

City of Nelson

2014 FOOD SECURITY ASSESSMENT

An analysis of the community's food security assets and gaps,
along with community-developed recommendations





The Food Security Asset Mapping and Gap Analysis project was a partnership of the City of Nelson and the Nelson Food Cupboard Society, and was completed in 2014.

Project funding was provided by the BC Healthy Communities Society, the Province of British Columbia, and the Osprey Community Foundation. Additional support was provided by the Kootenay Co-op Country Store and the Selkirk Geospatial Research Centre.

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COVER IMAGE: SEEDS Gardening Program

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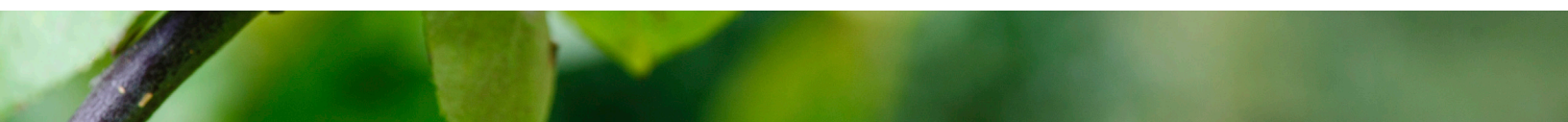


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Executive Summary

The City of Nelson 2014 Food Security Assessment brought together municipal leaders, social service organizations, businesses, health organizations, schools, and community members to review Nelson's current level of food security, identify shortcomings and discuss opportunities, strategize for a more food secure future, and develop networks to work toward the goals. This report aims to educate municipal leaders and community members on the current status of Nelson's food system and offers recommendations for improvement.

Nelson's Official Community Plan contains the following food security objective:

All Nelsonites have access to affordable, nutritious food that is produced in a socially just and environmentally sustainable manner. The local food system is robust, resilient and integrated with other sustainable regional and global food systems.

This objective can and should be the starting point for developing a stronger local food system, including supportive municipal policies.

Nelson is home to a dynamic population that organizes many unique food security initiatives and operates diverse food-based businesses. Nelson's established kitchen spaces, municipal greenhouses, co-operatively and privately owned businesses that buy from local farmers, non-profits that support regional farmers and vulnerable populations, programs that target citizens of all ages, and reports of best practices in food security work are all valuable assets that currently support community food security.

Despite these assets Nelson still faces many food security challenges. Due to its geographic location it is difficult for the City of Nelson to produce much of its own food. Currently only around five percent of the food consumed in the city of Nelson is produced locally, and regional farmers are struggling to make a living. Vulnerable populations are growing: the number of seniors in the community is rising, as are the number of people relying on food banks and free meal programs. With little coordinated planning amongst stakeholders, it's clear that Nelson still has a lot of work to do.

Participants in this food security assessment envision Nelson as a place where:

- Citizens can produce more of their own food and buy more locally produced food;
- Vulnerable people are better supported with access to healthy food and food

- skills training, and organizations are better funded to do this work; and
- Farmers in the region are better supported by all levels of government and by the general public.

Achieving this will require the effort of numerous individuals, organizations, businesses and municipal leaders. The good news is that many citizens are eager to contribute.



Top Priority Recommendations

- Municipal leaders advocate for a strong, local food system at all levels of government and to all audiences.
- Form a municipal food council consisting of a City Councillor and a wide variety of stakeholders.
- Create a community food centre where food security organizations could share resources, network and be accessible to the public.
- Develop municipal policies that support food production, storage and distribution in Nelson.
- Develop infrastructure to support farmers and value added businesses.
- Increase access to affordable, fresh and healthy food for vulnerable populations.
- Improve coordination for strategic investments in food security and food systems priorities.
- Create an economic development fund for local agriculture.
- Offer multi-year funding opportunities and more than one intake period each year.

Introduction

Food security is important to the citizens of Nelson, yet a challenge to achieve in a city with limited arable land, many vulnerable people, and no single locus for food centred activities, including education, coordination and planning. Fortunately, many unique businesses and non-profit organizations work to overcome these challenges by supporting farmers from the surrounding rural areas, creating equitable food access for vulnerable populations, and offering networking and educational opportunities. Despite Nelson's considerable human assets, more needs to be done to put the City of Nelson on a path to true food security.

This report maps out existing assets (including public policy, infrastructure, organizations, programs and knowledge), discusses gaps in the local food system, and outlines opportunities and recommendations to the City and the community in the areas of economic, social, and community development related to food security.

Nelson's geographical position on the side of a mountain, surrounded by more mountains and water, means the city can produce only a small fraction of the food needed to sustain its citizens. Nelsonites rely on food from farms in the outlying rural agricultural areas and from much further afield, from other areas of BC to the United States to the other side of the globe. This dependence on food being transported into the city is a fragile situation: roads can be closed, transportation costs can rise quickly, and producing regions can suffer from droughts and other weather disturbances which increase the costs of Nelson's food supply. Nelson can do better by developing strong relationships with farmers as close to home as possible, and by strengthening food production within city limits.

Nelson is home to 10,230 people¹ of all ages and income levels. While many people support themselves independently and can purchase and prepare the food they need, there are vulnerable children, youth, adults and seniors needing additional supports, and their number is growing. Since 2008, food bank and soup kitchen use in Nelson has risen annually, as has the demand on support programs for families and seniors. Twenty percent of people served by food banks in Nelson over the last three years were children, and twenty percent of people using Our Daily Bread soup kitchen were seniors². According to the Interior Health Authority's Nelson Local Health Area Profile, the population is expected to increase 4.3% by 2018, with a 21.4% increase in people 65 years of age and over, and a 21.2% increase in people 85 years and over³, indicating that the need for social support programs will not abate soon.

¹ Rural Development Institute, *Community Profile for Nelson BC*, 2011

² Nelson Committee on Homelessness: *6th Annual Report Card on Homelessness for Nelson, BC*. June, 2014

³ BC Stats, *People 2013*, 2013

In addition to serving its 10,000 citizens, Nelson is the market centre for additional people from the surrounding region, and thus the economic hub for many farmers and food businesses. In BC, the average household (2.5 people) in a community of less than 30,000 spends \$6,843 per year on food⁴ and altogether West Kootenay residents spend \$266,000,000 on food annually. Only an estimated 5% of that is produced locally⁵. With 95% of grocery dollars leaving the region, clearly there is viable economic opportunity in the local food production industry.

Nelson has a strong showing of food security assets for a community of its nature. There are farmers' markets, natural food retail co-ops, value-added small businesses, progressive food access services for people living in poverty, food skills education programs for seniors and youth, many engaged citizens and food systems experts, and the food secure vision of the City.

Even with this diverse asset set, many challenges remain. Farmers struggle to make their farm businesses economically viable: they lack financing support, extension services (on-farm education), and a broad customer base. Often they rely on off-farm income to support their farming endeavours. In general, there is a lack of understanding of the real cost of food based on the cost of farm land and the amount of labour and inputs required for sustainable food production, making locally produced food seem too expensive to many people. The growing number of vulnerable people in Nelson, particularly seniors, challenges social service agencies to provide enough healthy food and food skills programming; programs that do exist are spread throughout the community, creating invisible barriers to participation. Furthermore, there is a lack of coordination between social services, food businesses, local government, funders, and farmer organizations within Nelson and the surrounding region. This results in less efficient services and persistent gaps. Community consultation participants also noted a lack of intergenerational food-related activities that bring people of all income levels together to learn from one another, build relationships and celebrate our food culture.

Community members identified food security as an important issue in Nelson's *Official Community Plan (OCP)* and Path to 2040 research, which led to the following goal being included in both documents:

All Nelsonites have access to affordable, nutritious food that is produced in a socially just and environmentally sustainable manner. The local food system is robust, resilient and integrated with other sustainable regional and global food systems.

The information in this report can be used as a tool for municipal and community leaders in planning and decision making to turn this food security vision into a reality.

Participants in Nelson's Food Security Assessment community consultation process see many opportunities to address current gaps and are keen to be involved in solutions for improved food security for the community.

⁴ Rural Development Institute, *ibid*

⁵ Jon Steinman - *Towards a Regional Food System Alliance Development Strategy for the West Kootenay*, 2011

Specifically, they would like:

- A greater commitment to food security by elected officials;
- To participate on a food policy council alongside City representatives;
- To be involved in programs that support farmers and vulnerable populations;
- Priority food security projects to be supported by local funders;
- To be able to purchase locally grown/produced foods from more local businesses;
- Improved coordination among stakeholders; and
- Citizens of Nelson to be able to produce more of their own food.



Food Security exists for a community when:

- Everyone has assured access to adequate, appropriate and personally acceptable food in a way that does not damage self-respect;
- People are able to earn a living wage by growing, producing, processing, handling, retailing and serving food;
- The quality of land, air and water are maintained and enhanced for future generations; and
- Food is celebrated as central to community and cultural integrity.

(BC Food Systems Network, www.bcfsn.org)

Methodology

In May, 2014, the City of Nelson received a Healthy Communities Capacity Building grant from Plan H for a food security asset mapping and gap analysis project. Nelson saw the need for such an assessment due to:

- Recognition by City Council of insufficient knowledge of the local food system to support planning and decision making relating to the goals articulated in the OCP;
- A desire by City Council to better understand how to play a larger role in supporting food security;
- Awareness by social service agencies that vulnerable populations need more support to achieve food security;
- Awareness of the lack of networking and partner development opportunities for all those working in the food system;
- Awareness that the local farmers Nelson relies on face many challenges;
- Desire to identify food-related economic development opportunities; and
- Interest from funders in having more information to support decision-making on food security-related funding applications.



Participants at the first community consultation.

The objectives of the project were to:

- Create an inventory of community assets that support food security;
- Identify gaps in the system;
- Determine local priorities;
- Develop recommendations for the City and community partners;

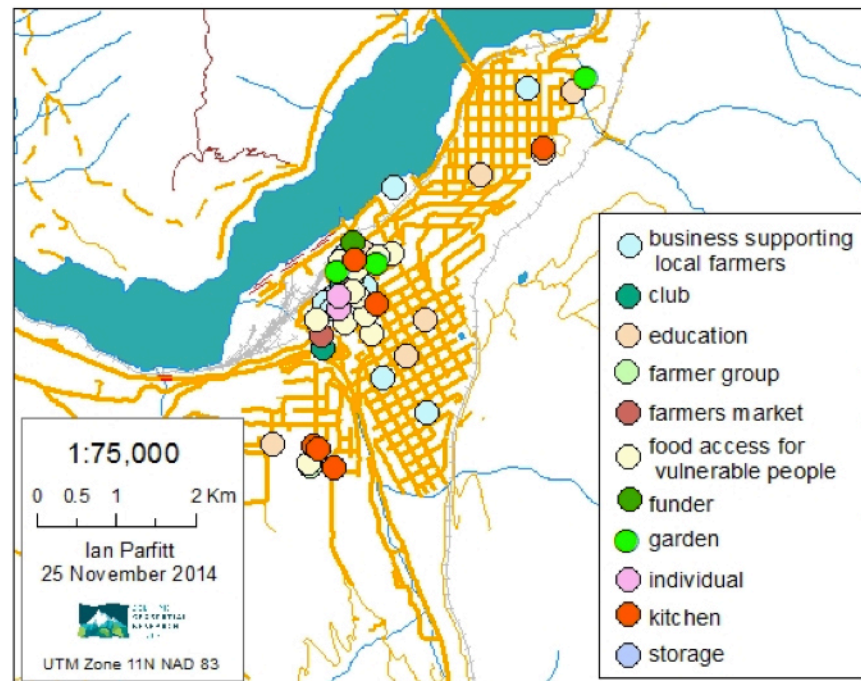
- Inform strategic planning, resource allocation, and policy development of the City, businesses, funders and community organizations; and
- Build and strengthen partnerships and networks.

The main methods of information collection and analysis were:

- The input of a Steering Committee comprised of a City Councillor, community nutritionist, community health facilitator, food bank coordinator and regional food producers' representative;
- Two four-hour community consultations with 35 people from various food-related backgrounds and areas of expertise;
- Phone interviews with 10 people unable to attend the community consultations (an additional 20 stakeholders were invited, but unable to participate); and
- A review of community plans, municipal best practices, and recently published food security reports and guides related to the Columbia Basin.

Community Food Security Assets

Participants in the community consultations identified food security assets in Nelson in the following five categories: public policy, infrastructure, organizations, programs and knowledge. The appendices list all categories in detail.



City of Nelson 2014: Food Security Assets

Public Policy


In Nelson, there are limited food policies at the municipal level, but food security is included in the City's visioning documents, which shows City leaders' baseline understanding of the importance of food security to the community.

In recent years the City of Nelson has completed nine planning initiatives, including three that specifically address food security: The Path to 2040 Sustainability Strategy (December 2010), the Sustainable Waterfront and Downtown Master Plan (July 2011) and the Affordable Housing Strategy (July 2010). In May 2013 City Council passed Bylaw 3247, 2013, officially updating the Official Community Plan (OCP) to incorporate all the recent plans. The new OCP contains the following references to food:

- Section 2.0, *Community Vision and Goals* includes the Food, Food Security and Agriculture Goal from the Path to 2040 Sustainability Strategy (p.8): “All Nelsonites have access to affordable, nutritious food that is produced in a socially just and environmentally sustainable manner. The local food system is robust, resilient and integrated with other sustainable regional and global food systems.”
- Section 4.3, Housing notes that (p.45): “... secure sources of healthy and affordable food continue to be key issues facing the community.”
- Section 4.4, Healthy Living & Social Well Being, includes a section headed “Food Security” (p.48), which provides the definition of food security and continues:
 - o “Food Security has been identified as an important issue by the community. Initiatives such as farmers markets and community gardens will be promoted within the City of Nelson as a way to alleviate the threats to food security. There is a movement toward food self-reliance and Nelson is home to several community food groups and initiatives designed to foster local food security.”
- Also in the section on *Healthy Living & Social Well Being*, the following “Policies” are listed (p.50):
 14. The City will explore ways to ensure availability and accessibility of nutritious whole foods including:
 - Permitting community gardens throughout the City, in all land use designation categories.
 - Working with the Regional District of Central Kootenay and members of the agricultural community to support farmers’ access to the land and resources they need in order to maximize regional food production, processing and distribution.
 - Supporting and encouraging food production, processing and storage within city limits at both the commercial and individual level.
- Schedule H of the OCP, the *Development Permit Area Design Guidelines*, states: “Food Production – Community gardens and their associated functional amenities (storage) should be considered throughout the parks system, including Lakeside Park.”

Additionally, the Path to 2040 *Sustainability Strategy* includes the following objective: “Inspire a greater understanding of the local / global food system and available resources to build community capacity and to foster more informed, ethical choices.”

The Regional District of Central Kootenay (RDCK) has a comprehensive Agriculture Plan, and it notes that Nelson, like all municipalities in the RDCK, should “incorporate policies and programs supportive of urban agriculture, food production and food systems” through the provision of green space and gardening infrastructure, such as greenhouses, irrigation and fencing, and through pesticide and urban hen bylaws.



Nelson Path to 2040 Food, Food Security and Agriculture Objectives:

1. Ensure availability and accessibility of nutritious whole foods.
2. Participate in a coordinated approach to support farmers' access to the land and resources they need in order to maximize regional food production, processing and distribution.
3. Support and encourage food production, processing and storage within city limits at both the commercial level and individual level.
4. Inspire a greater understanding of the local / global food system and available resources to build community capacity and to foster more informed, ethical choices.

Infrastructure

Nelson has a variety of food security infrastructure assets currently available to the public, including commercial kitchens, small community garden spaces, and municipally owned greenhouses. Participants in the community consultations also identified underutilized and potential assets from arable land that could be gardened to City owned buildings that could serve as storage or packing facilities for farmers, or a food centre for many purposes. There are also hundreds of private assets in the city that contribute to our ability to feed ourselves, such as backyard gardens and composts; however inventorying them was beyond the scope of this project.

Kitchens available to the community exist throughout Nelson, although most are situated in the downtown area. They are of varying size and quality – some are very new and others could benefit from upgrades. Some are small and used to enhance programming for a social service, such as the kitchens at the Youth Centre and the Family Place. Others are large and very multi-purpose: the kitchens at the Nelson United Church and Our Daily Bread are used for social services, community meals, and food skills programs, and are available to rent by community groups and food businesses. Most schools in Nelson also have kitchens that are used for food programs for their students, but also available for others to rent. The information gathered in this assessment could be the start of a more in-depth inventory that could be used by community members and small businesses when looking for a facility to rent. The size and amenities of each kitchen, the days and times they are available for rent, if they are attached to dining halls or not, the fee schedule, and the contact person for each kitchen would be helpful information to have in one database.

There are a few public garden spaces in Nelson, however all have specific user groups. The Nelson Women's Centre, the Mental Health Clubhouse, and several schools have small gardens tended by their members or students. The public garden at Hendryx and Baker Streets uses indigenous plants, and includes some perennial herbs that can be harvested by the public. Four small garden boxes outside the Nelson and District Community Complex are available, and have been tended by the Nelson Food Cupboard.



SEEDS' City-owned Greenhouse

The City-owned greenhouses at Lakeside Park are another important asset and a wonderful example of the potential for the municipality to use its assets to support community food security. The greenhouses have been refurbished over the last couple years by the Seniors Economic Environmental Development Society (SEEDS) and now are used year-round to grow organic produce for vulnerable populations and share gardening skills across generations.

In addition to these existing assets, there is a reasonable amount of small plots of arable land that could be used to grow food, such as the grounds of the Interior Health Authority's property (Mount St. Francis) and Selkirk College, sections of City parks, and boulevards. The large flat roofed buildings of Nelson can also be considered an asset because these spaces could be developed as greenhouses and could take advantage of the excess heat produced by the buildings' HVAC (Heat, Ventilation, Air Conditioning) systems.



Rosemont Elementary School Garden

Rosemont Elementary School has an edible garden where students learn about growing vegetables and berries. They analyze their soil, start plants from seed, transplant them into the garden, and eventually harvest the produce. The children grow tomatoes, peas, kale, beans, strawberries, raspberries and more for snacking on and making into school meals.

Organizations and Individuals

Citizens of Nelson and the surrounding area benefit from a wide array of businesses, non-profit organizations, faith communities, and talented individuals working to achieve greater food security for the community. They are growing, preparing, baking, selling and serving food; they are tackling challenging issues, such as equitable food access for all and the struggles of modern day farmers; they are educating children; and funding important community projects.

The food businesses in Nelson are very diverse. This assessment focussed on inventorying those that support local farmers and producers, however the list compiled in the appendix is not exhaustive. The Kootenay Co-op is a large natural foods store that sells as much locally produced food as it can source, Save On Foods sells locally produced food in many of its departments, Ellison's Market stocks its shelves with much local fare, and Burrell's corner store sells locally produced tofu, bread, coffee and more. Many restaurants, bakeries and caterers buy from local farmers whenever possible, which generally means when products are available and affordable. Notable businesses include the Hume Hotel, the Kootenay Bakery, and the All Seasons Café. There are a few value-added food businesses that buy produce from nearby farms, such as Soups in Season, based in Uphill Nelson, that buys approximately 45% of its produce from area farmers for its soups and fermented foods that are sold at various outlets in Nelson. It is worth noting there is a strong co-operative movement in Nelson and that several of the food businesses are co-operatively owned. All businesses listed here are supportive of community food security in other ways too; they regularly donate to food banks, support educational programs, and educate their customers.

Malnourishment affects many people in Nelson. Quite a few organizations work to mitigate its effects: Our Daily Bread Soup Kitchen, the Salvation Army, St. Saviour's Anglican Church Food Pantry, and the Nelson Food Cupboard Society specifically support people living in poverty with access to free food. Other social service agencies such as Kootenay Kids and the Women's Centre offer some food to their clients, as well as food skills workshops. The Seniors Coordinating Society (Sencoord) has programs to help seniors access groceries which allows them to live independently longer.

Non-profits also grow food and support our farmers. SEEDS grows organic vegetables, the West Kootenay EcoSociety manages the Baker Street and Cottonwood Falls Farmers' Markets and Earth Matters' compost education projects, and the Kootenay Organic Growers Society and Kootenay Local Agriculture Society are farm certifying organizations. The Kootenay Boundary Regional Food Producers' Co-op is under active development and will offer much-needed services to farmers, including distribution, storage, on-farm education, and a labour pool.

The Osprey Community Foundation is the only funder in the area with a specific food security fund; however the Columbia Basin Trust funds food security projects through its social, environmental and youth streams, and through the Community Initiatives

Program, administered by the Regional District of Central Kootenay and municipalities, including the City of Nelson. The Kootenay Co-op, the Nelson and District Credit Union, and service clubs also financially support many food security programs in Nelson.

All educational institutes surveyed said their students have a keen interest in food security programming. They try to incorporate some learning opportunities into their curriculum, but none have specific food security courses or classes.

There are many individuals in Nelson who contribute positively to the community's food security. Interior Health has a community nutritionist who supports many municipal and community initiatives, and the School District's Health Promoting Schools Coordinator supports staff and students to improve their health, including diet. Individuals and elders with food skills knowledge abound and share their knowledge of growing, cooking and preserving food with friends, neighbours, school groups, social services, and others.

The farmers that supply the local businesses and sell their goods at the farmers' markets are a very critical asset to Nelson's food security, even though they reside outside of city limits. There is not one farm within Nelson, yet 30,000 meals are consumed here every day. Numerous Nelsonites frequent the farmers' markets and natural foods stores to buy locally produced produce for its flavour, freshness, and low impact on the earth.

“Downscaling our energy use in this day and age is such a crucial step and getting our food from close to home is an extremely effective way to do that. Running a business that involves dealing with multiple farmers rather than a distributor is more work, but it's worth it!”

— Valerie Sanderson, owner, Soups in Season

Ruth Fraser of Glade Valley Gardens sells organic vegetables to the Kootenay Co-op, Save On Foods and the Nelson Food Cupboard Society.





Kootenay Co-op

The Kootenay Co-op is one of the biggest retailers of local food in the Kootenays and is owned by 12,500 community members. To support local food production a vendor information package and business mentorship are freely available to all potential vendors. The Co-op's outreach program includes health, wellness and cooking classes; a website with recipes and relevant food security articles; and grant opportunities for students and community organizations.

Programs

Nelson is fortunate to have a wide range of food security programs that support various populations from seniors to children, and people who cannot afford to buy food to people who want to grow more of their own. These programs are operated by non-profit organizations, businesses, schools and faith communities that share a desire to improve community food security.

Sixteen different programs support vulnerable populations with access to food. Our Daily Bread Soup Kitchen's hot lunch program operates Monday through Friday year round; in 2013, 14,534 meals were served. The Salvation Army's hot breakfast program and drop in centre, which serves snacks and coffee, are open Monday through Thursday, and their food bank can be accessed once per month. The Nelson Food Cupboard is a barrier-free food bank open Mondays and Wednesdays; it is set up like a small grocery store. St. Saviour's Food Pantry is open Friday mornings and accessible to all. In addition to these four organizations with specific food security mandates, quite a few other social services offer some free food to their program participants. For example, Stepping Stones Homeless Shelter, managed by Nelson CARES, serves clients three meals a day, and Kootenay Kids gives out food vouchers to pregnant women. Schools also play a role by offering free breakfast and hot lunch programs to children of families living in poverty; these programs vary by school. Altogether, these programs take an incredible amount of community resources, including funding, staffing, and volunteer support.

Additionally, several programs exist specifically for seniors, to help them live independently and participate in the community. Sencoord assists seniors with grocery shopping support programs, while Meals on Wheels and Dinners at Home, both operated by Interior Health out of Nelson Jubilee Manor, deliver pre-made meals to seniors. SEEDS engages many volunteers as gardeners. According to Lee Reid, SEEDS Coordinator, "Seniors say volunteering at SEEDS' organic greenhouse, while sharing the gardening experience with children, is the very best of food for the soul."

Nelson is home to educational programs targeted at specific audiences, as well as many programs open to the general public. Trafalgar Middle School and LV Rogers High School have home economics programs; Food for Life at Trafalgar is a cooking

class with an emphasis on preparing healthy meals using locally sourced ingredients that is very popular with students. MEND (Mind, Exercise, Nutrition, Do It), offered by the Nelson and District Community Complex (NDCC), is targeted at 7 – 13 year olds and teaches them about healthy lifestyles and eating well. Selkirk College has a culinary school at the Tenth Street Campus and offers food skills continuing education courses, such as Food Safe, wildcrafting, and permaculture gardening. Ellison’s Market and the Kootenay Co-op offer food-related workshops and lectures to the public; the Kootenay Co-op also offers cooking classes. Earth Matters does public compost education at the Baker Street and Cottonwood Falls Farmers’ Markets. A number of social service organizations offer food skills classes to their clients. In recent years, the Salvation Army has been teaching slow cooker classes and the Nelson Food Cupboard has offered food preservation, gardening and bread-making workshops. And finally, Community Futures hosts business advisory programs that are available to emerging farmers and food processing business owners.

There are also several lively annual events that are educational and celebrate our food culture. The West Kootenay EcoSociety organizes the spring Garden Festival on Baker Street, the Edible Garden Tour in August, and the Fall Fair at Cottonwood Falls Farmers’ Market in September. Jon Steinman hosts the Deconstructing Dinner Film Festival in the fall. All events are well attended.



Harvest Rescue

Harvest Rescue is a program of the Nelson Food Cupboard Society that gleans unwanted produce from backyard gardens and unsold produce from farmers’ markets and fruit stands, and then shares it with vulnerable people via Nelson’s social services. The program redistributes 5,000 - 10,000 pounds of produce annually.



Harvest Rescue volunteers.

Knowledge

A lot of research has been done on the status of the region’s food system, the needs of farmers and community members, and best practices in all aspects of food security work. The recently published reports listed in Appendix E: Knowledge Assets will help guide municipal leaders and community members toward creating a more food secure community. Social service agencies have statistics showing program usage and satisfaction rates, which can be used by community leaders and funders in decision-

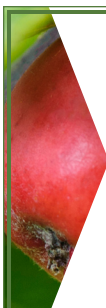
making. Additionally listed are websites operated by community businesses or private citizens that share knowledge on food skills and the food system.

Kootenay Lake Regional Food Systems by Paris Marshall Smith describes how the provincial government can support and strengthen the Kootenay Lake regional food system through the building of infrastructure and networks. Many of the recommended actions could be community-led as well. *Food Banks of the Columbia Basin* by the Golden Food Bank highlights 19 food banks across the basin, showing great diversity amongst their programming, and similarities in the challenges they face: uncertainty of funding, inability to provide enough highly nutritional food, inadequate storage spaces, and challenges maintaining staff and volunteers. *Creating an Age Friendly Community* by Janice Murphy details the priorities and needs, including food access, of the growing senior population in the Nelson area.

Two key reports can inform City leaders' involvement in food security. *Best Practices in Local Food* published by the Association of Municipalities of Ontario informs municipalities regarding best practices to support and promote their local food industries. It discusses the benefits of a thriving local food industry and offers local food strategies and practices available to municipalities, along with case studies from communities of various sizes with various approaches. *Municipal Food Policy Entrepreneurs: A preliminary analysis of how Canadian cities and regional districts are involved in food system change* written by the Toronto & Vancouver Food Policy Councils highlights six forms of municipal food policy activity and successful examples of each. There is also a locally researched and published report that points out the need for a coordinated approach throughout the region to address the existing gaps within the food system: Jon Steinman's *Towards a Regional Food System Alliance Development Strategy for the West Kootenay*. It includes examples of various food councils, coalitions, roundtables, and grassroots food systems organizations throughout North America.

Meals on Wheels, Kootenay Kids, the Nelson Food Cupboard Society, Our Daily Bread, and the Salvation Army all keep statistics on the number of people served by their programs. Some have done formal surveys to determine the satisfaction rates for their services.

The internet is a treasure trove of informative food-related websites. Participants in this food security project came up with a useful list that includes supports for farmers, home gardeners and avid cooks; as well as the Rural Development Institute's resources and *Deconstructing Dinner's* radio and television documentaries.



KootenayFood.com

The West Kootenay Permaculture Co-op hosts www.kootenayfood.com, a website with maps of the area that show farm input suppliers and food access locations – farms, stores, and restaurants; a food events calendar; farmer profiles; classifieds; and more.

Gaps & Opportunities

The discussions at the community consultations illustrated a need for more or improved policies, advocacy, coordination, infrastructure development, programming and funding that support regional farmers, vulnerable populations in our community, and the general public. The specific gaps were logically split into three categories: economic development, community development, and social development. Many opportunities exist to improve these sectors; specific recommendations developed by community members are included in the following text and accompanying tables, along with background information, roles for the City, roles for community groups, potential partners, necessary resources, and suggested timelines.

It is worth noting that the Rural Development Institute at Selkirk College is undertaking a region-wide food security assessment and will be able to provide research to support many of the recommendations in this food assessment. Specifics are noted in the appendices.

Community Development

Nelson is home to a community of people who understand the importance of food security, want to be able to produce more of their own food, and want the City to do more to support the local food system. This is illustrated by the research that created the Path to 2040 Sustainability Plan and the Official Community Plan, the strong turn-outs to farmers' markets and educational food-related events, and the engaged citizens who have lobbied Council on food security issues. Many are very knowledgeable about the local food system and food security in general, and have specific food skills such as cooking, preserving, gardening, and seed saving. They see many opportunities for the positive evolution of Nelson's food system and are keen to be involved in solutions.

The top community development priorities identified by participants in this food security assessment are:

1. Develop policies that support food production within the City.

This will address the following challenges:

- a. The lack of planning around food security in regards to climate change. A strategy to produce more food year-round within Nelson is needed: specifically, to create greenhouses. These could be at schools, on municipal land, at churches, on business land, and on large rooftops

with HVAC systems, such as the mall and the hospital. This is also an economic development opportunity.

- b. Citizens are not allowed to keep chickens and bees for their own food production. The City can remove bylaw restrictions currently in place.
- c. The lack of edible trees in city parks. To avoid the conflict with bears that has been perceived in the past, the City can partner with a community organization that can manage the harvest for distribution through community food outlets.
- d. The lack of active community garden space. The old transfer station site can become a new park with edible gardens and a greenhouse. Gardens need to be large enough to grow significant amounts of food and there must be water infrastructure. Sufficient capacity must be in place to manage the gardens.

2. Form a municipal food policy council consisting of a City Councillor and a wide variety of stakeholders.

This will address the lack of coordination amongst stakeholders and the lack of an advisory group to inform City leaders and funders. The Social Planning Action Network, the Age Friendly Communities' Initiative, and Cultural Development Committee are all appropriate models. A food policy council should be made up of a broad range of stakeholders, plus an informed and interested City Councillor.

The work of the food policy council could include:

- a. Creating a food charter for Nelson, which is a detailed vision for the community's food system endorsed by the City of Nelson;
- b. Identifying city infrastructure, such as greenhouses, parks and irrigation, and making recommendations for their use;
- c. Identifying any city buildings that could form part of the food system (e.g. 610 Railway);
- d. Reviewing existing policies and by-laws, identifying gaps, and making recommendations for new policies and by-laws (e.g. hen and bee keeping);
- e. Making recommendations regarding funding of food-related initiatives, for example, jurying food-related applications for the City of Nelson's Community Initiatives Program funding;
- f. Supporting Council in advocating to other levels of government by providing relevant research and policy advice;

- g. Annually reporting to council on the progress of the food system goals identified in this assessment, and pointing out emerging issues; and
- h. Creating networking and planning opportunities for community partners.

3. Improve coordination for strategic investments in food security and food systems priorities.

This will address the following:

- a. The lack of collaboration amongst funders to address food-related priorities. Meetings are needed between the Columbia Basin Trust, the Osprey Community Foundation, the City of Nelson and the RDCK, and other possible funders. A reliable group, such as a food policy council, must provide the funders with up-to-date information.
- b. The lack of funding specifically directed at food security enhancement projects. A percentage of annual Community Initiative Program funding could be allocated to projects that support the food system, similar to the percentage allocation for arts and culture.

“ I wanted the City to do this asset mapping and gap analysis project because I saw how a lack of information and understanding was hampering our ability to move forward on making strategic investments and developing useful policies. Convening the community to hold conversations specifically focused on Nelson’s food system and food security proved invaluable. A food policy council can help ensure those kinds of conversations continue, to provide the ongoing information needed to develop and support durable solutions.”

— Candace Batycki, Nelson City Councillor



Recommendations to City Leaders

- Provide a Nelson Hydro subsidy or rebate to businesses or organizations that develop greenhouses for food production.
- Remove bylaw restrictions related to hen and bee keeping.
- Develop the former transfer station into a garden with fruit trees, nut trees, ample community garden space and a greenhouse that could also be used by the community.
- Plant fruit and nut trees in existing parks.
- Designate a Council representative to a food policy council and provide meeting space and staff support.
- Participate in meetings with funders to discuss food-related priorities.
- Develop guidelines and decide on a percentage of Community Initiatives Program funds to be allocated to food security projects.

Recommendations to Community Groups

- An organization (e.g. WildSafe BC) can develop guidelines for urban hen and bee-keeping.
- An organization (e.g. Nelson Food Cupboard Society that manages Harvest Rescue) can contract with the City to manage harvesting fruit and nut trees on City land.
- An organization can partner with the City to manage the community garden section of a new park where the transfer station used to be.
- Representatives from many sectors can participate on a food policy council.
- The Columbia Basin Trust can approve a change to the way the City allocates Community Initiatives Program funds.

Economic Development

Nelson is the market centre for its 10,000 citizens, plus additional people from the surrounding rural areas. Everything Nelson does to strengthen its food system will also positively impact the city's economy. Policies, programs, and infrastructure that support local food production, and ways to connect local consumers to local suppliers, help build a stronger and more sustainable local economy. Food dollars remain in the community to circulate from buyers to sellers and back again. As the Metro Vancouver Regional Growth Strategy Review Backgrounder #11 (2009) states: "A dynamic food industry arises from the multiplier effect of primary agriculture production creating employment, value added food products, and providing food security to the region."

The RDCK's Agriculture Plan explains the benefits of a strong local food system as:

- The expansion of markets for regional agriculture products giving consumers more opportunities to buy local and keep their money supporting local businesses.
- Direct farmer-consumer sales improving farmers' profits.
- Food processing activities (e.g. slaughter and processing of meat) that occur locally contributing to the local economy and potentially resulting in a greater percentage of the finished product staying in the community.
- Other food-related activities such as transportation, distribution and storage creating local jobs.
- Farmer's markets having many positive impacts.

Agriculture is an established sector of the regional economy, but is constantly being challenged by evolving food regulations and insufficient support. According to the 2011 Census of Agriculture, there were 552 farms operating in the Regional District of Central Kootenay. Total gross farm receipts were \$34,353,451 and the farms paid almost \$6 million in wages and salaries.⁶ To illustrate the challenges, the 2011 census also showed a huge decline in the number of animals on farm, with many of them half of what they were in 2001. The RDCK Agriculture plan surmises that this is due directly to the Provincial Meat Inspection Regulations that were introduced in 2004. These regulations prohibited on-farm slaughter of livestock for the sale of meat. Today, the lack of a slaughtering facility near Nelson is a major gap identified in the system, and one that has repeatedly been brought to the province's attention by municipal and regional elected officials.

In general, there seems to be renewed energy and interest in agriculture and knowing where food comes from. Supportive municipal policies and action can help the Nelson area reap the economic benefits.

The top economic development priorities identified by participants in this food security assessment are:


1. Municipal leaders advocate for a strong, local food system at all levels of government and to all audiences.

This will address the following challenges:

- a. The lack of public knowledge of the real cost of food and the impact of buying locally grown and produced food.
- b. The lack of subsidies for small local farmers. Higher levels of government should be lobbied to remove subsidies to large agribusiness and apply subsidies and supports to small farmers. The Rural Development Institute is currently doing research to demonstrate the financial challenges small farmers face.

⁶ Government of BC. *Fast Stats 2012*. 2012

- c. Unrealized production capacity of local farms.
- d. No local abattoir exists; farmers and hobby farmers must go to Grand Forks or Creston to have their animals slaughtered if they are going to sell the meat. An abattoir close to Nelson is necessary. A public education campaign about the benefits of having an abattoir near Nelson is important because some people will be opposed to the idea.
- e. Insufficient farm extension services (on-farm education for farmers). All partners must work together to provide the critical on-site practical information farmers need and currently cannot access in cost-effective ways.



Kamloops Urban Agriculture and Food Systems Strategy

An example of a city advocating for a strong, local food system is Kamloops with its Urban Agriculture and Food Systems Strategy. Food security is a key component of both the 2009 Kamloops Social Plan and the 2010 Sustainable Kamloops Plan (SKP). To advance the SKP's goals for food security in Kamloops, the city is developing an Urban Agriculture and Food Systems Strategy (UAFSS) with the support of an 18-member advisory committee.

2. Create an economic development fund for local agriculture.

This will address the fact that no economic development money is allocated to agriculture. In particular, a portion of Nelson and Area Economic Development Partnership money could be used to develop an agriculture fund to support initiatives similar to the promotional work the Chamber of Commerce and Invest Kootenay do for the tourism industry. For example, a public education campaign on the value of buying from local farmers.

3. Develop infrastructure to support farmers and value-added businesses.

This will address the lack of produce storage and packing facilities, and processing and value-added packaging facilities. Ideally, one facility would be developed for all these functions. Currently the demand for locally processed food is higher than production; there is great economic potential in this sector. Additionally, farmers usually take home their unsold produce from the markets; this produce could be directed to a value added facility.

“ The demand for local food far outstrips our current supply. Even with 100 plus local suppliers (who were paid \$2M for their goods in 2013), we don't come close to having enough local food on our shelves. We are excited for a time when local farms and food businesses will supply the majority (or at least a much greater percentage) of our baked goods, dairy, meats, fruits and vegetables, as well as a host of beans, grains and high quality processed foods; create jobs in our region; and increase our ability to feed our whole community sustainably.”

— Jocelyn Carver, Marketing & Outreach Manager, Kootenay Co-op



Farmer Vince McIntyre delivers potatoes to the Kootenay Co-op.



True Local

The True Local campaign at the Kootenay Co-op brands products that are produced within fifty kilometres of the store as 'true local' and promotes them with this logo.





Recommendations to City Leaders

- Promote local food production capacity as real and a vibrant economic and community development opportunity.
- Lobby for removal of subsidies to agribusiness and the creation of subsidies/supports for small farmers.
- Articulate why an abattoir is necessary, and encourage the RDCK to do a land inventory to identify suitable sites.
- Lobby the provincial government, the Association of Kootenay Boundary Local Government and the Columbia Basin Trust to create extension services for farmers.
- Include an economic development fund for agriculture in the strategic plan in 2015, and then allocate funding to it in 2016 and beyond.
- Champion the creation of one facility that meets many needs of local farmers, and offer a cheap lease for available land and/or an existing building.

Recommendations to Community Groups

- The Nelson and Area Economic Development Partnership (NAEDP), Chamber of Commerce, and Nelson Business Association can develop a ‘truly local’ campaign, which the local media can help promote.
- The Kootenay Co-op and Kootenay Boundary Regional Food Producers’ Co-op can continue educating the public about the values of buying locally and support those listed above in creating a ‘truly local’ campaign.
- The Columbia Basin Trust can provide funding for a coordinated approach to bring back extension services for farmers.
- A food council member or Council representative that understands the economic development value of agriculture to the City can participate on the NAEDP Advisory Committee to help create a strategic plan for an agriculture fund.
- An organization, business or partnership can develop a storage, packing, processing and packaging facility, or a facility for some of these activities.

Social Development

Hunger and malnutrition are serious issues in Nelson. As noted earlier, food bank and soup kitchen use has risen annually since 2008. Emergency food programs were initially created for short-term use, but they are now the primary food access points for many people living in poverty. Results from the Nelson Food Cupboard’s 2014 survey indicate 66% of their customers need to use their food bank every week, 66% also use the soup kitchen and another food bank regularly, 61% are long term residents (they have lived in Nelson for ten years or more), 19% work and cannot make ends meet, and 54% are on a disability or seniors pension.

Sixteen programs exist to help feed citizens living in poverty, requiring a huge amount of time, money and resources. Most are band-aid programs and are spread throughout Nelson. Best practices in the food security field demonstrate the need to group programs together and focus on capacity-building programs that help vulnerable people improve their diets and health.

As the number of vulnerable people in our community is rising, so are food costs. Participants in this food assessment pointed out that all this information supports the argument that Nelson needs to address poverty in the community.

Schools also play an important role in creating healthy people and lifestyles, but schools in Nelson are challenged with limited resources (time and money) to develop and maintain all the programs that would benefit their students.

The top social development priorities identified by participants in this food security assessment are:

1. Create a community food centre where food security organizations could share resources and network.

This is a long-term goal that could be supported by a virtual hub in the interim.

A community food centre will address the following challenges:

- a. Food banks and food skills workshops are spread throughout town. Vulnerable people will participate in more capacity building programs if the programs exist in locations target audiences are comfortable with; having more programs in one place will increase participation. Some food skills programs should be available to the entire community with an aim to integrate people living in poverty with people of other backgrounds.
- b. The lack of coordination amongst social service providers working to mitigate food insecurity. Social services are generally under-staffed and unable to create or attend regular meetings to support each other's programming. A role of the food centre could be to coordinate networking meetings and compile monthly newsletters of food security programs, opportunities and volunteer needs.
- c. Excess food is produced by restaurants and retail food outlets, but not all of it is redirected to food access social services. More relationships need to be formed between restaurants and stores as donors and social service agencies as recipients.
- d. Seniors with mobility challenges have a difficult time living independently because they cannot grocery shop for themselves. Sencord's Grocery Run program should be further developed with support from organizations with large volunteer bases.

- e. The lack of food skills and community kitchen programming. The community needs a wide selection of cooking and gardening programs, particularly for vulnerable populations, and ideally in locations clients are already comfortable with. People living in poverty can learn to make healthy meals from inexpensive whole foods and grow some of their own food, knowledgeable citizens can share their expertise, and everyone can learn more.
- f. The lack of volunteer coordination within Nelson. A part-time volunteer coordinator could assess the volunteer needs of all organizations, maintain this information and act as a central contact point for people wanting to volunteer.
- g. School children participate in no or very little food skills programming outside of home economics classes. Organizations that can offer food skills field trips for school children can contact the Health Schools Promoting Coordinator to plan field trip opportunities. Ideally, there would be a website listing many opportunities that interested teachers could use as a planning tool.

2. Increase access to affordable, fresh and healthy food for vulnerable populations.

This will address the following problems:

- a. The lack of sufficient quality food in food banks and other social service organizations that support vulnerable populations. Organizations can encourage donations of healthy foods.
- b. All children do not have healthy diets. Schools, social service agencies, and the NDCC can work together to provide nutrition and food skills education for entire families. Parent Advisory Committees at schools can create or further develop lunch programs. Harvest Rescue can provide schools and the NDCC with fresh fruit in September and October.

3. Offer multi-year funding opportunities and more than one intake period each year.

This will address the fact that funding cycles are often too short, and at times are unavailable when opportunities emerge and need to be taken advantage of quickly.



Recommendations to City Leaders

- Support the creation of a community food centre, and in the short term a virtual hub, with Community Initiatives Program funding.
- Lobby the Columbia Basin Trust and other major funders to support the development of a community food centre.
- Fund food skills programming through the Community Initiatives Program.
- Lobby the Columbia Basin Trust by passing a resolution recommending longer funding cycles.

Recommendations to Community Groups

- One organization can spearhead a community food centre project in consultation with all others that can be involved.
- Social service organizations can host coordinating and networking meetings.
- The Nelson Food Cupboard, the Salvation Army, and Interior Health can organize a forum for restaurants, stores and social service agencies to develop more food rescue partnerships. The Kootenay Co-op and Hume Hotel can present how they manage to donate so much unsaleable food.
- Organizations can develop more food skills programs, and consult with those doing similar work to avoid overlap in services.
- Organizations can create communication materials highlighting the importance of healthy food donations, and mention this in all media work.
- Social service organizations can write to Council to support a request to the Columbia Basin Trust to lengthen funding cycles.

Community Food Centre (CFC)

A community food centre (CFC) is a welcoming space where people come together to grow, cook, share and advocate for good food. CFCs provide people with emergency access to high-quality food in a dignified setting that doesn't compromise their self-worth. People learn cooking and gardening skills there that help them make healthier food choices. CFCs offer multifaceted, integrated and responsive programming in a shared space where food builds health, hope, skills and community.

(Excerpted from Community Food Centres Canada's website: www.cfccanada.ca/what_is_a_community_food_centre)



Food Skills workshop participants.

Conclusion

Despite the many food security assets Nelson has for a community of its size, significant gaps remain. The farmers Nelson relies on struggle to make a living, vulnerable populations are not as healthy as they could be, and there is no mechanism for members of community food security organizations to counsel City leaders and funding organizations on changing and emerging issues. Working toward the recommendations in this report will not only improve Nelson's food security, it will also boost the local economy and have wide-ranging social benefits as citizens have more programs, gardens and local food businesses to enjoy.

Many knowledgeable engaged citizens, including those who participated in the community consultation and other individuals the Steering Committee has spoken with, are ready and eager to work toward making these recommendations happen. For success, a commitment from municipal leaders is needed, along with funding and continued networking opportunities. Businesses, non-profits and individuals can fill some of the smaller gaps, but a coordinated, community-wide effort is needed to achieve the top priorities.

It is hoped this food assessment report for Nelson will be another building block in creating a more food secure future for this community.



Appendix A Participants

Adrian Leslie

Rural Development Institute

Becky Quirk

Seniors' Coordinating Society

Bob Adams

City Council

Candace Batycki

City Council

Corrine Younie

The Age Friendly Community Initiative

Emily Mask

SEEDS

Jocelyn Carver

Kootenay Co-op Grocery Store

Jodi Vousden

Nelson and District Community Complex

Joe Karthein

Kootenay Co-op Grocery Store

Jon Steinman

Deconstructing Dinner

Karoline Kemp

Nelson Women's Centre

Kim Charlesworth

Nelson Food Cupboard Society,
Kootenay Boundary Regional Food Producers' Co-op

Krista Webb

Development Services, City of Nelson

Lee Reid

SEEDS

Louise Poole

School District #8

Marya Skrypiczajko

Nelson Food Cupboard Society

Nadine Reynolds

Rural Development Institute

Nelson Ames

Ospery Community Foundation

Paula Kiss

City Council

Ramona Faust

Regional District of Central Kootenay, Area E

Rona Park

Nelson Community Services

Ruth Fraser

Kootenay Organic Growers Society

Sandra Hartline

St. Saviour's Food Pantry

Shauna Teare

West Kootenay Permaculture Society

Sue Anne Smith

Ellison's Market

Tara Stark

Community Nutritionist, Interior Health Authority

Valerie Sanderson

Soups in Season

Valerie Warrington

Kootenay Kids

Velvet Kavanagh

Kootenay Local Agriculture Society, Endless Harvest

Yvonne Burrows

Salvation Army

Appendix B Public Policies Assets

POLICY	JURISDICTION	DETAILS
Nelson's Official Community Plan	Municipal	The City will explore ways to ensure availability and accessibility of nutritious whole foods including: - Permitting community gardens throughout the City, in all land use designation categories, - Working with the RDCK and members of the agricultural community to support farmers' access to the land and resources they need in order to maximize regional food production, processing and distribution, - Supporting and encouraging food production, processing and storage within city limits at both the commercial and individual level, - Inspire a greater understanding of the local/global food system and available resources to build community capacity and to foster more informed, ethical choices.
Event permitting & public works coordination	Municipal	Allows events such as the farmers' markets to happen.
RDCK's Agricultural Plan	Regional	The RDCK's Agriculture Plan includes background information and recommendations to meet the following goals: to identify priority actions that support the viability of farming in the RDCK, to ensure that the agricultural capability of the RDCK is realized and protected, to foster a secure food supply for the RDCK residents, and to implement the agriculture plan. It was adopted in principle in 2012, but no further action has been taken by the Board of Directors as a whole.
Agricultural Land Reserve	Provincial	The Provincial Agricultural Land Commission (ALC) is an independent administrative tribunal dedicated to preserving agricultural land and encouraging farming in British Columbia. The Agricultural Land Reserve (ALR) is a collection of agricultural land in BC in which agriculture is recognized as the priority. In total, the ALR covers approximately 47,000 square kilometres (18,000 sq mi) and includes private and public lands that may be farmed, forested or are vacant. The reserve is administered by the (ALC), consisting of a chair and six vice-chairs appointed by the Lieutenant Governor-in-Council of BC (cabinet) and 12 regular commissioners appointed by the provincial Minister of Agriculture and Lands.



Appendix B Public Policies Assets - cont'd

IHA Land Use Policy for Food Production	Provincial	A group or individual may apply to IH to use IH owned land for food security and agriculture purposes. Projects cannot be permanent in nature.
IHA Food Purchasing Policy	Provincial	Interior Health Food Services will ensure the selection and procurement of menu food items meet and maintain the basic health and safety standards.

Appendix C Infrastructure Assets

ASSET	LOCATION	TYPE
Mt St Francis, Interior Health	1300 Gordon Rd	arable land
Selkirk College 10th St Campus	820 10th St	arable land
City parks and boulevards	310 Ward St	arable land
McKim Cottage	916 11th St	garden
Rosemont School	1605 Crease Ave	garden
Nelson & District Community Complex	305 Hall St	garden
Hendryx St native garden	310 Ward St	garden
Lakeside Park greenhouses	310 Ward St	greenhouse
LV Rogers School	1004 Cottonwood St	greenhouse, kitchen, garden, cafeteria
Trafalgar School	1201 Josephine St	kitchen, arable land
Nelson & District Youth Centre	608 Lake St	kitchen
Our Daily Bread soup kitchen	520 Falls St	kitchen
St Saviour's Anglican Church	701 Ward St	kitchen
Ascension Lutheran Church	1805 Silver King Rd	kitchen (under construction)
Kalein Hospice	402 Richards St	kitchen
South Nelson School	814 Latimer St	kitchen
Kootenay Kids Yellow House	804 Stanley St	kitchen, garden space
Kootenay Kids Family Place	312 Silica St	kitchen, garden space
Nelson United Church	602 Silica St	kitchen, dining hall
Cedar Groves Estate, Nelson Cares	500 Richards St W	kitchen, dining hall
Central School	811 Stanley St	kitchen, garden
Mental Health Clubhouse, Interior Health	818 Vernon St	kitchen, garden
Jaganatha restaurant	660 Baker St	kitchen for rent
Nelson Women's Centre	420 Mill St	kitchen, garden
Roof of Chakho Mika mall	1150 Lakeside Dr	possible greenhouse to use HVAC system
Roof of Kootenay Lake Hospital	3 View St	possible greenhouse to use HVAC system
Organic Matters	3505 British Columbia 6	potential storage

Appendix D Organization & Program Assets

BUSINESSES	STREET ADDRESS	SYNOPSIS	PROGRAMS
All Seasons' Cafe	621 Herridge Ln	Buys from local farmers	
Bibo	518 Hall St	Buys from local farmers	
Burrell's corner store	1224 Stanley St	Buys from local producers	
Ellison's Market	523 Front St	Sells produce and prepared foods from local producers, as well as garden seeds and supplies.	- Do It Yourself food skills workshops - Mentoring farmers to be suppliers
Endless Harvest	Ymir	Organic food delivery business	
Georama Growers	2870 Georama Rd	Sells plant starts, berry bushes and fruit trees.	
Hume Hotel Restaurants	422 Vernon St	Buys from local farmers	
Max & Irma's	515 Kootenay St	Buys from local farmers	
Organic Matters	3505 Hwy 6	Organic food wholesale business, potential to rent storage space.	
Oso Negro	604 Ward st	Buys from local producers for its café.	
Railway Meats	86 Baker St	Cuts and wraps meat for hunters.	
Relish	301 Baker St	Buys from local farmers	
Save On Foods	1200 Lakeside Dr	Buys from local producers	
Silverking Tofu	508C Latimer St	Produces fresh organic tofu	
Soups in Season	295 Baker St	Soups & sauerkraut maker and seller. Uses many local ingredients.	
CLUBS			
Rotary Daybreak	422 Vernon St	Has a goal to develop a food security project to address poverty, in partnership with others.	
Rod & Gun Club	801 Railway St	Hunting club, conservation values	
CO-OPERATIVES			
Kootenay Bakery	377 Baker St	Buys from local producers	
Kootenay Boundary Regional Producers Co-op	209-501 Beasley St West	A coop being created to support producers by offering needed services - distribution, storage, on farm education, labour pool.	



Appendix D

Organization & Program Assets - cont'd

Kootenay Coop Grocery Store	295 Baker St	One of the biggest retailers of local food in the Kootenays and owned by 12,500 community members.	<ul style="list-style-type: none"> - Health, wellness and cooking workshops - Mentoring farmers to be suppliers - Food security project funding
West Kootenay Permaculture Coop	Winlaw	Aims to unify and support food and farming efforts in this region, and engage eaters to seek out food grown and produced locally.	
EDUCATORS			
Kootenay Career Development Society	#203-514 Vernon St	Offers career development, employment counselling and human resource planning.	Food Safe for their clients
School District #8			<ul style="list-style-type: none"> - Home Economics at Trafalgar Middle School and LV Rogers High School - Breakfast for Learning, varies by school - Hot Lunch program, varies by school - Fruit & Vegetable Nutrition Program, 13 weeks/year - Milk Program, 13 weeks/year
Self Design High	402 Richards St W	Offers learners the opportunity to customize their own high school experience; a few students have participated in food skills workshops or tours.	
Selkirk College	820 Tenth St		<ul style="list-style-type: none"> - Continuing education food skills courses - Culinary diploma



Appendix D Organization & Program Assets - cont'd

FAITH COMMUNITIES			
Kootenay Christian Fellowship	520 Falls St		Our Daily Bread Soup Kitchen, Monday - Friday, barrier-free
Salvation Army	601 Vernon St		- Food bank, access once per month - Drop in centre with coffee and snacks, Monday - Thursday - Hot breakfast program, Monday - Thursday
St Saviour's Anglican Church	701 Ward St		St Saviour's Food Pantry, Friday, barrier-free
FUNDERS			
Columbia Basin Trust	Castlegar	To support residents in the area affected by the Columbia Basin Treaty.	- Community Initiative Program administered by local governments - Social, environment and youth grants
Osprey Community Foundation	#B8 - 625 Front St	Community fund	Food security project funding
Southern Interior Development Initiative Trust	Vernon	To support regionally strategic investments in economic development projects that will have long-lasting and measureable regional benefits for the Southern Interior.	
Western Economic Diversification Canada	Edmonton	Has funding programs for certain types of business development.	
NON-PROFIT ORGANIZATIONS			
Kootenay Kids	312 Silica St	Offers programs to support families with children under the age of six, all include snacks.	- Emergency Food for Families - Food vouchers for pregnant women



Appendix D

Organization & Program Assets - cont'd

Kootenay Local Agriculture Society (KLAS)	Castlegar	Kootenay Mountain Grown farmer certifying organization.	Tool lending library
Kootenay Organic Growers Society (KOGS)	West Kootenay	Organic certification organization for West Kootenay farmers.	
Kootenay Society for Community Living	509 Front St	Offers support programs for people with developmental disabilities	Bigby Place meals
Nelson Cares	521 Vernon St	Provides advocacy, housing, employment and other support services.	Stepping Stones meals for residents
Nelson Food Cupboard Society	602 Silica St	Helps community members access healthy food.	- Nelson Food Cupboard, Monday and Wednesday, barrier-free - Harvest Rescue
Nelson Community Service Society	201-518 Lake St	Offers counselling, support services, and shelter.	- Cicada Place food skills workshops - Women's Transition House meals and food vouchers
Seniors' Coordinating Society	719 Vernon St	One stop for seniors for information and supports, including several food access programs. Tries to keep seniors independent for as long as it is safe to do so.	Grocery Run
Seniors Economic & Environment Development Society (SEEDS)	904 Third St	Seniors driven intergenerational food security project that grows organic food in Lakeside Park. Provides food to low income populations. Offers educational events.	
West Kootenay Eco Society	507 Baker St	Provides environmental news and ways to take action on issues.	- Baker Street Farmers' Market - Cottonwood Falls Farmers' Market & Fall Fair - Garden Festival - Edible Garden Tour - Earth Matters' Composting Education



Appendix D

Organization & Program Assets - cont'd

Willing Workers on Organic Farms (WWOOF)	RR2 S18 C9	Coordinates farms wanting volunteer support and willing volunteers.	
Women's Centre	420 Mill St	Offers support and programming to women in the area.	Community Kitchen workshops
Young Agrarians	Vancouver	Works to make existing educational programs, resources and tools more readily available to new farmers.	
OTHERS			
Community Futures	201-514 Vernon St	Offers business support services.	- Self employment program - Entrepreneurial skills workshops - Basin business advisory services
Deconstructing Dinner		Radio and television documentaries about the food system.	Film Festival
Nelson & District Community Complex	305 Hall St	Community fitness complex, healthy lifestyles programming.	- MEND (Mind, Exercise, Nutrition, Do It) - Eats & Beats
Nelson Jubilee Manor	500 Beasley St W	Managed by the IHA	- Meals on Wheels - Dinners at Home
Rural Development Institute at Selkirk College	Castlegar	Currently researching options to increase agricultural production in the Columbia Basin and Boundary regions.	



Appendix E Knowledge Assets

TITLE	WEB ADDRESS	AUTHOR	DATE	SYNOPSIS
Best Practices in Local Food	www.amo.on.ca/AMO-PDFs/Reports/2013/2013BestPracticesinLocalFoodAGuideforMunicipalities.aspx	Association of Municipalities of Ontario	2013	This guidebook provides municipalities with best practices to support and promote their local food industries. It discusses the benefits of a thriving local food industry and offers local food strategies and practices available to municipalities, along with case studies from communities of various sizes with various approaches
Municipal Food Policy Entrepreneurs: A preliminary analysis of how Canadian cities and regional districts are involved in food system change.	www.capi-icpa.ca/pdfs/2013/Municipal_Food_Policy_Entrepreneurs_Final_Report.pdf	Toronto & Vancouver Food Policy Councils	2013	This report points out how local governments are key players in the Canadian food system, even though they have limited jurisdictional authority over the food system. It discusses six different approaches based on their levels of public sector involvement, and includes Canadian examples of each.
Food Banks of the Columbia Basin Report	www.livegoldenbc.ca/Public/Page/Files/45_Food%20Banks%20of%20the%20Columbia%20Basin%202012.pdf	Golden Food Bank Society	2012	This report highlights 19 food banks across the basin, shows great diversity amongst their programming, and many similarities in the challenges they face: uncertainty of funding, food and monetary donation; inability to provide enough highly nutritional food; inadequate storage spaces; and maintaining staff and volunteers.
Agricultural Potential of the West Kootenays	www.cbrdi.ca/wp-content/uploads/Agricultural-Potential-of-the-W.Koots-RRoussin-2014.pdf	Rachel Roussin	2014	A regional review of the land, soil and climate for crop potential.

Appendix E Knowledge Assets - cont'd

Groundswell – A Guide to Building Food Security in Rural Communities	www.nklcss.org/groundswell/grndswl.pdf	Aimee Watson	2012	Based on the work of the Kaslo Food Hub, this guide was created to help people in rural regions develop or improve food security programs. It includes information about the 'core ingredients' for these programs: people, mission, resources (funding) and administrations, plus examples of possible projects. It also includes information on food policy.
Kootenay Lake Regional Food Systems Report	www.farmfoodfork.files.wordpress.com/2014/01/klfs_report_0127.pdf	Paris Marshall Smith for MLA Michelle Mungall	2010	This report responds to how the provincial government can support and strengthen the Kootenay Lake regional food system through the building of infrastructure and networks. Recommendations are divided into the following areas of a localized food system: people; policy and education; land and housing; storage, processing and distribution points; marketing and vending opportunities; and integrated resource management. Many of the recommended actions could have community led solutions as well.
Towards a Regional Food System Alliance Development Strategy for the West Kootenay	www.farmfoodfork.files.wordpress.com/2014/01/wkfood-systemalliance_111711pdf.pdf	Jon Steinman	2011	This report acknowledges the West Kootenay is home to a well-educated population on food systems issues and many initiatives that support our local food system, but also points out the need for a coordinated approach throughout the region to address the existing gaps within the food system. It includes examples of various food councils, coalitions, roundtables and grassroots food systems organizations throughout North America.

Appendix E Knowledge Assets - cont'd

Creating an Age Friendly Community	www.ospreycommunityfoundation.ca/docs/CaringForSeniorsReport2011Final.pdf	Janice Murphy		This report demonstrates the priorities and needs of the growing senior population in Nelson based on a survey of those aged 55 and older living in Nelson and RDCK Areas E and F.
Hunger Count 2013	www.foodbanksbc.com/about-hunger-in-bc/hunger-count-2013/	Canadian Association of Food Banks	2013	An annual nation wide survey of Food Banks Canada member organizations and their clientele.
The BC Farm to School Guide	www.phabc.org/files/farmentoschool/home/F2Sguide-2nd-edition-singles.pdf	Public Health Association of BC	2012	Farm To School is broadly defined as a school-based program that connects schools (K-12) and local farms. The guide provides practical information, tips, and tools for developing a local program that complies with provincial and federal health regulations and is sensitive to the diversity of schools throughout BC.
The Cost of Eating in BC		Dietitians of Canada	2014	Dietitians publish the report to bring attention to the fact that many British Columbians don't have enough money to buy healthy food. And, it's not getting any better.
Meals on Wheels statistics			weekly	Data about the numbers of meals provided.
Kootenay Kids statistics				Data about the number of families served.
Statistics Canada food consumption expenses	www.statcan.gc.ca/pub/16-201-x/2009000/part-partie1-eng.htm	Canadian government	2009	Historical data related to food production in Canada.
Women's Centre statistics	www.nelsonwomenscentre.com/		annual	Data about food donations and distribution.

Appendix E Knowledge Assets - cont'd

Nelson Food Cupboard Society user statistics			annual	Data about Food Cupboard use: age, gender, frequency of use, satisfaction rate and more.
Kootenay Food website	www.kootenayfood.com	West Kootenay Permaculture Co-op	2014	An online directory to farms, farmers' markets, grocery stores, farm supply stores, community food services and more. It is sorted by region, e.g. Nelson, Slocan Valley, and includes maps, farmer profiles, classifieds, and event postings.
Organic Federation of Canada website	www.organicinputs.ca/en/			Canada's nationwide, searchable directory of products that are either approved for use or have been found compliant with the Canadian organic standard.
Kootenay Seniors' website	www.kootenayse-niors.ca/			Information about services and programs of interest to seniors living in Nelson.
Kootenay Co-op website	www.kootenay.coop			Provides a wide range of food and wellness articles, information for suppliers, co-op facts, recipes and ongoing updates about food security in the region.
Rural Development Institute resources	www.cbrdi.ca/			Houses a resources database of local food systems research, agricultural plans, etc.
Young Agrarians website	www.youngagrarians.org/			Lists events, tools, and media of interest to young farmers.
Kootenay Organic Growers website	www.kogs.bc.ca/			Resources and information related to organic standards and organic growing practices.
Kootenay Local Agriculture Society website	www.klasociety.org/			Information related to agriculture in the Kootenays intended to support local farmers.
Deconstructing Dinner website	www.deconstructingdinner.com	Jon Steinman		TV, radio, and podcasts about the food system.

APPENDIX F:

Community Development Gaps

Top Priorities	Gap(s)	Specific Recommendations	Additional Information	Role of Community Partners	Resources Needed	City Action Needed (if any)	Timeline (short - 2015, medium - 2015 - 18, long (er)
Develop policies that support food production within the City.							
	1.) Lack of planning around food security in regards to climate change.	a.) Develop City strategy to create greenhouses.	Could be at schools, on municipal land, at churches, on business land, on large rooftops, such as the mall and hospital.	Rural Development Institute can provide supporting information. Columbia Basin Trust can help with funding.	Coordination, City Council champion, money	Nelson Hydro could provide a subsidy or a rebate.	Long
		b.) Policy for new/renovated developments to require garden spaces.	Explore what other cities are doing.	Kerri Wall, Healthy Communities Initiative, Community Health Facilitator, can help research best practices in other municipalities.	City Council champion.	Research and development.	Medium
	2.) Citizens are not allowed to keep chickens and bees for their own food production.	City can remove bylaw restrictions.	Research needs updating.	Wildsafe can develop guidelines.	Partnerships with organization such as Wildsafe.	City can remove bylaw restrictions.	
	3.) Lack of edible trees in city parks.	Plant more fruit and nut trees in city parks.		Nelson Food Cupboard Society that manages Harvest Rescue can have a contract with the City to manage harvesting.	City Council champion, volunteers to harvest.	Plant edible trees in the commons.	Medium
	4.) Lack of community garden space.	Old transfer station site can become a new park with edible gardens and a greenhouse.	Gardens need to be large enough to grow significant amounts of food and there must be water infrastructure.	An organization can partner with the City to manage the community garden part of the park.	Time, money, community partner.	Develop the land as a garden.	Medium
Form a municipal food policy council consisting of a City Councillor and a wide variety of stakeholders.	Lack of coordination amongst stakeholders, lack of advisory group to inform City leaders and funders.	Food council can provide networking opportunities to fill some of the gaps.	Look at the Social Planning Action Network, the Age Friendly Community initiative, and Cultural Development Committee models.	Representatives from many sectors can participate, including the Rural Development Institute. Tara Stark, Community Nutritionist for IH, and Kerri Wall, Community Health Facilitator with Healthy Communities Initiative, can coordinate meetings.	A method to explore potential models. Several reports have been recently published outlining various approaches.	City can provide a Council representative and meeting space.	Medium
Improved coordination for strategic investments in food security and food systems priorities.	1.) Lack of collaboration of funders to address priorities.	Meetings between the CBT, the Osprey Foundation, the City, the RDCK and other possible funders.	Invite Kootenay Co-op, Nelson & District Credit Union, and the Chamber of Commerce. Needs a reliable group such as a food policy council to provide up to date information.	Osprey can consider initiating the first meeting. Kerri Wall, Healthy Communities Initiative, Community Health Facilitator, can help coordinate meetings.	Small amount of money for the event.	City should participate as a funder.	Short, ongoing
	2.) Lack of funding specifically directed at food security enhancement projects.	Allocate a percentage of annual Community Initiative Program funding to projects that support the food system.	Similar to the allocation for Arts and Culture.	CBT can approve this change.	A panel knowledgeable in the sector to adjudicate the applications, similar to the Arts & Culture panel.	City can develop guidelines and decide on the percentage to be allocated to food security.	Short
Others:	Lack of food skills knowledge transfer from older generations to younger.	Involve elders in food skills programming.		Social service organizations can reach out to elders as educators or volunteers.	Time		Short, ongoing
	Very little food security and food systems education at schools and Selkirk.	Develop more food security and food systems programs for youth.	School teachers recognize a keen interest in food related education in their students.	Rural Development Institute can help Selkirk create agricultural programming. SD8 can incorporate food related education into their curriculum.	Support of many people in the education system, money, time.		Medium

APPENDIX G:

Economic Development Gaps

Top Priorities	Gap(s)	Specific Recommendations	Additional Information	Role of Community Partners	Resources Needed	City Action Needed (if any)	Timeline (short - 2015, medium - 2015 - 18, long (er)
Municipal leaders advocate for a strong, local food system							
	1.) Lack of knowledge of the real cost of food and the impact of buying locally grown and produced food.	Create a campaign to encourage individuals and businesses to source their food locally. Promote local farmers.	Research is needed to show actual economic gains of more local food sourcing.	Rural Development Institute may be able to do the research. Nelson and Area Economic Development Partnership, Chamber of Commerce, Nelson Business Association can develop a campaign, which the local media can help promote.	Access to statistics, money for advertising, time for coordination, a City Council champion.	Articulate local food production capacity is real and that it is a vibrant economic and community development opportunity.	Medium
	2.) Lack of subsidies for small local farmers.	Lobby for removal of subsidies to large agribusiness and apply subsidies and supports to small farmers.	Research is needed to demonstrate the financial challenges small farmers face.	The Rural Development Institute is currently doing this research. Regional Districts can also lobby for this subsidy shift.		City Council can lobby for removal of subsidies to agribusiness and apply subsidies or supports to small farmers.	Ongoing
	3.) Unrealized production capacity of local farms.	Create a campaign to encourage individuals and businesses to source their food locally. Promote local farmers. Develop a map showing farms that offer farmgate sales.	All these initiatives make it easier for people to support local farmers.	Kootenay Co-op and Kootenay Boundary Food Producers' Co-op can continue educating the public about the values of buying locally and the West Kootenay Permaculture Co-op can further develop their www.kootenay food.com website which highlights and maps local farms.		Articulate local food production capacity is real and that it is a vibrant economic and community development opportunity.	Short
	4.) No local abattoir exists; farmers and hobby farmers must go to Grand Forks or Creston to have their animals slaughtered if they are going to sell the meat.	Build an abattoir near Nelson.	BC's current meat regulations are a hindrance to local meat production because producers can no longer butcher their own animals for sale. A public education campaign about the benefits of having an abattoir near Nelson is important because some people will be against having an abattoir in their area.	Legendary Meats can help develop a proposal for building an abattoir nearby. The Rural Development Institute can provide related research.	Coordination between food organizations.	City leaders can articulate why an abattoir is necessary, and encourage the RDCK to do a land inventory.	Medium to long
	5.) Insufficient farm extension services (continuing education for farmers).	All partners work together to provide the critical on site practical information farmers need and currently cannot access in cost-effective ways.	Critical for farmer support.	The CBT can provide funding for a coordinated approach to bring back this critical service.		The City can lobby the provincial government, the Association of Kootenay Boundary Local Government and the CBT to create extension services for farmers.	Short, ongoing

Create an economic development fund for local agriculture.	No economic development money is allocated to agriculture.	Use a portion of Nelson and Area Economic Development Partnership money to create an agriculture fund.		Food Council member or Council representative that understands the economic development value of agriculture to the City can participate on NAEDP Advisory Committee to help create a strategic plan.	Food Council or advisory committee, a Council representative that understands the economic development value of agriculture to the City.	City can include this in the strategic plan in 2015, and then allocate funding to it in 2016 and beyond.	Short to medium.
Develop infrastructure to support farmers and value added businesses.		Ideally develop one facility for produce storage, produce packing, processing, and value added packaging.				City can champion the creation of one facility that meets many needs, and offer a cheap lease for available land or an existing building.	Medium to long
	1.) Lack of produce storage and packing facilities.	Develop a refrigerated, compartmentalized storage facility and a packing facility.	Identify a location that is convenient for trucks, possibly with geothermal cooling potential.	An organization (possibly the CBT, the Kootenay Co-op or the Kootenay Boundary Regional Producers' Co-op) or a business can develop a partnership to develop the facility. The Rural Development Institute can help with research.	Leadership, funding, vacant land inventory.	The City can champion the development of the facility and offer available land or a building cheaply to lease.	Medium to long
	2.) Lack of processing and value added packaging facilities.	Inventory all currently underutilized kitchens to maximize use by processing businesses. Research what other locations have done for value added packaging facilities.	Currently the demand for locally processed food is higher than production; there is great economic potential in this sector. Additionally, farmers usually take home unsold produce from the markets that could be directed to a value added facility.	An organization or business can inventory kitchens in the area. Kootenay Boundary Regional Producers' Co-op can develop this facility.	Funding support for research and report and creation of facility.	City can offer tax breaks to owners of processing kitchens.	Medium to long
Others:	Lack of cost effective transportation and distribution means.	Create a cost effective distribution system.	This is critical for increased local production.	Kootenay Boundary Regional Producers Co-op is developing a distribution model for its members for 2015, but needs funding support. The CBT can financially support this project.	Funding support	City can offer parking permit exemptions for farm deliveries.	Short to medium
	Farm asset costs, eg. fencing, are very high.	Create grants for on-farm asset purchases.	This is a basic need to begin production.	The CBT can offer agricultural grants.	Funding		Medium to long
	Lack of knowledge transfer from older to newer farmers.	Create a mentorship program.		Selkirk College or the Kootenay Boundary Regional Producers Co-op can create a mentorship program.	Funding		Medium
		Create a report detailing failed attempts and successes.		Rural Development Institute may be able to do this research.			Medium
	Need for more local food production in the winter.	Create greenhouses on the rooves of public buildings and use heat from the HVAC systems.	The Skeena Recycled Energy Garden Project is a great example. http://skeenaenergy.com/projects/garden/	An entrepreneur could create a business.		The City can provide a lease for one of their roof tops.	Long

	Not all restaurants buy from local farmers	Organize a tasting fair for farmers and restaurant owners and chefs to meet.	Educate restaurant owners about West Kootenay Permatculture Co-op's (WKPC) online producers maps, and which produce items can be purchased when.	WKPC can add more information to their website and encourage restaurants to view it. An organization representing farmers can organize a tasting fair.		City Councillors can attend the tasting fair to learn more about local farmers.	Medium
		Develop a rating system for local product inclusion on restaurant menus.		Kootenay Boundary Regional Food Producers' Co-op, the Kootenay Co-op and the Chamber of Commerce could produce a guide which lists this information.		City can give restaurants a break on business licence if they spend a certain amount on local food.	Short to medium
		Develop a business to deliver farm fresh food to restaurants.		Kootenay Boundary Regional Food Producers' Co-op can include marketing & delivery to restaurants in their business plan.			

APPENDIX H:

Social Development Gaps

Top Priorities	Gap	Specific Recommendations	Additional Information	Role of Community Partners	Resources Needed	City Action Needed (if any)	Timeline (short - 2015, medium - 2015 - 18, long (er)
Create a community food centre where food security organizations can share resources and network, and the public can access them.		In the short term, there could be a virtual hub to support coordination on the ground.		One organization must spearhead the project in consultation with all others that can be involved. The Kootenay Association of Science and Techonology can be asked to help plan a virtual hub.	Lead organization, money	City can support with CIP funding. City can lobby CBT and other major funders to support this project.	Long
	1.) Food banks and food skills workshops are spread throughout town		There will be greater participation by vulnerable people if they only have to go to one location to do many things. Programming should target all income levels to integrate all people in the community.				
	2.) Lack of service coordination	Social service organizations can meet two to four times per year to discuss their work and share plans.		Social service organization can take turns hosting regular meetings.	Time		Short
	3.) Lack of enough food rescue from restaurants and retail food outlets.	Develop more relationships between restaurants and stores as donors and social service agencies as recipients.		The Nelson Food Cupboard, the Salvation Army and Interior Health can organize a meeting/forum for many restaurants, stores and social service agencies. The Kootenay Co-op and Hume Hotel can present how they manage to donate so much unsaleable food. Individual partnerships can form.	Time to coordinate the meeting, then volunteers for food pick ups and deliveries.	City can fund the costs of organizing the meeting/forum through the CIP. City representative can talk about the benefit of reducing waste in Nelson.	Short
	4.) Seniors with mobility challenges cannot remain independent because they cannot grocery shop.	Further develop Seniors' Coordinating Society's (Sencoord) Grocery Run program.		Organizations with abundant volunteer resources, such as the Nelson Food Cupboard, can encourage some of their volunteers to support this program.	Time, volunteers		Short
	5.) Lack of a volunteer coordinator for the Nelson area.	Create a part-time position. Coordinator can find out the volunteer needs of all organizations and keep the info up to date, plus be a central contact point for people wanting to volunteer.	This could be a great first task for a Social Planning Officer for the City.	Social service agencies could lobby the City to hire a Social Planning Officer. A well funded community food centre could create this position.	Grant funding, time, office space, database, coordinator, City Council champion	Can create a Social Planning Officer position	Medium
	6.)Lack of food skills and community kitchen programming.	Create and maintain a wide selection of cooking and gardening programs, particularly for vulnerable populations, and ideally in locations clients are already comfortable with. People living in poverty can learn to make healthy meals from inexpensive whole foods and grow some of their own food.	Many kitchens already exist, but programming is lacking. There should be a mini asset analysis of existing programs and coordination amongst social service agencies to plan more.	A social service organization can coordinate the asset and planning meeting. Many organizations can develop more programming as time and money allow.	Time for coordination of meeting,and then planning of individual programs, and funding for the programs.	City can fund food skills programming through the CIP.	Short for meeting, medium for more program development.

	7.) School children participate in no or very little food skills programming outside of home economics classes.	Organizations that can offer food skills field trips for SD8 can contact the Health Promoting Schools Coordinator to plan field trip opportunities. Ideally there would be a website listing many opportunities that interested teachers could use.	Planning must be done well ahead of time.	SD8 Health Promoting Schools Coordinator and organizations can contact each other to share program information.	Time		Short for contacting Coordinator, medium for a website.
Increase access to affordable, fresh and healthy food for vulnerable populations.	1.) Lack of sufficient quality food in food banks & other social service organizations that support vulnerable populations. Lack of funding for groceries for Our Daily Bread.	Organizations can encourage donations of healthy foods.		Organizations can create communication materials highlighting the importance of healthy food donations, and mention this in all media work.		City can fund food skills programming through the CIP.	Short.
	2.) All children do not have healthy diets.	a.) Provide nutrition and food skills education for entire families. Schools, social service agencies, and the Nelson & District Community Complex can work together so all gaps are filled and programs are not duplicated.		A social service organization, the NDCC or SD8 can coordinate a planning and networking meeting. All can create programming specific for families.	Coordination, money for program development and management and food.	City can fund food skills programming through the CIP.	Short/medium
		b.) Parent Advisory Committees at schools can create or further develop lunch programs.	Some schools have lunch programs, some do not.	SD8 can partner with Selkirk College, Meals on Wheels or a local business to improve programming.			
		c.) Harvest Rescue can provide schools and the Nelson and District Community Complex with fresh fruit in September and October.	Particularly in years when produce is abundant.	The Nelson Food Cupboard, who manages Harvest Rescue, can coordinate with SD8's Health Promoting Schools Coordinator.			Short
Offer multi-year funding opportunities and more than one intake period each year.	Funding cycles that are too short			Social Planning Network or another organization can lead a letter campaign to Council.	Time	Can lobby CBT by passing a resolution recommending longer funding cycles.	Short
Others:	Knowing which children in SD8 schools are vulnerable	SD8 can liase with food banks and day care centres to learn which families need support.		SD8 Health promoting Schools Coordinator can initiate communication.	Time		Short, done for 2014!
	Farmers' markets coupons are only for seniors and families living in poverty, therefore these people are labeled when they use the coupons.	Develop the coupon program to be more widely used. For example, organizations with volunteers could purchase coupons to give out as volunteer appreciation or they could be used in raffle packages.	West Kootenay Eco Society would have to be interested in growing this program.	A food policy council could help develop such a program.	Time and money for coordination, support of the Eco Society.	City could purchase and give out the coupons for staff appreciation or other times when gifts are given.	Short