

Gorge Tillicum Food System - Working Notes (2 June 2023)

Section 1 - Context:

- Extract from the GTCA's Climate & Ecosystem action framework
- Extract from Esquimalt Adaptation Plan
- Elements of a local food system

Section 2 - Gorge Tillicum Food System:

- Production
- Processing & Preserving
- Distribution
- Consumption
- Surplus Management
- Networking, Engagement & Collaboration
- Policies & Planning

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- #4 - Conversations in support of this document

Section 1 - Context

From the GTCA's Climate & Ecosystem action framework, with reference to Food Resilience

In General:

- Advocate for improved accessibility, quality, safety, and affordability
- Local, low-carbon production (drip irrigation, on site irrigation water storage, compost production & use, etc.)
- Community food production -- community gardens, farms, orchards; edible landscaping on private and public land; rooftop gardens (for-profit, social enterprise, or community garden)
- Use of permaculture &/or regenerative agriculture models
- Promote food knowledge (production, use, preservation, etc.) through workshops and other means
- Promote distribution of (surplus) produce within the neighbourhood through informal networks, groups or agencies
- Help connect neighbours seeking land to grow on with available land (in or beyond our area)
- Facilitate access to seeds, seedlings and other plants
- Encourage people to choose low-carbon foods (less and/or local meat consumption, etc.)
- Encourage food store and food service establishments to reduce food waste, offer low-carbon/plant-based food options, and use renewable-energy cooking methods.

Priorities:

- Host a Community Food Collaborative involving local residents, businesses and organizations to advise, monitor progress, and be ambassadors and partners for community food resilience. (This process could result in the formation of a non-GTCA group with a food-resilience action focus.)
- Promote street or neighbourhood level plant sales during the spring/summer
- Promote alternative options for small scale vendors -- e.g. boulevard and driveway sales

From Esquimalt Adaptation Plan (p.38)

“A significant portion (up to 50%) of food in BC is currently imported and living on an island makes residents even more susceptible to price increases and shortages of food. Additionally, up to 70% of food on Vancouver Island comes from California – which is itself a climatically vulnerable area. Climate change is expected to make growing conditions much harder for farmers (e.g., drought, extreme storms, pests, etc.). Esquimalt residents would benefit from fostering locally sustainable and resilient food systems, including increasing individual self-sufficiency in food.”

Elements of a local food system

The primary elements of a local food system with a short supply chain -- one contributing to increased community access to (primarily) local food, sustainability and resilience -- can be described as:

1. **Production:**
 - Farming;
 - Fishing (various kinds of seafood -- saltwater and freshwater);
 - Foraging
2. **Processing & Preserving:**
 - Primary -- cutting, cleaning, packaging, storage and refrigeration of raw foods to ensure that they are not spoilt before they reach the consumer
 - Secondary -- changing the primary product into another product, e.g. turning wheat flour into bread.
3. **Distribution (selling, donating, exchanging):**
4. Direct sales (including CSA/CSF, U-Pick, farm gate stall, etc.);
 - Wholesale
 - Retail
 - Institutions, Agencies, Community organizations
5. **Consumption**
 - At home
 - Elsewhere

Additional features, ones relating to and/or linking the 3 elements above, include:

6. **Surplus and Waste Management** -- Rescue; Recovery; Etc.
7. **Networking & Engagement** -- Events; Celebrations; Education; Food literacy
8. **Policies, Planning & Resources** -- Local & Regional

Section 2 - Gorge Tillicum Food System

1. Production

a) Where is food for local residents currently being produced & by whom?

Within the neighbourhood:

- Gorge Park Community Gardens (GPCG)
- Victoria Native Friendship Centre (VNFC) Food and Medicine Garden
- Home gardeners in single family and multi-family homes (including Gorge Tillicum Urban Farmers members and BC Housing's Hampton House and the new Albina building).
- School gardens at Tillicum and Craigflower elementary schools (and Colquitz middle school?)

Beyond the neighbourhood:

- Local / south island farms and fisher folk
- Imported to the south island from other island areas, the mainland, and further afield

Gathering / Foraging:

- Blackberries, etc. from parks, etc.

b) Options for the future

Community projects (volunteer, school or Parks department run):

- Facilitate matching of people with land with people who are looking for land to grow on
- Planned "growing to share" (you grow this, I grow that and we share the produce -- 2 or more growers)
- A local food forest / community orchard
- Boulevard food production
- Grow more food in parks as part of the landscaping process (fruit / nut trees; black currants; brassicas; etc.)
- More school gardens

Business / social enterprise:

- Gorge Tillicum SPIN farming type of project (Example from Regina: <https://www.citystreetfarms.ca/>)
- Farm on a commercial/residential site at ground or rooftop level -- see Topsoil (Farm in a Box) or other models
- Commercial protein production -- e.g. Aquaponics; Fish; Chickens/ducks for eggs and/or meat; etc.
- Aeroponic growing model (such as the one by Harvest and Share Food Relief Society -- see <https://www.timescolonist.com/life/vital-people-food-relief-group-turns-underground-parking-into-indoor-farm-6613112>)
- More honey production
- Mushroom farming (single site or various distributed sites)

Miscellaneous (including access to growing spaces):

- Encourage developers to use food plants in common areas instead of standard landscaping & to provide space for tenants to grow food
 - Saanich, business, other organizations (condos, etc.) providing access to shared space for growing -- especially for residents who do not own a home with garden access
 - Consider use of innovative urban production options -- e.g. container and vertical growing
 - Increase seed saving and sharing of seeds, seedlings & plants (c.f. City of Victoria's Growing in the City program)
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2. Processing & Preserving -- canning, drying, pickling, jams, sauces, freezing, etc.

a) Where is food currently being processed and preserved & by whom?

Within the neighbourhood:

- At SNP workshops
- At VNFC (unconfirmed)

Beyond the neighbourhood:

- Little Jams (The Little Stand on Queensbury)
- Frozen seafood (Michelle Rose CSF)
- South Island Food Hub

b) Options for the future

- Processing produce together -- apples to cider, tomatoes to sauce, fermenting, etc.
 - Local bakery
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3. Distribution

a) Where is food currently being accessed by individuals and by organizations -- at a price or free of charge

Selling:

- Grocers, etc. (See Appendix 1)
- Community Supported Agriculture (CSA) programs
- Community Supported Fisheries (CSF) programs
- Directly from farms (farm gate stalls, etc.)
- Farmers markets (e.g. Esquimalt Farmers Market, etc.)

Exchanging:

- GTUF members exchange and gift produce amongst each other
- Some people exchange their labour for fruit through the LifeCycles Fruit Tree Project

Donating (to and through community organizations & institutions):

- Victoria Native Friendship Centre:
 - Welcomes produce donations
 - Website: The Food Hamper program was developed at the start of the COVID-19 pandemic to provide food security supports to community members via internal referrals. It provides 220 hampers on a weekly basis to families, those sheltering in hotels, individuals, and tenants residing at Siem Lelum and Fernwood house. It includes fresh produce, Cobbs bread, Farm and Field butchery meat, Zambri's pasta sauce, and non-perishable food items.
 - Supported by Mustard Seed, etc.
- Les Passmore Centre / Saanich Silver Threads:
 - During COVID they established a meal delivery program (to members and others) in collaboration with James Bay New Horizons -- this is ongoing
 - During COVID (April 2020 - Sept 2021) they packaged and delivered food received from / donated by COBS (bread) and the Food Share Network / Food Rescue Project (fresh fruit and vegetables) at no charge. Currently offer on-site pickup on Thursdays of same items though they need to supplement donated items with bought foods.
- Hampton House:
 - They provide (some) meal kits ("Good food bag of love") to residents containing a recipe and ingredients (some from Mustard Seed and elsewhere, gleaned from unsold grocery stock)

- Saanich Neighbourhood Place:
 - Have a “help yourself” setup for items it receives or is surplus to their own activities
 - Receive contributions for the “Lunch for Little Ones” program from the Rotary Club of Victoria-Harbourside
 - They operate:
 - a number of food programs out of Pearkes, including Best Babies, Community Kitchen Program, and Family Dinners (take out since COVID)
 - food hampers to go (including distributing for the Fernwood NRG Good Food Box)
 - group cooking (up to 8 adults per time, making 4 meals for their families) and preserving for take-home by participants;
 - emergency food for people in dire straits;
 - Both SNP sites receive donations dropped at their kitchens that they use as they see fit -- on site or as donations to SNP users. They could always use more food donations -- fresh produce and value added / processed items. (They used to receive donations via various food drives, including through Tillicum School, but that all stopped with COVID.)
 - They receive food via Mustard Seed, they buy at Wholesale Club (cheaper), they get donations (SaveOn Foods, etc.), and they’ve signed up with the South Island Farm Hub
 - They serve anyone who comes but try to prioritize those that are most food insecure
 - They’re funded but not enough to cover the need out there (which is increasing). They could use more volunteers (on site, as drivers, etc.), a vehicle (panel van?) that they could use for food pickup, a freeze dryer, etc.
 - SNP’s focus is on families and their needs (rather than on the needs of individuals in the community)
- Craigflower School:
 - Operate a food donation/distribution program (pick up at school). Had (or still have?) donations from Rotary (fresh produce and more; rescued from other sources) and now (apparently) get food from South Island Food Hub. Supplies also donated by Backpack Buddies (a not-for-profit organization focussed on feeding kids). This project could use (receive) more produce donations.
 - Get funding from the province (Community Link), supplies via the BC School Fruit & Vegetable Nutritional Program, and donations from COBS bakery
 - Could use volunteer drivers to help with shopping for supplies
- Tillicum School:
 - Bread donated (biweekly?) by Cobbs is used in their “toast” program (with surplus offered to families)
 - Island Farms donates milk to the school periodically (surplus is donated to families)
 - Coast Capital sponsors an annual pancake breakfast
 - Fruit and veggie program whereby fresh food items are distributed to teachers for use in their classrooms -- who also generally have (other) snacks available for students
 - Christmas hampers are offered to families that need them, as is other support through the Youth and Family Counselor
- Donations from GTUF/GPCG gardeners to SNP/VNFC
- Once a week, KuKu’s prepares and donates large trays of food that volunteers pick up and drive to specific locations downtown for homeless folks to eat
- Fernwood NRG Good Food Box program distributes in the area through SNP and (directly to recipients) through their volunteer drivers.

b) Options for the future

- More small businesses in the neighbourhood (bakery, coffee shops, butcher, fishmonger, corner store, etc.)
- Community-accessible “book box” style dispensary / pantry / refrigerator (e.g. Community Fridge Victoria)
- More distribution through schools, perhaps

- Shared (aggregated) commercial outlets for use by small producers (backyard growers, etc.) -- e.g. a sidewalk stall, at a farmers market, a community CSA, etc.) [C.f. the Abalimi Bezekhaya / Harvest of Hope micro-farmers collaborative in Cape Town.]
- Facilitate local raw and processed food donation processes -- personal and collective
- Provide support for organizations donating / distributing food -- additional funds, food drives, volunteers, etc.
- Promote creation of one or more local catering businesses and/or businesses like <https://freebeets.ca/>

4. Consumption

a) Where is food currently being consumed & by whom?

Preparing and Consuming:

- At home
- At/from restaurants (eat-in & take-out), caterers, etc. *(See appendix 2)*
- In institutional settings:
 - Victoria Native Friendship Centre:
 - Their in-house catering service provides support to VNFC programs
 - Occasional Friday lunches open to the wider community
 - Les Passmore:
 - Offer in-house meals: soup, sandwiches, etc. for lunch and they offer frozen cooked meals at a low price (\$7 as of April 2023) that people could pick up and take home
 - Saanich Neighbourhood Place:
 - various daycare food programs in the daycare centre
 - Food Skills for Families -- a 6-week program about how to shop economically and cook healthy family meals.
 - Craigflower School:
 - Operates a free breakfast program for 50-60 kids / day. Some funding from Breakfast Clubs of Canada
 - Operates a lunch program (users pay) -- sometimes using sandwich trays from SaveOn Foods
 - Tillicum School:
 - Offers a funded pre-school “toast” program for students and siblings (toast, yogurt, waffles sometimes, etc.) run by EAs with food purchased in stores.
 - Lunch snack program (bought locally by staff person)
 - Colquitz Middle School:
 - School breakfast programs (**unconfirmed**)

b) Options for the future

- Community dinners, picnics, etc.

5. Surplus & Waste Management

a) Currently

- SNP and VNFC (**unconfirmed**) receive food from COBS, corporate distributors, etc. for use and/or donation
- The Food Rescue Project (apparently) collects food from Fairway Market (but not Save-On-Foods) (**unconfirmed**)

- A recently launched app aims to pair consumers looking for cheap eats with cafés and shops with surplus food that might otherwise go to waste at the end of the day. (For more information, see <https://www.timescolonist.com/business/new-app-matches-businesses-with-surplus-food-and-customers-looking-for-a-deal-6956374>)

b) Options for the future

- Further gathering of food surplus from multiple sources and donation to locations that: (a) offer them to people as is or in some modified/preserved form if the items are edible; or (b) for fodder to farms or for composting (if the items are not suitable for human consumption).
- Explore collaboration with the Victoria Foundation's Food Rescue Project

6. Networking, Engagement & Collaboration

a) Currently

- Local food-focused organizations:
 - Gorge Tillicum Urban Farmers (GTUF) -- a network of neighbours
 - Gorge Park Community Gardens (GPCG) -- a registered NFP society
 - Food Resilience Working Group -- a Gorge Tillicum Community Association committee
- Information sharing amongst GTUF members and GPCG members
- Community garden plant sale

b) Options for the future

- Build community around food (A food system is built on relationships amongst people and between them and their environments)
- Craigflower School used to do community food-based events (e.g. breakfasts) pre-COVID, including ones that were led by Indigenous folks -- these could be resurrected
- Host neighbourhood food tours showcasing producers, processors, and more
- Plan events at which people cook, process and/or eat food together
- Sharing of equipment (for food production and processing) and spaces
- Explore collaboration with Indigenous organizations and communities, UVic, and Camosun College
- The SNP kitchen (in the new building, at least) can be rented by groups (with SNP staff supervision and a need to follow food safety protocols)
- Les Passmore has a commercial kitchen that they use for their own programs as well as for their (smaller) Victoria site. They use their kitchen from around 8:00 am till around 2:30 pm -- after that (into the evening) it is available for use (at a price) by a business / entrepreneur. (Note that it is not available as a community kitchen - e.g. one where a neighbourhood group wants to cook together.)
- Conduct a local survey to identify what the community issues are that we're trying to solve? (For example, how might we help people move their home-grown surplus produce to recipients?)
- Establish a local food network / group that identifies local needs and facilitates meeting them through neighbourhood-based collaboration, planning, and coordination. The creation of such a network could be facilitated by the GTCA and be managed by a new group (not the current Food Resilience Working Group) that might include: GTCA folks; SNP, VNFC, Songhees, Esquimalt, Les Passmore, local schools, local individuals, etc. [Related to this idea, consider identifying (branding) GT neighbourhood as a "local food hub" -- maybe a downscale version of the "Neighbourhood Food Hub" in Toronto <https://www.neighbourhoodfoodhub.com/>.] (Note: Establishing a *physical* food hub, a centre for coordinating multiple food-related activities in the neighbourhood, is probably not realistic at this point in time.)

- Explore opportunities to collaborate with local schools
- Explore opportunities to collaborate with Mustard Seed / South Island Farm Hub / Kitchen Connect in one way or another. *[This is a regional food hub / distribution centre in Esquimalt that helps extend the life of healthy food; connects local food producers and processors with the specialized equipment, expertise, and space to grow their businesses; and more.]*
- Work with the new Saanich Food Hub, if it comes into being. *[The District of Saanich is exploring the feasibility of a shared-use food hub facility for food and beverage producers and processors in the District. This facility would be designed to give local producers shared access to commercial kitchen space, specialized food production/processing equipment, storage space, local food distribution, and a food testing lab. It could also include an online sales portal and even a small retail outlet as well as a range of business management and technical training resources.]*
- Work with local residents Dan and Micayla Hayes. They are the team behind *The London Chef* cooking school and catering company (<https://thelondonchef.com/> & <https://www.facebook.com/thelondonchef>) while he's a co-host of the APTN TV show *Moosemeat & Marmalade* (<http://moosemeatandmarmalade.com/>).

7. Policies & Planning

a) Current

- Saanich Agriculture & Food Security Plan
- Saanich Chicken bylaw
- Saanich boulevard use bylaws
- Saanich Emergency Program / Neighbourhood Emergency Preparedness Program (unconfirmed)

b) Options for the future

- Ensure that elderly and other people in need have access to food in a crisis (i.e. emergency planning)
- Plan for (shared) water storage for use in emergencies (drinking, cooking, etc.)
- Create (as a local resource) answers to the question "Where can I get ..??"
- Encourage policy and other changes at the municipal level -- including incentives such as:
 - Change regulations regarding boulevard gardening to make it easier to grow in these spaces
 - Allow driveway & boulevard food sales (fresh & processed) -- including through the aggregation of produce from a number of sites
 - Include fruit & nut trees in boulevard tree program run by Parks
 - Reduction on water bills for food production operations
 - Grants / funding / discounts
 - Consult with Mitchell Edgar, the Saanich Economic Development Manager, about local business development as well as about food tourism at a neighbourhood level
 - As the City of Victoria does (<https://www.victoria.ca/EN/main/business/business-hub/starting-a-business.html>), promote and support the establishment of food entrepreneurs / food-related businesses (amongst others)
- From Saanich (Cassidy - Agriculture and Food Security Planner):
 - "Developing education materials on pollinator habitats will be an upcoming priority in the AFSP (Agriculture & Food Security Plan)."
 - "Exploring opportunities to grow food in underutilized spaces supports many of the priorities in the AFSP. Saanich is working on exploring regulatory changes to permit farm gate sales in urban neighbourhoods, which would allow people growing food on private property to sell food within their community. Having community groups explore opportunities for food growth in their neighbourhoods

and educating and supporting residents through food growing initiatives is very valuable (which I know you're already doing!). If there are any conversations with community members that address barriers or obstacles to local food growth or food access that Saanich could support in, you can always bring them to me. Hearing community feedback is very helpful for the work I am doing."

- Mapping:
 - Make a map of where free food is available in the neighbourhood -- by donation (c.f. Rainbow Kitchen style or Community Fridge style) or by gleaning (blackberries, boulevard trees, GPCG commons areas, etc.)
 - Make a more extensive map our current neighbourhood food system on a digital platform (including elements within and beyond the area). Include food availability, community economy, street side sales, sharing opportunities, available resources, etc. [See this example from Salt Spring:
https://www.google.com/maps/d/u/0/viewer?mid=1BjhMB7_rnW5ookfpUoGHq3AuWiGYu3w&fbclid=IwAR3VAcFPPBU9NFukfcUPIFOX1QKIJcymCWyUSCu6C_PwGrGLOfRbLAWH2e0&ll=48.79251043224308%2C-123.43856314541938&z=12]
 - Consider doing a full community mapping process focussed on food, one that includes desired future assets

Section 3 - Action Options (in general)

- The vision for an improved food system includes (amongst other features):
 - Resilience in the face of climate and other changes
 - Increased participation in production / increased local production
 - Eat the best local food (as opposed to exporting the best products)
 - Increased business opportunities for the benefit of the community (particularly through a “circular economy” model, where money circulates through the local economy rather than leaving it)
 - Closer connections to / relationships between consumers, producers and processors
 - A non-exploitative system, one that addresses food justice elements as well -- including fair wages and fair prices. *[See Iye Creative re BIPOC engagement in food activities. And, for an example of values related to a desired food system, see: <https://localcatch.org/core-values/>.]*
 - Maximize eating within the local ecosystem (i.e. what’s seasonally available)
- Promote an increase the pace of change from our current system to a more resilient one
- Shorten the distance between sources and consumption as distance introduces waste and other problems. (A shorter supply chain allows higher income for producers at the same price for consumers.)
- In general, enhance networking and interconnectivity, education, training, mentorship
- Where possible, avoid the time- and energy-consuming grant route requiring pre-defined goals, tracking, measuring, reporting, etc. -- rather build projects that are flexible and can go where the energy within the project leads
- Instead of building projects focussed on people in dire straits, build projects for everyone and include those in dire straits (thereby simultaneously building community) -- e.g. cooking classes (rent SNP space); a restaurant that is based on pay-what-you-can; etc.
- Consider not only what might be needed, but (if it’s something physical as distinct from organizational) also where a resource might be located in the neighbourhood -- including single vs. multiple distributed locations. (For example, corner grocery stores spread across the area.)
- Promote:
 - Food literacy and a shared understanding of the need for a better, more diverse and more resilient, food system -- e.g. via GTCA newsletter (regular features?); school collaborations; local educational opportunities; etc. Make community-wide conversations about local food resilience a feature of our planning -- whether they’re large or small, regular or occasional. Host speaker-based events in the community -- e.g. Michelle Rose CSF (Guy Johnson), Skipper Otto (Sonia Strobel), Saanich Organics, etc.
 - A reduction in meat production and consumption in favour of limited chicken (sustainably raised), fish (wild- and sustainably-caught), and plant-based protein
 - Information-sharing about the role of wildlife in food production (soil organisms, pollinators, etc.)
 - The sourcing of as much local food as possible for local events (e.g. for the strawberry tea at the picnic)
 - An understanding that food is more than a commodity
 - Financial support (e.g. monthly giving) for programs such as Farmbucks (<https://www.sifarmhub.ca/farmbucks-program>)

Section 4 - Appendices

Appendix #1: Food vendors in (and near) the GT neighbourhood

This list includes in person shopping opportunities as well as online ordering with pickup and/or delivery.

- Health Essentials
 - Fairway Market
 - Save-On-Foods
 - London Drugs
 - M&M Food Market
 - Day to Day Grocery & Produce + Garcha Brothers butcher
 - 7-11
 - *Esquimalt Farmers Market (Esquimalt Gorge Park)*
 - *South Island FarmHub (online grocer in Esquimalt)*
 - *Wholesale Club (Esquimalt)*
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Appendix #2: Restaurants and Caterers in (and near) the GT neighbourhood

- Il Greco
 - Gorge Shopping Centre:
 - Villages Pizza
 - Subway
 - Tillicum Centre:
 - Saigon Char-Broil
 - Starbucks
 - Edo Japan
 - The Hot Dog Guys
 - A&W
 - The Olive Branch
 - Montana's
 - Burnside Plaza:
 - The Mantra Indian Cuisine
 - Mr. Tubbs Ice Cream Parlour
 - Marble Arch Fish & Chips
 - Cosmos Pizza
 - Szechuan Palace Restaurant
 - Burnside Mall (*Is this its name?*):
 - Brady's Fish & Chips
 - Hot House Pizza
 - Ku-Ku's Indian food
 - Rebel Garage, a new coffee shop behind Rebel Ink tattoo parlour
 - Toishan Kitchen
 - Wings Chinese food
 - The London Chef (Dan Hayes) -- a caterer with a cooking school and a TV project -- lives in our neighbourhood
 - *Iluka Café (Esquimalt)*
 - *Boleskine Bistro (Mt View Colquitz area)*
 - *Syriana Catering and Restaurant (Esquimalt)*
 - *Songhees Events and Catering (Esquimalt)*
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Appendix #3: Links to Organizations and Other Resources

- **Abalimi Bezekhaya** <https://abalimibezekhaya.org.za/>; **Harvest of Hope** <http://abalimiharvestofhope.org.za/> (South Africa)
- **Backpack Buddies** <https://www.backpackbuddies.ca/>
- **BC School Fruit & Vegetable Nutritional Program** <https://www.bcaitc.ca/bc-school-fruit-vegetable-nutritional-program>
- **Compost Education Centre** www.compost.bc.ca
- **Community Food Support:** <http://Communityfoodsupport.wordpress.com/>
 - They have a hamper delivery program and they operate the community fridge at 2725 Rock Bay Ave.
 - Update (10 April 2023): They will be opening a second Community Fridge at Ferwood NRG soon and are also collecting donations via Esquimalt Farmers Market from farmers, other vendors, and attendees.
 - Available roles include: Food pick-ups; Grocery shoppers; Delivery driver; and Hamper sorters
- **CRFAIR (Capital Region Food & Agriculture Initiatives Roundtable)** <http://www.crfair.ca/> Their projects:
 - [Farmer 2 Farmer](#)
 - [Good Food Policies](#)
 - [Closing the Supply Gap](#)
 - [Community Food Hubs](#)
 - ✚ **Victoria Community Food Hub** <https://www.victoriacommunityfoodhub.com/>
 - ✚ **South Island FarmHub**, <https://www.sifarmhub.ca/> This project of the Victoria Community FoodHub is a farmer-driven produce distributor and online platform for local, seasonal produce and locally processed foods. Food is delivered to local charities feeding vulnerable people, other organizations (e.g. SNP), restaurants, schools, and home customers. As it's an online market, "those who can't make it out to in-person markets can still connect with and support local vendors, and enjoy seasonal produce from shopping online." (See <https://www.sifarmhub.ca/farmbucks-program> for their **Farmbucks Campaign** -- a project whereby charities buy food at discounted prices and farmers get full price for their products.)
 - ✚ **Kitchen Connect** <https://www.kitchenconnectvictoria.com/> This project of the Victoria Community Food Hub is a food business incubator, processing facility, training space, and venue for community food events. It offers farmers and food makers resources to create value added products for distribution to retail and wholesale markets.
 - [Flavour Trails](#)
 - [Island Health Regional Food Security Hub](#)
 - [Community Food Initiatives](#)
 - [Food and Farmland Trust](#)
 - [Good Food Network](#) (<https://www.goodfoodnetwork.info/>)
 - ✚ To subscribe to their newsletter <https://www.goodfoodnetwork.info/sign-the-good-food-resolution>
 - [Community Farms](#) (5 incubator farms in the region)
 - [Transforming Tea and Toast](#) (a project in support of seniors)
- **Esquimalt Nation** <https://www.esquimaltnation.ca/>
 - Esquimalt Nation is developing an Indigenous Food and Ecosystem Management Plan (**unconfirmed**)
- **Farm to School BC** <https://farmtoschoolbc.ca/network/regional-hubs/capital-region/>
 - Matthew Kemshaw, Capital Region Hub coordinator matthew.kemshaw@farmtoschoolbc.ca
- **FED (Food Eco District) Urban Agriculture** <https://www.get-fed.ca/>
- **Food Share Network:** <https://www.foodsharenetwork.com/>
 - The Capital Region FSN supplies member agencies in the greater Victoria and Duncan area including the Woman's Transition House, Our Place, Salvation Army as well as several Indigenous communities, school food programs, senior housing and The Mustard Seed!
 - Their extensive food access resource list: <https://www.foodsharenetwork.com/resources>
- **Good Food Box (Fernwood NRG):** <https://thegoodfoodbox.ca/home>

- **Gorge Park Community Gardens** gorgegardens@gmail.com ; <https://gorgegardens.wixsite.com/gorgegardens>
- **Gorge Tillicum Community Association's Food Resilience Working Group** info@gorgetillicum.ca ; <https://www.gorgetillicum.ca/>
- **Gorge Tillicum Urban Farmers** gturbanfarmers@gmail.com ; <https://growfood.wixsite.com/gtuf>
- **Growing Chefs** (focussed on kids) <https://www.growingchefs.ca/>
 - List of regional farms and **CSA options** <https://www.growingchefs.ca/blog/2021/3/9/vancouver-island-csa-2021>
- **Growing in the City** (City of Victoria) <https://www.victoria.ca/EN/main/residents/parks/growing-in-the-city.html>
- **Harvest and Share Food Relief Society** <https://harvestandshare.a2hosted.com/> (Growing food at Government House and in Glenlyon Norfolk School basement.)
- **Iye Creative:** <https://www.iyeherstories.com/>
 - Operate the Palenke Produce Box program offering access to locally grown, nutrient dense food and community-building events
 - Cofounder and Managing Director Ariel Reyes Antuan: 778-700-6249 creativecollective@iyeherstories.com
- **Kitchen Connect** (see CRAIR above)
- **Les Passmore Centre / Saanich Silver Threads** <https://silverthreads.ca/our-centres/>
- **LifeCycles Project Society** (Fruit Tree Project, etc.) www.lifecyclesproject.ca
- **Living Edge** works in collaboration with Food Share Network, Mustard Seed Food Bank and the Salvation Army to gather food from grocery stores and other food providers and to distribute it to people in need. www.livingedge.ngo
- **Love Food, Hate Waste** <https://lovefoodhatewaste.ca/>
- **Michelle Rose Community Supported Fishery** <https://michellerosecsf.com/>
- **Mustard Seed Street Church** <https://mustardseed.ca/>
 - The Food Rescue Distribution Centre is a collaboration between Rotary Clubs of Greater Victoria, Thrifty Foods, The Victoria Foundation, the 40+ members of the Food Share Network and their operational partner, The Mustard Seed Street Church.
 - Through their Food Security Distribution Centre and the Food Share Network, they operate a **Food Rescue Project** (<https://mustardseed.ca/food-rescue/> and <https://victoriafoundation.bc.ca/food-rescue-project/>) that recovers and redistributes fresh food (mostly perishable fruits, vegetables, milk, and meat) to food insecure communities in the Capital Region -- via 70+ non-profit agencies around the region -- in partnership with Victoria Foundation, the Rotary Clubs of Greater Victoria, the Food Share Network, and participating grocery stores including: Country Grocer, Fairway Market, Red Barn Market, The Root Cellar, Thrifty Foods, Whole Foods.
 - They are an integral part of the Food Hub and have two VIHA-certified commercial kitchen spaces that allow them to process rescued food into sauces, soups and stocks for further redistribution.
- **Rotary Clubs of Greater Victoria** <https://www.harboursiderotary.org/>
- **Saanich municipality**
 - Agriculture & Food Security Plan <https://www.saanich.ca/EN/main/community/agriculture-food-security/agriculture-food-security-plan.html>
 - Agriculture & Food Security Planner, Cassidy Daskalchuk Cassidy.Daskalchuk@saanich.ca
 - Economic Development Manager, Mitchell Edgar mitchell.edgar@saanich.ca
- **Saanich Neighbourhood Place**
 - Tina Tulloch (tina@snplace.org) is the food security co-ordinator at the Pearkes location (which runs the community kitchens, family dinners, food skills for families, etc.) and is the main kitchen contact. Ariane Vezeau (ariane@snplace.org 250-360-1148) is another co-ordinator that works in the new child and family centre and Crystal is a third member of the food team.
 - SNP work with other neighbourhood houses to access supplies (processed foods and meats) from large scale food companies. Tina works with BC Housing and Tina and Ariana are part of the CRAIR Food Literacy group.
- **Shelbourne Community Kitchen**
 - The Kitchen is a neighbourhood food centre that offers food skills education and garden programs along with fresh and dignified food distribution.
- **Songhees Nation**
 - Grow salad greens, vegetables, and herbs in their community rooftop garden

- Chris (McElroy?) chris.mcelroy@songheesnation.com
- Stefan Demontmorency, Operations Manager for Songhees Events and Catering: “The majority of his time is divided between offsite and in-house events; ensuring food is packaged, transported and served in a safe, presentable and timely manner.”
- **South Island FarmHub** (see CRFAIR above)
- **The Little Stand** on Queensbury Ave. (jams, chutneys, +) -- Katherine Little: 250-686-1304, littlefast1121@yahoo.ca
- **Too Good To Go** is an app that lets users source (at reduced prices) unsold food from stores, restaurants, cafes, and other food professionals rather than letting it go to waste. www.toogoodtogo.com/en-ca
- **Topsoil** <https://www.topsoileatlocal.com/>
- **Victoria Native Friendship Centre** (250-384-3211) <https://vnfc.ca/> & <https://vnfc.ca/food-security/>
 - “To provide nutritious meals to families that otherwise couldn’t be afforded. Our main focus is to support the community with healthy food options.”
 - “The VNFC Food and Medicine Garden is a community garden growing fresh, organic vegetables, and plant medicines year-round. The garden offers a peaceful space for people to learn about food production and plant medicines, and to build healthy relationships with the land and the Community. The garden is run by dedicated staff and volunteers and food is shared with our VNFC Hampers and Kitchen to include in daycare and program lunches. Plant medicines are processed and shared with Community. The garden offers hands-on workshops to learn about gardening, food and medicine processing, and plant medicines. We distribute seeds and plant starters to Community members interested in home gardening. We also support Siem Lelum Housing’s Community Garden. Volunteers are welcome!”
 - There is, according to their website, a food security team with different people being responsible for different elements of their food program.
 - Christina Kante (christina.k@vnfc.ca 250-384-3211x2208) is the Health Team Lead (which includes responsibility for the VNFC Food and Medicine Garden)
 - Julie ??? (garden@vnfc.ca) is the head gardener (from website: Email gardensupport@vnfc.ca)
 - Kerri Amsing (Food Director) 250-896-9063
 - Jon B., Kitchen Manager jon.b@vnfc.ca
 - Johnathan S., Hamper Coordinator hampers@vnfc.ca

#4 - Conversations in support of this document

Conversations engaged in:

- | | |
|---|---|
| <ul style="list-style-type: none"> • Hannah, Maleea, Stewart, Kath (local residents) • Ariane, Tina, Crystal (SNP) • Linda (CRFAIR) • Trish (BC Housing) • Jayne (Craigflower School) • Gabe, Laurie, Darren (GTUF) | <ul style="list-style-type: none"> • Denise, Ian (GPCG) • Cam, Rebecca Newlove, Becky (Saanich) • Tracy (Les Passmore) • Cassidy (Saanich) • Heather (Tillicum School) |
|---|---|

Potential future conversations:

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|--|--|
| <ul style="list-style-type: none"> • VNFC • Songhees & Esquimalt Nations | <ul style="list-style-type: none"> • Matthew Kemshaw (Farm to School) • Etc. |
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