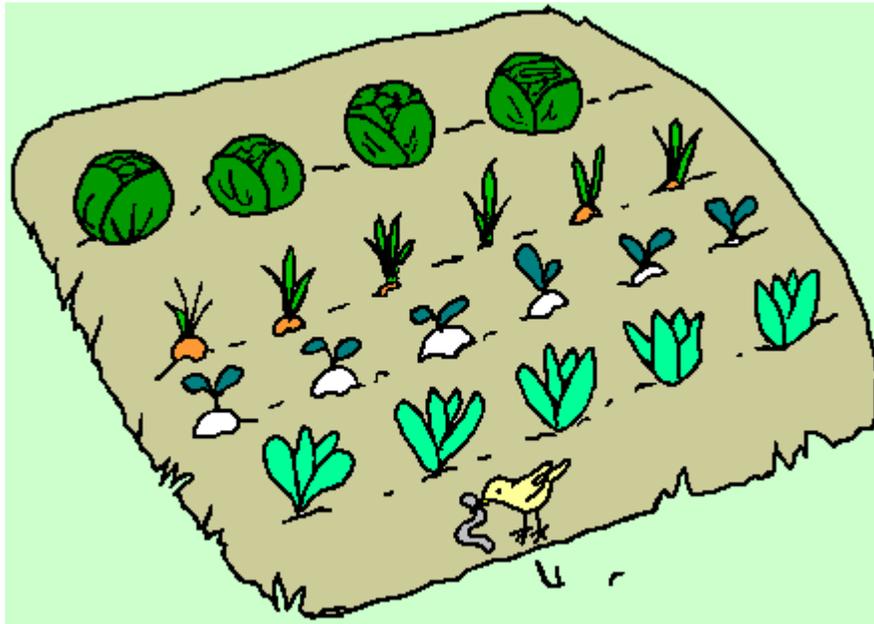


Bella Coola Valley

Food Action Plan



May 2006

Lead Agency

The Bella Coola Valley Sustainable Agricultural Society took on this project because community food security and the creation of a local food system are part of their mandate. The society subcontracted Elizabeth Howard as the contract consultant to increase food security awareness, gather community input and prepare this report.

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Executive Summary

The Bella Coola Valley is part of the Vancouver Coastal Health Service Delivery Area. It is an isolated valley with a population of approximately 2500 and is home to the Nuxalk Nation. The health and socioeconomic statistics for the valley residents are some of the worst in the province. This, however, hasn't always been the case.

The Nuxalkmc thrived on local and traded foods before crops were grown in the valley. The Nuxalkmc and early settlers created a prosperous agricultural community that fed locals and communities to the west and south. The relatively quick change from a local healthy food system to one that created dependency and presently provides massive quantities of artificially cheap, non-nutritious foods is part of the reason for the poor health status of valley residents.

The provincial government has recognized the need to address food security as a social determinant of health. Food security is when a person, group or a community has, at all times, access to safe, culturally acceptable, nutritionally adequate diets through a sustainable food system. It isn't enough to tell people what they need to eat to be healthy. People need to have *access* to healthy foods. Foods need to be grown locally and government policies need to support food security and local food systems.

The Community Food Action Initiative (CFAI) was created to support the healthy eating component of the ActNow BC health promotion program. This program is designed to make BC the healthiest jurisdiction to host a winter Olympics. The goal of the Community Food Action Initiative is to increase food security for everyone in the province of British Columbia. The CFAI involves integrated coordination at the provincial, regional and community levels.

Health care and social support workers in Bella Coola previously identified food security as a community issue. At that time, a food security committee was formed, funding for a food security coordinator was applied for and last year a Community Kitchen Coordinator was hired. The community nutritionist has food security as part of her mandate.

Food security projects in Bella Coola currently fall along the food security continuum. Short-term relief is met by the local food bank which recently became a member of the Canadian Association of Food Banks. Capacity building programs are already in operation. Community gardens have been growing food for people accessing mental health services and a pregnancy outreach program. The Good Food Box started up two years ago and two community kitchens were created in the past year. Gleaning has been done by food bank recipients and participants in a community dinner club.

At the far end of the food security continuum is the redesign stage where food policy development and implementation occurs. One local school has a written food policy. No other local organizations have food policies, however, the Bella Coola Valley Sustainable Agricultural Society includes food security and the development of a local healthy food system in its strategic plan.

The BCVSAS became the lead agency for the CFAI. The vision and goals of BCVSAS matched the food security project well. A Food Security Advisory Committee was assembled from key stakeholders in the community. A consultant was hired to engage the community in the development of a local food action plan. The food action plan includes an environmental scan, gaps analysis, outcome measurement framework, a first year plan with budget, and an evaluation plan.

In a short timeframe, the consultant worked to increase awareness of food security. A community meeting was held to determine the vision, gaps and priorities for food security in the valley. Participants decided that a food secure Bella Coola Valley includes gardens, greenhouses, salmon, clean water, supportive policies, healthy happy people, no food banks, a barter and trade system, respect for our foodshed, and storage facilities. The contributors also felt that any projects must be grassroots and involve cooperation. The gaps in food security included lack of funding, lack of coordination, and the need for education and awareness, especially among children. The participants decided the priorities to address food security are to:

- Hire a Food Security Coordinator to enhance current better practice food security programs and create new programs (Gleaning, Cooking Fun for Families)
- Increase awareness of food security, local sustainable food systems, and gardening skills in the valley, especially in children and youth
- Increase community capacity by sharing local knowledge
- Work toward creating universally accessible school meal programs that include the use of local healthy foods
- Increase local food production, availability and affordability

The Bella Coola Valley has the potential to become much more self-sufficient by creating a local healthy food system. There is vast knowledge and skill in the valley and the opportunity exists to share those with the younger generation. The current food security programs can be enhanced and others created to meet the needs of those who have difficulty accessing local healthy foods. However, much more work needs to be done to address policies that affect food security in our valley, our province, Canada and the rest of the world. The creation of an Agricultural Advisory Committee, along with collective support from the community, the region and the province, will enable us to address policies that directly affect the valley.

Introduction

Introduction

What is Food Security?

This report has been prepared for the Community Food Action Initiative. The Initiative was created to support the healthy eating component of the ActNow BC health promotion program. This program is designed to make BC the healthiest jurisdiction to host a winter Olympics. The objectives of the healthy eating component are for British Columbians to:

- Increase their intake of fruits and vegetables
- Increase the prevalence of healthy weights

It was acknowledged that these two objectives could not be met if people in the province cannot obtain healthy foods. Thus, the Community Food Action Initiative is focused on increasing community food security.

Food security can apply to individuals, groups of people and to communities. When a person, group or a community is food secure they have at all times access to safe, culturally acceptable, nutritionally adequate diets through a sustainable food system.

The goal of the Community Food Action Initiative is to increase food security for everyone in the province of British Columbia. The objectives to accomplish this goal are to:

- Increase awareness about food security
- Increase access to local healthy food
- Increase food knowledge and skills
- Increase community capacity to address local food security
- Increase development and use of policy that supports community food security



Location and Geography of the Bella Coola Valley

The Bella Coola Valley is located at the end of Bentinck Arm in the Central Coast of British Columbia. It lies between the Cariboo Mountain Range to the east and the Pacific Ocean to the west. The valley itself is long, narrow and edged by mountains its entire length of 60 km. About half way up the valley the Talchako and Atnarko Rivers meet to form the Bella Coola River. The river is the defining feature of the valley and it supports spring, steelhead, sockeye, pink, chum and coho salmon. Ooligans used to come into the river but have not returned in any great number for the past seven years

The valley is geographically isolated. The closest large settlement is Williams Lake which lies approximately 500 km to the east. Bella Bella, to the west, is eight to nine hours by boat. Vancouver is approximately 400 km to the south by air. Bella Coola, 4 Mile and Hagensborg are the main communities. The Bella Coola Valley is in the Vancouver Coastal Health Region and falls under the jurisdiction of the Central Coast Regional District.

The Bella Coola Valley is home of the Nuxalkmc, a Coast Salish First Nations. The first Europeans arrived in 1793. A Hudson's Bay Company store was built in 1867 to trade with the few Nuxalkmc who survived a smallpox epidemic. Permanent settlement of the valley by non-natives started around 1884 (Bella Coola County, Leslie Kopas, 2003). Most of the first immigrants were Norwegian. Today, many descendents of those settlers remain in the valley hence, the local saying 'one valley, two cultures'.

According to the Koppen system of climate classification the valley is described as "humid, mild winter temperature climate, marine West Coast landscape". The valley is considered to be in climate zone 6. It is estimated that there is over 10,000 acres of good agricultural land in Bella Coola most of which are not available at this time due to second growth timber. Approximately 400 acres in the valley are in food crop production (Inner Central Coast Economic Recover Plan: Agriculture, 2003).



A Brief Food History of the Bella Coola Valley

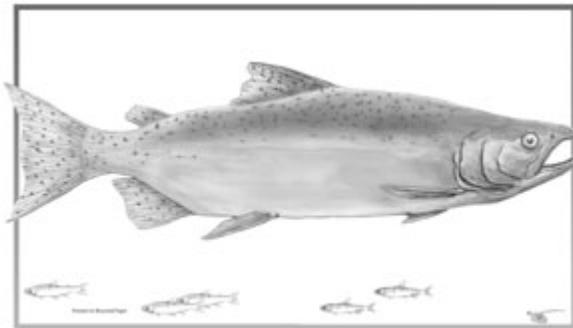
The Nuxalkmc have lived in the Bella Coola Valley since the beginning of time. They used the Bella Coola River and the 'Grease Trail' as trade corridors between coastal and interior regions. They thrived on local foods such as salmon, ooligans, berries, roots and wild greens and traded with the Heiltsuk and Ulkatcho for seafood and moose meat. The *Nuxalk Food and Nutrition Handbook* produced in 1984 provides an extensive overview of traditional foods and how to prepare them.

The Nuxalkmc were the first farmers in the valley. They were introduced to potatoes, squash, corn and fruits by explorers and settlers. Nuxalk potatoes were famous with other First Nations peoples. The Nuxalk village at old town on the north side of the river provided exceptional growing sites and abundant gardens. When Indian reserves were being created in BC the Nuxalkmc requested a large piece of land for growing and selling potatoes and vegetables. However, when the reservation boundaries were drawn up the chief at the time wasn't consulted. The rest of the best farm land in the valley was acquired by Norwegian settlers who were then required to build farms. Corn, tomatoes, cucumbers, beans, squash, carrots and cabbages were grown and farmers raised Jersey cows and chickens. The large potato and root crop in Bella Coola allowed farmers to make money (Bella Cool Country, Leslie Kopas 2003). An annual Fall Fair started in 1951 to celebrate the valley harvest.

A healthy economic agricultural community thrived until the late 1950's. Produce fed valley residents and was shipped to outer coast communities, including Vancouver Island and Vancouver. However, in a relatively short span of time access to and the availability of traditional foods greatly decreased due to private property, logging, and over-fishing. Over the years the number of people able to make a living by farming, logging and fishing decreased. For the past seven years ooligans, a fish of cultural and nutritional importance for the Nuxalkmc, have not returned in their traditional numbers (Inner Central Coast Economic Recover Plan: Agriculture, 2003).

The 1950's saw many changes in the Bella Coola Valley's food system. The completion of the road to Williams Lake in 1953 enabled food to be trucked in. New refrigeration technology lengthened produce storage time and processed, convenience foods were promoted as highly desirable commodities. When the road improved and the wharf burned down, refrigerated trucks came more frequently. The reliance on local agriculture shifted to a food-based economy that is controlled outside the valley and is largely in the hands of a few trans-national food corporations (Inner Central Coast Economic Recovery Plan: Agriculture 2003). Many residents may be experiencing disconnection from the land and do not know where and how their food is grown.

Today, like anywhere else in British Columbia, the residents of the Bella Coola Valley can purchase foods from around the world – lettuce from California, grapes from Chile, tomatoes from Mexico. It is said that the average food found on a dinner plate has travelled 3,000 kilometres to get there. The increased use of fossil fuels to transport food around the world does not meet the criteria for a sustainable food system; nor does the vast use of non-organic fertilizers, pesticides, herbicides and mono-cropping that the current global food system employs. Further, artificially cheap unhealthy foods are more widely available than healthy food because the full costs, including transportation, are not factored in. The result is an unhealthy population eating unhealthy food trucked in weekly. This report hopes to offer ways for residents to move toward a healthier, local and sustainable food system – toward food security.



Bella Coola Valley Sustainable Agricultural Society

The Bella Coola Valley Sustainable Agricultural Society (BCVSAS) is the lead agency for the Community Food Action Initiative. The vision, mission and goals of BCVSAS are a perfect match for the project.

The BCVSAS began in the fall of 2003. The group was comprised of Nuxalk and non-native members who shared a similar vision and concerns for health and agriculture in the valley. Start-up funds were provided by the Bella Coola General Hospital and the Nuxalk Nation. The BCVSAS was formally registered on January 30, 2004.

Vision Statement:

The BCVSAS envisions the Bella Coola Valley as a whole, producing nutritious foods in a sustainable manner, which will create positive health and socioeconomic effects for our community and our environment.

Mission Statement:

The Bella Coola Valley Sustainable Agricultural Society is committed to facilitating the development of sustainable agriculture enterprises. By utilizing traditional knowledge with respect to our cultural diversity, we will build community capacity in cooperation with our neighbouring communities and learning institutes in order to achieve community wellness.

Organizational Goals:

- Optimum community nutrition through locally grown foods.
- Local educational institutes actively involved with agriculture in their classrooms.
- Existing and prospective agricultural producers have viable markets for their output (e.g. Farmers' Market).
- Increased awareness that agriculture will become a significant contributor to our local economy (e.g. food security).
- Preservation of an adequate land base and development of infrastructure suitable for sustainable agriculture production.



Economic Data

Economic Data

People Living on Income Assistance

Living on income assistance in British Columbia means living below the Statistics Canada low-income cut-off line (LICO). The LICO line is calculated in relation to average expenditures on the essentials of food, clothing, and shelter. If an individual or family spends 20 percent more of its total income on these essentials than the average then they fall below the LICO line.

The number of people living on income assistance measures the extent to which the residents of a given area live in highly unfavourable conditions. People living on insufficient income are more likely to be in poor health, die prematurely, and choose behavioural patterns that are harmful to their health.

Currently there are 177 households on the Nuxalk reserve living on income assistance (84 families, 93 individuals). There are 52 clients (42 cases) living off reserve on income assistance (from regional managers).

Dietitians of Canada and the BC College of Dietitians produce the annual report *The Cost of Eating in BC* which repeatedly shows that the amount of money from income assistance is not sufficient to meet the nutritional needs of those who receive it. Income assistance rates are well below the poverty line based on Statistics Canada's low income cut-offs (Cost of Eating in BC, 2005).

Unemployment Trends

Income is a determinant of health. Lower income is associated with lower education and poorer health. The unemployment rate is a traditional measure of the health of the economy.

In 2005, 9.3% of valley residents were receiving Employment Insurance (EI) benefits. The number of EI recipients in BC in 2005 was 3.1% of the population (BC Stats, 2005).

The Bella Coola Valley ranks 4th out of 78 provincial regions for having the lowest income levels (BC Stats, 2005). The average yearly income of a husband and wife household is \$49,544. A family with a lone female head of house takes in \$23,402 per year (2001 Census). The table below shows that the majority of valley residents earn between \$20,000 and \$79,999 per year and that a full quarter of valley residents earn less than \$20,000 per year.

Income Differences of Consumers in Bella Coola

Income Level	Percent
<\$20,000	25.7%
\$20,00 - \$79,999	59.5%
≥\$80,000	14.8%

(2001 Census)

The median family income from the 2001 Census was \$37,014 and the median income for singles was \$14,945.

Nutritious Food Basket Cost

Each year the nutritionists of British Columbia use a standardized tool to determine the cost of foods that provide all the required nutrients to stay healthy. This is called the Nutritious Food Basket.

The cost of the Nutritious Food Basket in 2005 in the Bella Coola Valley was \$784 per month to feed a family of four. The provincial average cost to feed a family of four in 2005 was \$655, an increase of 3.5% from 2004. Further, healthier food costs more. Buying whole wheat bread instead of white, lean ground beef instead of regular, and low-fat cheeses instead of whole-fat increases monthly food costs by \$70 to \$80 per month for a family of four (Cost of Eating in BC, 2005).

A local survey found that 20% of the average income is spent on food. The maximum spent on food was 35% and the lowest was 5%. The average Canadian family with one income spends about 10 to 15% of their disposable income on food. Those living on income assistance in BC need to spend 31% to 44% of their income on food to meet their nutritional needs (Cost of Eating in BC, 2005).

There are no traditional Nuxalk foods for sale in the grocery stores. Other cultural foods are available for sale but a local survey found that 54% of respondents felt that their traditional or culturally relevant foods were somewhat available.

Social, Cultural, Demographic and Environmental Data

Social, Cultural, Demographic, and Environmental Data

Vulnerable populations

Vulnerable populations are those made vulnerable by their place of residence. This is certainly true for people living in the Bella Coola Valley. Populations are also vulnerable due to financial circumstances, health and the presence of chronic or terminal illness or disability.

People living in Local Health Area 49, which includes Bella Coola, rate 2nd worst in the province for potential years of life lost due to natural causes and 3rd worst in the province for life expectancy at birth (BC Stats 2005).

The Bella Coola Valley region is ranked 4th worst in the province out of 78 regions for health status. Nutrition-related diseases (heart disease, cancer and diabetes) top the list of causes of death in the valley (BC Stats, 2003).

Life Expectancy

Life expectancy is used around the world as a basic indicator of the health of a population. The extent to which people are able to live a long life reflects access to the key determinants of health such as adequate food.

Life Expectancy in the Bella Coola Valley

Life Expectancy (yrs of age)	1992 – 1996	1997 – 2001
Men	71.33	71.80
Women	79.17	80.86
Total	74.31	75.40

Health Profile 2004, Rural Coastal Vancouver Health

The life expectancy of First Nations in BC, 73.9 years of age, is lower than non-natives (2001 Census). The average life expectancy of British Columbians is 80.8 years. The average for people living in the Bella Coola valley for 2001 – 2005 is 74.5 years of age (BC Statistics, 2005).

Families and Individuals

The groups most likely to be living below the low-income cut-off are young people, elderly people living alone, young families, single-parent families, women and handicapped people. In general, regions with the highest rates of economic hardship have the poorest health status.

Many seniors live on fixed incomes and those who receive the maximum government supplement can be considered severely needy. Seniors who live in poverty can experience significantly poor health.

Children living in female lone-parent families are much more likely to live below the low-income cut off. Children under 18 in single-parent families have lower overall health level compared to children in two-parent families. Children raised in families living on low incomes are more likely to have health problems during childhood and as adults (Health Profile 2004, Rural Vancouver Coastal Health).

Families and Individuals Living in the Bella Coola Valley

	Bella Coola Valley	BC
# women leading families	30.9 % of pop	25.7% of pop
# seniors	9.5 % of pop	
# school-age children, 0 – 17	28.3% of pop	

2005 BC Statistics

Percent of Bella Coola Valley residents living below the low income cut off

Women living below LICO	Men living below LICO	Total living below LICO
12.9%	16%	14.5%

(Health Profile 2004, Rural Vancouver Coastal Health)

Children under 18, living in the Bella Coola Valley below the low income cut off

All children	Two-parent family	Female lone-parent family
16.8 %	11.5 %	40 %

(Health Profile 2004, Rural Vancouver Coastal Health)

Childbearing Rate

The childbearing rate in the Bella Coola Valley in 2003 was significantly higher than the childbearing rate in British Columbia. More significantly is the higher teenage childbearing rate. The Bella Coola Valley has one of the highest teenage childbearing rates in all of BC. Teen pregnancy is a commonly used indicator of social and economic conditions in a community. Many teen pregnancies are unplanned and an unintended pregnancy exposes the parents and child to social risks such as poverty. Children living in low-income families are at risk of poor health resulting from inadequate food, clothing and shelter.

Rate of Births in Bella Coola

	Bella Coola Valley	BC
Rate of births per 1000 population	15.65	9.72
Rate of teenage births per 1,000 population	51.78	13.68

Perinatal Survey: Central Coast and Bella Coola Valley, 2003

Childcare

There are five options for childcare in the valley. The Nuxalk group daycare is located at 4 Mile. There are two licensed daycares and two "license not required" daycares. The Bella Coola representative from Williams Lake Child Care Resources and Referral stated that she receives many calls when she is in town from parents who are working and require daycare. This would indicate that there is a need for more childcare spaces in the valley.

First Nations

The 2001 Census states there were 909 people living on reserve in Bella Coola, 855 of which were First Nations. Not all Nuxalkmc live on reserve in the valley and it is not know exactly how many are living off reserve.

The Nuxalkmc survived and thrived on local and traded foods. They lived well and there was an abundance of fish and game. They become the first gardeners in the valley and traded potatoes with other First Nations. Today, traditional plant foods are not widely eaten. This is partly due to a decrease in access of traditional foods because of logging and privately owned land. Plants are still harvested for medicinal purposes. Salmon is still eaten by many Nuxalkmc and the skill of cutting fish for drying and canning is considered an art to be passed down to the younger generation. Ooligans, and the grease made from them, are important culturally, nutritionally and medicinally. The ooligans have not returned to the Bella Coola River in significant numbers for seven years.

As with any other First Nations group, the Nuxalkmc experience more poverty and poorer health than non-natives. The loss of traditional lands and resources creates impoverished people from those who were once economically self-sufficient. Important dimensions of daily life, such as gathering and preserving traditional foods, are lost when there is a disconnection from the natural world (Nuxalk Nation Community Healing and Wellness Development Plan). The switch to the highly processed foods and a more sedentary lifestyle leads to a high occurrence of nutrition-related diseases.

Other Cultural Groups

The 2001 Census states that visible minorities account for 1% of the population in the Central Coast Region. This compares to 22% visible minorities in British Columbia.

Immigration and Emigration Rates

The population in the Bella Coola Valley is fairly stable. The loss of many resource extraction jobs in the past years has meant an outflow of families to other communities. However, new families move in to take their place.

Annual average population percent change in Bella Coola

Last year	Last 5 years	Last 10 years
1.0 %	-0.6 %	0.3 %

(2005 BC Statistics)

Level of Education

Level of education is a social determinant of health. Lower education is associated with increased health risks, lower income and poorer eating habits. Many people with low levels of education are also functionally illiterate. Not knowing how to read, including the following of recipes, may have major negative effects on health.

Level of Education in the Bella Coola Valley

	Bella Coola Valley	BC
% of population with post-secondary education	29.9	32.8
% of population with university degrees	12.5	17.6
% of 18 yr olds who did not graduate, 2003-2005	59.4	24.4

(2001 Census)

Isolation

The Bella Coola Valley is located at the end (some say at the start!) of Highway 20. It is approximately 500 km to the nearest traffic light and fast food restaurant. The highway itself is dotted with very few small communities. Anahim Lake is situated 130 km east of the valley on the Chilcotin Plateau. The trip from Anahim Lake to Bella Coola is on a dirt road that plunges 18 km through a mountain pass down to the valley below. The mountain road is affectionately known to locals as "the hill". At times, the road is impassable.

The isolation of the valley and the dependence on good road conditions was brought home to everyone in 2004. Construction on "the hill" resulted in an inadvertent closure for 7 days. Residents and tourists alike were unable to travel in and out of the valley by road. This closure to traffic included the freight trucks that carry food into the valley. Perishable staples disappeared from the shelves and only reappeared when a freight truck was sent up on a barge at a local store owner's expense. This experience left everyone realizing just how vulnerable they are due to isolation and transportation issues and highlights just one aspect of food insecurity in the valley.

There is one daily flight from Vancouver. Two flights are scheduled in the summer months. Whether or not the airplane lands in Bella Coola is dependent on the weather. Some flights have to land in Anahim Lake and passengers must be bussed down the "hill".

Transportation

Transportation within the valley itself is a huge issue and is mentioned as a barrier to accessing many programs and events. There are no taxis and many people do not own or have access to cars. The communities within the valley are spread out and some people limit their trips into 'town' due to fuel costs. A new community bus service will be starting soon which will help alleviate local transportation issues for some people.

Transportation in and out of the valley is also challenging. Food costs are greater due to the increased kilometres travelled to get to the valley. Many transport trucks leave the valley empty. Exported goods from the valley could use these trucks to disperse their locally produce to communities in the Chilcotin.

Ingredients for the meal on our plate typically travel between 2,500 and 4,000 kilometres. This is a 25 % increase from 1980. An average meal uses up to 17 times more petroleum products, and increases carbon dioxide emissions by the same amount, compared to an entirely local meal (Halweil Brian). The increased use of fossil fuels does not support a sustainable food system.

Food Sources

There are two main grocery stores, one in Hagensborg and one in Bella Coola. Moore's Market offers organic produce from local and out of town sources. They also sell seeds, vegetable seedling and fruit trees. There are four corner stores that carry mostly snack and convenience foods. The valley has four restaurants, one in Hagensborg and three in Bella Coola. Food is also available year-round from a Crafter's Market and seasonally from a Farmer's Market. Other food is available for purchase at school fundraising events. The high school sells snack foods and beverages at their on-site store called The Mouse Hole. There is a fish processing outlet, where fish is harvested, processed and sold.

Propensity of people to spend on healthy foods

There are no data for valley residents' propensity to buy healthy foods. The data below may reflect residents' consumption of fruits and vegetables.

Consumption of fruits and vegetables in the North Shore/Coast Garibaldi Health Services Delivery Area

Dietary Practice	Consume fruits and vegetables less than 5 times per day	Consume fruits and vegetables 5 to 10 times per day	Consume fruits and vegetables more than 10 times per day
Residents of North Shore/Coast/Garibaldi HSDA	46.5%	41.3%	5.4%

Statistics Canada, Canadian Community Health Survey, 2003

A recent local self-reporting survey found that 78% of respondents rated the importance of healthy eating as high or very high. The survey found that 77% of respondents rated the value of eating and growing, hunting and fishing for their own food as high or very high. Thirty percent of respondents stated that they rely on hunting and fishing to feed their families. Eighty-seven and a half of those who said they rely on hunting and fishing said that these types of foods are only somewhat available to them. This survey had a very low return rate and may not accurately reflect the entire valley population. Further, the respondents may have different definitions of healthy eating.

Access to Technology

Internet Access

There are four public places where valley residents can access the internet: Internet Café, Bella Coola Valley Inn, Brockton Guest House Inn, and the public library. The public library is the only place to offer free access. Internet access is available at the Career Centre for those using their other services. High speed internet has been available in the valley for the past two years.



Environmental Scan

Environmental Scan

Food Bank

There is one food bank in Bella Coola that started in a community member's kitchen years ago. The food bank is now a partnership between the Bella Coola Community Support Society and Healthy Beginnings, a pregnancy outreach and child development program. The food bank recently became a member of the Canadian Association of Food Banks and receives items from the National Food Sharing System. As well, they receive donations of fresh and frozen local produce and shop for nutritious items thereby increasing the availability of grains and fresh fruit and vegetables and decreasing starchy, sugary and processed items. The food bank recipients receive information on cooking the foods they receive. The Bella Coola food bank gave groceries to 107 households during the year ending March 2006, thereby supplementing the diets of 186 adults and 91 children. The food bank is open twice each month.

The annual Hunger Count figures for Bella Coola are 89 adults, 98 children, and 133 households. The Hunger Count started in 1989 by the Canadian Association of Food Banks and has been conducted annually since 1997. It is the only national survey of emergency food programs in Canada. The survey reveals trends in food bank use and the ways in which the food banks meet local demand.

Transportation to and from the food bank is an issue for people who live "up valley" but arrangements are in place until the community bus is operating. Another issue is the donations made by corporations to the Canadian Food Bank Association. These food donations are then sent to food banks and include inappropriate items such as near-beer.

Meals on Wheels

Meals are available at the hospital for those who are unable to do their own shopping and cooking. This is not truly a meals-on-wheels program as the client is responsible for their own pick up and delivery of meals. The number of people using this service at any one time is rarely more than three. While the hospital is capable of meal preparation, it may be that homemaking personnel are better able to meet the needs of clients requiring this type of service. Transportation is an issue for a meals-on-wheels program.

Family Gardens

Eating locally year-round results in fresher, tastier, more nutritious food available to valley residents, alleviates environmental impact caused by transporting food over long distances and helps the local economy through spending and jobs. The exact number of family gardens in the valley is uncertain. Many people do plant a garden. Some of the gardens are quite large and feed a few families. Others have small plots and enjoy a smaller harvest of just fresh carrots, potatoes and greens. A local survey found that 78% of respondents planted a garden. However, the survey response rate was very low and the type of people who responded may over-represent the number of actual gardens in the valley.

Food Preservation and Storage

Many valley residents preserve foods they have grown or purchased locally. Canning, drying, pickling, smoking, freezing and root cellaring are all methods used to preserve the local harvest. Many types of preserved foods are displayed annually at the Fall Fair where residents win prizes for their fresh and processed foods. A community storage unit is not available for storing large amounts of gleaned foods.

Family Farms

Agricultural activity in the Bella Coola Valley increased substantially between 1991 and 2001. The agricultural use doubled in that time from 1,829 acres to 3,671 acres. In 2001 there were 31 census farms with sales of \$250 or more. Hay and field crops were grown in 412 acres and vegetables were grown on 4 acres. Fruits, berries and nuts were grown on 3 acres. For more information on the potential for agricultural activities see Patricia McKim's *Inner Central Coast Economic Recovery Plan 2004: Agriculture*.

The number of cattle increased from 292 to 565 over the same timeframe. There were two dairy farms reported in the 2001 census. Livestock farming may become obsolete in the valley if new government regulations are put in place. These regulations are not supportive of local food production for small farmers and will require the shipping of animals hundreds of kilometres out of the valley for inspection and slaughter.

Community Gardens

Community gardens enable people to share land and a bountiful harvest. There are currently two community gardens in operation in the valley although both do not follow the traditional model of community gardens. One is a therapeutic garden coordinated by the Mental Health worker. Produce from the garden is shared with meal and community programs. Other recipients are the hospital kitchen and the food bank. The other community garden operates as a kitchen garden for a pregnancy outreach and child development program. The staff use the produce for program luncheons and give away excess to participants. There is the hope that clients will become interested in learning about gardening and contribute their time and energy to the garden.

There are Nuxalkmc gardens across from Bella Coola townsite on the north side of the river. This is very productive land that has been used by the Nuxalkmc for many years. There is no bridge across the river and the gardens must be accessed by boat. The land is collectively gardened by a few families and the produce is shared among the families and with the Nuxalk community at potlatches.

A fourth community garden is in the initiation stage. A large tract of land is being cleared at 4 Mile. The Darren Edgar Memorial Community Garden will provide plots for families to garden, workshops for learning about gardening, and have greenhouses for food production.

Fruit Trees

The valley has many orchards. Cherries, apples, and plums grow well here. Many trees remain unpicked for different reasons: trees located on vacant property, elderly owners unable to pick the fruit, trees not pruned and too high and dangerous to pick. A large amount of fruit is wasted each year and fruit that is left on the trees or ground attracts bears. Last year a bear attack was in part due to unpicked fruit. The Central Coast Regional District is currently looking into a bear hazard assessment for the valley. Combining bear awareness with a gleaning program would be beneficial to the valley.

Food Sector Economic Development

There are plans in place for the creation of a commercial certified kitchen at 4 Mile that will enable gardeners to process food products for sale. This kitchen could also serve as a food preparation space for food that is to be sold at the Farmer's Market and local festivals, such as the Discovery Coast Music Festival. The commercial kitchen may also be used by community kitchen groups and other cooking programs.

Community Kitchens

Community kitchens have been around since people starting cooking together over open fires. Sharing food and cooking together are ways that people have survived times of low food stores and loneliness. Today, community kitchens are thriving because they are a way for people with low income, health or social issues to meet their needs.

A community kitchen is a group of people who meet regularly to cook food and take it home to feed their families. It is not a soup kitchen or a cooking class. In a community kitchen, every member contributes by planning, preparing and cooking food. Participants usually pay some or all of the cost of the food and they may help shop for it or bring it from home. One or more participants may provide childcare in the cooking setting so the others can work without distraction and still be there for their children when needed.

When people get together to cook they are able to save money and produce more food than they could on their own. The social aspect of cooking together provides the enjoyment of meeting with other people and the satisfaction of working together as a group to accomplish something. Along the way, people pick up valuable information about nutrition, recipes, cooking and shopping tips, and preparing and keeping food safely. There is also a chance to increase menu planning and budgeting skills.

The year 2005/2006 marked the first time a community kitchen coordinator was hired. Two kitchens were started within a six month time frame. The kitchens were well received and enthusiastically attended. One group, however, lost its cooking venue and is currently seeking another place to cook.

The Community Kitchen program relies on public health funding for the coordinator position and to subsidize groceries and rent. The cost of renting local kitchens is a major cost to the program. Groceries cost more to purchase in the valley in part due to increased transportation costs. The funding covers only a six-month period. Matching or increased public health funds would be required to ensure that Community Kitchens are available to the community year round.

Community Meal Programs

Three free community meal programs are in operation in the Bella Coola Valley. Two are offered in Bella Coola and one takes place in the high school in Hagensborg.

The school program, called Dysfunctional Pizza (DysPiz), has been running since the late 1990's and serves hot lunches with salad and fruit. The food is prepared by volunteers. Between 25 and 45 kids attend each Tuesday throughout the school year. The purpose of DysPiz is to increase senior secondary student's awareness of community resources and to increase their familiarity with and accessibility to the Child Care, Alcohol and Drug and Mental Health workers. Over time it became clear that the program also provided social skill development, nutrition, capacity building and, inadvertently, lunch for those who may not have any other options. The program is funded by Nuxalk Nation Health Services and the lunch is provided one day a week throughout most of the school year.

The Supper Club provides meals once a week for 25 to 40 people from September to June. The purpose of the Supper Club is to provide a socialization/rehabilitation program for marginalized adult populations. It is funded by BCGH Mental Health Services and supported by many community service providers and volunteers. We have 25 to 40 people come for dinner each Thursday evening from September to June. In the summer months picnics are held every other week. The program coordinator thinks that recent increased turnout for the Supper Club is due to increased hunger and need in the community.

Everyone is welcome to the KOK lunches that are held once every week. KOK stands for Kitchen of the Kingdom and the program receives pastoral funding from local churches. Up to 160 bowls of food are served each week. There is music, prayers and community announcements.

School Programs/Policies

There is no mandatory standardized nutrition education program in provincial schools. Regardless, nutrition is taught in many grades in the Bella Coola Valley. Some schools have special events focused on healthy eating and nutritious foods. Bella Coola Elementary has held a special event called the Food Box Olympics which encourages students to bring healthy lunches. The Seventh Day Adventists school sells grapefruits for fundraising and hold special cultural nights with foods from many different nationalities represented.

Acwsalcta School on reserve has a breakfast and lunch program. Meals are prepared on site and are open to all students. Bella Coola Elementary (BCE) has an emergency food cache for students who come to school without having eaten breakfast or who arrive without a lunch. BCE has recently developed a food and nutrition policy. A breakfast program is being proposed for Nusatsum Elementary.

Sir Alexander Mackenzie Senior Secondary (SAMSS) has a food store that sells snack foods and drinks. Recently soda pop was removed from the store. The Parent Advisory Committee has been instrumental in making healthier food choices available at a lower cost than non-nutritious snack foods. SAMSS' Parent Advisory Committee is working toward policy development.

Last year students at Acwsalcta planted a garden. This is the only school garden in the valley even though all schools have sufficient space. There are no formal Agriculture in the Classroom programs currently in operation in any of the schools. However, Acwsalcta students have for the past two years planted potatoes and other vegetables that have been used in the school meal program and at the Welcome Feast.

Farmers' Markets

There is one Farmers' Market that operates seasonally and a Crafter's Market that runs year round. The Farmers' Market offers space for local growers and food producers to sell vegetables, fruits, jam and herbs. On a good day approximately 60 people will attend the Farmers' Market. Vendors at the Crafter's Market sell jams, honey, and baked goods as well as crafts. Barriers to use of the market include transportation and the costs of the products.

Growing and eating food locally builds community. Farmers' Markets allow people to know how and where their food is grown. Increasing the amount of local farming also increases the capacity to feed ourselves.

Agricultural Fall Fair

Agricultural fairs and exhibitions promote agriculture awareness and educate the public about the importance of the agricultural industry to the economy. Fall Fairs across the province hold fresh and preserved food competitions, poultry and livestock competitions, showcase local arts and crafts,

and provide entertainment and displays. Fall Fairs around the province, due to a withdrawal of provincial funding and low volunteerism, are finding it difficult to continue holding fairs each year. The Bella Coola Valley Fall Fair is no exception.

The Bella Coola Valley farmers held their very first agricultural fall fair in 1953. The variety and quality of fruits and vegetables grown in the valley make for a highly competitive event. The Fall Fair is also a community social event that celebrates the abundance of the summer and heralds the coming of fall. If the Fall Fair does not continue to be held in the valley it will be a great loss for the whole valley, not just for local farmers and gardeners. The Fall Fair is an important venue for increasing awareness about sustainable food systems, promoting local food production and food security.

Food Security Coordinating Organizations

A Food Security Committee was organized in 1999. The committee wrote a proposal for a food security coordinator but was unable to obtain funding. The committee did not continue to meet regularly but food security has remained an important issue for committee members.

In 1999, the regional community nutritionist at the time wrote *Bella Coola's Food Story*. This report concluded that the Bella Coola Valley did not have a healthy sustainable food system because health indicators for the region were poor compared to other regions, nutrition related diseases topped the list of causes for death in the area, unemployment rates were the highest in the region, and food costs were high. The report recommendations were to support existing community gardens and explore the development of additional gardens, support existing community kitchens and explore the development of additional kitchens, explore the development of viable food related business opportunities, explore the development of a directory of food resources for the Bella Coola area, and promote healthy sustainable food systems and food security in the schools. Seven years later, the report's findings and recommendations are still valid.

Healthy Sustainable Food System

The Bella Coola Valley has not been heavily farmed using intensive conventional methods. The air and water are clean with few pollutants in the area to contaminate them. The Bella Coola Sustainable Agricultural Society (BCVSAS) is working toward a local sustainable healthy food system. Their goals are:

- Optimum community nutrition through locally grown foods.
- Local educational institutions actively involved with agriculture in their classrooms.
- Existing and prospective agricultural producers have viable markets for their output (e.g. Farmers' Market).
- Increased awareness that agriculture will become a significant contributor to our local economy (e.g. food security).
- Preservation of an adequate land base and development of infrastructure suitable for sustainable agriculture production.

The BCVSAS has made a resolution to ban roadside spraying in the valley. The Central Coast Regional District supports this ban. BCVSAS is also working on making the Bella Coola Valley genetically modified organism-free (GMO-free).

Recycling

There is one recycling depot in the Bella Coola Valley. The types of materials accepted at the depot are limited to beverage containers excluding milk jugs. A local survey found that some people would like to recycle more material such as newspaper, food grade plastics and tin cans. Others transport their own recyclables out of the valley to the Williams Lake depot.

Food Redistribution

There is no formal food redistribution program in Bella Coola. Food redistribution programs recover food from restaurants and donate it to local programs.

Gaps Analysis

Gaps Analysis

Local media were used to raise awareness about food security and the Community Food Action Initiative. A community meeting was held in late April 2006 to bring together interested citizens and the Food Security Advisory Committee. After a potluck dinner the participants divided into small groups to provide input to the Food Action Plan. The meeting was somewhat well attended by the community. There was a good cross section of Nuxalkmc and non-native community members. Some key stakeholders did not attend and others who wanted to attend had previous commitments for that evening. Thelma Harvey and Melvina Mack created a display of traditional Nuxalk foods and medicines.

What Does a Food Secure Bella Coola Valley Look Like?

Participants were asked to share their vision of a food secure Bella Coola Valley. The list below shows the qualities and values that the community meeting participants believed were needed for the Bella Coola Valley to become and stay food secure.

- Gardens
- Greenhouses
- Salmon
- Busy farmer's market
- Orchards
- Clean water
- Cottage industries
- Supportive policies
- No inspectors
- Healthy soil
- Knowledge of wildcrafting, gathering
- Healthy happy people
- Community supported agriculture
- Organic, herbicide and pesticide free
- Seed saving
- Decreased fossil fuel use
- Local processing
- Lots of use of commercial and community kitchens
- No food banks
- Barter and trade systems
- Respect for our foodshed
- Storage facilities and root cellars
- Grassroots
- Cooperation

The community meeting participants divided into four small discussion groups to address Food Security Programs, Access to Local Foods, Local Food Production and Food Policy, Education and Awareness. The following are the results of their discussions.

Food Security Programs

The Bella Coola Valley already has a few “better” practice food security programs in operation. The term “better” practice has been used to define the level of evidence that is being used to support recommendations for action. Food security is a relatively new field and there are few food security practices that can be labelled “best”. “Best” practices are those that have the best evidence available to guide decision-making. However, there are a number of “better” or “promising” practices based on the literature and on the consistent views of professionals working in the field.

Community gardens, the Good Food Box program and Community Kitchens are considered “better” practices. All of these programs are currently operating independently in the Bella Coola Valley. All of these programs could be enhanced by increased participation. The Good Food Box and Community Kitchens would also benefit from increased use of local foods which may help to keep the costs down. Other food security programs have potential to be successful in the valley. A gleaning program would help distribute fruit that would rot or get eaten by bears if not picked. Gleaning has been used in the past by the Food Bank. The gleaned fruit was collectively preserved and used to teach canning skills. A gleaning program may become part of a Bear Aware program to keep bears from entering yards to feast on fallen fruit.

School programs were identified as being important to increasing awareness about food security and food growing skills. School gardens, Cooking with Kids, Cooking Fun for Families and 4H were mentioned as potential programs. It was thought that school gardens, cooking classes, Agriculture in the Classroom programs, universal breakfast and lunch programs that use local foods, and school food policy that had input from students were important to creating a sustainable food system in the valley. A 4H club has been proposed for the valley in the past and may be again as farming increases.

The following needs were identified as barriers to providing local food security programs: to coordinate community service programs, to secure continued funding, to have access to inspected kitchens (that are available at low or no cost). The high cost of foods from local stores and the lack of storage for locally grown foods were also identified as barriers to food security.

Local Food Production

There was once a healthy economic agricultural community in the Bella Coola Valley. The move from a largely self-sufficient community to one that relies on food from outside the valley (and from around the world) happened in a relatively short time. In her document *Inner Central Coast Economic Recovery Plan: Agriculture 2003*, Patricia McKim argues that an agricultural economy can again become a reality. She believes that the valley and its people are capable of producing high quality fruits and vegetables to support local needs and for export to nearby communities on the outer coast and in the Chilcotin plateau. The BCVSAS supports these beliefs.

The participants of the community meeting felt that there is a lot of valuable gardening and farming knowledge in the valley. The people who have been gardening and farming here for many years, some their whole lives, know what grows well here. Participants thought that workshops would be a good way to share local knowledge. School gardens were mentioned as a way to generate interest in gardening and farming with the younger generation.

The local Fall Fair has been suffering from a lack of participation the last few years. The BCVSAS, school agricultural programs and community gardens could all help stimulate interest in gardening and farming which would, in turn, keep the Fall Fair in operation.

The community meeting participants valued a food system that was organic and genetically modified organism-free (GMO-free). Participants felt the need to become political in order address concerns regarding government agricultural regulations and policies that hinder local food production.

Barriers to local food production are lack of time, the need to work away from home, children leaving the valley, prevalence of artificially cheap non-nutritious foods, and federal and provincial government policies that do not support the small farmer or grower.

Access to Local Foods

Access to local foods is mostly limited to those who attend the Farmers' Market, purchase at Moore's Market, grow their own foods or trade for other food or non-food items. Livestock farming is likely to become obsolete in the valley if new regulations to ship animals out of the valley for inspection and slaughter are put in place. There is not much local food available in the two larger grocery stores. The current food system does not support local food production and sales. Federal and provincial legislation also block production and sale of local foods.

Transportation is listed as a barrier in almost every discussion of health and wellness programming in the Bella Coola Valley. Many people cannot afford to purchase and maintain vehicles. Bus and taxi services have come and gone. It is hoped that a new bus service that will start up this year will help alleviate transportation problems for many valley residents.

The community meeting participants believe that access to local foods would increase with more community gardens, greenhouses, education, improved access to arable land across the river, trading land use, bartering for garden space, encouragement of eating in season, and decreasing dependency on tropical foods. More butchering skills and facilities, increased storage and freezer facilities, and local core hunting courses were also mentioned as ways to increase access to local foods.

Finally, lack of coordination of local food programs was mentioned as a gap. An umbrella organization could be formed that would coordinate the needs and services of community gardens, community kitchens, gleaning, school gardens and meal programs, the Good Food Box and community composting.

Food Policy, Education and Awareness

Food security awareness has been slowly increasing in the Bella Coola Valley. A group of concerned citizens and health care providers has, off and on, worked toward meeting the food security needs of the valley residents. The Community Food Action Plan consultant has been increasing food security awareness in the process of completing this report. Working on food security is part of the contractual agreement between Vancouver Coastal Health and the local community nutritionist.

The community nutritionist has been working with two local schools to create food and nutrition policies. Currently, only the Nuxalk school offers a lunch and breakfast program. Another school is working toward the creation of a breakfast and snack program. Some of the barriers to providing school meal programs are parental pride, lack of universal infrastructure in schools, poor kitchen facilities, priority not given to teaching cooking and gardening skills, and funding.

The CCRD and the Bella Coola Valley Sustainable Agricultural Society (BCVSAS) are both supportive of banning roadside herbicide spraying. The BCVSAS also supports organic farming and the ban of GMOs in the valley. However, neither of these organization has a written food policy. The local hospital and the Nuxalk band also do not have food policies. Barriers to creating

food policies include the lack of understanding what policy is and can do and why food security is important to our valley.

An Agricultural Advisory Committee is currently being created to oversee zoning issues and policies that will affect agricultural activities and food security in the valley.



Food Security Priorities for the Bella Coola Valley

Participants at the community meeting were asked to list what they felt were priorities to address regarding food security in the valley. The following is a summary:

- Hire a Food Security Coordinator to enhance current better practice food security programs and create new programs (Gleaning, Cooking Fun for Families)
- Increase awareness of food security, local sustainable food systems, and gardening skills in the valley, especially in children and youth
- Increase community capacity by sharing local knowledge
- Work toward creating universally accessible school meal programs that include the use of local healthy foods
- Increase local food production, availability and affordability

These priorities will meet the goal and objectives of the Community Food Action Initiative by:

Increasing the intake of fruits and vegetables

- Increase in people growing their own produce
- Increase in produce available in the community (Farmers' Market)
- Students will have access to local healthy foods at school
- Gleaned fruits and vegetables will be redistributed to those who need or want them
- Increased awareness of the nutritious value of local healthy foods will encourage increased consumption

Increasing the prevalence of healthy weights

- Increased awareness of the importance of growing your own fruits and vegetables will encourage increased consumption
- Increased awareness of the better taste and quality of locally grown foods will encourage increased consumption
- Increased gardening and farming work will increase activity levels

Increasing awareness about food security

- Workshops developed to share local gardening skills and knowledge
- Local media used to inform the local population about food security issues
- Food Security Coordinator, Community Nutritionist and Bella Coola Valley Sustainable Agricultural Society members attend or present at local events
- Increase in members of Bella Coola Sustainable Agricultural Society

Increasing access to local healthy food

- Increased use of local healthy foods in the Good Food Box, Community Kitchens and other food security programs
- Collection and distribution of excess fruits and vegetables through a gleaning program
- Increase in attendance at the Farmers' Market, including buyers and sellers

Increasing food knowledge and skills

- Creation of workshops on gardening skills
- Community nutritionist will work with schools to develop food and nutrition school food policies
- Increase in the number of community kitchens
- Creation of cooking programs for families and for children

Increasing community capacity to address local food security

- Increase in workshops to attend
- Use of media to increase awareness of food security issues
- Creation of a local inventory of gardening, farming, food preparation and preservation skills

Increasing development and use of policy that supports community food security

- Development of local school food policies
- Encouragement of other organizations to develop food policies: Nuxalk Nation, hospital, Central Coast Regional District
- Creation of policies banning roadside spraying, pesticides, herbicides and GMOs
- Facilitate the production and processing of local foods in compliance with current provincial and federal food and agriculture legislation



Bella Coola Food Action Plan and Budget

Bella Coola Valley Food Action Plan and Budget

Proposed One Year Work Plan 2006 - 2007

June 2006

Activities	Responsibilities
Complete Food Action Plan	Subcontractor for BCVSAS
Approval of Food Action Plan	Food Security Advisory Committee, BCVSAS
Submission of Food Action Plan to Vancouver Coastal Health Regional Food Security Committee	BCVSAS

July, August 2006

Activities	Responsibilities
Increase awareness of food security	Community nutritionist
Increase members of Food Security Advisory Committee	Community nutritionist
Present Food Action Plan at Fall Fair	Community nutritionist, BCVSAS
Post Food Security Coordinator position (pending approval of plan and funding availability)	BCVSAS

September, October 2006

Activities	Responsibilities
Hire Food Security Coordinator	BCVSAS
Train Food Security Coordinator	Community nutritionist, BCVSAS
Work with schools to create food policy, school meal programs, and school gardens	Food Security Coordinator, Community nutritionist

November, December 2006

Activities	Responsibilities
Build capacity to address food security	Food Security Coordinator
Increase food security awareness	Food Security Coordinator
Create inventory of skills in valley	Food Security Coordinator
Increase awareness of food policy development	Food Security Coordinator

January, February 2007

Activities	Responsibilities
Build capacity to address food security	Food Security Coordinator
Increase awareness of food security programs	Food Security Coordinator
Inventory of fruit trees to glean	Food Security Coordinator
Work with local organizations to develop food policy	Food Security Coordinator

March, April, May 2007

Activities	Responsibilities
Work toward increasing local food use in community and school programs	Food Security Coordinator
Volunteer base for gleaning program created	Food Security Coordinator
Write evaluation report	Food Security Coordinator, BCVSAS
Creation of second year work plan	Food Security Coordinator, BCVSAS, Community nutritionist

Food Action Plan – First Year Budget

Item	Description	Cost
Administration	Bella Coola Valley Sustainable Agricultural Society	\$1,500
Coordinator wages	\$25/hr, 10 hrs/wk for 48 weeks	\$12,000
Supplies and Materials		\$500
Resources		\$400
Office supplies		\$200
Photocopying		\$200
Postage		\$100
Advertising		\$100
Total		\$15,000

Outcome Measurement Framework, Potential Indicators and Evaluation

Outcome Measurement Framework

<p>Local Purpose: to increase food security for the Bella Coola Valley. The specific objectives to accomplish this goal are to increase:</p> <ul style="list-style-type: none"> • Awareness about food security • Access to local healthy food • Food knowledge and skills • Community capacity to address local food security • Development and use of policy that supports community food security <p>A model of community development and engagement will be used to support local capacity building in the valley.</p> <p>Timeframe: 2005 - 2008</p>	<p>Provincial Purpose: Healthy eating is increased. Fruit and vegetable intake is increased. Healthy Body weights are more prevalent. Burden of chronic disease decreased. Population health improved. A more sustainable food system is implemented.</p>
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GOALS	INPUTS (fiscal, material, human resources)	ACTIVITIES (all activities carried out to implement the Community Food Action Initiatives)	OUTPUTS	SHORT TERM OUTCOMES	INTERMEDIATE OUTCOMES	LONG TERM OUTCOMES
Awareness about food security	Members of Food Security Committee, Members of Bella Coola Sustainable Agricultural Society, Public and Federal Health Nurses, Nuxalk Home and Community Care Nuxalk Aboriginal Diabetes Initiative	An invitation to belong to a food security committee is sent out Have a presence at community events such as Teddy Bear Picnic, FitFest and Plant Swap	Pertinent organizations/ stakeholders are represented on food security committee Members of Ag Soc and Food Security Committee attend local events to increase awareness of food security and sustainable agriculture in the valley.	Food Security Committee meets to put Food Security Plan into action. Young people and local gardeners become aware of food security issues	Food Security Committee membership grows and includes important stakeholders. There is interest in sustainable food system and working on food security projects	Valley residents volunteer for food security programs and work toward a sustainable food system thereby decreasing food insecurity in the valley

GOALS	INPUTS	ACTIVITIES	OUTPUTS	SHORT TERM OUTCOMES	INTERMEDIATE OUTCOMES	LONG TERM OUTCOMES
Awareness about food security	School Principal and Teachers, Community Nutritionist Local Media	Community nutritionist submits articles on food security to local media Food survey sent out to valley residents Community meeting is held to develop food security plan	Readers of media become aware of food security initiatives in the valley Surveys are received by valley residents A fair representation of the community and stakeholders attend the community meeting	Media is used regularly to inform about food security All people in the valley are informed about upcoming food security events Community members who attend meeting increase awareness of food security and contribute to plan		
Access to local healthy foods	Farmers' Market CCRD Bella Coola Agricultural Society Community Nutritionist Farmers Gardeners Media Fruit tree owners	A food security coordinator is hired A gleaning program is started FS Coordinator looks for funding for more community gardens at the schools	The coordinator puts the Food Security Plan into action Community members get involved in the gleaning program Funding is secured for community gardens at the schools	Food security programs and projects are gathered under one umbrella Gleaned fruit is available to tree owners, pickers and local food programs eg soup kitchen, food bank, elders' luncheons. Interest grows for school gardens	Healthy local foods become more affordable Community gardens started in other valley locations. Increased consumption of traditional Nuxalk foods Increased capacity to barter for other needed food commodities	Valley residents eat more fruits and vegetables that are grown locally in a sustainable manner and the Nuxalkmc eat more traditional foods

GOALS	INPUTS	ACTIVITIES	OUTPUTS	SHORT TERM OUTCOMES	INTERMEDIATE OUTCOMES	LONG TERM OUTCOMES
Access to local healthy foods	<p>Good Food Box coordinators</p> <p>Annual CFAI funding</p> <p>All schools, principals, teachers, students</p> <p>Nuxalkmc</p> <p>Local private family producers</p>	<p>The Farmer's Market holds special events, has a community table, and buskers</p> <p>The Good Food Box uses more local food</p> <p>Knowledge of traditional Nuxalk foods is shared</p> <p>Skills producing workshops in gardening, harvesting, food processing and storage are held</p>	<p>There is an increase in the number of people attending/selling/buying/trading/bartering at the farmer's market</p> <p>GFB purchases more local foods</p> <p>Nuxalkmc are aware of benefits of eating traditional foods</p> <p>Increased number of family units have capacity to meet much of personal needs for fruit and vegetables and some protein.</p>	<p>Local fruits and vegetables become more available</p> <p>Interest grows for Good Food Box</p> <p>Interest in eating traditional Nuxalk foods is increased</p> <p>Increased awareness of the financial, environmental, and nutritional benefits of family food production operations</p>	<p>Increased local food production capacity</p>	
Food knowledge and skills	<p>Community Nutritionist</p> <p>Public Health Nurse</p> <p>Public Health Prevention funds</p> <p>Schools, principals, teachers, students</p>	<p>Increase awareness of community kitchens and food safety programs</p> <p>Find extra money to fund community kitchen coordinator for a full year</p>	<p>The number of community kitchens increases</p> <p>The community kitchen coordinator is funded for one full year</p>	<p>Community kitchen participants cook healthy foods for their families</p> <p>Community kitchens thrive and grow with coordination</p>	<p>Funding for Community Kitchen coordinator becomes self-sustaining</p> <p>School gardens contribute to school meal programs</p>	<p>Effective community programs enable valley residents to gain the skills and knowledge to create a sustainable food system and become more food Secure</p>

GOALS	INPUTS	ACTIVITIES	OUTPUTS	SHORT TERM OUTCOMES	INTERMEDIATE TERM OUTCOMES	LONG TERM OUTCOMES
Food knowledge and skills	Provincial coordinators of Cooking with Kids and Cooking fun for Families BCVSAS	Work with schools to ensure nutrition education is from K – 12 and includes cooking and gardening skills Locate elders/ farmers/ gardeners with gardening and cooking skills	The schools express interest in starting gardens and increasing students' cooking skills Inventory of gardening and farming skills in valley is created	Students participate in planning of school gardens Invite elders to share their skills and knowledge with the younger generation	Local food and gardening knowledge is shared among the community	
Community capacity to address local food security	Community Nutritionist Older generation has the knowledge and skills Collective will SMART funds BCVSAS Food Security Committee	Create inventory of food, gardening, farming skills in the valley Soil is tested in the valley Gaps in skills and knowledge are listed	A list of skills in the community is created Farmer's and gardens will benefit from know what their soil needs for optimum growing potential Investigate ways to fill gaps of skills and knowledge in the valley	Community members with skills and knowledge share them with others Gardeners and farmers are able to grow better and more produce with increased soil knowledge	The community recognizes its potential and need to be more self-sustaining More local, healthy foods are grown in healthy soil	There is a change in people's perceptions about what a community can do to address food security and community is empowered to address food security issues

GOALS	INPUTS	ACTIVITIES	OUTPUTS	SHORT TERM OUTCOMES	INTERMEDIATE OUTCOMES	LONG TERM OUTCOMES
	<p>AAC</p> <p>Farmer's Institute</p> <p>CCRD</p> <p>Hospital</p> <p>Schools</p> <p>Nuxalk Nation</p> <p>Hospital</p> <p>Local organizations</p>	<p>A group is formed to look at federal, provincial, regional policies that affect food security</p> <p>Area schools are recommended to form food and nutrition committees</p> <p>Region looks into banning the use of pesticides, herbicides and GMOs</p> <p>Hospital starts to develop a food policy</p> <p>Nuxalkmc start to develop a food policy</p> <p>Other organizations start to develop food policies</p>	<p>Policies from multiple sectors that affect food security are identified</p> <p>Schools recognize the need to form food and nutrition committees</p> <p>The region makes a public statement on the use of pesticide, herbicide and GMO free</p> <p>Hospital forms a food policy committee</p> <p>Nuxalk Nation starts a food policy committee</p> <p>Local organizations form food policy committees</p>	<p>Food security committee develops action plan to address government policies that affect food security</p> <p>All schools form food and nutrition committees that include students, teacher, principals and parents</p> <p>Hospital and other local organizations form food committees or address food security issues on already established committees</p>	<p>Changes to enhance and align food security policy within and across sectors are promoted</p> <p>Schools, hospital, and local organizations write formal food policies</p>	<p>All government initiatives develop all policies in concert with food security issues an a sustainable food system</p>

Potential Indicators

POTENTIAL INDICATORS	INPUTS	ACTIVITIES	OUTPUTS	SHORT TERM OUTCOMES	INTERMEDIATE OUTCOMES	LONG TERM OUTCOMES
Awareness about food security			# of people who form the food security committee # of organizations/ stakeholders represented on committee # of events attended # of people reached at each event # of media publications # of flyers posted # of survey sent and returned # of individual people contacted to explain about community meeting	# of committee members who provide feedback on food security plan # of young people contacted at events # of media publications/ newsletter/ flyers about food security # of flyers/ poster posted about food security events # of community members who participated in development of food security plan	# of new stakeholders who attend meetings and events Increase in community food security committee members # of people who express interest in participating in creating a sustainable food system # of people who express interest in participating in food security projects	Extent to which valley residents volunteer for food security projects Extent to which valley residents value and work toward a sustainable food system

POTENTIAL INDICATORS	INPUTS	ACTIVITIES	OUTPUTS	SHORT TERM OUTCOMES	INTERMEDIATE TERM OUTCOMES	LONG TERM OUTCOMES
Awareness about food security			<p># of people who attend community meeting</p> <p># of organizations/ stakeholders represented at meeting</p>	<p>Demonstrated increase in food security knowledge as reflected by a select and diverse population base through questionnaire.</p>		
Access to Local Foods			<p># of food security plan initiatives started</p> <p># of community members that show interest in the gleaning program; have trees/fruits that need picked or want to pick</p> <p># of people and agencies that benefit from gleaning</p> <p># of funding proposals accepted for school gardens</p>	<p># of organizations and initiatives that come together under food security umbrella</p> <p># of people who get involved in gleaning program</p> <p># of students, teachers interested in school gardens</p>	<p># of people who purchase a Good Food Box increases</p> <p># of people and agencies who benefit from gleaning program and garden donations</p> <p># of school gardens started</p> <p># of Nuxalkmc eating traditional foods</p>	<p>Extent to which valley residents eat more fruits and vegetables that are grown locally in a sustainable manner and the Nuxalkmc eat more traditional foods</p>

POTENTIAL INDICATORS	INPUTS	ACTIVITIES	OUTPUTS	SHORT TERM OUTCOMES	INTERMEDIATE TERM OUTCOMES	LONG TERM OUTCOMES
Access to Local Foods			<p># of people selling at Farmer's Market increases</p> <p># of people buying at Farmer's Market increases</p> <p># of people trading/bartering fruits and vegetables increases</p> <p>Amount of local fruits and vegetables purchased by GFB</p> <p># of people interested in eating more traditional foods</p>	<p># of ways to obtain local fruits and vegetables is increased</p> <p># of people who show an interest in obtaining a GFB</p> <p># of people who grow and donate excess fruits and vegetables to community programs and agencies</p>		
Food knowledge and skills			<p># of new community kitchens</p> <p># of community kitchen participants</p> <p>Amount of funding secured for community kitchen coordinator position</p>	<p># of family members that are benefiting from belonging to a community kitchen</p> <p># of children who are benefiting from a parent or caregiver belonging to a community kitchen</p>	Amount of self-sustaining funding found for Community Kitchen coordinator	Extent to which knowledge and skills are applied to create a sustainable food system and become more food secure

POTENTIAL INDICATORS	INPUTS	ACTIVITIES	OUTPUTS	SHORT TERM OUTCOMES	INTERMEDIATE TERM OUTCOMES	LONG TERM OUTCOMES
Food knowledge and skills			<p># of schools who express interest in starting gardens and increasing students' cooking skills</p> <p>List generated of skills and knowledge of community members</p> <p># of different skills in valley</p> <p># of people willing to share their skills</p>	<p># of kitchen space available for community kitchens to cook</p> <p># of students who participate in planning of school gardens</p> <p># of elders who share their skills and knowledge with the younger generation</p> <p># of younger generation who learn from elders</p>	<p># of school gardens created</p> <p># of school gardens that contribute to school meal programs</p> <p># of gardening and cooking workshops where knowledge and skills are shared among the community</p>	
Community capacity to address local food security			<p># of people on skills list</p> <p># of soil tests</p> <p># of ways listed to address gaps of skills and knowledge in the valley</p>	<p># of opportunities created for people to share their skills and knowledge</p> <p># of skill building workshops created</p> <p># of people who attend skills building workshops</p>	<p># of self-sustaining initiatives created</p> <p># of people practicing soil management</p> <p># of people who start gardening for the first time</p>	Extent to which there is a change in people's perceptions about what a community can do to address food security

POTENTIAL INDICATORS	INPUTS	ACTIVITIES	OUTPUTS	SHORT TERM OUTCOMES	INTERMEDIATE TERM OUTCOMES	LONG TERM OUTCOMES
Community capacity to address local food security				# of people who work to create better soil conditions	Increased participation in fall fair food produce entries	
Development and use of policy that supports community food security			<p># of policies found to affect food security</p> <p># of people willing to address policies that need to be enhanced or changed to create food security and a sustainable food system</p> <p># of schools that recognize the need to form food and nutrition committees</p> <p># of local agencies that are interested in creating food policies</p>	<p># of policies addressed by food security committee and other community agencies</p> <p># of school food and nutrition committees formed</p> <p># of local food committees created</p> <p>Hospital creates a food policy committee</p>	<p># of policies enhanced or changed to be aligned with food security goals and a sustainable food system</p> <p># of school food and nutrition policies written</p> <p>#of local food policies written</p>	Extent to which all government initiatives develop all policies in concert with food security issues an a sustainable food system

Evaluation Framework

GOALS	SHORT-TERM OUTCOMES followed by INTERMEDIATE TERM OUTCOMES	INDICATORS	COLLECTION METHODS	DATA SOURCES	WHO	WHEN (FREQUENCY)
Awareness about food security	Food Security Committee meets to put Food Security Plan into action.	# of committee members who provide feedback on food security plan	Documents/Records	Meeting minutes	Community Nutritionist/ Food Security Coordinator	Before report deadline
	Young people and local gardeners become aware of food security issues	# of young people contacted at events	Observation		Food security representative	As events occur
	Demonstrated increase in food security knowledge as reflected by a select and diverse population base through questionnaire.	# of community members who fill out survey	Survey		Food Security Coordinator	Yearly
	Media is used regularly to inform about food security	# of media publications/ newsletter/ flyers about food security	Documents/Records	Newspaper, flyer, Arts Council calendar of events	Community Nutritionist and Food Security Coordinator	Per event

GOALS	SHORT TERM & INTERMEDIATE TERM OUTCOMES	INDICATORS	COLLECTION METHODS	DATA SOURCES	WHO	WHEN
Awareness about food security	All people in the valley are informed about upcoming food security events	# of flyers/ poster posted about food security events	Observation		Community Nutritionist	At community meeting
	Community members who attend meeting increase awareness of food security and contribute to plan	# of community members who participated in development of food security plan	Documents/Records		Food Security Coordinator	Monthly
	Food Security Committee membership grows and includes important stakeholders	# of new stakeholders who attend meetings and events	Documents/Records		Food Security Coordinator	Monthly
	There is interest in sustainable food system and working on food security projects	Increase in community food security committee members	Documents/Records	Meeting minutes	Food Security Coordinator	Yearly
		# of people who express interest in participating in creating a sustainable food system	Interview		Food Security Coordinator, Community Nutritionist, Ag Society	Yearly

GOALS	SHORT TERM & INTERMEDIATE TERM OUTCOMES	INDICATORS	COLLECTION METHODS	DATA SOURCE	WHO	WHEN
Awareness about food security		# of people who express interest in participating in food security projects	Interview		Food Security Coordinator	Yearly
Access to Local Foods		# of organizations and initiatives that come together under food security umbrella	Documents/Records		Community Nutritionist, Ag Society, Food Security Committee	Yearly
		# of people who get involved in gleaning program	Documents/Records		Food Security Coordinator	Yearly
		# of students, teachers interested in school gardens	Interview		Community Nutritionist, Ag Society, Food Security Coordinator	Yearly
		# of ways to obtain local fruits and vegetables is increased	Observation		Food Security Coordinator	Yearly
		# of families meeting part of their nutritional needs from private harvesting initiatives. (gardening, hunting, fishing, gathering)	Interview		Healthy Beginnings GFB Coordinators Food Security Coordinator	Monthly Monthly, in season

GOALS	SHORT TERM & INTERMEDIATE TERM OUTCOMES	INDICATORS	COLLECTION METHODS	DATA SOURCE	WHO	WHEN
Access to Local Foods		# of people who show an interest in obtaining a GFB	Interview		Healthy Beginnings GFB coordinators	Monthly
		# of people who grow and donate excess fruits and vegetables to community programs and agencies	Observation		Food Security Coordinator	Yearly
		# of people who purchase a Good Food Box increases	Documents/Records		Community Nutritionist, Ag Society, Food Security Coordinator	Yearly
		# of people and agencies who benefit from gleaning program and garden donations	Documents/Records		Nuxalkmc	Yearly
		# of school gardens started	Observation			
		# of Nuxalkmc eating traditional foods	Interview			

GOALS	SHORT TERM & INTERMEDIATE TERM OUTCOMES	INDICATORS	COLLECTION METHOD	DATA SOURCE	WHO	WHEN
Food Knowledge and Skills		# of family members that are benefiting from belonging to a community kitchen	Survey		Community Kitchen Coordinator	Yearly
		# of children who are benefiting from a parent or caregiver belonging to a community kitchen	Survey		Community Kitchen Coordinator	Yearly
		# of kitchen space available for community kitchens to cook	Observation		Community Kitchen Coordinator	One time, as soon as possible
		# of students who participate in planning of school gardens	Documents/Records		Community Nutritionist	Yearly
		# of elders who share their skills and knowledge with the younger generation	Documents/Records Observation		Community Nutritionist Ag Society, Food Security Coordinator	Yearly
		# of younger generation who learn from elders	Interviews Observation		Community Nutritionist, Ag Society, Food Security Coordinator	Yearly

GOALS	SHORT TERM & LONG TERM OUTCOMES	INDICATORS	COLLECTION METHODS	DATA SOURCE	WHO	WHEN
Food Knowledge and Skills		<p>Amount of self-sustaining funding found for Community Kitchen coordinator</p> <p># of school gardens created</p> <p># of school gardens that contribute to school meal programs</p> <p># of gardening and cooking workshops where knowledge and skills are shared among the community</p>	<p>Documents/Records</p> <p>Observation</p> <p>Observation</p> <p>Documents/Records</p>		<p>Community Kitchen Coordinator, Community Nutritionist</p> <p>Community Nutritionist</p> <p>Community Nutritionist</p> <p>Food Security Coordinator</p>	<p>Yearly</p> <p>Yearly</p> <p>Yearly</p> <p>Yearly</p>
Community Capacity to Address Local Food Security		# of opportunities created for people to share their skills and knowledge	Documents/Records		Food Security Coordinator	Yearly

GOALS	SHORT TERM & INTERMEDIATE TERM OUTCOMES	INDICATORS	COLLECTION METHODS	DATA SOURCE	WHO	WHEN
Community Capacity to Address Local Food Security		# of skill building workshops created	Documents/Records		Food Security Coordinator, Ag Society	Yearly
		# of people who attend skills building workshops	Documents/Records		Food Security Coordinator	Yearly
		# of people who work to create better soil conditions	Interviews Observations		Ag Society	Yearly
		# of self-sustaining initiatives created	Interviews Observation		Ag Society	Yearly
		# of people practicing soil management	Interviews Observation		Ag Society	Yearly
		# of people who start gardening for the first time	Interviews Observation		Ag Society	Yearly
Development and use of policy that supports community food security		# of policies addressed by food security committee and other community agencies	Documents/Records		Food Security Coordinator	Yearly

GOALS	SHORT TERM & INTERMEDIATE TERM CUTCOMES	INDICATORS	COLLECTION METHODS	DATA SOURCE	WHO	WHEN
Development and use of policy that supports community food security		# of school food and nutrition committees formed	Documents/Records		Community Nutritionist	Yearly
		# of policies enhanced or changed to be aligned with food security goals and a sustainable food system	Documents/Records		Ag Society, Food Security Coordinator	Yearly
		# of school food and nutrition policies written	Documents/Records		Community Nutritionist	Yearly
		# of local food committees created	Observation		Food Security Coordinator	Yearly
		Hospital will address food policy	Observation		Food Security Coordinator	Yearly
		# of school food and nutrition policies written	Documents/Records		Community Nutritionist	Yearly
		# of local food policies written	Documents/Records		Food Security Coordinator	Yearly

ASSUMPTIONS		RISKS
	The federal government will work to renew and revitalize small local farms and ban GMO's	High
	The community will want to be organic, GMO free	Medium
	The federal and provincial governments will work to change and create new policies that support food security and a sustainable food system	High

The Bella Coola Food Action Plan will support the overall province-wide evaluation by monitoring the local food security initiatives listed above. A yearly evaluation will be provided to the lead agency as part of the Food Security Coordinator's contract. The community nutritionist will also provide input into the evaluation process and will present the information to the Public Health Nurse as part of the public health nutrition contract with Vancouver Coastal Health.

Incorporation of Fundamental Elements

Incorporation of the Fundamental Elements

The Community Food Action Initiative requires communities to address the following fundamental elements that have been identified for plans to be successful.

Community/grass roots decision-making

The entire community was invited to attend a community meeting. Twenty-seven people attended the meeting where they helped develop the food action plan and determine priority actions to increase food security for valley residents. Further community input will be sought during the Fall Fair where they will be invited to help with a food-mapping project and add to the vision of what a food secure Bella Coola Valley looks like.

Inter-Sectoral Collaboration

Many different players have been involved in the community food action plan development. There are representatives from relevant sectors on the food security advisory committee: community nutrition, health, education, agriculture, community support, food bank, Good Food Box, Community Kitchens, Nuxalk Nation, hospital, Central Coast Regional District, financial sector, pregnancy outreach and child development. Other key stakeholders will be approached throughout the project to increase representation from relevant sectors currently not represented.

The Bella Coola Valley's local governing body is the Central Coast Regional District (CCRD). An elected CCRD representative sits on the Food Security Advisory Committee. The local community nutritionist sits on the Community Food Action Initiative Regional Committee. The Bella Coola Valley Sustainable Agricultural Society, the lead agency for this project, has representation from the local hospital on its board and the CCRD on its board of directors.

Partnerships

It will be a priority for the Food Security coordinator to build and maintain formal and informal partnerships to avoid program duplication and ensure food is distributed fairly in the community. The Coordinator will also build partnerships with the regional district and Regional Committee on Food Security.

The Bella Coola Valley Sustainable Agricultural Society has created a partnership with the Nuxalk Nation to build community gardens, greenhouses and a commercial kitchen on reserve.

The Community Nutritionist is working toward building partnerships with the schools to address food policy, nutrition education and school gardens.

Involvement of Citizens who lack food security

The development of the food action plan has already involved and will continue to involve people who are food insecure. A priority of the food action plan is to build community capacity to address food security and that includes people who are experiencing food insecurity. Some of the volunteers for the proposed gleaning program will likely be food bank recipients and others will be from the community kitchen groups. Strong coordination of transportation will be critical to the success of including those who lack food security.

Population Health Approach

The food action plan will target low-income members in the community, however, no one will be excluded from participating in any of the food security initiatives. A population health approach will be used to ensure that the community is aware how income, education, social support networks, physical environments, personal health practices and healthy child development affect health and well-being.

Integration – comprehensive systems approach

Many different strategies have been identified in the food action plan to address food security. Using a population health approach, the plan aims to involve many different community and government sectors, use “better” practice initiatives that will move toward system redesign, and promote a local sustainable healthy food system.

Link Food Security with Fruit and Vegetable Intake

The food action plan will address fruit and vegetable intake by increasing the availability of and access to fresh fruits and vegetables locally. to increased fruit and vegetable intake. The plan will work to increase the number of people growing their own produce and to increase the availability of produce in the community (Farmers’ Market participation, gleaning program). Developing and linking school food programs to locally grown food is one of the strategies in the plan. The Food Security Coordinator and the Community Nutritionist will work to increase awareness of the nutritious value of eating local healthy foods.

Capacity Building

The first year of the food action plan will be mainly concerned with capacity building. Valley residents with local knowledge and skills in gardening

and food preservation will be sought to share at community workshops. This will build local self-confidence and responsibility. A master list of skills will be collated to describe the availability of the skills and assets in the valley. This list will also identify the gaps in community capacity.

Sustainability of Food Security Projects

The Community Food Action Initiative will provide some funding for food security projects that have been deemed as priorities by the community. This funding is for two years. After that, the community must find its own source of funding to continue the food security achievements in the long term. Public Health funds for community kitchens will likely continue but will need matching funds.

The Food Security Advisory Committee that was assembled to help steer this report has stated they will continue to support future CFAI funded projects. Upcoming CFAI funding will be used to hire a Food Security Coordinator. The Coordinator, the Advisory Committee, Bella Coola Valley Agricultural Society and the community nutritionist will all work toward food security, including securing funds for projects and coordination.

The work done in the next two years to build community capacity will help sustain some of the food security achievements. However, if funding is not found for a Food Security Coordinator or Public Health funds must be allocated to projects other than community kitchens, it is likely that many projects that were started will not continue. Many grassroots, community development projects need continued funding to keep operating. Coordination of projects is key to their success.



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Appendices

Appendix A

Limitations of the Bella Coola Valley Food Action Plan Report

Some of the statistics cited in this report do not reflect the distinct area that is the Bella Coola Valley. The villages of Bella Coola, Hagensborg and Firvale (all located in the valley) are included in Local Health Area 49 which also includes Anahim Lake. Other provincial statistics place the Bella Coola Valley in the Central Coast which includes Bella Bella, Ocean Falls and Klemtu. Statistics Canada divides the valley into two electoral districts and the Nuxalk reservation.

A survey was sent out to 850 households to obtain information not collected as provincial or federal statistics. The return rate was very low, 3.5%. The terms used in the survey were self-defined and may not be comparable.

The timeframe that was allotted to performing the environmental scan, gaps analysis, community consultation and writing of the food security plan, which includes the outcome measurement framework and a three-year plan, was very short. Further work will be done over the next years to reach out to the community and engage them in conversations about food security.

Volunteerism is an issue in Bella Coola and, as like other communities, only a few people end up doing all the work. In the valley, however, this is even more of an issue because the volunteer base is limited due to the low population. That means that a few people end up doing all the work on many different committees and groups. This is certainly true of those who are sitting on the Food Security Advisory Committee.

Appendix B

Community Questionnaire

1. What percent (%) of your income do you or does your family spend on food each month? _____
 2. Do you have a family farm? Yes No
 3. Do you grow a family garden? Yes No
 4. How available are your culturally relevant or traditional foods in the valley?
Very available Somewhat available Not available
 5. What value do you place on healthy eating?
Very high value High value Medium value Low value Very low value
 6. What value do you place on growing, hunting and fishing for your own food?
Very high value High value Medium value Low value Very low value
 7. Do you rely on hunting and fishing to feed yourself or your family? Yes No
 8. If you answered Yes to Question 7 then what is the availability of foods you get from hunting and fishing?
Very available Somewhat available Not available
 9. Do you recycle? Yes No
 10. Do you compost? Yes No
 11. Do you have access to the Internet? Yes No
 12. How many times do you go to the Farmer's Market in the summer and fall?
 13. Any other comments
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