



# BACKGROUND

## Nutrition Month Events:

### March Events

Date/Time	Event	Location	Contact
March 5 March 19	Community Kitchens	Saanich Neighbourhood Place Pearkes Community Recreation Centre	Colleen Hobson Ph: 250 360 1148
March 6	West Shore Harvest 3 <sup>rd</sup> Annual Go-Local Foods Summit		Jennifer Girard <a href="mailto:foodsecurity@capitalfamilies.org">foodsecurity@capitalfamilies.org</a> Ph: 250 391 4329 ext 364
March 6 1:00 pm – 4:00 pm	Growing Food in Containers Workshop	Wark Street Commons	Jennifer Freeman <a href="mailto:foodsecurity@blanshardcc.com">foodsecurity@blanshardcc.com</a>
March 12 March 26	Food Skills for Families – Community Kitchens	Saanich Neighbourhood Place Pearkes Community Recreation Centre	Colleen Hobson Ph: 250 360 1148
March 13 9:30 am – 3:00 pm	Snitcel Community Feast – Sponsored by the Feasting for Change Program in partnership with UVic and Seachange	Tod Inlet	Fiona Devereaux <a href="mailto:Fiona.Devereaux@viha.ca">Fiona.Devereaux@viha.ca</a> Ph: 250 886 2122
March 21 1:00 pm – 4:00 pm	Raising Bees in the City Workshop	Blanshard Community Centre 901 Kings Road Victoria	Jennifer Freeman <a href="mailto:foodsecurity@blanshardcc.com">foodsecurity@blanshardcc.com</a>

March 21 9:30 am – 4:00 pm	From the Table to the Field: Turning Discussion into Action, An islands conference advancing Agriculture, Community and Environmental Awareness	Galiano Island, Community Hall, Sturdies Bay Road	Ph: 250 530 5375
March 24 7:00 pm – 8:00 pm	Farm To School Information Sharing Evening	Reynolds Secondary School 3963 Borden Street Victoria	Marnice Jones <a href="mailto:mjones@sd61.bc.ca">mjones@sd61.bc.ca</a> Ph: 250 360 4359
March 26 9:30 am – 2:30 pm	CR-FAIR <i>Food Matters</i> Annual Forum on Food Security	Victoria Native Friendship Centre 231 Regina Ave Victoria	<a href="mailto:info@communitycouncil.ca">info@communitycouncil.ca</a>

### **Websites**

Capital Region Food & Agriculture Initiatives Roundtable (CR-FAIR) – [www.communitycouncil.ca/initiatives/crfair/index.html](http://www.communitycouncil.ca/initiatives/crfair/index.html)

West Shore Harvest – [www.westshoreharvest.ca](http://www.westshoreharvest.ca)

Galiano Island Food Program – [www.galianofoodprogram.ca](http://www.galianofoodprogram.ca)

### **Other Links of Interest**

ActNow BC: [www.actnowbc.ca](http://www.actnowbc.ca)

Dietitians of Canada: [www.dietitians.ca](http://www.dietitians.ca)

VIHA Food Security: [http://www.viha.ca/mho/food/food\\_security/](http://www.viha.ca/mho/food/food_security/)

Health Canada's "Eating Well with Canada's Food Guide" [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

Seasonal Food on Vancouver Island: [www.islandfarmfresh.com](http://www.islandfarmfresh.com)

BC Farmers Market Association [www.bcfarmersmarket.org](http://www.bcfarmersmarket.org)

Community Kitchens in BC: [www.communitykitchens.ca](http://www.communitykitchens.ca)