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2018 GOOD FOOD SUMMIT REPORT

PREPARED BY

*The Capital Region Food
and Agriculture
Initiatives Roundtable*



THE 2018 GOOD FOOD SUMMIT

overview

Each year, for over 20 years, Good Food advocates of the Capital Region have gathered together to celebrate and align their work, make important connections, learn something new and reflect on the collective impact of their work. For the past three years this gathering has been called the Good Food Summit. The summit is the annual meeting of the Good Food Network which was launched in 2015 to assist with networking, strategizing, collaborating and mapping the Good Food work happening in the region.

WHAT YOU WILL FIND IN THIS REPORT:

- › WHAT HAPPENED? (P.2)
- › WHAT DID WE HEAR? (P.3)
- › CALL TO ACTION (P.4)
- › UPDATE ON GOOD FOOD STRATEGY (P.6)
- › ACKNOWLEDGMENTS (P.8)



WHAT HAPPENED?

This year the summit theme was Sharing Good Food Stories. Savoury Stories was the portion of the summit that really brought this theme to life. Nine storytellers graced the stage with their food stories. The tellers had us laughing, tearing up, reflecting on our connections with food, and even singing! This event took place at the Vic Theatre in downtown Victoria on the evening of Thursday, November 22nd.

The Main Conference Day took place in the Student Union Building at the University of Victoria on Friday, November 23rd. This full day event included plenary and breakout sessions, a local lunch, networking, a show and share fair and a keynote session on race and food justice. The previous day 40 participants took part in Meet the Network field trips. The morning tour explored downtown Victoria and discussed urban food systems, with the afternoon tour jumping on the community action bus which stopped at the Viewfield Food Rescue Project Distribution Centre, the Welland Community Orchard, and the Tsartlip Community Teaching Garden.

MAIN DAY CONFERENCE SESSIONS:

- Masala-making with Tishanna's Kitchen with Letitia Annamalai
- The Values and Challenges of Transition to Certified Organic Production with Dr. Jeremy L Caradonna, Ryan Vantreight, Crystal Arsenault
- Anti-Oppression Training with Anureet Lotay
- 25 Years of Change - The LifeCycles Project Society with Matthew Kemshaw and Julia Ford
- Good Food History with Alexie Glover, Samantha Holder, and Dr. Rachel Hope Cleves
- Food is Medicine – Plant Wander with Della Rice-Sylvester
- Fish in our Food Systems Panel with Adam Olsen, Erich Kelch, and Jim McIsaac - moderated by Brooke Fader
- Values Matter in the Local Food Economy with Patricia Reichert, Susan Tychie, and Ben Clark
- Climate Change and Community Resilience with Michelle Collussi and Nathalie Chambers
- Canning the Abundance with Kayla Siefried of the Compost Education Centre
- How Our Land-Based Identities Intersect with Indigenous Food Systems with Samantha Mathews
- Raising the Next Generation of Food Leaders: Promising Practices and Stories of Student Food Education with Lindsey Boyle, Rowan Bezeau, Patrick Gauley Gale, and Aaren Topley
- Wild Food: Nutrition, Food Sovereignty & Sustainability with Latifa Pelletier-Ahmed
- Student Food Activism with Sydney Welsh, Alexandra Ages, Jessica S., Riley Yakabuski, and Hannah Estabrook

WHAT DID WE HEAR?

Thanks so much for filling out the summit evaluation survey. Your feedback is valued and is taken into account as we work to improve things year after year.

"it was very worthwhile pro-d for me as a teacher that day. I was very excited about some connections I made to bring back to the school and engagement I had with others regarding the role of the school district in a local food strategy"

A FEW HIGHLIGHTS...

- The local lunch. Thanks to the Get Fresh Guide who sourced ingredients from awesome local businesses and farms.
- Keynote session with Stephanie Lim: What's Race got to do with it?: Necessary conversations for a just and equitable food future.
- Plant walks!
- Networking time and the Show and Share Fair
- Anti-Oppression training
- Field Trips!
- Listening to Savoury Stories

WHY DID YOU ATTEND?

72.7% Networking
72.7% Session Offerings
45.5% Peer Attendance
34.1% Network Updates
29.5% Keynote Speaker

WHAT DID YOU COME AWAY WITH?

90.5% learned something new!
83.3% made a new connection!
78.6% feel more connected with the network!

"It was inspiring to see how many people were doing innovative and exciting things in their communities"



CONVERSATIONS AND ACTIONS TO PROMOTE INCLUSIVITY, EQUITY AND JUSTICE IN THE WORK OF THE GOOD FOOD NETWORK

Stephanie Lim's key note highlighted the importance of addressing inequities in the work of the Good Food Network. Network members discussed what were some of the values and actions that the network could have towards this aim going forward.

CALL TO ACTION



Key Suggestions:

- Diversifying the Good Food Network Leadership Group, as well as ensuring that there is reflective space and awareness of racial and other types of inequities by white leaders
- That funding and other resources be allocated to understanding and practicing racial equity among the network organizations and members
- Work to promote a more expansive network including groups and organizations working for equity
- More effective strategies and programming, leading to improved outcomes and reduced racial disparities.

There were a number of very practical suggestions provided by network members as to how we could undertake some of these actions. The GFN Leadership group also reviewed and discussed the suggestions at the December GFN Leadership Group meeting. Some of the key actions that they have identified for the coming year are to continue to undertake training and work at the personal level and the organizational level to build greater awareness and better practice. They are also revising their terms of reference and practices around nominations, membership, and the way that the group will function. There is also a commitment by CRFAIR who supports the GFN to support additional opportunities for anti-oppression and decolonization workshops for network members, as well as working to reach out to and build relationships with groups and individuals who are currently underrepresented in the network.

"They are afraid that addressing racism is just too hard, too complicated, and too messy. They're afraid that bringing up the issues of oppression and privilege will end up dividing the movement rather than strengthening it. They are afraid of being overwhelmed with more work. They're afraid. They are also mistaken...we need to dismantle racism in our society, our food system and in our own food movements. Dismantling racism isn't extra work. It is the work."

- Eric Holt-Jimenez, "Leaders of Color Discuss Structural Racism and White Privilege in the Food System" (2016)



KEYNOTE SPEAKER

Stephanie Lim

What's race got to do
it it?: Necessary
conversations for a
just and equitable food
future

SUGGESTED RESOURCES:

- Full text of the 1998 American Anthropological Association's position statement on race (quoted in presentation)
- Background primer (2016) on racism and the food system, by Breeze Harper and Eric Holt-Gimenez
- Sustainable Agriculture Education Association's Equity Statement (2018)
- Civil Eats website is a great resource for exploring issues of race and food. Here is the piece (2016) that was quoted in the GFS program and above.
- Sociologist scholar Robin DiAngelo's short video, Being nice is not going to end racism.
- A podcast that explores issues related to race and food, The Racist Sandwich

CLICK ON THE RESOURCES ABOVE TO FOLLOW LINKS. LINKS WILL BE UPLOADED TO THE CRFAIR WEBSITE IN JANUARY 2019



UPDATE ON THE GOOD FOOD STRATEGY

Each year at the Good Food Summit different leaders from the network provide an overview and summary of key work that is happening, current challenges and any progress in the impact areas of the Good Food Strategy. This year Janelle Hatch and Tiffany Joseph spoke about the work happening around Food Literacy including giving an update on the second annual Youth Food Gathering and Indigenous Food Gathering, 'ÁLI SDÁLNĒW' – all the good medicine. Pat Reichert provided a synopsis of the Closing the Supply Gap initiative that is lending to leadership development in the Local Food Economy Area, as well Brenda Bolton of the Good Food Network provided an update on the progress made by the network to rescue and redistribute over \$1.2 million pounds of fresh foods to over 35,000 people through approximately 50 agencies improving access to healthy diets in the region. Network members then had focused table conversations that highlighted any emerging initiatives, what might be blocking progress, and areas for the network to focus on in 2019. This information was harvested onto sticky notes and will be informing the Good Food Network Leadership Group going forward.



KEY AREAS NETWORK MEMBERS FEEL ARE IMPORTANT TO WORK ON TO ADVANCE NETWORK GOALS:

- Find educational/experiential opportunities to increase human connection to the earth and understanding of regional ecosystems
- Advocate for a comprehensive program in schools that supports food literacy and healthy meals in schools
- Continue to support local growers to have access to land as well as support efforts to promote agro-ecology –place based food systems that support healthy ecosystems
- Get involved in collaborative work around climate change mitigation and adaptation
- Increase our focus and work on fish and waterways and oceans
- Work with others to promote living wage to alleviate food insecurity
- Harness and communicate unique food metrics
- Outreach and inclusion of diverse populations within this network, its gatherings, conversations and programs
- Increased education efforts about the assets we have and local food in our region, promote the Food Atlas as a way to do this.

ACKNOWLEDGMENTS



This event takes place on unceded Coast Salish Territories, specifically of the Lekwungen (Songhees and Esquimalt Nations) and W̱SÁNEĆ (Tsartlip/W̱JOLÉLP, Tseycum/WSIKEM, Tsawout/SṠÁUTW, and Pauquachin/BOKEĆEN Nations).

The presence of settlers (non-Indigenous peoples who live on these lands) is not neutral; it has had and continues to have devastating impacts on many aspects of life for Indigenous peoples. Many of our practices, including the seeds we plant, the ways we educate, and our methods of growing food came to these lands through the ongoing process of colonialism. Settler colonialism has suppressed local well-being by harming Lekwungen and W̱SÁNEĆ food systems, whether they be land-based or of the sky and sea.

Let this understanding be at the forefront of our discussions and actions as we continue to explore power and privilege in our networks and food systems.

SUPPORT AND THANKS

The 2019 Good Food Summit was supported generously by the Victoria Foundation, Island Health, Van City, the District of North Saanich, the Root Cellar, and Saanich News. A special thank you to the Victoria Storytellers Guild and Whole Foods for supporting Savoury Stories and the Get Fresh Guide for connecting with local farms and food suppliers for our main conference day lunch.



For more information about the Good Food Network and the Good Food Summit visit CRFAIR.ca

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Questions will be happily received at engagement@crfair.ca