



## **Early Identification and Implementation of a Better Practice Approach**

### **‘Cool Cooks and Family Cooks’ in Port Alberni Valley Community School Society (\$10,000 2<sup>nd</sup> year of funding 1<sup>st</sup> year was CC with kids).**

Port Alberni grades three to five and 3-5 year olds with their families is the target community. Basically it's community kitchens by kids - the children cook for their families and at the same time bring to the fore the element of nutrition and family meals, self-esteem and self-efficacy. Utilizing the technique of 'children as teachers' similar to the successful re-cycling and anti-smoking campaigns. Reaching children early helps create change to promote food security while providing them with the opportunity to receive life long skills for a healthy life.

### **Alderlea Farm CSA Cowichan Valley (\$10,000 3<sup>rd</sup> year of funding)**

Alderlea Farm is working in conjunction with the members of Alderlea Community Supported Agriculture program and farmers in the immediate area of the Cowichan Valley and other community of the region of Vancouver Island Health Authority. The community is comprised of a range of professions, experience, income levels, and ethnic/cultural groups. The range is diverse and includes physicians, lawyers, teachers, Member of Parliament, and single families on assistance. The community has a shared interest in fundamental ethical values and health promotion by creating healthier more sustainable and economically viable community. This year the project focus includes an apprentice program for people who are interested in learning the art and skill of farming and CSA. The average age of farmers is fifty years old and young people are not choosing to farm and grow food locally. This project will increase training opportunities for people to grow local food and contribute to increasing food security in the Cowichan Valley and beyond.

### **Low Cost Cooking for Health ‘Bag to Burner’ program, Nanaimo Community Kitchens Society (\$9,900 1<sup>st</sup> year funding)**

Collaborative inter-agency better practice approach will be demonstrated through the ‘Bag to Burner’ program for individuals and families living with low income in the community of Nanaimo. The program will demonstrate an agency bridging model between a short-term emergency food relief agency, Loaves and Fishes Community Food Bank and an individual capacity building agency, Nanaimo Community Kitchens. The purpose of the project is to create an environment to empower participants to better use their food resources and demonstrate a collaborative model with participating agencies to better serve clients. Currently, the Loaves and Fishes Food Bank in Nanaimo helps over 700 people each week. The estimated number of people who may benefit from the program directly and indirectly is 100 people.

### **Promising Practice Approach: Pocket Market Project FoodRoots Distribution Co-op (\$10,000 1<sup>st</sup> year funding)**

Pocket Market Promising Practice Approach is Championed by Foodroots which is a co-op distributor of local naturally grown produce and foods processed in the Capital Region. PocketMarkets are thriving throughout the Capital Region involving communities who request access to fresh, local health foods. The focus of the “Pocket Market Approach” is to develop links between local producers and communities through the development of a network of Pocket Markets. The project provides information and support to local growers and processors, supports local neighborhood and community groups to set up pocket markets as neighborhood or community hubs and access to local foods and, community building and awareness raising activities to build greater recognition and consumption of locally produced foods and increase the understanding of food security. Currently, there are # of pocket markets with plans for # more this fiscal year. The “tool kit” for setting up a pocket market will be launched this year and will provide valuable information to grow this idea throughout Vancouver Island Health Authority.