2 – 2:10PM

GROWING SYSTEMS CHANGE IN THE CITY: STRATEGIES FOR SYSTEMS CHANGE TO HELP STRENGTHEN URBAN FOOD PRODUCTION

In the Main Boardroom – main floor

Alex Harned, City of Victoria Food Systems Coordinator + Aaren Topley, Co-Chair of the Urban Food Table

The City of Victoria has robust policies and bylaws that enhance and support urban food production on City, school and private land. These regulations help support the development of small scale commercial urban food production, boulevard gardens in every neighbourhood, community gardens including commons, allotment gardens and community orchards, multiple successful school garden projects and more. How did these programs and initiatives come to be? Learn about the strategies, stakeholders and stories of change. In addition, you will have the chance to identify needs in your own community, and workshop your own campaign to help foster urban food production.

SPIRALLING UP: A TOOL FOR REFLECTING AND PLANNING

In the Ocean View Conference Room – lower level

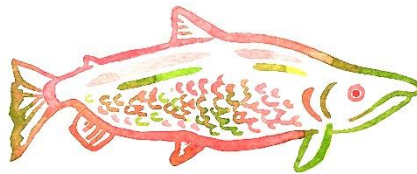
Robin Jenkinson, School Gardens Facilitator, Gulf Islands School District #64; Kim Strom, Private Consultant; Janelle Hatch, Healthy Schools Coordinator, Island Health

What makes a school garden & food program successful over time? How do we learn from one another? Based on real examples from the Gulf Islands and Victoria-area schools, presenters introduce a tool for evaluating and strengthening these programs. Participants will reflect on and develop goals to measure success and evolve their own projects, based on indicators and principles of sustainability.

THE URBAN ORCHARD IN OUR CITY'S FOREST

In He'Was Hall (main gymnasium)

This panel discussion will bring together senior planners, academics, orchardists and community advocates to discuss the opportunities and challenges of integrating fruit trees and other food assets into the urban forest. The backyard and community fruit trees across the region comprise an important source of food for many people. They also connect us across property lines and help us see our yard as part of a larger interconnected ecological system. The urban orchard is an important part of the larger urban forest. To build resilience in the face of climate instability we may need to bolster our understanding of how fruit trees and other community food production assets are related to, and may be supported by, urban forestry planning and care.



The Good Food Summit is hosted by the capital region food and agriculture initiatives roundtable (CRFAIR). We are the backbone organization of the good food network. It is our mission to mobilize and connect efforts to develop healthy, equitable and sustainable food systems in the capital region. Learn more at crfair.ca.