

# **North Kootenay Lake Food Shed**

## Implementation Plan for Economic Viability

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## What is a Food Shed

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A food shed, much like a watershed, are all of the pieces in a specific ecological area that contribute to the flow of food. In a watershed, the elements that make up the area would be creeks, tributaries, snow packs etc. A food shed is the same principle of a geographic area with the pieces that contribute to the food shed's function, such as several creeks that combine to make a watershed.

Food is a daily, basic need yet it is also a commodity that depends on commerce to be made available and acquired. Therefore, our food shed has both commerce and social aspects to it. Much of the way the global food system has been operating is focused on the primary action of food being a commodity, however, given that food is a basic need and poverty has not been eliminated, food then also requires a social justice aspect to ensure that residents who are facing hard times are not going hungry. Thankfully, we live in a very generous community that has provided a wide variety of charity based programs to ensure those without capital means are able to feed themselves. But these programs are band aids, they do not address the underlying issue of food being scarce for some and abundant for others.

In recent years, a more holistic approach to ethical food systems has been approached. From land cooperatives that enable affordable and viable farming enterprises to good food box programs that use the power of numbers to buy in bulk providing healthy foods to those who otherwise would not have access. These newer forms of food systems are using an economic approach called "triple bottom line". In a nutshell, it expands the traditional bottom line to not only include profit, but to also include environment and social values. Social enterprises (businesses that use profits for altruistic purposes) are an example of using a triple bottom line approach. In our work to identify our own food shed, you will find many connections that are instilling triple bottom line approaches. This is partially due to the generous community we live in and partially because there is an economic advantage to working together for shared goals beyond profits. Environment and social values rank high in our community and many have recognized that sustainability is futile without including them in our practices.

What studying food shed markets reveals is the opportunity to develop informal and formal partnerships among all stakeholders in the system who realize they need to work together to solve these challenges, bringing for-profit businesses together with social organizations working on emergency needs and the farmers themselves. A food shed plan therefore encourages a triple-bottom line business environment: social, ecological and local economy outcomes matter. It's a new frontier in many respects.

Food sheds have been described by Jack Kloppenberg as "self-reliant, locally or regionally based food systems comprised of diversified farms using sustainable practices to supply fresher, more nutritious food stuffs to small scale processors and consumers to whom producers are linked by the bonds of community as well as economy." (Kloppenber, J. 1991. Social theory and the de/reconstruction of agricultural science: a new agenda for rural sociology. *Sociologia Ruralis* 32(1), 519-548;)

As we highlight the various connections in our food shed, you will find that the areas where economic viability can be furthered will rely on understanding the overall picture of our food shed and on using the principles of triple bottom line.

### The Economic Opportunity in Local Food

Harnessing and enhancing the capacity of our local food shed has multiple positive effects. Increased health, securing food access while reducing our reliance on a vulnerable global food system, and enhanced rural lifestyles are all benefits of a vibrant local food system. What can also be of great benefit is the contribution of the local food systems to the local economy. By harnessing local food dollars to stay within our region, we not only encourage and increase employment, but we are able to enjoy the multiplier effects of local producers being supported.

**Multiplier effect** is the additional funds generated as local dollars are re-circulated. For example, if food production increases, all of the sectors that are required for that increase (such as inputs, distribution and seed production) then will also increase.

One of the primary impacts of shopping for our local food baskets within our food shed is the multiplier effect. A study out of the United Kingdom found that every dollar spent on a local organic food box created \$2.59 in value for the local economy while spin off from super markets is only \$1.40.<sup>1</sup> The evidence is in with more than two dozen studies demonstrating every dollar spent at a locally owned business generates jobs, income, wealth, taxes, and charitable contributions at two to four times the rate of money spent at comparable nonlocal businesses.<sup>2</sup> These studies indicate that local food shed development has a positive impact on local economic activity through import substitution and localization of processing activities.

BC based research by Civic Economics indicated that a “10 per cent shift of spending by British Columbians, from chain stores and restaurants to locally owned alternatives, would create 31,000 jobs and put \$940 million in workers’ wallets.”<sup>3</sup>

Another interesting perspective on buying local food stuffs is a comparison of a food dollar spent today compared to one spent in 1900. Economist Stewart Smith of the University of Maine has determined that a dollar spent on a typical foodstuff item in the year 1900 net 40 cents to the farmer, with the other 60 cents split between inputs and distribution.<sup>4</sup> Whereas

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<sup>1</sup> Boyd, T. (2001). *Cusgarne Organics Local Money Flows*. New economics Foundation, London

<sup>2</sup> Charland, N., Shuman, M.H. (N.D) *The Golden Rule of Localism*. Burnaby, BC: Simon Fraser University (SFU) Retrieved May, 2014 from :[http://www.sfu.ca/cscd/professional-programs/community-economic-development/news\\_events/GoldenRule.html](http://www.sfu.ca/cscd/professional-programs/community-economic-development/news_events/GoldenRule.html)

<sup>3</sup> Shuman, M. (Sept. 2013) Opinion: *The Competitive Advantage of Local*. Vancouver, BC: Vancouver Sun Retrieved May 2014 from: <http://www.vancouversun.com/business/Opinion+competitive+advantage+local/8940004/story.html#ixzz2uTIF5wli>

<sup>4</sup> Smith, S. (Dec. 2005) personal communication to Michael Shuman, updating Stewart Smith, “Sustainable Agriculture and Public Policy,” Maine Policy Review

today, about seven cents of every retail food dollar goes to the farmer, rancher, or grower, and 73 cents goes toward distribution.<sup>5</sup>

Buying within our local food shed has multiple economic benefits. We are directly supporting those in our community, increasing the re-circulation of dollars which builds capacity and of most interest is that we are actually building upon the economics of the local region.

When we shop from national chains, there is an actual deficit created in the local economy that we may not witness in direct impacts but will be felt as dollars leave town and the local economy dries up.

Given we all eat, the more we can produce, process and sell food locally, the more those dollars will regenerate wealth for us. The bonus is in knowing that by supporting and shopping for local food we are also incubating a healthy, sustainable future.

### Why do a Food Shed Plan for North Kootenay Lake?

North Kootenay Lake Community Services Society (NKLCCS) has been operating a food security program since 2006. Beginning with an expressed need from seniors who were unable to access affordable healthy food, the agency began with an area assessment (food forum) and since proceeded with community guidance at the forefront.

In the following years, the NKLCCS food security project has embarked on a variety of projects to address many aspects of food security, from emergency needs (food cupboard) to capacity building with our regional farmers (bulk buying club, market research). Our programs have been a catalyst for many communities across Canada to embark on initiatives to address the increasing need of a more secure, healthy, and affordable food system. Despite the opening of our community food center in 2009 with on-going core programs working on all levels of food security, we are far from our goal though the local food trends have shifted slightly.

We are increasingly faced with a barely viable market for local farmers, increasing costs for a healthy food basket which results in increasing visits to the food cupboard. Our Federal Government continues to focus on large scale global agriculture full of toxic and destructive foods to the detriment of the small local farmer. This focus perpetuates the issues community food security initiatives are trying to address.

Our current costs for a basic nutritional food basket in Kaslo require 23% of median income. If you are living at or below the poverty level, acquiring a nutritional food basket requires 50-60% of your income.

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<sup>5</sup> Shuman, M. (June 2013) "The 25% Shift: The Economic Benefits of Food Localization For the Pioneer Valley & The Capital Required to Realize Them" Silver Spring, MD. Cutting Edge Capital

Not only is it expensive to meet the basic requirements of health, but what is being served up is considered the culprit for one of the worst health crises in our history.

Medical care costs for people with chronic diseases account for 42% of total direct medical care expenditures, or \$39 billion a year in Canada. When combined with indirect productivity losses, the number staggers to \$93 billion.<sup>6</sup> Poor diet is responsible for 80% of cardiovascular disease, 90% of type II diabetes and 30% of cancer cases.<sup>7</sup>

At the same time, we are depleting soils faster than they can be replenished and our precious resources required to keep up with demand are grossly over used with peaks hit and severe declines in reserves within the next 40 years.<sup>8</sup>

While the writing is on the wall that the basic daily requirement of nutrients is inaccessible by those who cannot afford it and what is available is causing environmental and health disasters, actions on a national and global front are left to those on the ground. Small grassroots organizations such as North Kootenay Lake Community Services Society listen and act in every way possible so that our community may still access healthy affordable foods. To be as effective as possible in our approach, we have researched and prepared this plan. The focus on also building the economic viability of the food shed has numerous positive effects. Not only will it encourage a stronger economy for our rural region, but it can instill sustainability into the needs of assisting those in the social sector. With food banks originating as what was supposed to be a short term solution for a short term problem (the recession of the 80's) what we have seen is the opposite where the use and need continues to rise more than 30 years later. The globalization of our food system correlates to this increased need for charitable food programs such as food banks. By enhancing, re-building, re-localizing and building capacity in our local food shed we are inherently building sustainability back into a basic need of eating and moving us away from charitable unsustainable supports.

### The Goal of the Plan

Our goal is to define measures that will achieve an economically viable and sustainable community food shed. A sustainable community food shed is *“one in which sustainable food production, processing, distribution and consumption are integrated to enhance the environmental, economic and social and nutritional health of a particular place.”*<sup>9</sup>

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<sup>6</sup> Mirolla, M. (2004) “The Cost of Chronic Disease in Canada” for the Chronic Disease Prevention Alliance of Canada. Nova Scotia

<sup>7</sup> Jobin, N. (2006) Presenter, Plenary Session IV New Realities: What Are The Implications of Canadian Consumer Food Choices? The McGill Institute for the Study of Canada Annual Conference: *What Are We Eating? Towards a Canadian Food Policy*, Montreal

<sup>8</sup> Ahmed, N. (June 2014) “*Scientist Vindicate ‘Limits to Growth’ encourage “Circular Economy”*” The Guardian Retrieved June 2014 from: <http://www.theguardian.com/environment/earth-insight/2014/jun/04/scientists-limits-to-growth-vindicated-investment-transition-circular-economy>

<sup>9</sup> Garrett, S. (n.d) “Growing a Community food System” Washington State University. California; Davis.



## Methodology

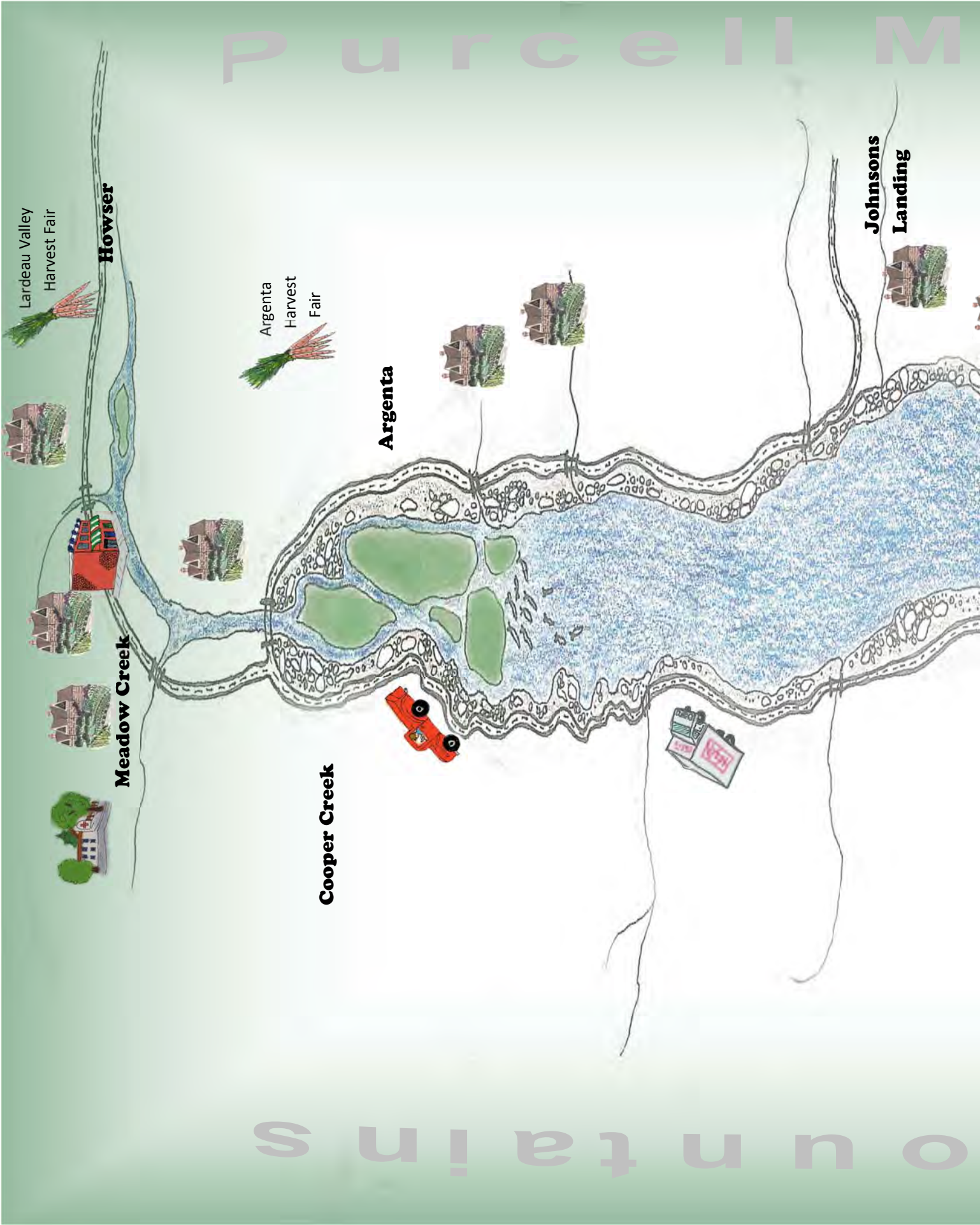
To assess how our food shed was operating, we conducted a variety of surveys targeting each stakeholder group within the food shed. Some groups are so small, we did one-on-one interviews. The stakeholder groups we consulted are:

- i) The Eaters
- ii) Farmers
- iii) Self Sufficiency (backyard production, fishing, hunting, and homesteading)
- iv) Markets
- v) Institutions (Food Hub, Youth Center, Schools, & VCHC)
- vi) Waste Management (in landfills, kitchens and compost potential)
- vii) Governance

To complement the stakeholder information, we also researched the landscape of our food shed, soil, arable lands, water and climate that would apply to farming. We have also updated our Nutritional Food Basket research to assess 2014 costs and compared them to our large city center of Nelson where many shoppers travel to.

All of this information has been combined to inform recommendations that would best assist in improving the viability of the North Kootenay Lake Food Shed.

Purcell M



Lardeau Valley  
Harvest Fair

**Howser**

Argenta  
Harvest  
Fair

**Argenta**

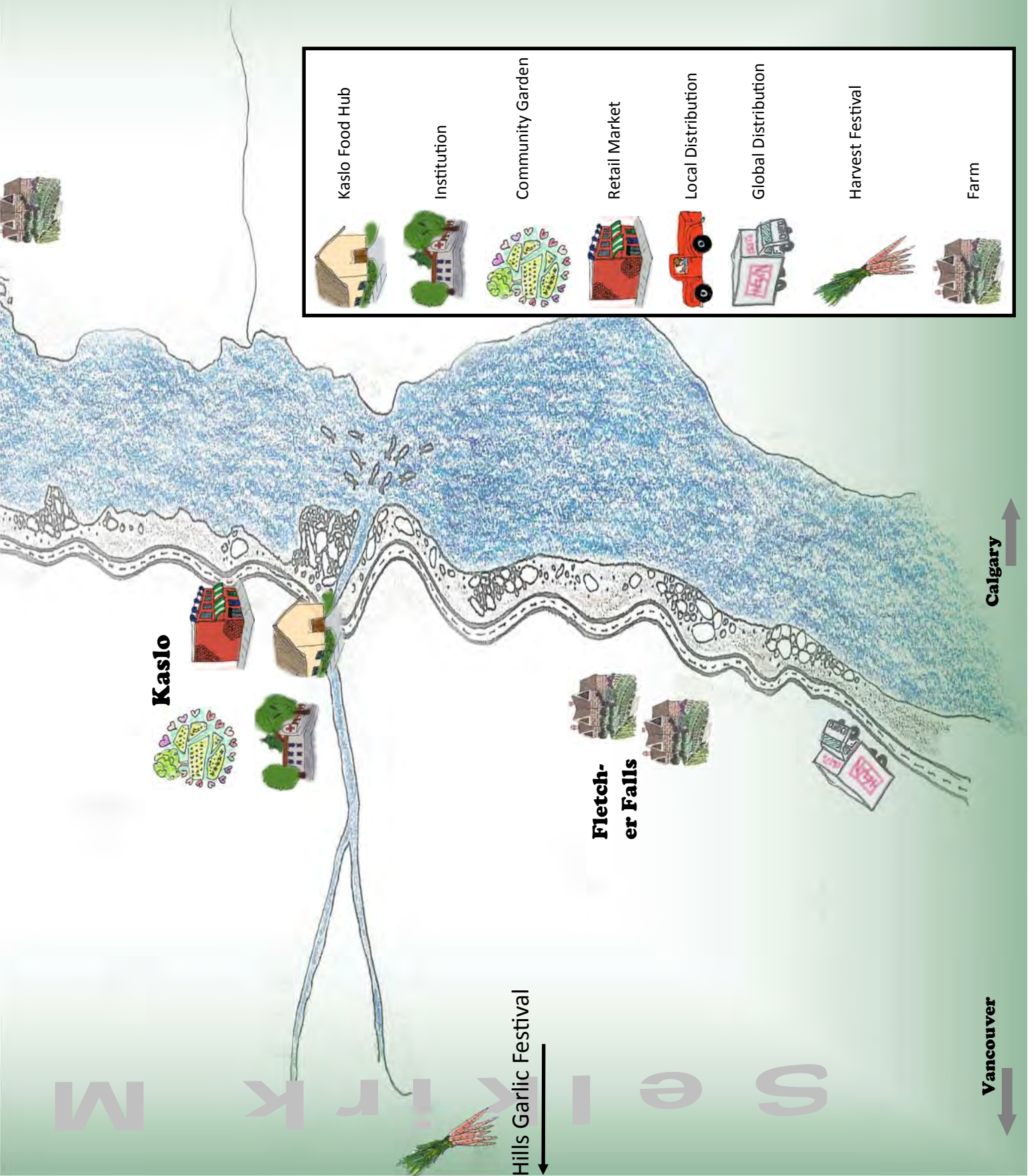
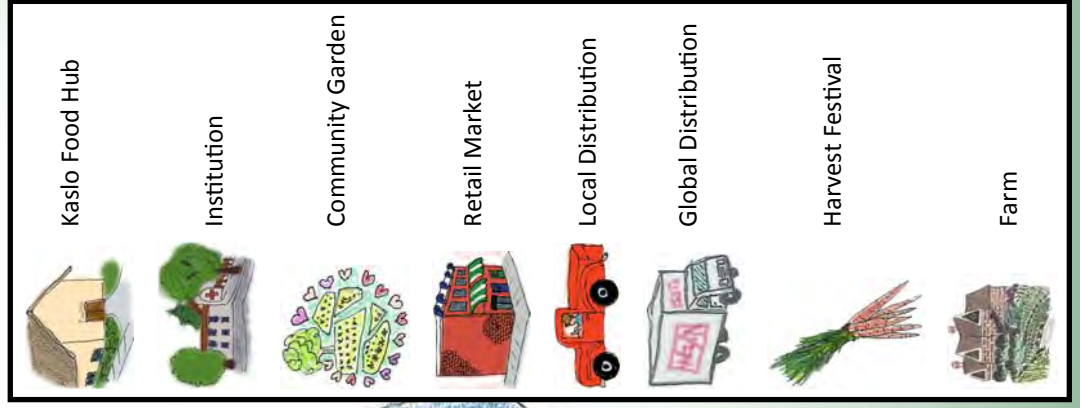
**Johnsons  
Landing**

**Meadow Creek**

**Cooper Creek**

o u n t a i n s

# Mountains



# Fraser Valley

Hills Garlic Festival





## Our Landscape: Land, Water and Climate

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### The Land

The North Kootenay Lake Food Shed is spread across a very large geography. It includes the largest electoral area in the Regional District of Central Kootenay (RDCK), Area D, with 5,788 km<sup>2</sup> and the Village of Kaslo with 3 km<sup>2</sup> for a total area of 5791 km<sup>2</sup> or 26% of the total land mass in the RDCK.

Our region is a narrow mountain valley running north to south with the Purcell mountain range on our eastern border and the Selkirk mountain range on the west. In the bottom of the valley is Kootenay Lake, one of the largest lakes in BC at a length of over 100 kilometers and a width of just 3 to 5 kilometers.

Our region is at the end of the line making the area a destination point rather than one you come by on your way to somewhere else. Although our primary highway, 31, connects from the south to the north through Trout Lake it is a gravel road north of Meadow Creek with almost two hours of a cliff hugging driving and thus it has never been a popular travel corridor.

Our land base, although large, is not very flat and tends to have many rock bluffs, mountain tops and crevices. Although farms are spread across the whole of the region, many are concentrated in the Meadow Creek area and on the east side in Argenta and Johnsons Landing.

The Lardeau Valley, at the north end of Kootenay Lake, is where our most productive, accessible land is found. There is also large areas of arable land heading north through Howser to Gerrard; however the remoteness and gravel road deters access to markets. Similarly, large swaths of quality land are located up through the Duncan Valley but, again, accessibility limits the use of the land. One miner has re-counted how it is the best land in the area, but no one in their right mind would live so remotely.

Our agricultural land has recently been reviewed through two separate projects. First in 2009 for the Climate Change and You Project (CCAY) through Columbia Basin Trust and the Regional District Central Kootenay<sup>10</sup> and second through our own Crown Land Project.

The Climate Change project assessed how much land in area D was classified under Agricultural Land Reserve (ALR)<sup>11</sup> and, of that land, what was arable, what is in use, and what is not in use.

Arable: (of land) used or suitable for growing crops.

Land classification in BC, what identifies arable land in BC, is comprised of a rating system of 1-7, also known as a Land Inventory

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<sup>10</sup> Hackenbrook, D., Springer, D., Swayze, Shannon. (April 2010) *Climate Change And You Project Kaslo and Area D Agriculture Mapping* reference report produced for Dr. Paul Sneed in GIS 331 at Selkirk College

<sup>11</sup> <http://www.alc.gov.bc.ca/alc/content.page?id=650C876AD9904910B4807D9DCCB1F067>

Rating<sup>12</sup>. Class 1 is the best with no limitation for farming to class 7, not being capable of supporting commercial agricultural crops. Class 5 is marginal and most suited for forage.<sup>13</sup>

For all of the West Kootenay region, there is no class 1 land, 1% each for class 2 & 3, 3% for class 4, 6% for class 5, 38% for class 6, and the remaining 53% is class 7. In area D, we have approximately 5,205 Ha of class 3, 3450 Ha of class 4 and 12,849 Ha of class 5<sup>14</sup>

The CCAY project reported a total of 7,515 Ha of ALR land in Area D. Using remote sensing, the researchers then determined what was in use and not in use for this land mass. It was quickly determined that a large amount of the land is heavily forested and not suitable for agricultural purpose. Of the 7,515 Ha of ALR land, only 885Ha (2,186 acres) were identified as suitable for agriculture use, 49 Ha of which are existing farms. Another 21 Ha of farms exist outside of the ALR.

The report indicated while only 11% of the total land classified as ALR land in area D is actually arable, we are only using 4% of this land as of 2011<sup>15</sup> indicating it is underutilized and there is significant land available for agriculture in area D.

Agriculture in the Classroom states that 0.52 Ha of productive farm land is needed to meet the requirements of the average North American diet.<sup>16</sup> Therefore, using land availability only, we can determine that 1352 Ha of land would be required to sustain our population of 2600.

Knowing we only have 885 Ha, we are 475 Ha short, however we could provide 65% of our needs with the current land available.

In the second project, NKLCS's own Crown Land Project, we focused on what is crown land in area D with an overlay of what may be arable within the crown land. However, while the CCAY project used ALR classification, we used soil maps created in the 1980's by local agrologists. In partnership with local Selkirk College GIS mapping students, maps were created that showed arable crown land in Area D. While this project did not identify total land mass, it did provide areas where land was best suited for agriculture with a more recent soil assessment.<sup>17</sup>

The purpose of the mapping was to identify crown land that could be used as farmland and that was available through application to the provincial government. Unfortunately the process to apply and acquire crown land for the purposes of agriculture are too limiting to allow it to be a viable option for land acquisition.

Over a two year period, we inquired about 30 various lots across the region, only 9 were actually open for an agricultural application. The lots in the best soil area were being held for "industrial use" (south of Duncan Dam). Those available for agricultural use, either extensive or intensive, were more often heavily treed with no services or road access and were poor soil

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<sup>12</sup> www.alc.gov.bc.ca/publications

<sup>13</sup> Roussin, R. (2014) "Agricultural Potential of the West Kootenay" Vancouver: BC. UBC

<sup>14</sup> Ibid, pg.38

<sup>15</sup> ibid

<sup>16</sup> British Columbia Agriculture in the Classroom Foundation (2008) "Grow BC: A Guide to BC Agriculture Resources" Abbotsford: BC retrieved July 2014 from: [http://aitc.ca/bc/uploads/growbc/GrowBC\\_2014\\_Intro.pdf](http://aitc.ca/bc/uploads/growbc/GrowBC_2014_Intro.pdf)

<sup>17</sup> Arable Crown Land Map: <http://nklcss.org/food/maps/arable.pdf>

quality.<sup>18</sup> Removing the trees would have to be at the applicant's expense with no rights to sell the timber. The rules also limited dwellings and was only a lease, no license for use. This certainly limits the assets a farmer can build on the land and, given the immense work to clear and install services, it is not an effective process for long term planning, security of land use, or investment of time and money. Therefore, as an organization we never pursued an application nor did any of those who inquired from the general public.<sup>19</sup>

The good news is that we do know we could support 65% of our current population base with the available arable land in the region. Given that we would not expect nor recommend a complete localization of our dietary needs, this figure is very supportive to the endeavors to re-localize our food shed to meet healthy sustainable food access while also building our region's economic viability. The primary barrier that remains is farmers being able to access the farmable land. We have seen that the crown land agricultural application process is not favourable and most farmers lack the capital cash up front to invest in farmland. Accessing this land will require alternative forms of ownership including land and farmer matching, creating incubation funds to secure land, and advocating to change the process for accessing crown land to make it more conducive to the requirements of farming.

## Water

The north Kootenay Lake region has two major bodies of water (Kootenay Lake itself and Duncan Lake to the north) along with many creeks and rivers feeding into the valley bottom. The area between Kootenay Lake and Duncan Lake is a rich maze of river delta, creeks and marsh land that connects the two lakes.

Water management is generally under the jurisdiction of the province however, in 2010, the Regional District of Central Kootenay (RDCK) developed a Water Management Plan which allows them to have partial jurisdiction and involvement in water supply decisions. Overall jurisdiction is still maintained by the Province with management and regulations set by the Ministry of Environment which handles licenses, permits for groundwater, watershed and water allocation.<sup>20</sup>

There are 16 different water user groups across Area D though, due to the large geography and varied landscape, most water services are private. Four of the sixteen group service areas have community systems with treatment. The other twelve are privately owned and operated systems with some having over 100 connections. Water sources are a mix of wells, creeks and some from the lakes. Some of these areas require water advisories and some areas have heavy metal content.

In terms of water access for irrigation, as we have noted, there is a wide range of water systems and each has its own unique needs for optimal outputs. In general, water is available across the region. However, seasonal shifts and needs for food producers means there is a need to monitor and plan for shortages.

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<sup>18</sup> <http://nklcss.org/food/crownland/appsum.pdf>

<sup>19</sup> Personal communication with Front Counter BC staff

<sup>20</sup> Brynne Consulting(2011) "*RDCK Agricultural Plan Backgrounder*" Nelson, BC: Regional District Central Kootenay

According to the CCAY report, climate change is anticipated to result in an increased precipitation throughout the winter months with peak stream flow (freshet) to happen earlier with increased flows. By mid-summer, precipitation will lessen, creeks will slow down and high temperatures will bring increased needs for water. We can conclude that it is likely that water will be abundant in winter and early spring but should be collected or managed in a way that ensures water availability in the heat of the summer when droughts occur.

Flood control at the Duncan Dam in the north and, to a lesser degree, by dams to the south of us in the Columbia River System also has an impact on our food shed. Our prime agricultural area in Meadow Creek and Cooper Creek are affected by unpredictable changes due to control of Duncan Dam.

In the late 1960's large parts of the valley were flooded to build Duncan Dam. The construction of this dam was part of the Columbia River Treaty which controls the water travelling between both countries to generate electricity and provide flood control, primarily south of the border. Consequently, in early summer months farms situated in the area between Kootenay Lake and Duncan Dam, can experience flooding with no warning. If there has been heavy rainfall and a large freshet, Duncan Dam may be required to release large amounts of water south into Kootenay Lake which increases river, groundwater and creek flows in Meadow Creek and Cooper Creek. Some farms report having to use boats to get to their homes during late spring.

Increased groundwater levels and inability to plan around water flows directly affect farmer's crops. Some farmers literally take a guess at which field may not be flooded, plant there and hope for the best. Others have not been able to guess adequately and have seen total losses of crops.

Some farms have also employed a variety of ditching efforts to divert flows. This has improved some areas but due to the protection of fish bearing creeks, the ability to modify as needed is limited. Many farmers respect this and would not want to damage or alter fish habitats.

On a larger scale, the Creston region built large dykes to divert flooding from the Kootenay River and protect valuable farm land.

To best optimize the agricultural productivity of the Lardeau Valley land base and reduce the impacts of the Duncan Dam, two areas of focus would be wise to investigate. Firstly, impact of flooding in our region should be a factor to consider when dam releases are planned. This will need Provincial and Federal advocacy. Just as the farmers in Creston and residents south of the border are considered in flood planning, so must our regional farmers. The second focus should be on finding ways to build ditches or dykes to divert water flows away from fields without negatively affecting the fish habitat. This will allow flood control and hydro demands of the Columbia River System to not be as much of an impact.

## Climate

We are inland rainforest with very tall mountains and rich valley bottoms. Naturally, we get lots of rain and short summers. We do not get, on average, extreme cold temperatures. Winter lows are around -10 Celsius with snowfall accumulating to around 170 cm. Summer highs average around 20 Celsius across the West Kootenays. We have many micro-climates that

change what one may expect for a growing season between one farmer and their neighbor slightly north or across the lake.

Average Frost Free Period (FFP) across the region is 120 days. Some higher elevations in Argenta and Johnsons Landing will have a shorter FFP at 110 days.<sup>21</sup>

We have two dates for first frost:

- Most areas do not expect the first hard frost until October 1<sup>st</sup>, however, the west side of Cooper Creek and most of Meadow Creek can generally expect an early cold snap around September 15<sup>th</sup>.<sup>22</sup>

Growing Degree Days (GDD) range across the region:

- West of Meadow Creek (heading west on Meadow Creek Rd) will only have 1000 GDD
- Lardeau north to Meadow Creek will see a slight increase with 1250 GDD
- Argenta and Johnsons Landing have the most with 1500 GDD<sup>23</sup>

Frost Free Periods: a part of the year when the temperature stays continuously above 0° C in an average calculation over several years.

Growing Degree Days: a derived variable that indicates the amount of heat energy available for plant growth

Average temperatures are only available for Kaslo, but do provide a guide to work with.

Month	Average High	Extreme High
May	11	18
June	15	21
July	18	25
August	18	25
Sept	13	19
Oct	7	12

Average daylight per month in December is 240 daylight hours and we peak at 503 daylight hours in July, more than double that in December.<sup>24</sup> Jeremy Lack, working with Brynne Consulting on the RDCK Agricultural Plan, determined that the period for sun exposure in our region is significant and able to provide a longer growing season if extension infrastructure is used. He called this the “10 hour grow line” noting there is 10 hours of sunlight available in our

<sup>21</sup> Brynne Consulting (2011) “RDCK Agricultural Plan Backgrounder” Nelson, BC: Regional District Central Kootenay

<sup>22</sup> Ibid

<sup>23</sup> Ibid

<sup>24</sup> Hours are the accumulation for the month. Retrieved from <http://kootenay-lake.ca/geography/numbers/>



shoulder seasons (early spring and late fall). If greenhouses or other season extension tools such as hoop houses are used, temperature for plant growth can be maintained at adequate levels with enough sunlight available to extend seasons.

Climate change modelling has indicated some favorable changes for food production. Modelling indicates an increase in Frost Free Periods (FFP) and Growing Degree Days (GDD). These predictions suggest that FFP and GDD will extend by 30-90 days which would not only extend the season, but the potential for varied crops.<sup>25</sup>

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<sup>25</sup>Roussin, R. (2014) "Agricultural Potential of the West Kootenay" Vancouver, BC: UBC

# STAKEHOLDERS

## Eaters

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### Who

Kaslo and RDCK Area D has a total population of 2600 with about half of those residents residing within Village of Kaslo limits. The rest of the population lives throughout our very large region and represents only 2.7% of the total Regional District of Central Kootenay population. Our market is small and very spread out.<sup>26</sup>

As part of our research for assessing our food shed, we asked residents about their eating habits. Our hope was to capture where residents accessed their foods, what types of food they purchased, and what barriers and or assets they have found to meeting their needs. The other purpose was to better understand consumer habits to help illustrate the economic barriers and assets within our food shed.

We also researched two types of nutritional food basket (NFB) assessments, one according to the public health outline and one that was to compare the cost of a food basket between Nelson and Kaslo. The first one is to provide an understanding of what it costs to eat in Kaslo, the other is to assess if it really is cheaper to shop in Nelson.

These statistics highlight the extreme barriers to eating healthy and why food cupboard rates of use are on the rise. For this research, we have refreshed our NFB study so our stats were current. We added the comparison between Nelson and Kaslo as we have witnessed a large amount of market dollars moving south, which can compromise the viability of our local markets. We wanted to be able to determine if it is accurate that the cost of a food basket in Nelson is significantly lower.

### Survey Results

#### Eaters Survey

Our survey had 198 responses. It was sent out via newsletter, Pennywise, Facebook, and leaflets around town. It was an online survey that asked a variety of questions pertaining to where, what and why consumers buy food. We also asked about backyard gardening, homesteading, hunting, and fishing practices. We include highlights of the survey here and in other sections.

Responses indicated:

- 56% shop locally, with Front Street Market being where most shop (51% at least once a week, 41% at Cornucopia and 19% at Sunnyside)
- Only 2% indicated they never shop locally
- Those that do shop in Nelson do so for two primary reasons: cost and choices
- The primary stores they are going to Nelson for are: Wholesale Club and Save on Foods

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<sup>26</sup> <http://www.kaslochamber.com/kaslo-business/statistics.php>

- Those that choose to shop locally do so for the following reasons:  
84% want to know the source of their food  
73% to support the local economy  
65% for convenience as they indicate Nelson is too far
- In terms of what people are buying, 90% of respondents prefer to buy organic and for reasons of health (no pesticides, hormones) and to support healthier eco systems.
- Barriers to purchasing local foods are: price, diversity in choices, and short season of availability - many would like winter produce
- 98% of respondents feel local farms are very important
- 80% compost
- 80% grow a portion of their own food

### Barriers

Our eaters are very supportive of local merchants, farmers and healthy food options. Areas we need to work on are price and diversity in crops. Affecting prices is challenging when local food does not have the same system supports and subsidies that our global food market gets. We pay the full price for local food at the till, but many items in the global food basket are subsidized in some way. This is the answer to one survey respondent's question, "why is local food more expensive than global food?"

Farms and commodity crops as well as transportation are heavily subsidized enabling them to appear artificially cheap. We still pay the full costs, but through taxes (where the subsidies come from) and via health and environment care. These costs that are not accounted for at the till are called "externalities". A study out of Essex University by Professor Jules Pretty indicated that the true cost of a local organic food basket is only 2% above the till price, but a conventional global basket is actually 14% more than the till price.<sup>27</sup> Local farmers face many barriers that have them making very little money from their career choice to farm. The BC Ministry of Agriculture, Food and Fisheries estimates average income for a farm operator growing fruit and veggies (primarily what our local farmers grow) at \$5,343 annually.<sup>28</sup>

Externality- a side effect or consequence of an industrial or commercial activity that affects other parties without this being reflected in the cost of the goods or services involved, such as the pollination of surrounding crops by bees kept for honey.

The barriers to earning a profit are vast; from the cost of land, feed, and labour to having a very short growing season and increasingly hard to predict weather that has flash frosts coming in early September and heavy rainfall as late as early July. Enabling more affordable prices will have to come from decreasing the barriers to farming we can control rather than asking farmers to lower their prices. Many farmers are living below the poverty line and have opted to

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<sup>27</sup> Pretty, JN, Ball, A.S., Lang, T., Morrison, J.I.L. (2005) "Farm Costs and Food Miles: An Assessment of the Full Cost of the UK Weekly Food Basket" Elsevier: University of Essex

<sup>28</sup> Ministry of Agriculture, Food & Fisheries (2004) Fast Stats Agriculture and Food

grow good food because of the sheer importance of having access to it. As one of our long-time dedicated farmers indicated when asked if he makes a profit, “Come again?” I repeated the questions and he stated, “I knew going into farming I was walking away from making money, but I did because I am committed to being close to the land, living healthy and knowing I can provide a community with clean, healthy food. If I wanted money I would have certainly have chosen another profession”

To better improve prices and choice in our local food shed, we will need to support infrastructure that enables season extension, reduced labour costs, and collaboration on crop plans. These will all be referred to in the final recommendations.

### Nutritional Food Baskets

In 2011, the Food Security Project conducted a nutritional food basket assessment and found that the cost for a food basket that meets the basic nutritional guidelines according to Health Canada requires 25% of the median income of Kaslo’s residents. For those living on low income, well below the median income, it would be close to 50-60% of income.<sup>29</sup> National statistics have shown food expenditures (including beverage and tobacco purchase) average 18% of personal spending.<sup>30</sup>

To update this information, we conducted a NFB study according to the outline set out by Public Health Canada.

#### Cost of Kaslo Nutritional Food Basket (NFB):

We used a family of four, 2 adults and 2 children. (1 male, 1 female with a 5 year old daughter and a 12 year old son)

Nutritional Food Basket for Kaslo			
	2014		2011
Male 31-50	\$67.32		\$75.28
Female 31-50	\$57.03		\$65.35
Male 12	\$53.96		\$59.25
Female 5	\$39.78		\$46.16
	\$218.09		\$246.01
5% spices	\$10.90		\$12.30
TOTAL NFB	\$228.99		\$258.31

<sup>29</sup> Watson, A. (2011) “Nutritional Food Basket study for Kaslo”. Ryerson University

<sup>30</sup> Community Foundations of Canada (2013) “*Vital Signs-Fertile Ground Sowing the Seeds of Change in Canada’s Food System*” Retrieved August 2014 from: <http://www.vitalsignscanada.ca/en/fertileground>

The good news is that cost of a NFB has gone down for Kaslo, whereas the rest of the nation is dealing with increases. The harsh reality is that when compared to the after tax median income for a family with children; \$46, 256<sup>31</sup>, eating healthy still takes almost ¼ of total income to meet. A total of 24% of this income would be needed for a basic nutritional food basket.

### **Assets/Opportunities**

After conducting a Nutritional Food Basket assessment following the Public Health Canada guidelines we then also compared a food basket for a family of four between Kaslo and Nelson to assess the true cost of shopping in Nelson where many of our food dollars go.

#### **Food Basket comparison between Nelson and Kaslo**

To compare the cost of a food basket between Kaslo and Nelson a meal plan for one week for a family of four was created and a shopping list of ingredients was determined. The exact same shopping list was used in both locations, and if an item was on sale, the regular price was used.

The results are that, despite having the buying power of only three stores in Kaslo compared to the much larger buying power of the grocery chain in Nelson that we used in this exercise, the Kaslo food basket was a mere \$10.21 more than Nelson. Adding the cost of fuel at \$.25/km, getting to Nelson would cost about \$35 return, making the Kaslo basket the more economical choice.

There are also more complex reasons that the Kaslo basket is more an economical choice. When local dollars remain in a community, they are circulated in greater amounts actually increasing the overall economy for the region. We mentioned this in our section on the “opportunity of local food”; known as the multiplier effect. So what happens when we use these calculations to assess what keeping food dollars in Kaslo looks like from an economic perspective?

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<sup>31</sup> <http://www12.statcan.gc.ca/census-recensement/2006/dp-pd/prof/92-591/details/Page.cfm?Lang=E&Geo1=CSD&Code1=5903023&Geo2=PR&Code2=59&Data=Count&SearchText=Kaslo&SearchType=Begins&SearchPR=01&B1=All&Custom>

<b>Food Basket for Family of 4</b>		
	Kaslo (Locally-owned retailer)	Nelson (National grocery chain)
food basket	\$239.36	\$229.15
gas (144km @.25)		\$36.00
TOTAL=	\$239.36 <sup>32</sup>	\$265.15
Reinvestment multiplier	\$0.45/\$1.00	\$0.15/\$1.00
\$\$ re-invested in community of Kaslo	\$107.71	\$0.00
\$\$ re-invested in community of Nelson	\$0.00	\$39.77

A food basket in Kaslo before gas, costs \$239.36, \$10.21 more than in Nelson. When we factor in the cost of gas, Nelson’s food basket becomes more expensive by \$25.79.

Now, for each \$1.00 spent at a locally-owned retailer, \$0.45 is re-circulated in the local community, so for a food basket purchased at a local merchant in Kaslo, we are adding an additional \$107.71 to the local economy. For each \$1.00 spent at a store owned by a national chain only \$0.15 is recirculated locally, so for a food basket purchased in Nelson, nothing is contributed to the local economy in Kaslo, and only \$39.77 to the Nelson economy.

In conclusion, we can accurately indicate that not only is it cheaper to shop locally, in North Kootenay Lake. It also has added benefit to the community in funds circulated locally.

**Recommendations**

Most of the recommendations that will assist in meeting our consumption needs are found in other sections as eaters are the core stakeholder. In fact all of the recommendations listed will directly assist in our primary interest; the eater.

**1. Education & Awareness Program**

There is, however, one recommendation that is crucial that is determined by our eaters; to fully accept this goal of community food security. A local food diet is a shift from our modern way of eating. We are graced in our community that 58%<sup>33</sup> of those surveyed do consume local food.

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<sup>32</sup> You will note this number is different than the previously stated NFB. I used two different processes. For the NFB statistic for Kaslo alone, I was able to obtain the Public Health of BC’s cost averaging form. However, for the basket comparisons between communities I used an actual meal plan for a family of four with the exact same grocery shopping list.

<sup>33</sup> 2013-2014 KFSP Eaters Survey for Kaslo and Area D

To increase our cultural acceptance, we must shift our expectations of what is served up. A local diet is varied based on what can grow here or what is readily available. Our expectations of visual quality contribute to massive waste, but food is food. An oddly shaped carrot is a character that does not change its nutritional value or purpose. To deem it unacceptable is nothing short of discriminatory and wasteful. Our ability to adapt to what this food shed's eco system naturally produces is the commitment we need from our eaters. Get to know what grows when, how and what it may be like. How to cook, store and preserve so that you can USE the bounty. Yes, it is seasonal and we will most certainly still rely on an import market. In fact, the cohesion of the two could make for a great success.

The primary point here is that a cultural shift of kitchen and cooking practices is a commitment eaters must make to enable the goal of this plan. Doing so is not only fun, but a healthy and sustainable choice our community will greatly benefit from. Also possibly, a saviour in future times.

Partners in this recommendation are: The Kaslo Food Hub, Farmers, Selkirk College and Markets

Other stakeholders this recommendation collaborates with:

- Farmers
- Markets
- Institutions

## Farmers

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### Who

We have 16 farmers according to survey results. The region has a large number of homesteaders and urban gardeners who are growing mostly for themselves. Some of these growers will come in and out of the local market, but most often do not participate on a commercial scale. The farmers we considered as part of this stakeholder section are those that do farm as a commercial venture, providing a significant amount of their grown goods into the local market. Over the nine years we have been operating the Food Security Project, the individuals who are farming have changed frequently. The beginning of the season can see an increase in those who are intending to grow for market and half way through they may determine that it is mostly for home use. However, the majority of the farms we identified for this survey are in the ongoing business of food production.

Despite fluctuations within seasons, over the nine years of the food security project we have seen an increase in the number of farms and an increase in availability of goods.

The majority of our farmers live at the north end of the lake.

- Meadow Creek= 7
- Argenta =3
- Johnsons Landing =2
- Kaslo & South= 4

They farm a total of 286 acres. Six farms have farm status and 89% of them farming organically (68% certified, 21% not). Crops grown are veggies, fruits, grains, meat, eggs, and hay. To make ends meet, 81% of our farmers work off the farm.

### Survey results

We asked farmers a range of questions to get an idea of what is working or not working for them, if they would increase production, and what crops they are currently growing. Here is a summary of results:

- 52% do not expect to increase production
- 26% do plan to increase in the next year
- Majority who would like to increase plan to get into feed, grain and season extension
- 56% do not recover costs of operations
- Primary barriers to profits are: utility costs, seasonal income, transportation costs, affordable and reliable labour, regulations (specifically those around the production of meat)
- 50% sell in Kaslo at local grocers and farmers' markets, 43% sell from the farm gate and through the Kaslo Bulk Buying Club, and 30% sell to restaurants locally. 30% do travel to Nelson farmers' markets
- Primary supports the farmers identified as needed are: distribution (67%), marketing/education (53%), and soil/amendments (40%)



- A variety of tool and infrastructure needs was identified with most preferring large tools to be owner-operated (with the farmer hiring the owner to do the work) but were interested in sharing of smaller tools.
- Some farmers already provide a variety of services with equipment (haying, mowing tilling, and excavator work for ditching in flood zones)
- Areas identified for collaboration: labour (90%), marketing and crop planning (80%), distribution (69%), knowledge sharing
- Programs that farmers said would be of most use: marketing (90%), fresh sheet of available goods (80%), regional based price list (80%)

## Barriers

Cost of production, limited infrastructure, little (if any) profits, distance to markets, and affordable access to arable land are the primary barriers to farming being an economically viable enterprise. Most farmers are growing food more for health and passion of good food than for the income. Average income for our farmers is about \$5,000 annually.<sup>34</sup> Nationally, food prices have gone up about 19% over the past 5 years<sup>35</sup> while farm incomes have dropped by 24%.<sup>36</sup>

One of the highest costs of production is affordable and reliable farm labour. While some have worked with wwoofers (worldwide opportunities on organic farms)<sup>37</sup> or apprentices, it has been clear that paid labour with people who are genuinely interested in learning about the field are much more likely to be of value to the farming enterprise. Farmers have reported that relying on volunteers has directly affected production, harvests and market sales. They noted that a portion of volunteers can lack initiative to work outside of the conventional 9-5 of most jobs. Relying on those who cannot work within the required parameters of farming directly affect the season's outcome.

The size of our market and the amount of home grown production has a direct impact on sales for local farmers. With only a market of about 2000, when our program promoted a Lawns to Gardens program we saw an immediate impact on local salad sales as a large number of people began growing it for themselves. Our own Bulk Buying Club (BBC) at the Food Hub has seen a drastic reduction in use. Some of the reduction correlates with the increased amount of local goods available at local retailers, but when surveyed the primary reason consumers stopped using the BBC was because their own gardens provided what they needed. While this still meets our overall goal of community food security (in a great way) it does have a direct impact on the

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<sup>34</sup> Penfold, G. (2010) "Agriculture in Central Kootenay and Kootenay Boundary Regional Districts" Nelson, BC: Selkirk College

<sup>35</sup> Community Foundations of Canada (2013) "*Vital Signs-Fertile Ground Sowing the Seeds of Change in Canada's Food System*" Retrieved August 2014 from: <http://www.vitalsignscanada.ca/en/fertileground>

<sup>36</sup> Irshad, H. (July 2010) "Local Food – A Rural Opportunity" Alberta: Agriculture and Rural Development (Dieticians Canada 2008, cited in Epp 2009:6)

<sup>37</sup> <http://www.wwoof.net/>

viability of local farmers to meet that demand. In a larger market, backyard production is not as much of an impact.

Getting to market for each farmer is a cost in time and expenses. Given our large geography, getting to Kaslo for most farmers is an average of a 100km round trip. If they choose to travel south to the larger market in Nelson, the distance can be as high as 300km return. This is very time consuming and expensive. The amount of goods sold must be high enough to make the trip worthwhile.

Infrastructure can be a heavy burden. Whether it's fencing, irrigation, tractor work or season extension equipment, they all require large capital costs up front. Investing is imperative to long term success but can be impossible for those with little income or few assets to leverage financing from the bank. Since the change in meat inspection regulations in 2007, many of the farmers who relied on meat sales to make the bulk of their profits are now struggling even more or have given up all together. There have been two red meat abattoir business plans done for the West Kootenay's and they both deemed the viability of an abattoir as "risky to marginal."<sup>38</sup> The most recent study in 2011 indicated an extreme reduction in animals available for slaughter making an abattoir unable to even cover daily operational costs.

Another barrier, one that is hard to discuss, is the inability to collaborate. This is mostly due to a lack of time but is also due to the inherent independence of farming. Many are so busy farming and with their lives that the time to gather and discuss collaborative strategies is not something easily prioritized. Time is not a cheap, readily available resource to farmers. As an example of how challenging it can be for farmers to find time, our surveys were sent out up to six times over a nine month period, with many reminders requesting they complete them.

Understandably, many farmers do not see immediate results from doing the numerous and what seems endless requests to consult. There have been a variety of reports created over the past 9 years, several across the West Kootenays including our Regional District Agricultural Plan. These plans are useless to farmers unless the results they produce are acted upon. The farmers' discontent over providing more information when little of what they have already provided has resulted in actual, tangible help is completely understandable.

### **Assets/Opportunities - Market Opportunities**

One area where farmers indicated a strong interest in collaboration was in distribution.

Working together to cooperatively share the deliveries and markets was an interest for 69% of survey respondents.

Although collaborating is a challenge, farmers do work well together and will help out whenever in need. Farmers are in fact geniuses when it comes to making something work, especially machinery. One of our most established farmers indicated that he never buys a machine he cannot fix and that is part of how he makes a profit.<sup>39</sup> If a fellow farmer needs haying, ploughing, disking, ditching etc...You name it, one of them will be able to help. Most

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<sup>38</sup> Gold Island Consulting (Dec. 2011) "*Proposed Mobile Abattoir West Kootenay Phase II Business Plan*" Castlegar, BC. Lack, J. (2008)

<sup>39</sup> Personal communication Vince McIntyre spring 2014

prefer to operate their own machinery rather than lend it out, but that is not a barrier, it is an asset to have tools with the skilled labour to operate them.

There is lots of unused land in the north Kootenay Lake area. Although accessing it, either through purchase or land agreements, has been very challenging we do have the land base with lots of arable land still undeveloped. When we did have a farmer-to-land matching program it was not well utilized but we did learn that each farmer that did their own connecting and research into an appropriate agreement for their needs have secured land in a stable way.

Our farmers are well-skilled, dedicated and have been doing a great job to feed this region. They are one of our primary assets to enabling a strong, viable food shed. Their dedication, strength and immensely long hours are a direct benefit to our health and this region's long term sustainability.

## Recommendations

### 1. *Farm Labour Program*

There is a need for paid labour on farms; we have a need for jobs in this region. In a 2013 study by Project Comeback, a program of Rural BC to assess and suggest ways to retain youth in rural communities, our region ranked high for interest in learning farming skills by youth.<sup>40</sup> Connecting these two interests would greatly enhance the viability of local farms. We would suggest a partnership of several organizations to assist with wage supports, curriculum, and coordinating rotations of the labour pool so all farms can benefit. The other option is having labourers matched with farms for the season and ensuring there are enough labourers for all farms and their needs.

Partners: the farmers, Kootenay Career Development Society, Columbia Basin Trust, Works BC and a nongovernmental organization that can assist with curriculum development and implementation. We have written out a draft plan for this recommendation, see [Appendix # 2 – Farm Labour Program Outline](#).

Other stakeholders this recommendation collaborates with:

- Markets
- Eaters
- Institution

### 2. *Crop Planning & Market Coordination*

The ability to come together and collaborate on a few specific initiatives would be a strong asset to building economic viability. The two most important areas to come together and plan for are crop planning and market coordination. With such a small market, collaborating to ensure all gaps are being met will ensure that the market is there for what is being grown and our available local goods will increase in diversity and season. Both of these outcomes would lead to increased income for local farmers while also meeting the needs of the eaters and the market.

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<sup>40</sup> East, D. (2014) "Project Comeback" Kaslo, BC: North Kootenay Lake Community Services Society

To assess market opportunities, we conducted research with local retailers on what is available in season. We then compared that to what is being shipped in from outside the area but that could be grown locally. Out of this we produced the “market availability table”. Crops are colour coded to indicate how well the need is being met. The intent is for the chart to be used to assist in 2015 crop planning for regional farmers. It would be highly recommended for farmers to collaborate on who is already set to grow crops to fill the gaps and to ensure those who are seeking markets are aware of the gaps.

Partners involved would primarily be the farmers as market research has been completed. If this is carried out and helpful for all, then having an organization assess market gaps each season well in advance of planning time for the farmers, would be recommended. See [Appendix #3 – North Kootenay Lake Market Availability Chart 2014.](#)”

Other stakeholders this recommendation collaborates with:

- Markets
- Eaters
- Institution
- Waste Management

### 3. *Coordinated Distribution*

As a farmer, getting your goods to market is one of the main costs of business. Given that in the North end of the lake there are 12 farmers who are travelling to many of the same markets, cost and labour sharing this task would reduce overhead. Although some farmers have a very long established route and prefer to be the ones dealing direct with their clients, there is still a majority who would like to see coordinated distribution (69%). We did create a distribution survey to fine tune the needs and attempt to provide concrete suggestions on how to implement this recommendation; however, the survey was not completed by most, only 4 out of the 10 who expressed interest responded.

What we do know is that most of the farmers are travelling to the same markets, often on the same days. The work would be to bring interested parties together, determine a schedule that met their needs, get or upgrade one of the farmers trucks with a refrigeration unit and work together.

The other aspect that some farmers also expressed interest in was sharing the farmers’ markets tables so they did not all have to leave the farms. It was suggested that they rotate manning booths with each other at both the Kaslo and Nelson farmers’ markets. Given the inability to effectively coordinate as an outside party, I would suggest leaving this to the farmers who are interested to work it out amongst themselves.

Partners recommended are primarily the farmers themselves with a funding partner for acquiring a reliable refrigeration truck. See [Appendix #4](#) for quotes on refrigeration trucks.

Other stakeholders this recommendation collaborates with:

- Markets
- Eaters

#### 4. Overall infrastructure supports

As mentioned above, implementing many of the capital infrastructure needs of a farm can be a large expense and impossible for those living on \$5000/year. We have seen a decade of funds to support establishment of food security programs, plans, policy development, but very little in the way of direct cash influx for those that all of these initiatives depend upon. We have even seen the farming sector make its way into the non-profit sector in various forms to try and access the drastically needed supports. But farming, traditionally, has been a business, despite their estimated hourly wage of \$2.50/hr.<sup>41</sup> While we have the “right to farm act”, most legislation goes directly against a small scale farmer’s ability to do this. Local food sheds are left with the few farmers who are morally and ethically committed to better food, hardworking folks who choose lifestyle over a career with financial stability. We need to directly support these people to do what they do with funds to improve their ability to farm. Their efforts are primary to any of our actions of working towards a viable healthy and sustainable food shed. We have the willingness and land they just need the cold hard cash to make it better.

In our region, we have a funding body that was created for the purpose of supporting the viability of our communities; the Columbia Basin Trust was created when large parts of our valley bottoms were flooded (mostly farmers’ fields) for flood control and energy creation with our neighbors to the south, the US. The funds that the CBT administers could have a portion diverted directly to business incubation grants, loans and incentive programs to build the needed infrastructure pieces. Using money for direct business supports would generate a stronger impact in community development as it would be building on the multiplier effect. By providing supports directly to farmer’s unique needs, we are building their ability to produce more food for longer seasons. This builds the food economy and the multiplier essentially creates a more sustainable bang for each buck invested.

Partners for this recommendation are the farmers, Young Agrarians, Community Futures (if business planning is a need), and Growing Forward 2 (as much of the national policy framework for Agriculture Canada is building the agriculture sector), and local government to advocate for more support of localized food systems in these national funding programs.

Other stakeholders this recommendation collaborates with:

- Governance
- Markets
- Eaters
- Self Sufficiency

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<sup>41</sup> Personal communication with several farmers who have costed out hours compared to return on goods.

## Self-Sufficiency (backyard production, fishing, hunting, and homesteading)

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### Who

A large portion of our residents grow their own food. Food self-sufficiency in the home is one of the primary reasons people live in rural settings, and one of the reasons why people have moved to the Kootenays. Our ability to be food secure in the home is one of our strongest attributes in our food shed. Most homes are houses with yard space for gardening and, while many are ornamental, food production within the home is extremely high for our region- great news. Our skill set and infrastructure for storing, processing and sharing food is also well established.

### Survey results

Fishing and Hunting: 50% fish or hunt for dietary needs

Home food production: 98% meet a portion of dietary needs with home grown

### Barriers

While many residents are growing their own food, they are all working on improving production. Many would love to grow more, but lack adequate time for care, harvest and processing. Those who meet 80-90% of their diet with home grown are more likely to have a two-person household with one person home full time. When we managed the community garden, all plots would be leased early in the season, but by mid-season several would be abandoned due to lack of time. It appeared the ideals of growing your own food are high values, but the lack of time available to meet the time demands can impede the success.

There are infrastructure supports that would increase viability of self-sufficient trades. With a high presence of animals and fluctuating temperatures, hunters need to have a safe and secure space for hanging carcasses. Vegetables and fruit come in large amounts over a short season; cold storage is essential to harvest lasting through the season. Although the Kaslo Food Hub has a walk in cooler for use, it is not close enough to many of our communities to make it of use.

One other area that does need improvement is the cost of feed. Due to meat inspection regulations, many have chosen to grow their own animals for protein as it is cheaper than purchasing, especially if residents prefer organic, which our survey indicated is very important. The cost of organic feed can be almost double that of conventional due to heavy subsidies for the non-organic commodity crops being used for feed such as corn.

### Assets/Opportunities- Market Opportunities

Given the high rate of residents growing, hunting and fishing for a portion of their nutrients, we do have a fairly high level of household food security. It is not 100%, but the community willingness to share the bounty as well as skill set is phenomenal. The North Kootenay Lake Food Cupboard had over 1000 lbs of fresh food donated in September 2014 alone, most of it coming from residents. Our community garden, while it did face challenges of lack of use for several years, is now under new management that has designated a large portion of the garden

specifically for food to go to the NKL Food Cupboard. In early October 2014, they delivered a truckload of squash totalling 500lbs.

Skill set, tools and infrastructure are a major advantage in our community. Our Food Hub has a community root cellar, tool library and food resource library all available for residents. These are very useful for those living close to Kaslo. Supports in our outlying communities include tools available through Lakehead non-profit society in Meadow Creek, several commercial farmers who provide tilling services, and a variety of community kitchens available for rent (1 at Meadow Creek (LVCC), and 4 in Kaslo at the school, Legion, Seniors' Hall and St. Andrews Heritage Hall).

## Recommendations

While self-sufficiency is rated as highly functional in our community, there are some key actions that would assist our residents to continue their efforts.

### 1. *Infrastructure Supports*

Our primary recommendation is for infrastructure and coordination supports. As mentioned, Kaslo has a walk in cooler at the Food Hub but, being that we are a very large region, the central location is not useful for many residents. Having community root cellars (walk-in coolers) available in three of our remote smaller communities will improve household food security. We recommend a walk-in cooler unit for Johnsons Landing, Argenta and Meadow Creek. See [Appendix #5 – Cold Storage Quotes](#) for cost estimates and [Appendix # 11 – Sample Community Root Cellar Documents](#) for details of management.

Partners in this recommendation are: community halls and associations and funders (CBT, RDCK)

Other stakeholders this recommendation collaborates with:

- Farmers
- Markets
- Eaters

### 2. *Coordination Supports*

Our other recommendation for this stakeholder group is coordinated bulk feed orders. While we ideally will see local farmers experimenting and increasing their own growing of feed crops, this may take some time. In the interim, group orders of organic feed either coming from Creston or the Lower Mainland would be ideal to assist in reduced costs to the purchaser. Both feed dealers within the region are happy to assist in making this happen or residents may decide to do the work independently. See [Appendix # 7 – Feed Suppliers](#) for a list of contacts for purchasing and organizing this recommendation.

Partners in this recommendation are: markets and distribution channels

Other stakeholders this recommendation collaborates with:

- Farmers
- Eaters
- Markets

## Retail Markets

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### Who

Our markets are a mix of grocery stores, restaurants, farmers' markets and bulk buying clubs. Many are very supportive of local foods and would like to see more available. Majority are centrally located in Kaslo, but we do have a few markets in Meadow Creek and a bulk buying club in Argenta.

Our total markets are broken down as follows:

- Grocery stores: 4 with 1 in Meadow Creek
- Restaurants: 12 with 10 in Kaslo, 1 in Ainsworth and 1 in Meadow Creek
- Bulk Buying Clubs: 3 with 2 in Kaslo and one in Argenta
- Farmers Markets: 2 with 1 in Kaslo and 1 in Meadow Creek
- Total markets: 21 outlets with 12 (57%) carrying local food.

### Survey results

We did not do one generic survey for the retailers but instead interviewed them one on one with a focus on what they do sell locally, what they could have more or less of, and what would assist them in being able to offer more local goods.

This research identified what local crops were needed or what was in abundance for 2013. The results were made available to local farmers to provide market opportunities.

For 2014, we changed our approach to create a seasonal chart showing the gaps and abundances per crop, but not specific to which market would like more or less. (This chart is in [Appendix #3 – North Kootenay Lake Market Availability 2014.](#))

The remainder of our research with local markets indicated an overall need for:

- improved marketing
- improved quality and increases in quantity
- coordination of deliveries
- Improved communications in advance so markets can plan around seasonal availability of local food.

### Barriers

As mentioned above, most of our markets are very supportive of local foods. Barriers are related to the ability to move abundant product in the short season it is available as opposed to the conventional system of placing an order and a truck shows up on a regular schedule with little regard to season. Farmers are pushed to meet the same quality, quantity and timeline of distribution trucks, a difficult challenge to meet. General shifts in expectations to accommodate local food are needed which, fortunately, appears to be happening.

The expectations that differ in a local market are:

- Timing of crops dictates availability, in a conventional market it is available in whatever quantity at any time



- Timing orders to best take advantage of what is local means that markets have to know what is available locally before they order from the distributors
- Variety and market quality are different. There is more variety of specific crops (heirloom tomatoes), more unique crops (lemon cucumbers), and more niche crops that are adaptable to our local climate (Jerusalem artichokes) than are available from conventional suppliers.
- Nature never grows a perfect cucumber, or a row of carrots without some twisting themselves around each other like twins hugging. Local farmers cannot afford to throw these “imperfect” crops away.
- The season is short with large amounts at once. Our conventional market has consistent quantities, again, at any time. One can buy a 1lb a day of apples every day, but when it’s straight from the local fields, they will be available in 20lbs boxes for about two months a year.

Farmers growing seasonal foods are on a different timeline than a distributor while also producing a different line of food. Integrating the two systems, local and conventional, can be quite challenging for markets. Retailers and grocers need to be able to plan in advance for what can be expected from the local market so they can then order the gaps from distributors.

The other significant barrier for local markets is the price of local food. Markets have reported 2-3x the price for local goods as those coming in off the trucks. Grocery stores and farmers’ markets are not as challenged, as the consumer choices shift, price is becoming less of a factor. However, restaurants that base their profit on the difference between raw price and value-added plate price have a harder time choosing to buy local. When the cost of a meal could go up \$2-3 in a week that affects a restaurant owner’s choice to buy local. We do know, as we discussed in our eaters section, asking farmers to lower prices is generally counter to their viability. With farmers’ incomes averaging \$5000/year and only 56% recouping cost of production, lowering their prices will put them out of business.

As for quality, most crops coming in are of high quality but are not the industry standard. Sizes, varieties and even types of foods can be quite different than what our conventional system has been serving up.

### **Assets/Opportunities- Market Opportunities**

As mentioned above, our seasonal chart in [Appendix #3](#) identifies all of the market gaps or abundances. This chart is meant to help guide a coordinated approach to crop planning to ensure that market demands are being met and farmers are getting a larger share of our region’s food dollars.

An immense asset is the large number of markets we do have. For a community of only 2600, we have quite a few options for where to get our groceries and places to eat. Supporting and continuing to shop with our local markets is of the utmost importance in incubating the economic viability of the overall food shed.

Our grocery stores have increased the amount of local food they sell significantly over the years. When Front Street Market was purchased by the current owners in 2006 there were no farmers listed on their distribution contacts. Today there are 10 out of the 16 in the region they

purchase from. Meadow Creek Store, Cornucopia, and Sunnyside have also increased their purchases of local goods while also expanding products coming in from our larger region of the West Kootenays. The Meadow Creek store has expanded to accommodate feed needs in the Lardeau Valley and is looking into a bulk buying club to assist consumers to not have to travel 2 hours south to Nelson.

Our markets provide the key infrastructure, distribution, and marketing centre for all of the food shed's needs. They are primary assets to a viable food shed.

## Recommendations

### *1. Food Shed Marketing*

As we mentioned in our eaters section, our cultural expectations of food shift when we increase our local diet. It is not just buying local foods, it is a shift in what happens in the kitchen with harvest season becoming an annual event. As eaters we must adapt ourselves and learn how to cook, preserve, harvest, and share on a local diet. Again, I also re-iterate that this plan does not advocate for a completely local diet that abandons the comfort of our conventional food system. Adapting is a process of integrating practical skills into our everyday lives that allows for the things we value (good food) to be in our lives. Harnessing these skills to adapt our habits to be conducive to eating local foods will be a large part of our markets successfully improving profits and overall support for local foods.

Marketing local food through recipes, availability sheets of local goods, and advertisements for the markets and farmers would solidify a cohesive platform for the food shed to succeed.

Several marketing tools were identified that could have benefit. See [Appendix #1 – Sample Food Shed Newsletter](#).

- A monthly newsletter to highlight and communicate the season to our residents.
- Local branding initiative to highlight what is local on the shelves or menu's
- Fresh Sheet (weekly June to October, monthly November to May)

Partners in this recommendation are Kaslo Food Hub and markets

Other stakeholders this recommendation collaborates with:

- Eaters
- Farmers

### *2. Crop Planning*

Farmers and markets also need to work better together. Effective planning so that markets are only ordering from distributors what is not available locally will require the farmers to communicate and coordinate in advance with the markets.

Farmers coming together early in the season to collaborate crop plans around market demands will improve diversity and availability of foods. This information combined with pre-season arrangements such as contract growing can greatly improve the efficiencies of the food shed, reducing waste and increasing profits for both markets and farmers.

Using the seasonal chart of available goods, farmers should gather early in January to plan the season for maximum effect. [Appendix #3](#)

Partners on this recommendation are: the farmers, markets and the Kaslo Food Hub if coordination is required

Other stakeholders this recommendation collaborates with:

- Eaters
- Waste Management

## Institutions (Food Hub, Youth Center, Schools and VCHC)

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### Who

Four institutions were consulted for the food shed plan. The Kaslo Food Hub, J.V. Humphries School, Kaslo Youth Center, and the Victorian Community Health Center. The primary focus for the institutions we consulted in regards to our food shed is meeting the social and health issues of food security. Three of the four institutions offer meals, food or other resources to assist in ensuring residents have their immediate needs of food security met. The remainder focus on health and education.

The Kaslo Food Hub offers 7 programs year round: Food Cupboard, Baby Supplies Cupboard, Bulk Buying Club, Tool Library, Community Root Cellar, and a Food Resource Library; and another 2 seasonally: workshops, and Feeding Families Not Bears. It is open two days a week. The Food Hub is a program of North Kootenay Lake Community Services Society.

JV Humphries School (JVH) is a Kindergarten to grade 12 school in Kaslo that offers three food-based programs. Two of those programs are focused on providing foods and cooking skills for students. The other is primarily an education program. JVH is a part of School District 8 in Kootenay Lake.

The Kaslo Youth Center offers open houses and programming for youth in the region. They have one drop in that includes a cooking component where a recipe, shopping, and cooking are all completed by the youth. The Youth Center is an independent society.

The Victorian Community Health Centre is our medical services centre for Kaslo and Area D. It was formerly a hospital but changed to a health centre in the mid-1990s. Within the centre there are doctors, nurses, lab and physiotherapy. Doctors and nurses have created a healthy eating program that assists in not only losing weight but also on improving overall health to assist in reducing chronic disease. Known as the “Village Diet”, this program has had an immense impact on the health and diet of our residents.

### Survey results

We did not have standard surveys for our institutions as they offer a variety of programming. We did do interviews with representatives for each institution.

### Food Hub

The Kaslo Food Hub opened in 2009 and we are a program of North Kootenay Lake Community Services Society. After three years of education and capacity building programs regarding community food security the community wanted to see a facility to offer on-going programming. The Food Hub offers the programs mentioned above on an on-going basis as well as conducts yearly, short term projects. In 2012 we researched and authored a Farm Plan for the Lakehead and Beyond non-profit society in Meadow Creek; in 2013 we published a Guide Book about Food Security in rural regions; and in 2014 we have focused on research and writing for this Food Shed Plan. These projects compliment on-going core programs by ensuring we are working towards a goal of systemic change while also offering on-going programs on a grassroots level. Our long-term goal is to close the Food Hub due to no longer needing food security programs, especially an emergency food program. As idealistic as this may be, the goal

to close represents our ongoing commitment to solving the issues so they are not systemic, but eliminated altogether.

In our review of the Kaslo Food Hub, we surveyed clients of the Food Cupboard, our Bulk Buying Club, and general users of the Hub. We also hosted a one day food forum event to present what we have been up to and what we have achieved with the goal of seeking community input to guide our next steps. All of that input was combined and presents the recommendations we put forward here. I will break them down by program for a thorough report on suggested directions.

### *1. The North Kootenay Lake Food Cupboard*

This program serves on average 100 clients a month. We offer a wide range of healthy and fresh foods as well as non-perishables. We have a nutritionist on staff to assist clients in shifting diets to fresh and wholesome. Clients overall are satisfied with what is available and the accessibility. Information about how to cook, process and grow food are an increasing interest. Workshops are also of interest to Food Cupboard clients. Clients did express an interest in seeing depots in our North Lake communities of Argenta and Meadow Creek.

From an agency perspective keeping this program adequately staffed with both paid and volunteer staff is one of our ongoing challenges. Managing large amounts of perishables to ensure the foods are getting to clients before they spoil is also a challenge. Stocking the food cupboard with food has been amazing. Our community is very generous with both financial and food donations that support 95% of our monthly food needs.

### *2. The Kaslo Bulk Buying Club:*

We have had up to 250 clients receiving our Fresh Sheet which is emailed out weekly in the high season and bi-weekly or monthly in the winter season. This program reached its peak in 2010-2012, with a slow reduction in use thereafter. Although surveys indicated residents were still interested in seeing it continue, the coordination efforts have outweighed the return on goods sold. In 2011 we did a feasibility study to assess if the program would be a viable social enterprise to support the work of the Kaslo Food Hub. It was determined that a diversified income stream combining grants, donations and sales would be necessary and minimum net sales would need to be around \$80,000. The most this program has ever net after paying farmers for goods was about \$12,000.<sup>42</sup>

Our 2014 survey to clients indicated that while they appreciate receiving the Fresh Sheets and knowing what is available, they have reduced their use of the program for two primary reasons:

- They are providing more of their own nutrients through backyard gardening so do not need to purchase as much
- More are going farm-direct, such as signing up for the farm fresh box (CSA), or going to one of the many local merchants who sell local foods.

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<sup>42</sup> Ballantyne, J. (2014) Finance Manager at NKLCSS; personal communication

### *3. The Tool Library, Community Root Cellar and Food Resource Library:*

All three of these programs are fairly self-sustaining and do not require much to administer them. Program use is low, however we are seeing that residents are slowly catching on to the fact that they are available.

The tool library is the most used out of all three and has specific tools rented more than others. We were able to expand the library with more of what residents were wanting to access including a second dehydrator and a fruit press. They were both rented the moment they arrived.

Although a Community Root Cellar is one of the primary needs identified throughout the years of our community, farm, and commercial consultations, the program is not used to the capacity we expected when we first opened. We surveyed a variety of potential users (farmers, market users and clients) and found that limited hours it is open and the distance for farmers to travel is the primary reason it does not get regular use.

#### **Youth Centre**

The Youth Center offers three programs a week with one that focuses on cooking. The coordinator noted that many youth may be experiencing hunger and poverty, but are embarrassed to say anything about it.

Their primary food related program includes cooking and sharing a meal together. With a limited budget they have been offering cooking on a budget as well as batch cooking with healthy eating as the foundation. Kitchen waste can add up and the Youth Centre would like to be connected to a compost program to share the skills and benefits of nutrients being recycled.

A better communication system to share resources between programs and access to food for youth center participants would be welcome improvements for this stakeholder.

#### **JV Humphries and Jewett Schools**

JV Humphries has several food related programs that offer food as well as courses to build food skills.

#### **Programs:**

1. Fruit and Veg program: This program is administered and provided through the school district and requires little input from the school. A mix of fruit and veggies arrive at the school every few weeks. Staff have witnessed a significant increase in fruit and vegetable consumption by the students as a result of the program.
2. Breakfast Club: This program is as it sounds, is breakfast for students that provides both the cooking and meal twice a week. The program has a very limited budget and not enough time to adequately plan ahead for bulk purchasing/or meal planning.
3. The aboriginal class does some traditional cooking skills
4. Foods class: focus varies depending on the teacher but they do include a view of a healthy local food system vs. our global one. They have had a variety of speakers from the food security program and are keen to continue with the educational component.

## Victorian Community Health Centre (VCHC):

VCHC is a primary health unit that is slightly unique in that they offer a healthy eating diet known as the Village Diet. Although food and health combined should not be unique, most health care facilities ironically do not offer nutrition counselling let alone a ground breaking program that is changing chronic disease.

This program offers a ketonic diet based on each patients specific needs with doctor supervision and guidance. A ketonic diet focuses on real food, no processed food, low fat, and no carbs. This diet drastically alters how sugars operate in our bodies and consequently, has been reversing diabetes, high blood pressure, sleep apnea, depression, arthritis, and a variety of cardiovascular related disease.

## Barriers

### The Kaslo Food Hub

Primary barriers for the Kaslo Food Hub are

- A constant need to apply for funding thus having a high demand for administration time
- A vulnerable and unreliable volunteer base
- Being central in a large geographical area means some residents are not able to access our programs
- Limited hours of access; some programs could use more hours for convenience of accessibility
- Large amounts of perishable donations arriving unexpectedly which challenge us to move them quickly. This makes it difficult to ensure the donations reach the target clients.
- A high level of coordination needed for some programs that may no longer be effective

### Youth Centre

Primary barriers for the Youth Centre are

- Minimal budgets for cooking and meal planning
- Youth who may be experiencing poverty and in need of food are embarrassed or ashamed to indicate their need.

### Schools

Primary barriers for our school food programs are

- Minimal budgets for cooking and meal planning
- Fruit and veggie program is not local foods, could it be?
- Food class focus changes when the teacher changes, makes involvement with outside education programs, such as the Food Security Project hard to implement as part of the curriculum

### Victorian Community Health Center

Primary barrier for the Village Diet is that it is not accepted as a primary program therefore has been put on hold.

## Assets/Opportunities- Market Opportunities

### The Kaslo Food Hub

Primary assets of the Kaslo Food Hub are

- Provide emergency food supplies to anyone in our community with no criteria for service
- Provide a variety of infrastructure, tools and capacity building workshops that directly support a more food secure community
- Central point for all things related to local foods; gardening, tools, who is growing and selling what, rules and regulations, you name it - we have been asked about it

### Youth Center

Primary assets of the Youth Center are

- Safe and inclusive space for youth
- Coordinated programs and a drop in for area youth
- Network and resource support that can be confidential if needed
- Beautiful building has recently been renovated making a warm, welcoming space for youth and also available to the community to rent

### Schools

Primary assets of our school food programs are

- They provide some of the primary nutrition that kids may not be accessing elsewhere
- Are systemically able to influence healthier food choices, both through making food available and educational skill based programs
- Can expand to include a broader view, understanding, and education about the importance of healthy local food sheds if a teacher is willing

### Victorian Community Health Centre

Primary asset of the Village Diet is that it is directly affecting chronic disease by reversing it, instilling true sustainable weights, healthy eating and improving quality of life. This program has had 62 patients over three years lose a combined total of 2200lbs. It now has 45 people on a wait list while the administration of Interior Health determines if they will allow the program to continue. The impact of this program is reducing the need for primary health care because residents' health is improving and being sustained.

## Recommendations

### 1. *Kaslo Food Hub*

There are several recommendations for better program delivery to best serve food shed and community needs. Again, broken down by program.



*a) Volunteer Program*

Securing volunteers for the Food Cupboard that are reliable, consistent and understand the intricacies of being non-judgemental while upholding confidentiality are crucial to the delivery of this program. As Kaslo and the north Kootenay Lake area have many non-profit organizations, volunteers are a hot and often exhausted commodity. A coordinated volunteer program that works to serve the needs of social programs while also fulfilling learning and skill development would be of immense benefit to the region. Working with our schools, the local college, community services, seniors' association, and local government, it would be wise to establish a volunteer program that can recruit, train and provide essential skills to those in our community wanting to be of service. JV Humphries does have one program in place that focuses on volunteer initiatives - exploration Wednesdays. Students work with local groups who need volunteers and commit for a term at a time. This program has not worked for the Food Cupboard simply because we need volunteers on Tuesdays and Thursdays, when we are open, rather than Wednesdays.

Partners for this recommendation are: the schools, Seniors Association and NKLCSS staff who also use volunteers

Other stakeholders this recommendation collaborates with:

- Eaters

*b) Gleaning Program*

A coordinated gleaning program that is able to plan in advance for large amounts of perishable goods coming while also working with the surrounding communities to harvest crops that may be abandoned or unable to be harvested will have an immense impact on food security for residents who are in need. These nutrients are available. Improved communication networks and planning around harvest will assist in getting nutrients to those in need without having to purchase them. This will also reduce what may end up in the landfill or as an animal attractant.

As of writing, this program has been successfully funded through the McConnell Foundation for the 2015-2017 seasons.

Partners with this program are Interior Health, local government, Nathalie's Fruit Distribution and the Kaslo Community Garden

Other stakeholders this recommendation collaborates with:

- Governance
- Waste Management
- Eaters
- Farmers
- Self Sufficiency

*c) Food Cupboard Enhancement*

Increasing options for our clients to access nutrients can be done in two ways. One is organizing Food Cupboard satellite depots in both Meadow Creek and Argenta. It is recommended to have one or two bins of non-perishable goods available at the Lardeau Valley Community Club and at the Argenta Hall. Making these depots successful will require:

- Stocking by a resident who travels to Kaslo regularly and can work with the Food Cupboard Coordinator to ensure adequate rations and on-going monitoring.
- Advertising direct to North Kootenay Lake clients so they are aware of when and where they can access the bins.
- It is important that the criteria for access to Food Cupboard food does not change. Both facilities would need to ensure it is confidential and non-barrier.

The other opportunity for increased access to fresh, healthy foods is the nutrition coupon program that is administered by the BC Farmers Market Association (BCFMA). Our local Farmers Market (Kaslo) is a member of the BCFMA which gives our community the ability to access this coupon program. Known as the Farmers Market Nutrition and Coupon Program, it is defined as:

“The FMNCP provides lower-income families and seniors who are enrolled in cooking and skill-building programs with coupons each week to spend at their local farmers' market. Participants can use the coupons to purchase eligible products including fruit, vegetables, meat, fish, nuts, cheese, eggs and fresh cut herbs. Within cooking and skill-building sessions offered by participating community organizations, participants learn to cook healthy, nutritious meals using locally procured farm products.”

<http://www.bcfarmersmarket.org/resources/nutrition-coupon-program>

We are happy to report that our administrator is in pursuit of this program with the hope we will have it for the 2015 season.

The requirement for recipients to have taken workshops will be something we need to assess at the time. While we offer workshops on a short term basis, they depend on grants being available and are not an on-going core program. We have a high amount of one on one consulting, resource connecting and skill building offered as needed. Clients are more likely to engage in a casual format when picking up food than attending a workshop. What works best for our clients will need to be considered in how we meet the workshop criteria.

Partners in this recommendation are The Kaslo Food Hub, Interior Health, Kaslo Community Garden, Nathalie's Fruit Distribution, Local Government and markets

Other stakeholders this recommendation collaborates with:

- Eaters
- Farmers
- Self Sufficiency

*d) Kaslo Bulk Buying Club*

Most obvious is that we should discontinue this program as its use does not warrant the coordination time needed to offer it. However, the information of what is available via the Fresh Sheet is still a valuable tool. Combining it into a newsletter will assist local farmers and markets to raise awareness, education and overall promotion and will be advantageous to all of our goals.

Bulk buying is still advantageous, but would be better suited under the umbrella of our local retail outlets. With most of our farmers already working with our market sector, having them

offer bulk sales through local grocers would ensure market demands are being met, eaters are securing winter harvests, and farmers can reduce their need for winter storage and onerous repeat trips with small orders. As grocers are able to accommodate orders 7 days a week, this program would be more effective. We recommend that the Food Hub discontinues this program and provides the program outline for it to local grocers to offer. For program outline see [Appendix # 10 – Bulk Buying Club Outline](#).

Partners in this recommendation are markets, farmers and eaters.

Other stakeholders this recommendation collaborates with:

- Markets
- Eaters
- Farmers

e) *The Tool Library, Community Root Cellar and Food Resource Library*

Increased Access & Infrastructure

Our central location and hours of operation are only barriers to these programs.

The Tool Library has been fairly accessible and clients have been fine with the location. For hours of pick up and return (limited to Food Hub hours), this can pose a problem. As we are only open once a week, all rentals are weekly. Some clients just need the tool for a day. Having an arrangement for drop off with our NKLCSS main office would be advantageous to this program being more usable.

The Community Root Cellar is both challenged by location and ability to access it. It is recommended that this program is duplicated in three of our communities to the north. The infrastructure is what would be duplicated with each community establishing their own management and care for it. We do not recommend that these additional root cellars be managed by the Kaslo Food Hub. Johnsons Landing and Argenta have community associations that manage their halls where adequate space is available to construct walk in coolers. The association can manage the use and access of the facility.

In Meadow Creek, there are several options to consider. One of them is a retail outlet that is very interested in expanding their ability to offer bulk goods and storage to accommodate a more food secure community. The Meadow Creek Store is the primary grocery, feed and household goods store for the Lardeau Valley. They have much of the needed infrastructure and accommodating hours for access. It is recommended that the use of the facility remain a non-profit service as we do at the Kaslo Food Hub. We do charge fees, but they are based on cost of utilities and coordinating to make a self- sustaining program. The other options for Meadow Creek are the Lardeau Valley Community Club or Lakehead and Beyond Society, who have a farm and a barn that could house the facility.

As mentioned in the “Self Sufficiency Stakeholders” section, a sample quote for materials and labour are found in [Appendix # 5](#).

The Kaslo Food Hub’s Community Root Cellar rental agreement and the document “rules and regulations for use of the CRC” are found in [Appendix # 11 – Sample Community Root Cellar Documents](#).

Partners in this recommendation are: eaters, farmers, community halls and the associations, funders (CBT & RDCK)

Other stakeholders this recommendation collaborates with:

- Eaters
- Farmers
- Self Sufficiency
- Markets

### 2. *Youth Centre*

Improved networking between the Food Cupboard Coordinator and the Youth Center Coordinator will be useful for increasing the effect of the food programs at the Youth Center. Connecting with the Food Cupboard to establish:

- Another satellite bin such as in the north Kootenay Lake communities. The Youth Center can coordinate regular pick up of a set quantity of goods that can be made available to youth at the centre. It would be important the criteria for access to Food Cupboard food does not change, meaning the Youth Centre would need to ensure it is confidential and non-barrier
- The Cooking program would benefit from bulk orders with the Food Cupboard, to share in costs, streamline coordinators' time, and provide access to healthy foods

It is recommended that the Youth Centre network with the food Cupboard coordinator to provide a new access point for the Food Cupboard at the Youth Centre as well as to collaborate on food orders.

Primary partner in this recommendation is the North Kootenay Lake Food Cupboard.

Other stakeholders this recommendation collaborates with:

- Eaters

### 3. *School*

The Food Cupboard should also share resources with the Breakfast Club, both in raw supplies for cooking and in shared bulk orders. This, as with the Youth Centre, will reduce food costs and coordinators' time in all programs. It is also possible that the Food Cupboard Coordinator could provide resources for meal planning that includes local foods in season and batch cooking on a budget.

In terms of the Food Class, it is recommended that the Food Security Coordinator contacts the school at the beginning of each term to determine who the teacher for the class is and would they like a presentation or educational materials on food security and local food systems.

Primary partner is the North Kootenay Lake Food Cupboard and the Kaslo Food Security Coordinator

Other stakeholders this recommendation collaborates with:

- Eaters

#### 4. *Victorian Community Health Centre*

##### Advocacy & Education

The Village Diet is an essential program to systemic shifts in the root issues of chronic disease while also building a new culture around our relationships with food. It is essential that this program continue. Advocacy of local government and provincial governments to see this program continue is highly recommended.

It would also be wise to expand this program as an educational program that shares results with other communities with the hope that other health authorities adopt the practices with the ability to reduce 80% of why people come into hospitals: chronic disease. Working with funders to make this a packaged program that can be implemented across many communities would have immense impact for changing systemic issues.

Partners to carry out this recommendation are: local government, the Kaslo Food Hub administration staff to assess funding possibilities, CBT, Community Food Action Initiative and Public Health Association of Canada (or BC)

Other stakeholders this recommendation collaborates with:

- Eaters
- Farmers
- Markets
- Self Sufficiency
- Governance

## Waste Management

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### Who

At the very end of our food shed, we have waste. Where does it go, what is it and could it improve? This stakeholder group, those who manage waste, covers issues such as diverting food related materials from the landfill and opportunities for a compost program to reduce waste while harnessing nutrients for consumption and recycling.

It is estimated that 40% of all the food Canada produces ends up in the landfill, with a value equivalent to \$27 Billion.<sup>43</sup> This is a significant impact on landfills. Food waste is one of the largest contributors to overall waste, producing more greenhouse gases than plastic packaging.<sup>44</sup> More than 50% of this waste happens in the home.

Food waste has many impacts as well as potential.

In Area D, we have two transfer stations and two recycling stations. The whole of the RDCK has three separate waste regions, west, central and east. We are a part of the central region. Waste recovery operations cooperate across all regions and have an overall goal “to educate people to produce less waste and to encourage healthier environments.”<sup>45</sup>

### Survey results

A materials and facility review for both the Districts of the Kootenays and Boundary Regions highlighted organic waste in our facilities. Overall organic waste was estimated at 38% for residential waste in the Central Region (Gerrard south to Salmo, Kokanee Park across the lake to Crawford Bay). Kaslo specifically had 84 tonnes of organic waste and there was 23 tonnes at Marblehead.<sup>46</sup> These statistics are from 2004 and do not include market research as to what is currently diverted.

For this food shed plan, we inquired with markets and through our eater’s surveys about food waste. Amongst our retailers, 52% already compost with several more interested. Of our four institutions, one is able to compost (the Food Hub) and two would like to compost with an education curriculum to accompany it (The Youth Centre and the schools). We saw in our eater’s survey that 80% compost. All of our farmers compost either as animal feed or nutrient creation.

We asked about quantities to determine how much was being diverted.

In our retail markets, there is approximately 1230L of food waste available per week from five of our retailers. Although we were not able to get total from every business, we were able to estimate based on those who have been tracking. If we assume that other markets are

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<sup>43</sup> Gooch, M., Felfel, A., Marenick, N. (2010) Food Waste in Canada. Value Chain Management Centre. [www.vcmtools.ca](http://www.vcmtools.ca)

<sup>44</sup> Ibid- (WRAP,2010)

<sup>45</sup> Retrieved May. 11<sup>th</sup>, 2014 RDCK website: <http://www.rdck.ca/EN/main/services/waste-recycling.html>

<sup>46</sup> Amyot, K.J. (2004) Material and Facility Review prepared for the RDCK, RDKB and the Federation of Canadian Municipalities. Western BioResources. BC: Castlegar

producing about the same amount of food waste of those who are tracking, we added approximately 740L of waste that can be diverted.

Composting for commercial purposes falls under both the Canadian Food Inspection Agency, which administers the Fertilizer Act, and the Ministry of Environment, which administers and enforces the Organic Matters Recycling Regulation. (OMRR) <sup>47</sup>

On farm composting is regulated by the Waste Management Act and the Agricultural Land Commission.

### **Barriers**

What keeps retailers from composting is a means of processing it. For these businesses quantities are too high to take home. Some have had good relationships with local farmers who pick up and return bins regularly but some have intermittent unreliable pick up which discourages composting.

Within an active workplace it can be challenging and time consuming to ensure that certain kitchen waste products are not mixed, such as egg shells or coffee grounds. Farmers who are picking up for animal use have fewer specifications they have to meet but, although feeding compost to chickens is great, if chickens get a taste of their eggs shells they may start eating their own.

Our biggest barrier to diverting food waste is ensuring compost is not an animal attractant. Many who may want to compost at the household level do not do so as it attracts bears.

Composting regulations for commercial sale as a garden amendment are quite onerous and expensive. A 2004 study for the RDCK/RDKB assessed composting viability and determined that the infrastructure required to meet regulations was costly. A business case had potential for the southern region, but very limited.<sup>48</sup>

### **Assets/Opportunities- Market Opportunities**

The good news is that 50% of the waste does happen in the home so we can work with our eaters who are already on board with 80% reporting they already do compost. This cultural acceptance is the biggest barrier in most areas to reducing food waste; with a high level of interest and acceptance in our area, we are well on our way to less food waste in the landfill.

Other assets in our food shed for diverting food waste is our ability to recover food when it is still safe and completely edible. In 2005, our regional Feeding Families Not Bears (FFNB) harvested 19,000 lbs of fruit.<sup>49</sup> The Project relies on volunteers to pick the fruit with a primary focus of removing the fruit before it becomes a bear attractant. Connecting this food with those in need, or just willing to harvest, is a great tool this program provides. The program has been enhanced recently by connecting with livestock growers to utilize fruit that is too badly

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<sup>47</sup> [http://www.bclaws.ca/Recon/document/ID/freeside/18\\_2002](http://www.bclaws.ca/Recon/document/ID/freeside/18_2002)

<sup>48</sup> Amyot, K.J. (2004) Material and Facility Review prepared for the RDCK, RDKB and the Federation of Canadian Municipalities. Western BioResources. BC: Castlegar

<sup>49</sup> Hackenbrook, D., Springer, D., Swayze, Shannon. (April 2010) *Climate Change And You Project Kaslo and Area D Agriculture Mapping* reference report produced for Dr. Paul Sneed in GIS 331 at Selkirk College

damaged for human consumption. We have seen a rise in homesteaders raising hogs and consequently a need for alternative feed sources. Our region also has many individuals keeping birds for laying eggs. These farmers and households all appreciate the extra nutrients for their animals.

Our region has had an active Bear Aware program that assists with proper fencing to reduce animal attractants through electric fencing. Used more often for those with animals, those who may want to compost on a large scale would benefit from electric fencing.

We must also note that consistent and adequate turning of compost should reduce any smells that would attract animals and there are essential microorganisms locally that are very helpful in reducing odors while increasing the rate of the composting process or using a method of composting such as Bokashi.<sup>50</sup>

For those foodstuffs that are past edible, there is potential for a nutrient program that would provide locally based inputs for farmers and gardens. Looking at some raw data, as mentioned above for our own transfer stations, there is significant amounts of organic waste available. When we compost that waste, we create usable, locally-sourced amendments to build soil quality.

Our community also understands how to connect with those who may be able to use food waste as nutrients. Some programs, such as FFNB, have already implemented this while retailers, however informal, are making the connections. One of our grocers set up a food waste bin that farmers can access on their own time to streamline the process. The grocer tells them, "If it's in there, you can take it". As the grocer pays a significant amount for dumping food waste there is incentive to save landfill fees by diverting to farmers who will use it.

The CRRC will be reviewing the compost plan and have included composting in the 5 year central resource recovery plan. However, this plan aspect does not include food waste at this time. It does however, include bio solids, septage, wood waste, and yard and garden waste.<sup>51</sup>

## Recommendations

Overall consumer awareness is high and building on this momentum with specific efforts will keep us heading in the right direction.

### *1. Gleaning and Composting Coordination*

In the initial stages, working on connecting those who would use the compost as opposed to starting a brand new program would be beneficial. Given that the regulations for a municipal composting system are onerous and the RDCK may incorporate food waste into the region's overall waste reductions plans, we should focus on increasing the connections between those who produce food waste and farmers and households who can use the nutrients to feed animals or improve their soil. As we have recommended a gleaning program to increase access to nutrients (which will decrease food waste), we can also network with many of these connections to move what is not edible into household composts.

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<sup>50</sup> <http://www.compostguy.com/bokashi-resource-page/>

<sup>51</sup> <http://www.rdck.ca/assets/Services/Waste~and~Recycling/Documents/RRP-Organics.pdf>



With the gleaning grant through McConnell Foundation being successful, this recommendation will be carried out.

Partners for this recommendation are: Kaslo Food Hub, markets, Kaslo Community Garden, Local Government, Feeding Families Not Bears, Nathalie's Fruit Distribution, and Interior Health Authority

Other stakeholders this recommendation collaborates with:

- Eaters
- Farmers
- Self sufficiency
- Governance

### *2. Food Waste Education*

In combination with the overall food shed marketing/education program recommendation, it would be wise to include education and resources on household composting. We have mentioned bokashi in our assets section and another great resource can be found on the RDCK website. Composting tips could be included with a regular food shed newsletter.

Partners for this recommendation are schools, Kaslo Food Hub, local government.

Other stakeholders this recommendation collaborates with:

- Eaters
- Farmers
- Self sufficiency
- Governance

### *3. Local Government Supports*

As well as resources, it would be recommended that local government support infrastructure for composting such as the bins the RDCK subsidized for household use in the past. These bins, combined with resources on how to keep animal attractants away and continued support of the electric fencing program through Bear Aware, will reduce food waste while increasing nutrients available for healthy soils.

In the long term, advocating for the Regional District to include a viable and thorough review of food waste in their five year waste recovery plan is recommended. Coordinating with all other electoral areas in our resource area to indicate support and interest will solidify the need to address the issue. Preliminary conversations with the RDCK staff who have looked into food waste composting programs indicate that our large geography and distance to landfills from transfer stations is a large part of the cost. Separate infrastructure for composting as well as transport would be required.<sup>52</sup> An accurate cost analysis that includes long term saving by diverting the waste would help illustrate if it is feasible for the RDCK to pursue food waste in their composting plans. We have noted that several municipal compost programs across Canada exist and, while our geography and remoteness does increase costs, we could

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<sup>52</sup> Personal communication with Mike Morrison, RDCK staff July 2014

encourage the RDCK to also evaluate if on-site composting at our landfills may be more cost effective.<sup>53</sup>

Partners on this recommendation are Local Government, Interior Health Authority, Kaslo Food Hub.

Other stakeholders this recommendation collaborates with:

- Eaters
- Farmers
- Self sufficiency
- Governance

#### *4. Crop planning for reduced waste*

Increasing collaborative crop plans on the farms to ensure what is planted will have a market will greatly improve several layers of our food shed. A program called “Sell More Waste Less”, a partnership between a nongovernmental organization (Institute of Grocery Distribution) and a school (Cranfield University), assisted producers in finding the place along their food value chain where losses were diverted. The program demonstrated a 20% decrease in costs of production while increasing sales by 10%.<sup>54</sup> By ensuring that what a farmer plants will have a market, farmers can increase their profits, increase diversity of food, and increase the abundance of local food available while also decreasing waste. Although none of the farmers in our region would dump food waste, they all compost, mentioning this program and linking to it helps highlight where a farm can shift to improve profits. Assuming markets are not super volatile or change their minds mid-season, it is advantageous for farmers to work together on meeting the market gaps outlined in the seasonal availability chart in [Appendix # 3](#).

Other stakeholders this recommendation collaborates with:

- Eaters
- Farmers
- Self sufficiency
- Markets

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<sup>53</sup>Vancouver has a program that diverts organic waste including food and sells it as finished compost and soil at its Delta landfill <http://vancouver.ca/home-property-development/compost-soil.aspx>

<sup>54</sup> Gooch, M., Felfel, A., Marenick, N. (2010) Food Waste in Canada. Value Chain Management Centre. [www.vcmtools.ca](http://www.vcmtools.ca)

## Governance

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Governance covers all three areas of government and is quite complex to review. While we have three levels of government (Federal, Provincial, and Local) many regulations for our food system are influenced by international trade agreements. Therefore much of the governance that affects food is focused on export markets with large commodity crops, a completely different type of farming compared to what we do here in north Kootenay Lake. This leaves many small and remote farmers needing to comply with rules completely inappropriate for their scale or markets.

There are various forms of regulation. There are regulations that strictly govern operations (prescriptive) and regulations that are outcome-based which encourage certain behaviours by the use of restrictions or incentives such as the quota system for marketing boards. We then have programs that provide funding to encourage activities that are guided by mandates such as Growing Forward 2, which is the full policy framework for Agriculture and Agri-Foods Canada. And of course, there are tax incentives that also encourage behaviour such as farm tax exemptions.

Given that governance is a complex matter it often leaves farmers, processors and other food related entrepreneurs scratching their heads about what it all means. Sometimes regulations are not even known until the enforcer shows up. This occurred this summer at the Kaslo Farmers Market when a representative from Industry Canada arrived to review if vendors were in compliance with the “Weights and Measures Act”, a federal act. Neither the market manager, farmers nor our food security office has ever heard of such an act, although it is one of the oldest ones. The representative caused much concern as she informed farmers if they did not have a government approved scale for their sales, they could face a \$10,000 fine. (Double the average income our farmers bring home after a season of growing) Thankfully, no one was fined for what they did not know they were required to adhere to.

In this section, we focus on what governance applies to our food shed, what barriers and assets the various governments offer, and recommendations to maximize our overall goal of a strong, resilient food shed. We will outline what each level of government mandates and how that affects us on the ground.

### Federal Governance

Agriculture and Agri-Food Canada (AAFC)

The AAFC provides funding for programs designed to meet Growing Forward 2 (GF2), the national policy framework for agriculture in Canada. There are over 25 plus programs in the GF2.

The GF2 policy framework is funded by Federal, Provincial and Territorial Governments and sets the foundation for government agricultural programs and services. This framework focuses on innovation, market development and competitiveness. Also included are business risk management services which is federally funded and operated whereas the rest of the programs are cost shared and administered through the Province and Territories. For BC specific

programs, see:

<http://www2.gov.bc.ca/gov/topic.page?id=EB8322DE53664C7289317829FA25360E>

Business risk management programs may be of use to our regional farmers, but will be dependent on what each farm specifically needs.

Canadian Food Inspections Agency (CFIA)

The CFIA is primarily prescriptive with a host of regulations that it both administers and enforces. The CFIA has many acts that directly affect our regional food shed. To explore each act in detail is beyond the scope of this report as it would need to be tailored to the specific needs of each farm. What we can provide here is an overall list of the acts under which our food shed must operate:

- Canadian Agricultural Products Act (covers 10 areas of food production from eggs to honey, fruit and vegetables to labelling and processing regulation)
- Health of Animals Act
- Meat Inspection Act
- Plant Breeders Protection Act
- Seeds Act
- Safe Food for All Canadians Act
- Weights and Measures Act

For a list of all of the Acts governed by the CFIA visit

<http://www.inspection.gc.ca/about-the-cfia/acts-and-regulations/eng/1299846777345/1299847442232>

## Provincial Governance

BC Ministry of Agriculture (MoA)

The MoA covers all sectors in food production and affects many areas of our food shed such as the CFIA does. MoA includes a mix of prescriptive governance, acts that dictate operations, and funding programs for outcome-based incentives. The MoA also manages both the Agricultural Land Commission and the Farm Industry Review Board. The MoA administers over 30 acts. The acts that directly affect our area include:<sup>55</sup>

- Agri-Food Choice and Quality Act
- Animal Disease Control Act
- Bees Act
- Farm Practices Protection (Right to Farm) Act
- Food Product Standards Act
- Livestock Act
- Milk Industry Act
- Seed Potato Act
- Veterinarians Act

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Bryne Consulting(2011) “RDCK Agricultural Plan Backgrounder” Nelson, BC: Regional District Central Kootenay

- Weed Control Act

For a full review of acts governed by the MoA, see:

[http://www.agf.gov.bc.ca/polleg/legsum/prov/legsum\\_index\\_mal.stm](http://www.agf.gov.bc.ca/polleg/legsum/prov/legsum_index_mal.stm)

Agricultural Land Commission (ALC)

The ALC is an independent provincial body governing the Agricultural Land Reserve (ALR). The Agricultural Land Act and Regulation establishes the framework for administration of the ALR. In a nutshell, this act governs (for land within the ALR):

- Permitted farm activities
- Non-permitted use of ALR lands
- Sub divisions
- Soil removal and fill replacement
- Building

Recently the act has been amended to create two categories of the ALR, zone 1 and zone 2. Zone 1 is defined as areas consisting of the Island Panel Region, the Okanagan Panel Region and the South Coast Panel Region. All other regions of BC are within zone 2, including the West Kootenays. The creation of two zones enables one zone to be more amenable to other uses of farm land than previously allowed. Zone 1 remains under the usual ALC policies whereas zone 2 land can now have a broader consideration for land use. This indicates that ALR land within Area D may see more applications for activities outside of agricultural practices.

For a full review of the Agricultural Land Commission Act visit

<http://www.alc.gov.bc.ca/alc/content.page?id=A631A2319799460A98F62978A2FE60E3>

Farm Industry Review Board (FIRB)

FIRB is an independent administrative tribunal board which provides an alternative to the courts. FIRB will hear and review in a less formal but more efficient manner all disputes relating to farm industry.

For more information about FIRB see [http://www.firb.gov.bc.ca/2011\\_about\\_firb.htm](http://www.firb.gov.bc.ca/2011_about_firb.htm)

BC Ministry of Environment (MoE)

The MoE governs many areas of the province, with some acts specific to farmland. This ministry manages both prescriptive and outcome based governance as well as funding incentive programs for specific outcomes related to environmental policies. Many RDCK farms have taken the opportunity to participate in one of their better known programs, The Environmental Farm Plan program, which enables planning for environmental stewardship on farm lands.

MoE acts that specifically apply to Area D farmers are:<sup>56</sup>

- Environmental Assessment Act
- Environmental Management Act
- Park Act

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Bryne Consulting(2011) "RDCK Agricultural Plan Backgrounder" Nelson, BC: Regional District Central Kootenay

- Pesticide Control Act
- Water Act
- Wildlife Act
- Drainage, Ditch, and Dike Act
- Organic Matter Recycling Regulation
- Agricultural Waste Control Regulation
- Fish Protection Act
- Riparian Area Regulation

Details of each act is available at <http://www.gov.bc.ca/env/>

BC Ministry of Health (MoH)

Food security falls under the mandate of this ministry as food security is one of the social determinants of health. MoH governs acts that are prescriptive (regulatory) to various food shed sectors as well as funding programs that encourage behaviour changes and capacity building for food security. The Community Food Action Initiative has been one of their primary programs for supporting food security initiatives while also writing policy to accompany the required changes within our provincial food shed. There is still lots of work to see these policies embedded throughout the government (such as with the Ministry of Agriculture which governs what is being produced), but much of the foundational policies have been written to shift the systems.

In terms of acts administered and enforced by this Ministry, the following are applicable to our regional food shed:<sup>57</sup>

- Public Health Act
- Food Safety Act
- Drinking Water Protection Act
- Meat Inspection Regulation

Interior Health shares the responsibility with several agencies to ensure compliance with these acts.

The Community Food Action Initiative does not administer or enforce regulations, but it does provide a variety of programs, supports and works with other organizations such as the Canadian Public Health Association, a division of Population Health, to create policy conducive to food security measures.

- <http://www.health.gov.bc.ca/healthyeating/foodsecurity.html>

BC Ministry of Community, Sport and Cultural Development (MoCSCD)

This ministry governs other ministries as well as the acts that pertain to local government - the Community Charter and the Local Government Act. It is also responsible for BC Assessment and related panels, farm assessment review, and property assessment review.

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Brynne Consulting(2011) “RDCK Agricultural Plan Backgrounder” Nelson, BC: Regional District Central Kootenay

While the Local Government Act and the Community Charter do not provide prescriptive regulations directly to food, it does provide guidelines for how local government, within their land use planning and as representatives for their regions, can act to support stakeholders within the food shed.

- Ministry of Community, Sport and Cultural Development: <http://www.gov.bc.ca/cscd/>
- Local Government Division: <http://www.cscd.gov.bc.ca/lgd/>
- Local Government Act: [http://www.bclaws.ca/Recon/document/ID/freeside/96323\\_00](http://www.bclaws.ca/Recon/document/ID/freeside/96323_00)

BC Assessment (BCA)

BCA provides, on annual basis, independent property assessments for all property owners in BC. BCA is a crown corporation of the Province governed by a board of directors accountable to the Provincial Government. The mandate of the BCA is to provide uniform and current market values of property. These values determine tax rates and, specific to the food shed, would determine the value of farm land as well as farm classification. The “Classification of Land as a Farm Regulation” is administered by the BCA. This regulations stipulates what is an active farm with a prescriptive outline on use of land, leases, dwellings and ownership. For a full review of the regulation:

- [http://www.bcaassessment.ca/about/Documents/Classification\\_of\\_Land\\_as\\_a\\_Farm\\_Regulation.pdf](http://www.bcaassessment.ca/about/Documents/Classification_of_Land_as_a_Farm_Regulation.pdf)

## Local Government

As stated above, Local Government is mandated by and accountable to the Local Government Act. It applies mostly to Regional Districts whereas municipalities are mandated by the Community Charter.

Most applicable to our food shed stakeholders in regards to local governance are planning tools. Official Community Plans (OCP) set the standards for what is the vision of the region which then sets the template for associated bylaws such as zoning, farming, and land use. In our own region of Area D, we have some areas covered by an OCP and others not. Kaslo has an OCP, an Integrated Community Sustainability Plan (ICSP), and a Food Charter (FC). While OCP are primarily vision documents to set the direction for the region, they are the base for creating bylaws. The ICSP is a required plan that does not provide a tool for regulations, but it is a tool for ensuring the community is on target with sustainability as required by the Federal Government for access to gas tax funds.

In the Regional District, we have an Agricultural Plan which pertains directly to our food shed.

Official Community Plans (Kootenay Lake Portion- Area D & Kaslo)

As mentioned above, OCPs do not regulate but they do set visions and bylaws can be based on these visions. OCPs provide the guidelines for land use decisions as well as the bylaws put in place for land use. With farming, these can help prioritize land use that is supportive of farmer needs and prevent long term problems that can occur where no visions were put in place, such as the large homes that take up a majority of farmland in the Lower Mainland.

The Kootenay Lake and Lardeau Valley Portion of Electoral Area D OCP does not stipulate any specific bylaws in relation to the region's Food Shed, but it does provide several objections for

consideration in land use decisions as well as priorities the region should support for enhanced food shed development.

- [http://www.kaslochamber.com/community/Area\\_D\\_Community\\_Plan.pdf](http://www.kaslochamber.com/community/Area_D_Community_Plan.pdf)

Kaslo Official Community Plan

Same level of governance described in the above, but the Kaslo OCP stipulates priorities for food security, such as the Area D OCP did for agriculture. The Kaslo OCP highlights that food security is important to Kaslo residents and has included the Kaslo Food Charter in an appendix. While again, there are no regulations nor bylaws specific to the food shed, it does provide vision statements that can be used as advocacy tools for food shed endeavours.

- Kaslo OCP: <https://kaslo.civicweb.net/document/1838/Official%20Community%20Plan%20May%2026,%202011.pdf?handle=70041C967CC94D2AB99C27BFF7153B94>
- Kaslo Food Charter: <http://nklcss.org/foodcharter.pdf>

RDCK Agricultural Area Plan

This plan is a comprehensive overview of what the Regional District's agricultural land, capacity, assets, and barriers are. The purpose was to determine recommendations for improvements with a primary goal of ensuring viability of farming within the RDCK.

The backgrounder for the plan provides an immense amount of information about the West Kootenays. Combined with community consultations and further research into potential, the plan provides comprehensive direction for agriculture in the RDCK. While adoption of the plan by the board of the RDCK in no way obliged them to acting on it, it did provide the guidance and ability for electoral areas within the RDCK to move forward with actions. This is a major asset for our actions.

To read the plan:

- <http://www.rdck.ca/assets/Services/Land~Use~and~Planning/Documents/AG-Plan.pdf>

## Recommendations

So with many acts, programs and other plans governing our food shed, sorting out what the barriers, assets and recommendations may be for each aspect is challenging. The acts we have experienced as affecting us directly are:

- Trade agreements that allow for subsidized unhealthy food to flood the markets while creating an expectation of low prices that local food cannot compete with
- Meat Inspection Regulations that, as of 2007, require a federal inspected facility for animal slaughter. The cost of these facilities are onerous to small scale farmers selling within their own regions. They are also unnecessary given other regions are able to still conduct on farm slaughter, therefore safety is not the primary issue.
- Dairy regulations that control quota as well as production methods prohibiting the right to choose what a consumer may consume while also making small scale dairies cost prohibitive.



- Egg marketing and selling regulations. Regional health authorities can use discretion to allow for ungraded eggs to be sold into the market, but a few years ago we learned that the Federal CFIA can come in and override this decision with no warning and potentially fine retailers up to \$10,000

There are many other regulations that affect our food shed, but we may not be directly aware of them nor can we provide an extensive review of all of them. What is critical to address though is how often the regulations are prohibitive as opposed to being supportive.

### *1. Advocacy*

Advocacy is the primary recommendation that should be considered in all governance issues related to the regional food shed. As long as public health, safety and environmental stewardship is not at risk, when regulations or policies impede the viability of farming it would be wise to explore how to amend the regulations or exempt the farms from them. Encouraging and requesting discretion in application of the regulations while also advocating for regulations that are appropriate to small scale farming is highly recommended.

By using the recommendations from the RDCK Agricultural Area Plan and the priorities stated in the OCP, local government can advocate for regulatory shifts that are more appropriate to small scale rural farming.

Partners for this recommendation are Local Government, Interior Health Authority, Kaslo Food Hub, BC Food Systems Network

Other stakeholders this recommendation collaborates with:

- Eaters
- Farmers
- Markets
- Self Sufficiency
- Institutions
- Waste Management

## Implementation Plan Summary

<u>Primary Stakeholder</u>	<u>Secondary Stakeholders</u>						<u>Recommendation</u>	<u>Partners</u>	<u>Implementation Tool</u>	<u>Page Reference</u>	<u>Appendix</u>
	Eaters	Farmers	Self Sufficiency	Markets	Institutions	Waste Management					
Eaters							Education & Awareness Program	KFH, Farmers, Selkirk, Markets	Food Shed Newsletter	<u>22</u>	<u>1</u>
Farmers							Farm Labour Program	KFH, KCDs, WorkBC	Farm Labour Program Outline	<u>27</u>	<u>2</u>
							Crop Planning & Market Coordination	KFH, Markets	NKL Market Availability Chart	<u>27</u>	<u>3</u>
							Coordinated Distribution	Markets	Coordinated Distribution Outline	<u>28</u>	<u>4</u>
							Infrastructure Supports	CF, YA, GF2	Cooler, Greenhouse & Season Ext. Quotes	<u>29</u>	<u>5,6</u>
Self Sufficiency							Infrastructure Supports	LVCC, AH, JLCA	Cooler Quote	<u>31</u>	<u>5</u>
							Coordinated Bulk Feed Orders	Markets, Distribution	List of feed suppliers	<u>31</u>	<u>7</u>
Markets							Food Shed Marketing	KFH, Farmers	Food Shed Newsletter	<u>34</u>	<u>1</u>
							Crop Planning	KFH, Farmers	NKL Market Availability Chart	<u>34</u>	<u>3</u>
Institutions											
KFH-Food Cupboard							Volunteer Program	Schools, SCA, NKLCCS	described in stakeholder section	<u>41</u>	N/A
							Gleaning Program	KFH, IHA, CG, NFD, LG, markets	Gleaning Program Outline	<u>41</u>	<u>8</u>

<u>Primary Stakeholder</u>	<u>Secondary Stakeholders</u>						<u>Recommendation</u>	<u>Partners</u>	<u>Implementation Tool</u>	<u>Page Reference</u>	<u>Appendix</u>
	Eaters	Farmers	Self Sufficiency	Markets	Institutions	Waste Management					
							Food Cupboard Enhancement	KAYC, LVCC, AH, BCFMA, KFM	Food Cupboard Depot Outline	<a href="#">41</a>	<a href="#">9</a>
KFH-Bulk Buying Club							Discontinue, move to markets	markets, farmers	Bulk Buying Club Outline	<a href="#">42</a>	<a href="#">10</a>
KFH-TL, CRC, & FRL							Increased Access & Infrastructure	LVCC, AH, JLCA, NKLCCS	Cooler Quotes, CRC Rules & Outline	<a href="#">43</a>	<a href="#">5</a> , <a href="#">11</a>
Kaslo Area Youth Center							Food Cupboard Extension	NKLFC	Food Cupboard Depot Outline	<a href="#">44</a>	<a href="#">9</a>
School							Collaboration with KFH, Education	KFH, NKLFC	described in stakeholder section	<a href="#">44</a>	N/A
VCHC-Village Diet							Advocacy & Education	LG, KFH, PHABC, CFAI	described in stakeholder section	<a href="#">45</a>	N/A
Waste Management							Gleaning Program & Compost Connections	KFH, markets, CG, LG, FFNB, NFD, IHA	Gleaning Program Outline	<a href="#">48</a>	<a href="#">8</a>
							Food Waste Education	schools, KFH, markets	Food Shed Newsletter	<a href="#">49</a>	<a href="#">1</a>
							Local Government Supports	LG, IHA, KFH	described in stakeholder section	<a href="#">49</a>	N/A
							Crop Planning	KFH, Farmers	NKL Market Availability Chart	<a href="#">50</a>	<a href="#">3</a>
Governance							Advocacy	LG, IHA, KFH, BCFSN	described in stakeholder section	<a href="#">57</a>	N/A

<u>Acronyms</u>	<u>Organization</u>	
KFH	Kaslo Food Hub	<a href="http://nklcss.org/food.php">http://nklcss.org/food.php</a>
KCDS	Kootenay Career Development Society	<a href="http://www.kclds.ca/">http://www.kclds.ca/</a>
CF	Community Futures	<a href="http://futures.bc.ca/">http://futures.bc.ca/</a>
YA	Young Agrarians	<a href="http://youngagrarians.org/tag/kootenays/">http://youngagrarians.org/tag/kootenays/</a>
GF2	Growing Forward 2	<a href="http://www.agr.gc.ca/eng/about-us/key-departmental-initiatives/growing-forward-2/?id=1294780620963">http://www.agr.gc.ca/eng/about-us/key-departmental-initiatives/growing-forward-2/?id=1294780620963</a>
LVCC	Lardeau Valley Community Club	<a href="http://lardeauvalley.com">lardeauvalley.com</a>
AH	Argenta Hall	Nancy Ryde General Delivery, Argenta
JLCA	Johnsons Landing Community Association	Kate O'Keefe General Delivery, Johnsons Landing
BCFMA	BC Farmers Market Association	<a href="http://www.bcfarmersmarket.org/">http://www.bcfarmersmarket.org/</a>
KFM	Kaslo Farmers Market	North Kootenay Lake Arts & Heritage Council
PHABC	Public Health Association of BC	<a href="http://www.phabc.org/">http://www.phabc.org/</a>
VCHC	Victorian Community Health Center	250-353-2291
NKLFC	North Kootenay Lake Food Cupboard	<a href="http://nklcss.org/food.php">http://nklcss.org/food.php</a>
FRL	Food Resource Library	<a href="http://nklcss.org/food.php">http://nklcss.org/food.php</a>
CRC	Community Root Cellar	<a href="http://nklcss.org/food.php">http://nklcss.org/food.php</a>
TL	Tool Library	<a href="http://nklcss.org/food.php">http://nklcss.org/food.php</a>
FFNB	Feeding Families Not Bears	<a href="http://nklcss.org/food.php">http://nklcss.org/food.php</a>
CFAI	Community Food Action Initiative	<a href="http://www.viha.ca/mho/food/food_security/Community+Food+Action+Initiative.htm">http://www.viha.ca/mho/food/food_security/Community+Food+Action+Initiative.htm</a>
SCA	Senior Citizen Association	
NKLCCS	North Kootenay Lake Community Services Society	<a href="http://www.nklcss.org">www.nklcss.org</a>
IHA	Interior Health Authority	<a href="https://www.interiorhealth.ca/Pages/default.aspx">https://www.interiorhealth.ca/Pages/default.aspx</a>
CG	Kaslo Community Garden	
NFD	Nathalie's Fruit Distribution	250-507-0977
LG	Local Government	Village of Kaslo, Regional District Central Kootenay
KAYC	Kaslo and Area Youth Coalition	
BCFSN	BC Food Systems Network	<a href="http://bcfsn.org/">http://bcfsn.org/</a>

# Appendix #1 - Sample Food Shed Newsletter

May 8, 2016



## FOOD SHED NEWS

North Kootenay Lake Food Shed Newsletter

### In this issue:

- Fresh Sheet
- Recipe
- Why compost?
- At the markets this week

### In the Fields...

On the farm these hot sunny fall days have made the clean up quite a joy. Part of that joy has been having some of my chickens with me. I caught twelve of them and put them in the green house to help with the cleanup. Because of the amount of predators around (mainly skunks here) my chickens have to stay locked in their safe pen much of the time so new ground is rare for them.  
~ farmer Rachel of Meadow Creek Organics

Farmers/Processors
<b>Farm: Johnsons Landing Retreat, Kootenay Mountain Grown, Johnsons Landing</b>
Potato's Norton (red variety)
Jerusalem Artichokes (sunchokes)
<b>Farm: Calendula Moon Gardens, Biodynamic, Fletcher Falls</b>
Table carrots
<b>Farm: Mothers Harvest, Organic, Meadow Creek</b>
Potato's (Kennebec, norlands)
Potato's (fingerlings)
<b>Farm: McIntyre Farms, Organic, Argenta</b>
Kale
Fava beans
New potato's
garlic
<b>Farm: Earth Temple Gardens, Organic, Johnsons Landing</b>
Cabbages-green and great for sauerkraut!
Leeks
<b>Farm: VanTuyt, Organic, Meadow Creek</b>
Grassfed Hamburger
<b>Farm: Aurora Gardens, Kootenay Mountain Grown, North Shore</b>
basil concentrate
purslane concentrate
<b>Frozen Berries:</b>
large blackberries
small blackberries
currants
raspberries

### Lemon Herb Potato Salad

#### Ingredients

- 3/4 pound fingerling potatoes
- 1 tablespoon olive oil
- 1/4 teaspoon grated lemon rind
- 1 tablespoon lemon juice
- 1 teaspoon Dijon
- 1/4 teaspoon pepper
- 1/3 cup chopped arugula
- 2 tablespoons sliced kalamata olives
- 1 tablespoon chopped parsley
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped fresh chives

#### Preparation

1. Place a saucepan filled two-thirds with water over high heat. Cut potatoes into 1-inch pieces. Add potatoes to pan; cover and bring to a boil. Reduce heat to medium-high; cook 5 minutes or until tender. Drain.
2. Whisk together olive oil, lemon rind, lemon juice, Dijon, and pepper in a bowl. Stir in arugula, kalamata olives, parsley, basil, and chives. Add drained potatoes; toss gently to coat.

#### Why Compost?

*It is estimated that 40% of all the Food Canada produces ends up in the landfill, equivalent to \$27B.*



## Appendix #2 - Farm Labour Program Outline

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### **Goals:**

1. To build skilled farm labour available to Kaslo and area farms during the 2015 growing season.
2. To build skills and capacity of area youth who have identified farming as a field they would like to work in (as per 2013 Project Comeback survey results).
3. To build the food security sustainability of Kaslo and area by developing a labour pool of skilled young farmers working in the farming sector.

### **Impact:**

This program will help alleviate one of Kaslo and area's farming sector's main barriers - lack of skilled farm workers. It will also re-invigorate our farming sector with new young farmers (Canada Statistics reports that the average age of BC farmers in 2011 was 55.7 years).

### **Outcomes:**

1. Increased local food production
2. Increased number of skilled young farmers in the Kaslo and area labour pool
3. Development of farm apprenticeship curriculum

### **Target Population:**

The populations we are targeting are youth and low income community members. Youth will benefit from participating by building their farming skills and improving their employment opportunities. Low income community members will likewise benefit from increased employment skills and labour market experience, and from increased capacity to grow and access healthy foods.

Our other target is farmers who are in need of affordable and skilled labour. Partnering would be with wage subsidy programs through Service Canada and Columbia Basin Trust employment programs.

### **Collaborations and sector involvement:**

New collaborations will be fostered as the Young Agrarians and local farmers will be involved in establishing curriculum and best practices. for the farming apprenticeship program and they will be surveyed in the final evaluation.

The local government Sustainable Economic Development (SED) sub-committee, and through the committee, the Village of Kaslo Council, will have increased understanding and knowledge of the local farming sector and the resource and cost requirements of farming.

### **Communications:**

We will communicate with organizations via email, one-to-one conversation, Kaslo Community Facebook, NKLCSS website, and during meetings (the SED sub-committee meets monthly; the Project Comeback Working Group meetings monthly).

### **Steps for implementation:**

1. Curriculum development
2. Apprenticeship program planning and scheduling with farmers
3. Promotion and recruitment of apprentices
4. Implementation of apprenticeship program
5. Evaluation
6. Final Report preparation and sharing of lessons learned

**Budget:**

See two grants written, Service Canada & Healthy Communities by NKLCSs spring 2014

## Appendix # 3 - North Kootenay Lake Market Availability Chart 2014

	currently grown	>	Too much currently being grown
	could be grown	<	Not enough currently being grown
	could be stored	=	What is currently being grown meets current demand
	is being stored	~	Potential for marketing to increase demand
		∩	Could be grown under cover/greenhouse
		⌌	Needs processing infrastructure

Crop	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
lettuce - Romaine				∩	=	=	=	=	=	∩		
lettuce - leaf				∩	=	=	=	=	=	∩		
salad greens			∩	∩	=	=	=	=	=	∩	∩	
sprouts		∩	∩	∩	<	<	<	<	<	∩	∩	
radishes			∩	∩	∩	=			<	∩		
spinach			∩	∩								
chard			∩	∩								
kale			∩	∩								
celery					∩	∩			<	<		
herbs												
basil					< ∩	< ∩	>	>	<	<		
parsley				∩	∩	<	<	<				
rosemary												
dill				∩	<	<	<	=	=			
thyme						>	>	>	>			
cilantro				∩	∩	<	<	<	<			
mint						>	>					
sage												



Crop	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
chervil												
legumes												
beans												
peas												
root crops												
carrots												
garlic												
onions-green bunching												
onions-yellow												
onions-red												
leeks												
parsnips												
turnips												
celeriac												
sweet potatoes												
potatoes												
squashes												
squash-red kuri												
squash-butternut												
squash-buttercup												
squash-delicata												
squash-hubbard												
squash-other												
zucchini												
pattipans												
Cucumbers												
cukes-slicing												
cukes-pickling												
other ymmuy Veg												
corn												

Crop	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
chinese -bok choi												
chinese-su choi												
cabbage-red									=	=	=	
cabbage-green									=	=	=	
brussel sprouts												
cauliflower							<	<	<			
broccoli							<	<	<	<		
asparagus												
<b>Tomatoes &amp; Peppers</b>												
tomato-slicing							< ∩	= ∩	= ∩	> ∩		
tomato-cherry							< ∩	= ∩	= ∩	> ∩		
tomato-roma							< ∩	< ∩	< ∩	> ∩		
tomato-canning								< ∩	= ∩	> ∩		
tomatillos								< ∩	< ∩	> ∩		
eggplant								∩	∩	∩		
peppers-sweet								< ∩	< ∩	> ∩		
peppers-hot								< ∩	< ∩	> ∩		
<b>Fruit</b>												
tree fruits-apples												
tree-fruits-pears												
tree fruits-plums												
tree fruits-cherries												
blueberries												
strawberries												
raspberries												

Crop	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
<b>Meat</b>												
beef	<	<	<	<	<	<	<	<	<	<	<	<
turkey	π	π	π	π	π	π	π	π	π	π	π	π
chicken	π	π	π	π	π	π	π	π	π	π	π	π
rabbit	π	π	π	π	π	π	π	π	π	π	π	π
goat	π	π	π	π	π	π	π	π	π	π	π	π
sheep	π	π	π	π	π	π	π	π	π	π	π	π
<b>Grains</b>												
wheat												
spelt												
oats												
rye												

## Appendix #4 - Coordinated Group Distribution

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We attempted to get detailed information to present a plan for this recommendation but we were unable to get sufficient responses to our survey to do so. None the less, there was 60+% interest in this collaboration amongst the farmers on an earlier survey so we will provide some recommendations to assist in moving forward.

Farmers expressed interest in sharing transportation with a paid position for driving goods, which would assist as another income stream while offsetting overall costs.

The majority of farmers are getting goods to Kaslo markets while 2-3 would like to get goods further south to Nelson markets.

In conversations with Crag Holdings, who does deliver to Meadow Creek Store, they would be willing to back-haul food to Kaslo and Nelson. They do have refrigeration and freezer capability. While they could not provide a quote without specifics, they were enthusiastic that it would be affordable given they are travelling back south on Hwy 31 anyhow. Crag Holding expressed a sincere interest in wanting to assist in re-localizing our food system with their participation in efficient distribution.

Contact is:

Crag Holdings  
Rod MacCabe  
250-551-0039  
[rdmac@telus.net](mailto:rdmac@telus.net)

If this is determined as not a feasible option for farmers, the farmers themselves can establish a vehicle and driver. We were unable to determine if there is a truck available through one of the farms that could be re-furbished with a refrigeration unit, which would be the cheapest option. However, assuming there is not a truck available, a West Kootenay/Boundary regional project is also working on collaborative distribution for area farmers.<sup>58</sup>

Here are some estimates for vehicles with reefer units.

Leasing options:

- Refrigerated vans- 200-225 cubic feet capacity, **\$550-700/month**  
<http://www.subzerotechnologies.com>, <http://www.fridgevanlease.co.uk>, <http://fleetco-specialty.com> for quotes.
- Regular cargo vans- 200-250 cubic feet capacity, **\$400-\$600/month**  
<http://www.ensignpacific.com> or <http://www.pinnacle-csl.com>

Used cargo vans for purchase:

- Kijiji: 2005 GMC W4500 Cube Van Diesel with Refrigeration- 16' x 7': **\$17 500**
- Autotrader.ca: 2011 Ford Econoline E250 EXTENDED. 3/4 TON CARGO VAN, \$18,990  
[www.refrigeratedtrucksandvans.com/viewall.php](http://www.refrigeratedtrucksandvans.com/viewall.php)  
[www.truckpaper.com/list/list.aspx?bcatid=27&catid=320](http://www.truckpaper.com/list/list.aspx?bcatid=27&catid=320)

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<sup>58</sup> Upper Columbia Cooperative Council (2014) Kootenay & Boundary Food Producers Coop Feasibility Study

# Appendix #5 - Cold Storage Quote

## KASLO BUILDING SUPPLIES (1990) LTD.

PO BOX 1150, 6521 HIGHWAY 31, KASLO, BC V0G 1M0

Telephone: 250-353-7628 Fax: 250-353-7740

Email: accounts@kaslobuilding.com

www.kaslobuilding.com

GST #:

### Quote

**COPY 1**

YETBOB  
YETTER BOB

Quote No.: 007799  
Date: 09/25/2014

JOHNSON'S LANDING, BC,

Clerk: SHAD

Reference Name: COLD STORAGE QUOTE

Item No.	Description	Disc	QTY	QTY UOM	Price	Price UOM	Amount
ISO3	ISO BD 3.0X4'X8' R18.5 75mm (	N	26	EACH	61.97	EACH	1611.22
268	2X6 SPR 8' PREMIUM GRADE	P1	30	PCE	5.27	PCE	158.16
2612	2X6 KD SPF-12' PREMIUM	P1	20	PCE	8.75	PCE	174.96
10100	VAP BAR UV 10'x100' CGSB 6MIL	P1	1	EACH	59.99	EACH	59.99
12STDFIR	PLYWOOD STD FIR 1/2" 12.5mm	P1	20	EACH	26.99	EACH	539.80
20502	TAPE TUCK 60MM X 66M	P1	1	ROLL	12.99	ROLL	12.99
/3	AIR CONDITIONER 24000	P1	1	EACH	1200.00	EACH	1200.00
BRC	RIDGE CAP COLORED 10'	N	2	PCE	31.97	PCE	63.94
36CR	ROOFING 36" COLOR 29GA	N	96	LINFT	2.99	LINFT	287.04
11210C	SCREW ROOFING COLORED	N	3	KG	24.97	KG	74.91
RF408	FELT PLAIN 30LB 36"X72' (216sq	N	2	EACH	39.99	EACH	79.98
/3	MISC HARDWARE NAILS ETC	P1	1	EACH	200.00	EACH	200.00
GLAD30RH	DOOR MET EXT 3/0,6 1/2 PRM JA	N	1	EACH	279.97	EACH	279.97
	<b>ADD \$60 IF YOU WANT AN OUTSWING DOOR(I WOULD)</b>						
34FV531436	KNOB COMBO DBOLT SATIN STAINL	P1	1	EACH	33.25	EACH	33.25
DURADWS	DURAFoAM 24oz STRAW MULTIPURP	P1	2	EACH	16.99	EACH	33.98

THIS QUOTE IS VALID FOR \_\_\_\_\_ DAYS  
UNIT QUANTITIES ARE ESTIMATES ONLY. ACTUAL QUANTITIES MAY VARY.

YOUR SIGNATURE BELOW INDICATES ACCEPTANCE OF THIS ESTIMATE AND PROVIDES AUTHORIZATION TO ORDER THE PRODUCT AS DESCRIBED

Subtotal	4810.19
PST	221.55
GST	240.51
	<hr/>
	5272.25

SIGNATURE: \_\_\_\_\_

## Appendix # 6 - Greenhouses and Season Extension

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### 1. Greenhouses

These are walk-in buildings that can be completely closed and are constructed of either glass or plastic. Carefully planning the location is essential for sun exposure to provide the heat units needed in the shoulder and colder seasons. Here are several resources to review:

1. Argenta Greenhouse Company:  
250-366-4223  
[argentatrails@gmail.com](mailto:argentatrails@gmail.com)
2. These are more focused on small scale, self-sufficiency level:  
<http://www.bcgreenhouses.com/>
3. These greenhouses are commercial, large scale production:  
<http://www.harnois.com/en/institutional-retail-greenhouses/commercial-greenhouse.html>
4. More commercial scale choices as well as smaller options:  
<http://backyardgreenhouses.ca/commercial-greenhouse-kits>

### 2. Season Extension

Season extension can also be accomplished with hoop houses that, unlike greenhouses, are not tall enough to walk in. They serve a similar purpose as the greenhouse, they hold heat around plants. Season extension can be a very creative, with many different ways of constructing plant shelters. Season extension is more appropriate for crops you want directly in the ground but need some additional heat at the beginning or end of a season.

Here are some samples and links to sources for materials:

1. This link provides a great overview with pictures of the various ways season extension can be constructed however, I would encourage growers to inquire with our local building supplies store to see if materials can be acquired more affordably and in bulk.  
<http://www.johnnyseeds.com/c-234-season-extension-supplies.aspx>
2. Here is a great overview of how to grow for season extension with links to using compost heat in your system as well:  
<https://attra.ncat.org/attra-pub/viewhtml.php?id=366>
3. Here is a Guide Book for building your own cold climate greenhouse/season extension unit:  
<http://www.extension.umn.edu/rsdp/community-and-local-food/production-resources/docs/cold-climate-greenhouse-resource.pdf>

50

- 12' by 16'- \$1, 650
- 12' by 20'- \$2, 050
- 12' by 24'- \$2, 450
- 12' by 28'- \$2, 850
- 12' by 32'- \$3, 250
- 12' by 36'- \$3, 650.

## Appendix #7 - Feed Suppliers

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1. Kaslo Building Supplies, Kaslo  
250-353-7628
2. Meadow Creek Store, Meadow Creek  
250-366-4216
3. Eastman's Farms, Creston  
250- 428-4498
4. In Season Farms  
<http://inseasonfarms.wordpress.com/>
5. Nelson Farmers Supply  
250-352-5375
6. Ellison's Market, Nelson  
<http://www.ellisonmarket.com/>  
250-352-3181

## Appendix # 8 - Gleaning Program Outline

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### Program Activities:

- Develop program frameworks, policies, processes and procedures in consultation with successful gleaning programs in our region.
- Recruit and build relationships and agreements with farmers, donors, hunters, fishers, businesses, food cupboard users and volunteers, including developing a data base with contact and food harvest information, that will engrain health food procurement into our food cupboard's practice.
- Work with Interior Health to meet health requirements for donations of meat and fish
- Recruit, train, supervise and manage volunteers
- Coordinate gleaning and food harvests, including equipment purchase, storage and use
- Plan and coordinate small-scale food processing program (involving food cupboard clients in cooking and preserving food using the community kitchen)
- Hold events to recognise and appreciate volunteers and donors (e.g., pruning workshop)
- Evaluate and analyse the programs challenges and successes for future use.

### Expected Outcomes:

#### Our Food Cupboard users will have:

- Increased capacity to independently procure (e.g., glean) and preserve food; and increased access to nutritious foods.

#### The Food Cupboard will have:

- Increased capacity to acquire and distribute healthy food;
- Increased yield of gleaned fruits and vegetables
- Improved quality and diversity of food (e.g., increased fresh, dried, canned and frozen foods); and established harvest share program framework and agreements that will support
- Sustainable healthy food procurement

#### The Community will have:

- Increased availability of healthy foods and increased food security; and partnerships and communication systems between key food system stakeholders, fostering a network of collaborators with mutual interest in healthy eating.
- Better use of local food surplus and reduced bear attractant.



## Appendix #9 - North Kootenay Lake Food Cupboard Service Delivery Policy – Barrier Free

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### Existing Policy:

North Kootenay Lake Food Cupboard shall maintain barrier-free service delivery in all projects to the best of its ability. We will also maintain a quality of food that best meets nutritional and environmental standards that are supportive to a healthy community.

### Procedure:

1. Access to NKLFC is entirely confidential, and can be anonymous if the customer so desires
2. Applications to access the Nelson Food Cupboard are prohibited.
3. Respect client confidentiality in service delivery and in the community at large.
4. No project or service shall maintain personal records on any customer with the exception where a particular individual poses a safety/security concern for volunteers and staff.
5. Ensure that physical barriers to accessing services are removed or minimized.
6. Make provisions to accommodate special dietary needs, cultural and familial needs where and when possible.
7. Offer opportunities to access services outside operating hours in case of emergencies.
8. Clients are welcome to access the services as often as they need. Need is determined by the clients.

Recommended additions to the above policy to accommodate access for clients living in outlying areas: Following the policy above, bins can be placed in several outlying communities; one at Lardeau Valley community Club, one at Argenta Hall and one at the Kaslo and Area Youth Center.

Bins will be managed by one representative from each organization. This representative will work with the Food Cupboard coordinator to access stock and ensure that most needed items are available.

Transportation to get food to satellite depots will depend on arrangements made between the Food Cupboard coordinator and depot managers.

## Appendix # 10 - Bulk Buying Club Outline

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The Bulk Buying Club (BBC) offers a Fresh Sheet to clients via email once a week in the high season (June to November) and bi-weekly or monthly in the low season (December to May).

The Fresh Sheet provides a listing of local goods from each farm that would like to list. Orders are placed with the host for the BBC, they accumulate the orders and place them with the farmers once a week. Farmers deliver with an invoice and clients pay the host at which point the host pays the farmers.

Cost has been based on the farmer's price + 20% of total sales; farmers price x 1.25. The difference was donated as funds to the Food Cupboard.

To improve the program, it is suggested that the new host (a market grocer) includes other items that are often sought after in bulk such as grains, meat, and household needs.

The Fresh Sheet arranged available goods by farm, set prices based on the farmer's base, indicated if goods were organic; certified or Kootenay Mountain Grown.

### Sample Fresh Sheet:

If you are having trouble viewing this document a PDF copy of it can be found at [www.nklcss.org/food/bbc](http://www.nklcss.org/food/bbc).

Orders for fruit must be in by 5pm Wednesdays.

And a reminder for those who may not be aware, this program is a social enterprise/fundraiser for our Food Cupboard. From the price you pay, 75% goes to the farmer and 25% to the Food Cupboard- any orders directly support those in need. Let me know if I can order anything for you ☺

Kaslo Bulk Buying Club- Fresh Sheet August 5th, 2014

Farmers/Processors	Price	Minimum Order	Order By:	Delivery Day:
Farm: Meadow Creek Organics, Organic, Meadow Creek				
eggs-chicken	\$6.25/doz	1 doz	Thursday	Tuesday
Farm: Meadow Creek Organics, Organic, Meadow Creek				
basil	\$15/lb	1lb	Thursday	Tuesday
kale	\$3.15/bn	1 bn	Thursday	Tuesday
garlic	\$12.50/lb	1lb	Thursday	Tuesday
Swiss chard	\$3.15/bn	1 bn	Thursday	Tuesday
Farm: Tesla Spring Farms, Organic, Meadow Creek				
Shelling peas	\$3.75/lb	2lbs	Thursday	Tuesday

Farm: Lofsted, Organic, Kaslo				
eggs-chicken	\$6.25/doz	1 doz	Thursday	Tuesday
Farm: Helms Organics, Certified, Cawston				
Apples <i>Lodi</i>	\$1.00/lb	20 lbs	Wednesday 5pm	Tuesday
Peaches/Apricots	\$41.00 /case	18-20lbs	Wednesday 5pm	Tuesday
Cherries	\$75.00/case	20lbs	Wednesday 5pm	Tuesday
Peppers (green & purple)	\$2.50/lb	3lbs	Wednesday 5pm	Tuesday
Onions (walla walla & mars)	\$1.75/lb	5lbs	Wednesday 5pm	Tuesday
Eggplant	\$2.90/lb	5lbs	Wednesday	Tuesday

# Appendix #11 – Sample Community Root Cellar Documents



## KASLO FOOD SECURITY PROJECT

Box 546, Kaslo, BC V0G 1M0 • Tel. (250)353-7120 • Fax (250)353-7694

Email [aimeewatson@nklcss.org](mailto:aimeewatson@nklcss.org) • Website [www.nklcss.org/food.php](http://www.nklcss.org/food.php)

*We gratefully acknowledge our funders: Columbia Basin Trust, Interior Health and the Ministry of Housing and Social Development: BC Gaming*

### Community Root Cellar RENTAL AGREEMENT

**KASLO, B.C.**

**250-353-7120**

RENTED TO:	DATE:
MAILING ADDRESS:	DAILY:
TELEPHONE:	MONTHLY:
EMAIL ADDRESS:	

ITEM STORED/COOLER #	QUANTITY	EQUIP. #	RENTAL RATE			TOTAL
			DAY	MONTH	RATE	
SUBTOTAL						
RENTAL TOTAL						

**THE FOLLOWING IS MADE A CONDITION OF THIS RENTAL**

The undersigned (hereinafter referred to as "Renter") hereby agrees to compensate Kaslo Food Security Project for the amount of the above stated rental rates for each day or week consumed while Community Root Cellar space is being used by the Renter or The Community Root Cellar space is unusable due to the condition the Renter left it in. The Renter hereby absolves Kaslo Food Security Project and its owners of any responsibility or obligation in the event of accident, regardless of causes or consequences, and that any costs, claims, court or attorneys fees or liability resulting from the use of the Kaslo Food Hub Community Root Cellar and the Kaslo Food Security Project and its owners will be indemnified by the Renter regardless against whom the claimant or claimants institute action. The Renter agrees that all charges for rental will be paid in advance or immediately upon removing their goods from the Community Root Cellar and that all collection fees, attorney fees, court costs or any other expense involved in the collection of rental charges will be borne by the Renter. The Renter further agrees Kaslo Food Security Project may terminate this rental agreement at any time and demand the Renter remove their goods from the Community Root Cellar and payment in full of all rental owing in which case the Renter agrees to remove their goods and pay said rentals in full. A day rental is per 24 hours or any portion thereof, and the Renter is therefore responsible for any additional rent beyond time specified above. The above rental rate will be charged from the time the renter requests space be allotted to them to when the renter removes there goods and informs the Food Hub staff that they are no longer wanting the space. Renter will pay cleaning charges required should the renter leave their bin in a dirty condition or allow anything to leak or spill from their bin. The Renter warrants the above information to be correct and hereby agrees to the condition printed elsewhere in this agreement as well as the document 'Community Root Cellar Rules'.

RENTER'S SIGNATURE \_\_\_\_\_

If you would like to be kept updated on the Kaslo Food Security Project please provide your email address:

\_\_\_\_\_

## Community Root Cellar Policy

### Service Delivery Policy

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**Policy:**

The Community Root Cellar is available to anyone in Kaslo and Area D for rental space to store bulk foods.

**Procedure:**

1. Kaslo Food Security reserves the right to terminate a rental of the root cellar space should the items in storage be rotting, uncared for or seemingly toxic to other items held in storage.
2. Each rental space will be determined between the Kaslo Food Security Project and the renter.
3. Space available is on a first come first serve basis.
4. All rentals must adhere to the rental agreement signed upon agreement of space and cost.
5. Cost is determined by the size of the space, cost of operating and a % to cover administration. This amount will be written in the rental agreement.
6. Access to the root cellar will be during hours of operation of the food hub and subject to change.
7. Kaslo food security will designate the space to the renter and the renter is not too move their items somewhere else in the root cellar unless approved by Kaslo Food Security.

Community Root Cellar Rules of Use

All of the rules and regulations within this document must be adhered to for use of the Kaslo Community Root Cellar.

1. Rental agreement must be signed before use
2. Payments for rental times must be paid upon signing rental agreement, at the time storage begins
3. The Kaslo Food Security Project is not liable for any of the items you store in the community root cellar
4. The KFSP supplies a bin per rental as required, this bin is the property of the Kaslo Food Hub and if it is removed, there will be a \$15 fee applied to your rental
5. The KFSP will not clean your bins or keep track of the state of the items in your bins
6. If your bins require cleaning or are found to be rotting, there is a \$25 cleaning fee
7. If items you are storing require sand or other storing implements, you must provide them
8. All items stored must be recorded on your rental agreement
9. Access to your stored items will only be when the Kaslo Food Hub is open, currently Tuesday and Thursday 10-1pm
10. Meat items can only be stored for a maximum of two days
11. If your items are not picked up by the end of your rental agreement, there will be rental fees applied to each additional day they are in the root cellar (based on daily rate)
12. Should the power go out and you have items in the refrigerated cooler, the KFSP will not be liable for the items. We will do our best to move items into the cold storage side, where temperature is controlled by outside temperature and/or contact you (at the phone number or email address you have given us) to pick up your items.
13. If you add items to your bin that are not already listed, you must inform us.

I, \_\_\_\_\_ have read, understood and will adhere to the rules and regulations of the Kaslo Community Root Cellar.

Dated: \_\_\_\_\_

Witness: \_\_\_\_\_