

Good Food Annual Summit Overview Report

FOOD FUTURE:

ROOTED
IN
CHANGE



Summit



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Colonialism has suppressed local well-being by harming Indigenous food systems, whether they be land-based or of the sky and sea. As the damaging effects of colonial food systems continue, we must all intentionally work to reconsider our relationships with each other, and the land and waters of this region. We honour the stewards of these lands, including the people, plants and animals, who have an intimate knowledge of the foods of this land. We hold them up for the work they continuously do to protect and connect with the land. The Good Food Summit was hosted on unceded Coast Salish Territories*, specifically of the Lekwungen (Songhees and Esquimalt Nations) and WSÁNEĆ (Tsartlip/WJOLELP, Tseycum/WSIKEM, Tsawout/STÁUTW, and Pauquachin/BOKECEN Nations). Thank you to elder Cecilia Dick from the Songhees Nations for the powerful land acknowledgement presented at the event on December 3rd.

GOOD FOOD NETWORK REPORT | WWW.GOODFOODNETWORK.INFO

2020 GOOD FOOD SUMMIT | FOOD FUTURE: ROOTED IN CHANGE.

The Good Food Summit emphasizes cross-sector collaboration, networking, skill-building, and highlights the Good Food work happening in the Capital Region. In 2020, 'Food Future: Rooted in Change' challenged us to question, be accountable and reimagine what a just, equitable and sustainable Food System means. Together we discussed the challenges we've faced in crisis and engaged in meaningful dialogue around the injustices that disproportionately impact our communities while making space to celebrate and acknowledge the resilience that we have seen throughout the past year. This virtual event had the goal of connecting our communities, our network and initiatives in the Capital Region around access to food, the future of our local food economy, food literacy and creating resilient and sustainable food systems. Each session invited participants to rethink and co-create what a more resilient, equitable and just Food Future means for all.

DAY 1 | THURSDAY, DEC 3 2020

Collective Response:

How our Community Leads Collective Action

In the opening of this year's Good Food Summit, we highlighted some of the amazing work being done in the community, the programs and initiatives that arose from the pandemic to help provide food, aid people in learning to grow food and invigorate our local food systems. How were we able to react to the pandemic and what have we learnt that will inform our collective work going forward?

Tackling Food Insecurity: A just and Equitable Future

This session explored the big questions related to food insecurity and how individuals and agencies can take action to decrease food insecurity in the region. Food insecurity is caused by larger systemic inequities and challenges that need to be addressed at their roots. During this session, we connected with visionary leaders that are trying to tackle some of these injustices, as well as from those with lived experiences of food insecurity.

Relearning: Food Literacy as the Roots for Change

Since the start of the COVID-19 pandemic, many more people have tried their hand at growing food, baking and cooking. People are also more aware of where their food comes from and that shortages of food can happen within their own communities. How does increased food literacy, which is having the knowledge and skills necessary to choose, grow and prepare healthy and sustainable foods, spur positive change to realize a more sustainable and just food system? This session explored food literacy in our community, highlighting innovative programs and initiatives.

WAVE

Food is Connection Documentary & Panel Discussion

Food is Connection premiered at the Good Food Summit, as this year's edition of Savoury Stories. The film brings you into the kitchens, and gardens of our community, to hear the stories of the relational nature of food. Prepare to go on a journey through the mosaic of diverse cultures, connections, histories, and relationships that food, and the land it comes from, weave in our communities. Following this screening, a panel discussion was hosted featuring a diverse group of local leaders in the food movement for a discussion on some of the key themes brought to light in this film.

DAY 2 | FRIDAY, DEC 4 2020

Re-rooting our Local Food Economy

From fish to forest to farm, this session included a mix of expert panelists providing updates on the status of several key initiatives to support the regeneration of our region's local food economy. The COVID19 outbreak showed more acutely the challenges of a global food economy and demonstrated where a local food system provides resilience and opportunity.

Closing Session | Food Future: Rooted in Change

In the final session of the Good Food Summit, we hear from leaders across the Network glean and reflect upon the key themes and calls to action that occurred at the conference. A number of initiatives and projects are awarded the Good Food Champion Award for their impactful contributions to the community over 2020. Finally, artists from around the region share spoken word, music and graphic design pieces that capture the powerful discussions and themes of the Good Food Summit.

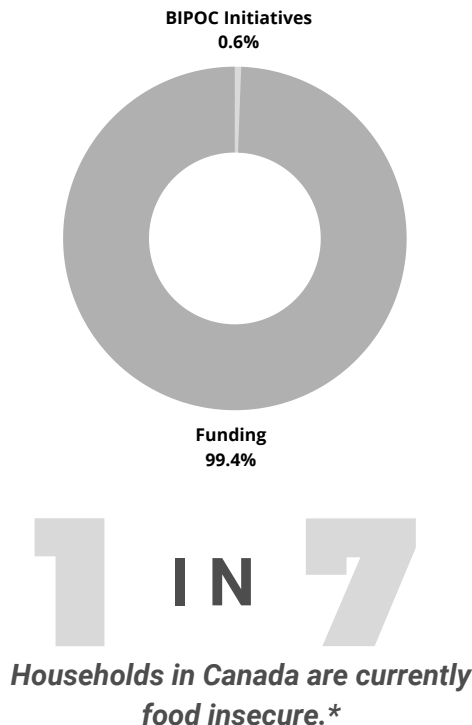


FOOD EQUITY & ACCESS

Watch
Session

Moderated by Sonja Yli-Kahlia, Coordinator of the Food Share Network. Panellists: Elizabeth (Liz) Maze, Red Cedar Cafe; Joan Stonehocker, Executive Director Life Cycles Project Society; Kim Cummin, Program Director, Shelbourne Community Kitchen; Christina Kante, Health Team Programs, Coordinator Victoria Native Friendship Centre; Ariel Reyes Antuan, Co-founder of Iye Creative and Palenque Greens.

An important theme that was repeated throughout the session involved examining food insecurity within the context of broader societal inequalities. While statistics of food insecurity rates were raised, there was an emphasis on how Black, Indigenous, People of Colour and other marginalized communities are disproportionately food insecure. In connection to this, conversation around the impacts of colonialism on our food systems, and disconnection from our food and to the land was central to understanding food insecurity, and envisioning equitable food futures that center food sovereignty and building relationships with each other and the land.



T H E M E S |

Panelists raised critical questions about mainstream approaches to food insecurity, including food banks and solutions premised on a charity model. Building off these critiques, discussions of the autonomy of those facing food insecurity were central to the discussion. There was a focus on envisioning and creating solutions to food security premised on solidarity, that respected the agency, dignity and choice of those who are food insecure and centered the involvement of those with lived experience.

C A L L S T O A C T I O N |

1

Co-create more effective and equitable ways to respond to food insecurity in our community and provided inspiration to do so through the panelists own work.

2

Center the impacts of colonialism in our understanding of food insecurity and consider our own connection to the land, and food.

3

Move away from bandaid solutions and address food insecurity at its root within broader societal inequalities.

"For every \$100.00 given by philanthropy only \$0.59 (0.6%) goes to BIPOC charities and communities"

GRAPHIC RECORDING

As part of the Food Security session, we partnered up with Drawing Change to create a graphic recording of the session. Through visual art, key themes and findings from the session were captured and then shared with summit participants.



FOOD LITERACY

This session used a diversity of formats to draw attention to the importance of food literacy within our communities and how increased food literacy, which is having the knowledge and skills necessary to choose, grow and prepare healthy and sustainable foods, can help create a more equitable and sustainable food system. The session explored definitions of food security and expanded upon simplistic definitions to include growing and harvesting food, its connection to justice and belonging and understanding food literacy as an avenue for social change. This session engaged the audience and drew from participants' knowledge while creating connections amongst a variety of folks involved in the food movement in the region. Panelists shared some of their greatest joys and challenges working in this area and inspired action and next steps in our communities.

T H E M E S

There were many recurring themes that emerged throughout this session. One prominent theme was the expansion of the definition of food literacy to further our understanding of it, and incorporate it into broader conversations about social justice and food systems change. Another theme that was echoed by many panelists was the challenges of working within nonprofits and funding cycles, and finding avenues to decolonize the work being done while working within these institutions. In considering how to increase food literacy amongst youth, a repeated theme was removing barriers by bringing programming, opportunities and engagement to them, in schools and places where they already are.



SEED THE CITY (2019)

"There [is a] need for reconnecting to the core essence of what food really is"

C A L L S T O A C T I O N |

1

The discussion had us consider how food literacy can lead to changes for a better food future, and be a part of larger movements for change.

2

Those interested in participating more in action around Food Literacy were invited to look into the Food Literacy Steering Committee.

3

Inspiring folks to teach, plant, and learn along the way, and grow native plants when possible.

LOCAL FOOD ECONOMY

Watch
Session

Moderator: Ben Clark, Urban Food Table Co-Chair. Panelists: Jim McIsaac, Executive Director of the T.Buck Suzuki Foundation; Patricia Reichert, Closing the Supply Gap Lead Facilitator; Susan Tychie, Share Organics and South Island Farmhub; Jacques van Campen, Director of Innovation at South Island Prosperity Partnership (SIPP).

87%

of local seafood is exported.

"A key to surviving the pandemic has been embracing local markets"



From fish to forest to farm, this session included a mix of expert panelists who provided updates on the status of several key initiatives to support the regeneration of our region's local food economy. The COVID19 outbreak showed more acutely the challenges of a global food economy and demonstrated where a local food system provides resilience and opportunity. Thinking about how COVID impacted our food economy, this session created an opportunity for folks to discuss ideas and ways to support and bolster the local food economy. The panel touched on many important and interrelated topics such as our relationship with food, the value of local food to not only us, but for the soil and for sustainability and how to create space for food justice. Working collaboratively to build these relationships and values into our food systems was highlighted as key.

T H E M E S |

This session highlighted the disconnect between communities and their food, and the potential for strong local food economies to bridge this gap and connect people, communities and social connections through place-based food. Considering the impact of COVID, this session explored the need for new infrastructure to support local farmers and connect communities with local food. Further, this session discussed how the pandemic made clear the gaps and issues with the global food economy and provided space to discuss how to use this time to make a transition towards a more locally-based food system. The importance of supporting farmers, and how to do this was repeatedly raised as a key point.

C A L L S T O A C T I O N |

1

Ask your grocery store where you can find local food.

2

Support local food distributors that support producers such as the South Island FarmHub.

3

Connect and support with initiatives in the region that prioritize circular economies.

FOOD IS CONNECTION

Watch
Session

Moderators: Asiah Robinson, Community Organizer, Member of Iye Creative, Youth Engagement Mobilizer & Jumana Risheq, Creative Director. Filmed and edited by Emily Robertson. Panelists: Hannah Maia Roessler, Educator and consultant; Tiffany Joseph, ŠW, ZENENITEL (Doing Good Work Together) Indigenous foods initiative; Ariel Reyes Antuan & Jess Reyes Barton, Co-founder of Iye Creative & Palenke Greens; Jared Qwustenuxun Williams, Cowichan Elders Chef, Traditional foods advisor and educator; Earl Claxton Jr. Respected STÁUTW elder, plant knowledge keeper and community historian; and Tom Kral Nature's Chef & Wild Food Educator.

The Food is Connection film took us into the kitchens and gardens of our community, to hear the stories of the relational nature of food. Viewers were taken on a journey through a mosaic of diverse cultures, connections, histories, and relationships that food, and the land it comes from, weave in our communities. After the screening we were joined by a diverse panel of local leaders in the food movement for a discussion on some of the key themes brought to light in this film.

In the panel discussion following the film, panelists discussed the importance of taking time to build relationships and how this process is integral to healing. Relationships are created through reciprocity and ongoing efforts. Relationships to the land are also crucial in healing past trauma. Connection to the land is complex and intersectional.

To deepen understanding, develop questions under the framework that we all come from different perspectives and lived experiences. The knowledge gap created by colonialism is an ongoing struggle. Colonialism is still present, and has stolen language, stolen family, stolen land. Colonial violence and murder against Indigenous Women and the stolen land is deeply intertwined. Settlers must continue work on respecting and humbly giving back towards something that was stolen.

And I feel like everyone has [connection to the land] innately, but we've turned it off. How hard must it be to constantly battle something that is so natural to who we are?

Asiyah Robinson

"I was very moved by the stories. The candor and heart felt expressions were powerful. Food is such an elemental definer of who we are, both as individuals and a society. When we open up access to fresh healthy local food, it's a game changer for many."

Summit Participant



PHOTOS BY EMILY ROBERTSON

FOOD FUTURE: ROOTED IN CHANGE

Watch
Session

Moderator: Alex Harned, Food Systems Coordinator for the City of Victoria Artist Observers: Luke Wallace, K.P Dennis, Jeremy Loveday

ARTIST OBSERVERS

Artist observers created original material based on what they witnessed during the Summit. Jeremy Loveday is a Victoria City Councillor, CRD Director and award winning poet; K.P Dennis is a Black and Arawak gender queer multi-disciplinary artist, activist and poet. Luke Wallace, folk musician and activist, creates music to inspire folks fighting for a better world. Artist pieces wrapped up the summit, inspiring participants to reflect on the key learnings from the event.



LUKE WALLACE



K.P. DENNIS



JEREMY LOVEDAY

During this session we heard from leaders of the Good Food Network on what we have gleaned from our work together during the conference. This session showcased and celebrated the teachings and the innovation and highlighted the key messages and pathways the network can center our work on going forward and how folks can get involved and align your interests and work. Along with summarizing and talking highlights from the conference, the Good Food 2025 targets were highlighted, and opportunities like the Good Food network Leadership group were mentioned. The session discussed how we can better understand challenges we are facing regionally in order to collectively come up with solutions, centering the participation of folks with lived experience, and encouraging their involvement on committees and in decision making.

During this session, Alex Harned, Food Systems Coordinator for the City of Victoria announced the 2020 Good Food champions, who are leaders in our region! Three awards were presented, an Achievement award was given to Rudi Wallace, a Food Access Award to La Teranga, Food Baskets for Communities of African Descent, a Food Economy Award for Amarjit Dhaliwal from Ocean View Estates, and a Food Literacy Award for PALENKE Greens: Ariel Reyes Antuan and Jess Barton.

"These days I cook as slowly as I can, relish each slight of hand, the sizzle of the pan, vegetable fresh grown on this stolen land, we've planted our wintergreens. Impressive. How they bloomed through the frost, vibrant and green and angry resting earth."

Excerpt from spoken word poem by K.P. DENNIS | Artist Observer piece on Food is Connection

"The circle drawn freehand by fingers in soil tells a different story."

Excerpt from spoken word poem by Jeremy Loveday | Artist Observer Piece

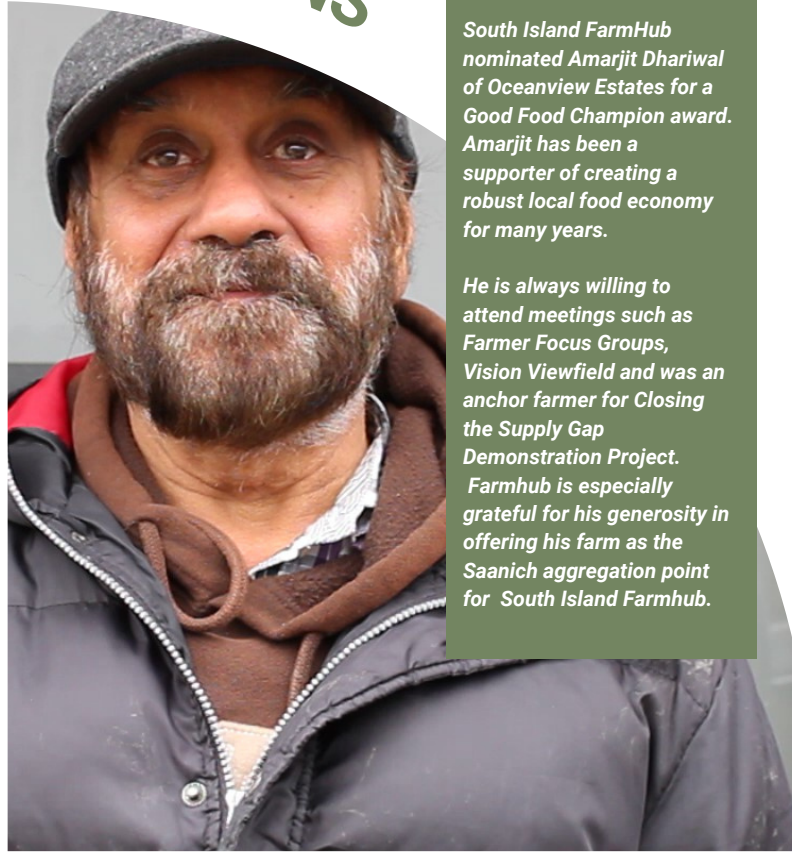
Ariel and Jess Reyes Barton: creators of Iyé Creative and Palenke Greens - Palenke Greens is a new initiative that provided burlap sac gardens, and now CSA food boxes, to people of colour within the Greater Victoria area, encouraging people to grow their own food, and learning food literacy skills while building community.



GOOD FOOD CHAMPIONS

South Island FarmHub nominated Amarjit Dhariwal of Oceanview Estates for a Good Food Champion award. Amarjit has been a supporter of creating a robust local food economy for many years.

He is always willing to attend meetings such as Farmer Focus Groups, Vision Viewfield and was an anchor farmer for Closing the Supply Gap Demonstration Project. Farmhub is especially grateful for his generosity in offering his farm as the Saanich aggregation point for South Island Farmhub.



Rudi is recognized for making a significant contribution to the goals of the Good Food Network, from supporting greater access to healthy food, to supporting local farm viability to advancing critical work to decolonize and create new pathways for trust based philanthropy through the ŠW,ŦENEŦITEL Indigenous foods initiative.

**RUDI
WALLACE**

ACHIEVEMENT AWARD



La Teranga Culturally Relevant Food Baskets - this new project from the African Arts and Cultural Contribution Society, has been distributing culturally appropriate food baskets weekly, since the start of the pandemic, to 120+ black families of African descent in the Greater Victoria area. The baskets are individually tailored, depending on where that recipient is from, providing them food from their homeplace.

**LA
TERANGA**

FOOD ACCESS

ENGAGEMENT

While the pandemic restricted our ability to connect with the community in person, the event incorporated various virtual engagement activities to incite connections and networking between participants. The online engagement tool Miro, was used as a live virtual "whiteboard" where summit participants could track the key themes of each session being taken live, and make use of the networking board to share resources, connect over core themes and network with others in the region.

[VIEW NETWORKING BOARD](#)

[VIEW MAIN STAGE BOARD](#)

The Good Food Summit website was designed as a complimentary tool to the summit. Within it, participants could navigate through sessions, find resources, learn about speakers and find information on the engagement tool, Miro. The webpage will remain as a permanent resource to the community, updated with all the summit recordings, information about Good Food Champions and highlighting resources that were shared at the conference.

[VIEW WEBSITE](#)

MIRO

WEBSITE

"This was such an inspiring event for me that I can't wait to engage more actively in the local food movement in 2021"

"This [event] showcased the food security movement going on around us. What stood out is how it encompasses so many sectors and the importance of buying local... this Summit really reveals why this is so important and what, as consumers and citizens, we need to do to push for change

"[Food is Connection film] was excellent. The discussion after was led by two young moderators who were outstanding. Definitely a highlight for me and really encouraging.

YOUTH STREAM

[VIEW YOUTH STREAM](#)

The Youth Stream was a youth led project resource to encourage engagement with youth initiatives in the region. The Youth Stream featured Zoë-Blue Coates Biodiversity Zine, including resources for children and youth to identify Ecological Stewards in their Communities. WSÁNEĆ artist Sarah Jim, led a virtual scavenger hunt on finding and identifying native plants in the region. Finally, the Youth from Seed the City filmed a conversation discussing the benefits of the program, and their experience in connecting with the local Food System.



89%

of participants said attending the event brought greater awareness of initiatives and organizations in the region.

70%

of participants said participating in the event supported their work.

90%

of participants said they are likely to participate again in the future.

THANK YOU

Without the incredible conviction, passion and determination of Good Food Network organizations and individuals, the annual Good Food Summit would not be a reality. Thank you Victoria Foundation, Food Share Network, LifeCycles Project Society, Shelbourne Community Kitchen, *Sw̓xen̓en̓itel*, Iyé Creative, Red Cedar Café, Victoria Native Friendship Centre, Farm To School BC, *PEPÁKEN HÁUTW*: The Blossoming Place, Victoria Compost Education Centre, Nature's Chef, Victoria Urban Food Table, T.Buck Suzuki Foundation, South Island FarmHub, South Island Prosperity Partnership + many more for your support and dedication to your communities. Thank you to the CRFAIR team for their work in hosting and coordinating the event, including the Workforce Response Team who supported with coordinating the event, videography, outreach and the making of this report. We would also like to extend our thanks to the team at Sunset Labs and Stream of Consciousness who filmed this event.



CRFAIR TEAM AT 2020 GOOD FOOD SUMMIT | PHOTO BY SUNSET LABS

Thank you to the 2020 Summit Sponsors: District of Saanich, Island Health, Vancouver Foundation, The Horner Foundation, Vancity, City of Victoria. Special thanks to District of Oak Bay, Township of View Royal, District of Highlands and South Island Prosperity Partnership.



Get involved and connect

The Good Food Network

goodfoodnetwork.info
youthfoodnetwork.com



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