

Developing a Plan Tsawataineuk First Nation / Kingcome Health Centre (\$8,860 2nd year funding)

The Kingcome Inlet community also known as the Gwa'Yi Village is a reserve situated on the British Columbia coastline, 290 km northwest of Vancouver, accessible only by water or air. The Kingcome community is home to approximately 100 residents; in addition, roughly 500 Tsawataineuk First Nations people live off-reserve. The community resources include a health centre, band office, school, and residential homes. The community has no grocery store; all supplies are subject to freight costs, food supplies are acquired from a supermarket in Port McNeill and are ordered by individual community members. The Tsawataineuk First Nations people also rely on catching and canning fish from the Kingcome River as a food source for the community. This year the Health Centre staff are consulting with elders and community members to further existing local knowledge and expertise about traditional gathering, eating and educating around food growing, gathering, preparation and storing.

Developing a Plan CGC Society - Com Food Security Plan for the Cowichan Valley (\$9,978 3rd yr of funding – CGC organization received \$ in first round for Capacity Building, in the 2nd round for FruitSave Project Better Practice approach – this is their 3rd year of funding)

Cowichan Valley is a thriving agriculture community ranging from biodynamic farms, a therapeutic organic farm to blueberry, Saskatoon berry farms, emu and sheep farms and herb farms. In addition to the agriculture community there are a number of service providers, food security groups, businesses and local government representatives who will be collaborating in a public consultative process to plan for a food secure Cowichan Valley. Cowichan Green Community (CGC) Society will provide leadership to actively promote community food security and the process of planning. The CGC mandate is to promote energy efficiency, healthy housing and environmental sustainability in the Cowichan Valley.

Sooke Region Food & Health Action Plan (\$10,000 1st year funding)

Geographically the Sooke Region extends from East Sooke to Port Renfrew – recently incorporated Sooke and the following five areas (East Sooke, Otter Point, Shirley, Jordan River, and Port Renfrew, and three First Nations: T'Souke, Pacheedaht and Beecher Bay. The 2006 population of the region is estimated at 14,500 with a projected ten-year population increase of 24%. The population is relatively young representing 20% under the age of 19. Sooke is often isolated geography by traffic congestion and weather-related travel restriction. The

Sooke Community Health Initiative (CHI) is the lead agency for this initiative and is working together to understand and represent community interest and needs advocating for and creating healthy communities in the region. The aim of this project is to work towards advocating for and creating a healthy community by promoting community food security.

Blanshard Community Centre - Planning for Food Security in Hillside-Quadra (\$10,000 2nd year funding)

Within the Capital Regional District this community is commonly known as the Hillside-Quadra and North Park area. The population of approximately 10,250 is made up of a rich ethnic mix of cultures. There is a portion of the population which can be described as inner-city, high density and low income and a larger portion is the working class. People living near or below the poverty level are clearly more impacted by any type financial irregularities. An unexpected expense of ten or twenty dollars can turn into a family crisis and all too often the only flexibility they have is with their food dollars. Nutrition and healthy lifestyle choices are compromised when this occurs. The Blanshard Community Centre is championing the development of a community food security plan and will identify practical and creative strategies for enhancing food security in collaboration with multiple stakeholders. Some of the ideas include urban alternative landscaping, rooftop gardens and meeting with farmers to enhance emergency food supply at local schools and recreation centres.