



The 2019 Good Food Summit: Growing Resilience

4 Day Break Down and Preliminary Program

NOV 19th – 22nd

November 19th

SAVOURY STORIES

An evening of tasty tales. Folks from across the region share their Good Food Stories. Cry, laugh, drool, get inspired! This event launches the 2019 Good Food Summit.

Doors open at 6:45pm - Livestream starts at 7:15pm

Watch from home: <https://streamofconsciousness.ca/event/2020-vision-crfair/>

November 20th

FIELD TRIP 1 - SNIDÇEL RESTORATION

Get your hands dirty with some restoration work. Join the W̱SÁNEĆ led SNIDÇEL Resiliency Project for a day of invasives removal. The Community Action Bus will pick folks up from out front of the Macpherson Playhouse at 9:15am. Drop off will be in the same place around 2:45pm. The ticket cost covers the cost of bus transportation (you are welcome to join the volunteer work party for free if you arrange your own transportation). Bring a bagged lunch. You are also welcome to bring your own gloves and tools, but it is not required.

YOUTH STREAM SPECIAL EVENT: ARTIVISM

Food activism meets art. This event is open to summit participants ages 14 – 24.

4pm – 6pm at the Victoria Event Centre.

Artivism is an afternoon of offline, hands-on, community-driven art with all supplies provided.

Drop-in anytime between 4-6pm. On November 20th, this event will be focused on food justice, with plenty of food related art to create. This is run in collaboration with Just Transition Arts which is a coalition of artists and activists in Lkwungen and W̱SÁNEĆ Territories that support art-based methods for resistance and resiliency within our climate crisis.

November 21st

FIELD TRIP 2 - URBAN FOOD TOUR: FOOD POLICY IN A CHANGING CITY

Building a City that is affordable, inclusive and diverse isn't easy. Development pressures and gentrification displace one food system with another. Join Aaren Topley, Co-chair of the Victoria Urban Food Table (food policy council to the City of Victoria) and Gillian Der 謝美華 from the hua foundation on a guided tour of the Fernwood and North Park Neighbourhoods. Explore the complexities of expanding urban growing spaces, developing pressure, gentrification and a growing local food culture through the lens of city food policy.

Estimated 2k walk - rain or shine, 9am - Noon

We will be ending at a restaurant so folks can grab a bite to eat before heading to registration and the opening plenary of the Main Gathering. (tickets available separately)

Starting location TBA.

FIELD TRIP 3 - FARM TOURS

9:45 - Pick up from Macpherson Playhouse on the Community Action Bus

10:00 - Pick up from Songhees Wellness Center

Stop #1 - Little Mountain Farm in Saanich - Azja Jones Martin, a Young Agrarians Land Matcher, will present about the BC Land Matching Program and show you around the farm on a harvest day!

Stop #2 - Haliburton Community Organic Farm - Katie Underwood, farmer and board member at Haliburton Farm, will give us a tour of the multiple farm businesses and speak to the importance of community farms as a tool in creating a more resilient food future.

The Community Action Bus will then drop folks off at the Songhees Wellness Center in time to get registered for the opening plenary of the Main Gathering (tickets sold separately).

MAIN GATHERING DAY 1

1pm - 4:30pm

Preliminary program on the following page.

HAPPY HOUR MIXER

Join fellow good food advocates for a pint at Whistle Buoy Brewing. A 5\$ ticket reserves you a seat. 5\$ pints available during this Good Food Happy Hour 5:30pm - 6:30pm. Light snacks provided.

November 22nd

MAIN GATHERING DAY 2

8:30am - 5:00pm

Preliminary program on the following page.

Main Gathering Preliminary Program*

*subject to slight changes

**Purchase of a Main Gathering ticket registers you for both Day 1 and Day 2



DAY 1 – November 21st

- Registration at **1pm**, program begins at **1:30pm**
- Welcome and Opening Remarks
- **Opening Keynote – Dawn Morrison**
- Plenary Session – **Growing Resilience**
 - Keynote speaker **Arzeena Hamir**, followed by a breakout discussion
 - Keynote speaker **Dr. Kent Mullinix**, followed by a breakout discussion
- **Good Food Champion Award Ceremony**
- Closing Remarks **4:30pm**

DAY 2 – November 22nd

- Doors open at **8:30am**
- Opening Remarks at **8:45am**
- 9:00am – **Good Food Network Updates** (Food Access and Equity, Local Food Economy, Food Literacy)
- Panel: **A Resilient Food System in the face of Climate Crisis** (Panel)
- **Good Food Snapshots** – Pecha Kucha Style Presentations
- A Local Lunch - time will be allotted to peruse the Show and Share Fair
- Breakout Sessions #1
 - (1) **Self Care for Activists** (part 1)
 - (2) **Creating Food Security Programming in Small and Remote Communities**
 - (3) **Let it Grow!**
 - (4) **The Next Generation of Young Harvesters, from Farm to Fish**
- Breakout Sessions #2
 - Self Care for Activists (Continued)
 - (5) **Growing in the City**
 - (6) **Growing Food Literacy Programming at School**
 - (7) **The Urban Orchard in our City's Forest**
- Plenary Session: **Indigenous Food Sovereignty and Restoration**
- **Imagining our Food Future** – Art Activity
- Closing Remarks **5:00pm**

Breakout Session Abstracts

1) Self-Care for Activists

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 everyday.

2) Creating Food Security Programming in Small and Remote Communities

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.

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.

3) Let it Grow!

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.

4) The Next Generation of Young Harvesters, from Farm to Fish

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.

5) Growing in the City *working title

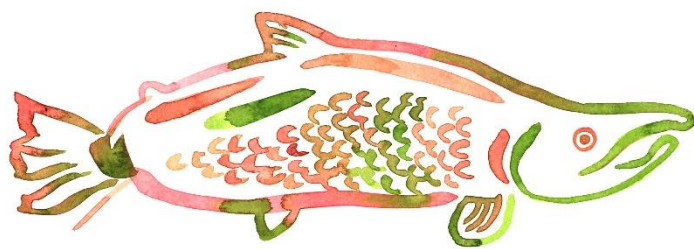
More info coming soon.

6) Growing Food Literacy Programming at School *working title

More info coming soon.

7) The Urban Orchard in our City's Forest

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.



Questions? engagement@crfair.ca

Learn more at <https://www.goodfoodnetwork.info/the-good-food-summit>

Follow us on Instagram @thegoodfoodsummit

#growingresilience

#2019goodfoodsummit

