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2019 GOOD FOOD SUMMIT REPORT



PREPARED BY

*The Capital Region Food
and Agriculture
Initiatives Roundtable*



THE 2019 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 four years this gathering has been called the Good Food Summit. The summit is the annual gathering of the Good Food Network which was launched in 2015 to assist with networking, strategizing, collaborating, mapping, and measuring the Good Food work happening in the region.

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WHAT HAPPENED?

This year the summit was launched with our second annual Savoury Stories event. The event took place at Sunset Labs and was live streamed thanks to a generous grant from Stream of Consciousness. 11 folks shared stories about personal connection with eating, cooking, growing, and harvesting food!

Two Meet the Network field trips were offered on the morning of the Main Gathering. The Urban Food Tour: Food Policy in a Changing City Led by Aaren Topley and Gillian Der 謝美華, and a Farm Bus Tour led by Katie Underwood where they visited Little Mountain Farm and spoke with Azja Jones Martin of Young Agrarians, followed by a stop at Haliburton Community Organic Farm.

This year the Main Gathering took place at the Songhees Wellness Centre over a day and a half. On the Thursday afternoon we celebrated four Good Food Champions, and heard from three keynote speakers. Dawn Morrison spoke to Indigenous food sovereignty and climate justice. We also heard from Arzeena Hamir and Kent Mullinix on the topic of growing a resilient regional food system.

Day two was jam packed with panels, speakers, and breakout sessions, as well as a local lunch and a Show and Share Fair. We spent time exploring the theme of resilience through discussions on climate adaptation, indigenous food sovereignty, and more.

THE YOUTH STREAM

The Youth Stream at the Good Food Summit kicked off with an evening of art creation at the Victoria Events Center. We partnered with the group Just Transition Arts to create a space for youth to collage, paint and screen print some beautiful local food related art. With delicious snacks provided we had a fun two hours of creativity focused on camas flowers and climate justice. The youth stream continued at the GFS

Main Gathering where two workshops were hosted specifically for youth. As well, we heard a Pecha Kucha presentation by students from Reynolds Secondary School. The first workshop was by the UVic Campus community garden.

They facilitated a group discussion around building resilience in communities and the role that having community spaces, especially growing spaces, plays in that. Some topics that were discussed were how to build structures for continuity in community groups and how to nurture relationships of knowledge sharing. The second workshop was hosted by the Inter-Cultural Association of Victoria where we enjoyed an hour of hands on fun! Highlights of the workshop included drinking homemade chai tea, guessing the spices in a chai mix, matching cultural dishes to their origin and writing poetry.

Overall the youth stream engaged folks in multiple aspects of our food system in an engaging hands on way.



MAIN GATHERING SESSION TITLES AND SPEAKERS

[CLICK HERE TO VIEW FULL PROGRAM](#)

PLENARY SESSIONS

- **Indigenous Food Sovereignty: Key Ingredients for Climate Justice**
 - Dawn Morrison
- **Growing Resilience**
 - Presentations by Arzeena Hamir and Kent Mullinix
- **A Resilient Food System in the face of the Climate Crisis**
 - Panel: Samantha Charlton, Jim McIsaac, Tayler Krawczyk, Gary MacDougall
- **Good Food Snapshots: Pecha Kucha Style Presentations**
 - Meghan De Jong - Eating for Regeneration
 - Gillian Der 謝美華 - Chinese Canadian Parallel Food Systems: a case study for interrogating whiteness in the local food movement
 - LifeCycles Seed the City Participants - Growing the Next Generation of Food Leaders
- **Lulumexun tu Hwulmuhw Sulhtun (Guardians of First Nations Food)**
 - Kati George-Jim, Tiffany Joseph, MUNULTHAAT (Marylin Olsen-Page), Jared Williams
- **Food as an Artistic Medium**
 - Regan Shrumm

BREAKOUT SESSIONS

- **Self-Care for Activists**
 - Tia Larkin
- **Creating Food Security Programming in Small and Remote Communities**
 - Simone Cazabon, Milo Stuart
- **Let it Grow!**
 - Virginie Raimbaud, Rhaina Bowers, Amber Bartlett, Stephanie Lazarz, Sasha Harper, Margaret Forbes
- **The Next Generation of Young Harvesters, From Farm to Fish**
 - Tiare Boyes, Ariella Falkowski, Christine Sayegh, Angela Fortune, Helen Beans, Fraser MacDonald
- **Growing Systems Change in the City: Strategies for Systems Change to Help Strengthen Urban Food Production**
 - Alex Harned, Aaren Topley
- **Spiralling Up: A Tool for Reflecting and Planning**
 - Robin Jenkinson, Kim Strom, Janelle Hatch
- **The Urban Orchard in Our City's Forest**
 - Lora Morandin, Gord Baird, Tim Fryatt, Matthew Kemshaw



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 eye opening and inspiring to see so many people who are doing good things in our community come together to share and open discussion about food and how to improve our food systems"

What was most valuable to you?

- Breakout discussions and networking
- Keynote and panel on Indigenous food sovereignty
- Workshops/breakout sessions



WHY DID YOU ATTEND?

92.9% Making Connections
59.5% Session Offerings
54.8% Professional Development

WHAT DID YOU COME AWAY WITH?

86.8% "I made a new connection"
85.4% "I learned something new"
82.9% "I feel more connected with the network"

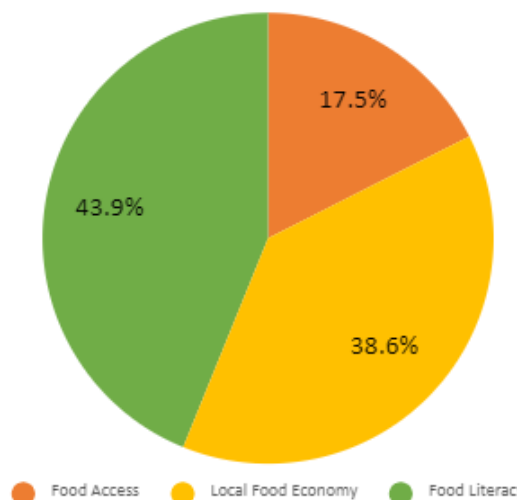
"this was a great opportunity to connect with the network, to learn about initiatives, and to become reinvigorated to carry my work forward"



Thank you also for the very thoughtful critical feedback and wonderful ideas for improving the gathering next year. This type of feedback is so important. We continue to welcome feedback and collaboration as we move into planning for next years summit. Please be in touch.

GOOD FOOD PROGRESS UPDATE SESSION: UNDERSTANDING AND GROWING THE POWER OF THE NETWORK

In this session we asked you to fill in the blanks: "If we as the Good Food Network members focused on 'ACTION X' we could achieve 'OUTCOME Y' to become a more resilient food community and region."



Your answers spoke to all 3 impact areas!

A few highlights and common ideas:

- **Action:** Expansion of urban agriculture -> **Outcomes:** Food access for low income families within the city
- **Action:** Identify, engage and empower food insecure communities to create inclusive and accessible initiatives driven by those communities. -> **Outcomes:** Better informed and engaged programs that produce better food.
- **Action:** Purchasing farmland to put in a foodlands trust -> **Outcomes:** Land available for multiple farmers to increase local food production.
- **Action:** Community kitchens to help people learn to make nutritious food seasonally. -> **Outcomes:** Self sustaining food resilient folks.
- **Action:** Peer support for new growers. -> **Outcomes:** More people growing locally and building relationship with food.
- **Action:** Co-operation between farmers and food producers to better share resources. Create educational structures and funding to support co-op development. -> **Outcomes:** More food with less resources.
- **Action:** Youth and early childhood food literacy. -> **Outcomes:** Potential generational impact. Early understanding of food systems and socioeconomic systems.

CELEBRATING GOOD FOOD CHAMPIONS

THIS YEAR WE BROUGHT BACK THE PRACTICE OF RECOGNIZING KEY LEADERS THROUGHOUT THE NETWORK FOR THE IMPACT THEY HAVE MADE IN THE REGION.

THIS YEAR 4 AWARDS WERE PRESENTED AT THE SUMMIT.

Good Food Champion in Food Literacy:

- Beangka Elliot (Project Reclaim)

Good Food Champion in Local Food Economy:

- Elmarie Roberts and the team at Haliburton Community Organic Farm

Good Food Champion in Food Access and Equity:

- Simone Cazabon (Saltspring Community Services)

Lifetime Contribution:

- Mary-Alice Johnson for her decades of work to support and grow organic farming!

Thank
you

We are grateful for the ongoing support from the Victoria Foundation, Island Health, and the District of Saanich. A special thank you to our Youth Stream Sponsor the Horner Foundation, and our Media Sponsor Saanich News. Sponsorship also came from The Rootcellar, North Saanich, and the Peninsula Co-op. Thanks also to Metropol, Showcase Awards and Recognition and SPUD for your discounts and donations.

This annual event takes place across unceded Coast Salish Territories, specifically of the Lekwungen (Songhees and Esquimalt Nations) and W̱SÁNEĆ (Tsartlip/W̱JOLEŁP, Tseycum/WSIKEM, Tsawout/STÁUTW, and Pauquachin/BOKÉĆEN 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.



For more information about the Good Food Network and the Good Food Summit visit goodfoodnetwork.info/the-good-food-summit

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Questions and feedback will be happily received at engagement@crfair.ca

