



Interior Health

Community Food Action Initiative

Project Overview and Kamloops Food Action Plan

In Partnership with:



September 2006
303-681

TABLE OF CONTENTS

	Page
EXECUTIVE SUMMARY	
Section 1.0 INTRODUCTION.....	1
1.1 Food Charter & Policy Context.....	1
1.2 Project Introduction.....	2
1.3 Participants and Consulted Stakeholders	3
Section 2.0 GOALS & OPTIONS FOR ACTION.....	5
2.1 Short-term Relief Actions	5
2.2 Capacity Building Strategies	6
2.3 Food Policy Development and Redesign	8
2.4 Economic Development	10
Section 3.0 PRIORITY ACTION STRATEGIES	13
Section 4.0 RECOMMENDATIONS	17
Appendix A – Participants and Consulted Stakeholders	
Appendix B – Forum Feedback	

The Interior Health Authority, City of Kamloops and the Kamloops Food Policy Council partnered to undertake the Community Food Action Initiative project in 2006. The goal of the project was to engage stakeholders in efforts to strengthen and support food planning, policy and practices in the Kamloops Region. The Community Food Action Initiative involved the following five project elements.

- Inventory of resources and food action projects.
- Community consultation and policy review.
- Food Action Forum to review policy and develop actions.
- Draft Plan.
- Evaluation using Food Security Report Card tool.

The Food Security Report Card is available as a separate document through the Interior Health Authority (IHA) while this document focuses on the remaining project elements.

The Community Food Action Initiative identified a strong network of agencies, businesses and individuals with expertise and interest in the future of agriculture and food in Kamloops. Kamloops has been a leader in the development of food policy and this document provides further direction on the steps necessary to address community challenges. The partnering of key community stakeholders to undertake this project demonstrates the presence of the community leadership necessary for action. This document provides a broad list of action items in Sections 2 and 3 and also provides specific recommendations for the two key organizations involved with this project (City of Kamloops and Interior Health Authority) as well as for the School District.

The major themes of the recommendations (Section 4) are:

- ongoing support for the Kamloops Food Policy Council
- building connections between economic development groups (e.g. Venture Kamloops) and agriculture and food organizations and businesses to enhance agriculture and food sectors in the Kamloops region.
- raising awareness and understanding of local agriculture and food issues and opportunities.
- development of policies and guidelines for urban food producing gardens (e.g. rooftop gardens, veggie plots for seniors or multi-family projects).

EXECUTIVE SUMMARY

Working with the Interior Health Authority, the lead organizers of this project are:

Kamloops Food Policy Council

City of Kamloops

Laura Kalina, Chair
Kamloops Food Policy Council
519 Columbia Street
Kamloops BC V2C 2T8
Phone: (250) 851-7424
Fax: (250) 851-7401
email: laura.kalina@interiorhealth.ca

Ron McColl, Manager of Corporate
Programs and Projects Manager, City of Kamloops
7 Victoria Street West
Kamloops BC V2C 1A2
Phone: (250) 828-3465
Fax: (250) 828-3578
email: rmccoll@kamloops.ca

The Kamloops Food Policy Council has been awarded the 2005 Sharon Martin Community Development Award from the Public Health Association of B.C. The Kamloops Food Policy Council was selected for this award in recognition of their exemplary and progressive work on food security and policy for Kamloops area residents.

Public Health Association of British Columbia, Press Release, January 24, 2006

1.1 Food Charter & Policy Context

In 1976 Canada signed the United Nations Covenant on Social, Economic and Cultural Rights, which includes “the fundamental right of everyone to be free from hunger”. This national commitment to food security led to the gradual development of Food Charters for a variety of jurisdictions (e.g. municipalities and provinces) across the country. A Food Charter provides a vision and set of principles to guide and inform strategic planning, policy and program development and implementation efforts toward food security and community development. The Kamloops Food Action Initiative and Food Action Plan have been developed within the context of the Kamloops Food Charter.

The Kamloops Food Charter framework was developed in the late 1990’s and established as City policy through amendments to the Kamloops Social Plan in 2002. The Food Charter Vision directing these policies envisioned a just and sustainable food system that:

- encourages systems of production, processing, distribution, consumption and recycling that protect our natural resources.
- supports local and regional agriculture and food production systems which supply wholesome food to the region’s residents on a sustainable basis, balancing fair international agricultural trade and diverse vibrant production for the local market.
- provides safe, sufficient, culturally acceptable and nutritious food to all residents.
- respects food as a basic human right where access to safe and nutritious food is not limited by economic status, location or other factors beyond a resident’s control.
- ensure all residents have the information and skills necessary to achieve nutritional well-being.

Kamloops Social Plan Food Policy Statements

The following food policies were integrated into the structure of the Kamloops Social Plan.

- To increase food production employment in the region.
- To ensure that all citizens have the information and skills necessary to achieve adequate nutrition.
- To improve the nutritional health of school children for optimal learning capacity.
- To develop and implement a food policy in consultation with the local health authority which will enhance the health of residents through initiatives to improve the quality and secure the quantities of food required for health and well-being.
- To improve the food security, environment, personal, and cultural well-being of all residents.
- To promote understanding and acceptance among all people in Kamloops.

1.2 Project Introduction

The purpose of the Community Food Action Initiative is to increase the capacity of the Kamloops Food Policy Council (KFPC), City of Kamloops, and other identified stakeholders to further support food security practice and food policy in and around Kamloops. The Community Food Action Initiative is of significance to the entire Interior Health service area, as Kamloops is a leader in food security in the region. This project aims to pioneer community food action planning as an aspect of the performance improvement planning mandated by the Ministry of Health's Core Functions Improvement Process. Although Kamloops has been considered a leader in food security, there is further work needed to enhance components of the food security continuum.

We have picked the low lying fruits on the food security tree but there is so much more that could be accomplished in food policy development and implementation.

Ron McColl, City of Kamloops

The Community Food Action Initiative consisted of 5 major project components and deliverables.

- 1) **Inventory:** An inventory of resources and food action projects and services currently available within the City of Kamloops and outlying communities (Barriere, Chase and Logan Lake) was developed.
- 2) **Policy Review:** Community stakeholders were consulted to discuss current conditions and collect recommended courses of action. A list of stakeholders and project participants is provided as Appendix A. The food policies in the City of Kamloops Social Plan were also reviewed.
- 3) **Food Action Forum:** A Community Food Action Forum was held on March 9, 2006 to present the findings from the consultation and policy review and to engage the community stakeholders in the development of policies for a Food Action Plan.
- 4) **Food Action Plan:** A draft plan was prepared and circulated to key stakeholders. Feedback was integrated into the final Food Action Plan.
- 5) **Evaluation:** A “Food Security Report Card” was developed to operate as a tool to evaluate the effectiveness of the Food Action policies. Suggested food action (security) performance indicators are currently under development through the Ministry of Health’s Core Functions Improvement Process. A Food Security Report Card is an opportunity for community stakeholders to provide input into suggested performance indicators that Interior Health may use to measure performance in food security.

This document outlines components one through four of the Community Food Action Initiative. Component 5, the Food Security Report Card is presented as a separate document.

1.3 Participants and Consulted Stakeholders

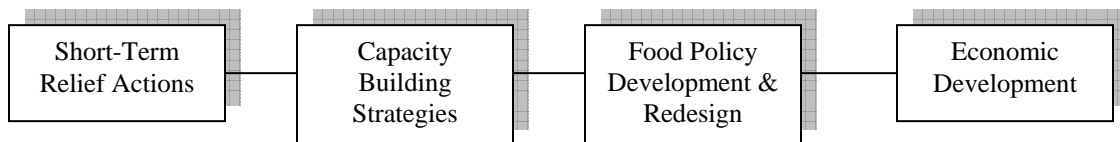
Over 75 individuals and agencies were consulted throughout this initiative. Participants commented on the current status of food security in and around Kamloops and recommendations were provided as part of these discussions and through the Food Action

Forum. The Forum was a one day facilitated workshop to explore goals and actions to enhance food security in Kamloops.

A complete list of Food Action Forum participants is provided as Appendix A. Feedback from forum participants is provided as Appendix B. This feedback should be reviewed as part of the planning process for any additional consultation efforts.

The Food Action Plan is organized around four topic areas that combine to create the Kamloops Food Action Continuum. While these elements blend together and overlap, this structure is beneficial for the presentation of goals and actions. The four key action categories along the continuum are:

Food Action Continuum



The Food Action Forum provided an opportunity to develop action strategies for some of the priority actions listed in this section. While the items do not present a complete action strategy they do provide direction for further activities.

2.1 Short-term Relief Actions

Short term relief actions, as their label suggests, are aimed at providing better access to and quality of food for those most in need. There have been significant accomplishments in Kamloops towards the development of a food distribution structure that increases capacity to provide access to quality food. While these efforts do not solve the core problem, they do provide “relief” for food insecure persons. The success of the Foodshare program is evidence of the City’s accomplishments.

Foodshare Still Growing

In May 2006, the Foodshare program picked up and distributed in excess of 50,000 pounds of perishables. Amazing to look back at our January 2005 newsletter and see that in our first month we collected 1500 pounds.

June 8, 2005, Marg Spina, Kamloops Food Bank/Action Centre

Goal #1:

Continue to develop the food distribution structure to increase access to quality food for those most in need.

Actions:

- provide outreach services to people with limited access, e.g., delivery services, satellite depots
- increase donor and recipient base in FoodShare Program
- increase participation in backyard gleaning
- promote Farmer's Market Tfoonies as a tool for increasing access to fresh food products

Note: Development of the food distribution structure was explored as a priority goal at the forum and further action items are presented in Section 3.

Goal #2:

Expand business and inter-agency cooperation and partnerships on initiatives that improve the quality and quantity of food required for health and well-being.

Actions:

- enhance FoodShare's sustainability and scope
- make greater use of Salvation Army's Mobile Kitchen
- establish shared site for cold storage, preservation of food for winter
- formalize structure and responsibility for maintaining a current list of available meals and food services

2.2 Capacity Building Strategies

Capacity building strategies are aimed at enhancing community resources to address and understand food security issues.

Goal #3:

Promote opportunities for skill development and increased self-sufficiency around food.

Actions:

- develop guidelines for urban food landscapes that address: the unique Kamloops growing conditions; low water or xeriscape practices and relationship to higher density land use
- work with the City and other public use property owners (e.g. Thompson Rivers University, churches) to convert sections of parks, schools, and unused spaces into community gardens or food production areas
- amend the Development Permit Area Criteria for multi-family projects to encourage the addition of urban food production areas to new development projects
- amend the municipal regulations for high density areas (e.g. City Centre) to allow density bonusing for projects adding urban agriculture opportunities and/or green building designs with a urban agriculture focus
- increase awareness of community gardens, kitchens, Good Food Box, Community Gift Certificate program (raises funds for school gardens)
- connect community garden participants with school gardens, Farmer's Market
- promote Back to the Land program (connects people without land access to non-producing pieces of land)
- create heritage garden and/or orchard which is accessible to children and students as educational site
- establish composting in restaurants, large organizations; link them to producers and community gardens
- build more greenhouses; link to glass recycling
- develop sustainability plan for community gardens/ kitchens and Cooking Fun for Families program
- develop food-related skills, education through expanded opportunities for social cooperatives and social enterprise (e.g., educational restaurant)
- provide mentorship opportunities to ensure sustainability of initiatives



2.3 Food Policy Development and Redesign

A key component of the Food Action Plan is the development and adoption of food policies by a variety of agencies. The City of Kamloops and the health region have been leaders in this regard. The new policies presented in this section emphasize partnerships and strategies to raise awareness of food issues.

Goal #4:

Encourage the development of policies and practices which promote nutrition and healthy eating.

Actions:

- strengthen policies of local agencies and administrative organizations to support more healthy, local foods in school meal programs, cafeterias, vending machines, recreation centres, hospitals, and correctional facilities
- strengthen partnership between Interior Health Authority, Ministry of Agriculture, and City of Kamloops to address nutrition and healthy eating
- Investigate partnership opportunities with other Ministries and levels of government,(e.g., Ministry of Employment & Income Assistance) that support healthy eating choices
- encourage new developments particularly public facilities to provide facilities for breast-feeding and baby-friendly spaces
- incorporate new policies from the Food Action Plan in an updated Social Plan for Kamloops
- develop a communications strategy to increase public awareness of the importance of food policies
- strengthen nutrition, food preparation and agricultural curriculum in schools (e.g. Heritage Fair on agriculture, agricultural events)

Note: This goal was explored as a priority item at the forum and additional action items were identified and are presented in Section 3.

Goal #5:

Encourage agencies to develop policies supporting local food production.

Actions:

- encourage the provincial government to create farm/soil – friendly waste-management policies (e.g., BSE testing)
- reduce relative tax burdens on smaller-scale production
- ensure that irrigation water supplies are sustainable and relatively inexpensive (e.g. low or unmetered water rates for agricultural uses)
- feature local products at City events
- enhance signage related to local food production, community gardens and farmers market
- support policies encouraging the addition of edible landscape components in new developments (see Goal #3)
- re-examine land use policies to minimize urban sprawl and respect the boundaries of the Agricultural Land Reserve, particularly in valley bottoms where the best agricultural opportunities exist
- address landlord – tenant issues that may limit renters’ ability to produce food
- prepare a Kamloops Agricultural Plan to support and enhance agriculture in Kamloops
- work with the Provincial Government to secure a viable long term agricultural use for the Rayleigh Correctional Centre site
- work with the Ministry of Agriculture and the Agricultural Research Station to explore new crop opportunities for Kamloops such as vineyards and specialty berries and fruit



Note: This goal was explored as a priority item at the forum and additional action items were identified and are presented in Section 3.

Goal #6:

Address issues of land, culture, and environment as they relate to the food security of indigenous peoples.

Actions:

- promote opportunities for indigenous peoples to maintain connections to land, traditions, communities, and identities
- respect traditional hunting, gathering, and fishing territories, practices, and protocols
- incorporate needs and perspectives of indigenous peoples when designing, implementing, and evaluating policies
- examine opportunities to re-introduce potlatch culture around food distribution

Goal #7:

Address root issues underlying food insecurity, e.g., poverty, housing, addictions, transportation and lack of affordable childcare.

Actions:

- support the development of more affordable housing, spread throughout community
- put supports in place for welfare-to-work programs
- encourage more “healthy” investment in community
- advocate for the establishment of a living wage
- advocate for social assistance that reflects cost of living
- develop a poverty strategy that involves multiple levels of government
- expand employment opportunities, supports for people with addictions and/or mental illnesses

2.4 Economic Development

Goal #8:

Promote increased production, manufacturing, marketing and consumption of locally produced foods.

Actions:

- develop a communication strategy to link buying local to civic pride
- develop a communication strategy to increase awareness about the distance most food travels and encourage local food as alternative

- host fine-dining events to showcase local foods to consumers, chefs, and management of local tourism organizations, restaurants, and grocery stores
- create partnerships between School District and local producers to design healthier products that also appeal to kids
- encourage Venture Kamloops to host information sessions led by local producers that would connect local producers to the business and organizations that could be local consumers
- create directory of local producers in multiple formats online directories and maps that links the “shop local” campaign and the community mapping project

Goal #9:

Support the development of a viable local food economy.

Actions:

- maintain/increase availability of commercial-sized plots of arable land in areas with optimal growing seasons (i.e., valley bottoms)
- increase flexibility around business licensing requirements for backyard sales
- lobby for research on agricultural potential in Kamloops including opportunities for new crops
- increase and sustain social enterprise opportunities such as commercial gardening and processing (value-added products)
- address barriers (e.g. minimum slaughter volume requirements, waste management regulations) facing small meat-packing, processing plants
- consider opportunities for food processing for specialized markets, including international markets
- reduce barriers (e.g. HACCP certification standards, centralized or marketing board purchasing) that prevent local producers from selling to grocers
- create central depot, storage and coordinated transport for local producers. This could be undertaken as a social enterprise initiative that uses existing people resources
- connect local agriculture to tourism (e.g., Rocky Mountain Railtours)
- create more retail opportunities for local producers (multiple Farmers’ Market times and locations)

- develop co-operatives, alternate distribution models, e.g., LETS (Local Exchange and Trading System)
- heighten profile of local producers, celebrate local agricultural history and long-time farmers
- develop businesses that provide local products exclusively, e.g. event catering
- consider options for expanding venues for the local Farmer's Market, including locations near grocery chains to support comparative shopping



The Community Food Action Forum was held to review the goals and actions presented in Section 2 and to explore additional strategies for priority actions.

Forum participants first confirmed that all of the nine goals (Section 2) should be included in the Food Action Plan. Recognizing that the forum offered only a compressed discussion period, participants were asked to rank the goals they most wished to discuss. Four goals were selected as priority items for discussion at the forum:

- enhanced food distribution structure (Goals 1 & 2)
- develop policies to enhance healthy eating (Goal 4)
- support local farming and food production (Goal 5)
- address the underlying root causes of food insecurity (Goal 8)

Section 3 presents the strategies that were developed through the forum discussions. Forum discussion also addressed the underlying root causes for food insecurity (Goal 8). Recommendations arising from this discussion have been integrated into Section 2 as the suggested actions were generally activities outside the mandate of local Kamloops planning initiatives.

GOAL #1 – CONTINUE TO DEVELOP THE FOOD DISTRIBUTION STRUCTURE				
Activities	Resources	Timeframe	Responsibility	Partners
Conduct an inventory of Emergency Food Services in Kamloops. <ul style="list-style-type: none"> • how many meals are served? • sources of funding and donations. 	TRU – a community health student could take this on as a project.	Within the next 3 months	Food Bank / Action Centre	Nursing TRU, charitable food providers
Use Food Survey data to raise awareness of the problem of hunger in the City.	TRU – marketing/media TRU – community health	After completion of survey	Food Bank / Action Centre, Kamloops Food Policy Council	Community agencies, local governments, TRU, schools, businesses, indigenous organizations
Make the Tournament of Food an annual event.	Seniors, youth, community agencies	By April 2007	Food Bank / Action Centre, Desert Gardens Seniors	City, TRU, local chefs, restaurants, producers, grocers, charitable food providers
Hold a Taste of Kamloops (and area) – fundraiser for emergency food programs.	Local producers, restaurants, chefs	Within the next 6 months; annually thereafter	Charitable food providers, local producers	Agriculture Focus Group, City, TNRD, TRU
Develop a business and sustainability plan to integrate the work of emergency food programs with local businesses, government.	Local planners, Social Planning Council, Community Futures, TRU business students.	Within the next year.	Charitable food providers, City, FoodShare Working Group.	KFPC
Consider tax incentives for businesses to encourage donations to food banks.		During term of current City Council.	City, Social Planning Council.	Venture Kamloops, Community Futures.
Consider community supported agriculture or Good Food Boxes as alternate models for emergency food programs.	Means for charitable food recipients to participate in exchange for food.	Within the next 6 months	Charitable food providers, community gardens and kitchens, Food Share Working Group	City, local producers, Agriculture Focus Group
Create website location for calendar of meal services.	Website and email address for posting and updating meal list. Letter to all agencies with update protocol.	Within the next 6 months	<ul style="list-style-type: none"> • Volunteer Kamloops • Social Planning, or • City of Kamloops • KFPC 	Community agencies, City of Kamloops

GOAL #1 – CONTINUE TO DEVELOP THE FOOD DISTRIBUTION STRUCTURE (cont'd)				
Activities	Resources	Timeframe	Responsibility	Partners
Support and enhance equipment necessary to operate Foodshare program	Food Bank fundraising for vehicles.	Within next 3 months	<ul style="list-style-type: none"> Food Bank/ Action Centre 	Food Bank/Action Centre, Community Groups

GOAL #4 – NUTRITION POLICIES & PRACTICES TO PROMOTE HEALTHY EATING & NUTRITION				
Activities	Resources	Timeframe	Responsibility	Partners
Bring emergency food providers together to determine future operational needs.	Meeting organizer, space, food	Within 3 months	KFPC	Charitable food providers, City, Social Planning Council, FoodShare Working Group, IHA
Increase awareness of the value and need for food policies.	Media, local planners, policy-makers	Ongoing	KFPC – Communication Plan	Media distribution lists, KFPC, Social Planning Council
Increase education awareness of personal/family purchases of local and healthy food	Willingness to spend more to buy local, healthier products	ASAP	Individuals, School, KFPC	Media, Farmers' Market, STOPA, Agriculture Focus Group
Encourage organizations to adopt nutrition and healthy eating policies, involve businesses in promoting local food	PowerPoint presentation, examples, Food fairs, Placement policies in stores	Within one year	KFPC, Social Planning Council	Municipalities, schools, preschools, IHA, food purveyors, restaurants, Agriculture Focus Group, local producers, Farmers' Market, Community Futures, Venture Kamloops.
Support regional agriculture <ul style="list-style-type: none"> develop an agricultural plan propose a City land bank build capacity for local markets advocate for provincial policy 	Community Futures, mapping project, ActNow Initiative, Agricultural Foundation	2010	KFPC, Social Planning Council, TNRD, City of Kamloops	Farmer's Markets, ALC, Farm Folk / City Folk, Agriculture Focus Group
Communication strategy <ul style="list-style-type: none"> to increase awareness improve collaboration 	Share existing local and provincial policies	ongoing	All (use each other's resources, knowledge; align goals of ministries)	Media, ministries, Social Planning Council, KFPC, farmers, IHA

GOAL #5 – LOCAL FARMING & FOOD PRODUCTION				
Activities	Resources	Timeframe	Responsibility	Partners
Increase student awareness of local opportunities and agricultural practices (e.g. school gardens, local food dinners)	Curriculum, site visits at farms	Next school year	Schools (e.g., agriculture and home economics programs), Ministry of Agriculture	Agriculture Focus Group, TNRD, local producers, Farmers' Market, IHA.
Encourage meat production, waste composting and education	Ken Jakes, TRU meat-cutting; Graham Strachan, MAL; Venture Kamloops, Ag. Focus Group	Ongoing	Ranchers, Venture Kamloops, TNRD	City of Kamloops, Community Futures, BC Food Systems Network.
Increase local food market <ul style="list-style-type: none"> • Encourage stores to buy local • develop local distribution infrastructure • create indoor venue with market 	FoodShare, Organic Food Co-op	Ongoing	KFPC, Farmers' Market, MAL, City, TNRD, Restaurant Association	Food Share, Agriculture Focus Group, North Shore Business Improvement Association, local grocers

The Community Food Action Initiative has been successful in developing community goals and actions to further support and enhance food security practice and policy in the Kamloops region. This work has been supported by the community (Community Food Action Forum) and there has been discussion of additional activities to further address priority goals (Section 3).

A review of the action items identified in this document indicates that the implementation of a Food Action Plan is a complex multi-party project. It is evident that three local agencies (the City of Kamloops, School District 73 and the Interior Health Authority (IHA)) all have a range of opportunities for participating in plan implementation. The following discussion is structured to highlight recommended actions for each of these three agencies.

City of Kamloops

1. Work with Venture Kamloops to establish an Agriculture and Food Action Committee that brings together stakeholders associated with agriculture and food in the Kamloops region (e.g. Ministry of Agriculture, local farmers, farm businesses, Community Futures, Kamloops Food Policy Council) to oversee food action initiatives, including:
 - economic development strategies for agriculture and agricultural businesses from the Food Action Plan
 - social enterprise initiatives to improve food security (e.g. social enterprise business opportunities to preserve and market produce from backyard gleaning)
 - act as an advisory group for the preparation of an Agricultural Area Plan

2.
 - a. Prepare guidelines for urban gardens that address plant suitability, site design and land use considerations for urban agriculture in higher density areas.
 - b. Amend the Multi-family Development Permit Area guidelines to include opportunities for developing urban food producing gardens in the required landscape areas for new multi-family projects.



- c. Develop a strategy to support density bonusing for projects including urban agriculture and garden components (e.g. roof-top gardens).
3. Initiate a planning process for the preparation of an Agricultural Area Plan.



4. Review options to support the work of the Kamloops Food Policy Council (KFPC) over the long term. Support could be in the form of stable long term funding that would allow the hiring of staff. Partnerships of such groups as Parks & Recreation Department could also provide the KFPC with the resources necessary to participate in some of the identified actions. The Kamloops Food Policy Council has been the lead advocate for a Food Action Plan. This lead role will continue as many of the actions (Section 3) are directed to the KFPC. The KFPC, as a volunteer organization, has limited resources and will be able to tackle only the highest priority tasks.

School District 73

5. Consider curriculum enhancements to focus on local agriculture and food.
6. Review opportunities for surplus lands to be added to agricultural programs such as backyard gardens.

7. Integrate edible landscapes into school landscape plans.
8. Pursue opportunity to establish a heritage garden.

Interior Health Authority

9. Research opportunities to establish social enterprise strategies that would improve food security in the Kamloops Region.
10. Continue to support and expand staff role on the Kamloops Food Policy Council.
11. Implement programs to support agencies and organizations adopting healthy eating/healthy food policies and strategies.

APPENDIX A - Participants and Consulted Stakeholders

Alexis Blueschke – Community Nutritionist, Interior Health Authority (IHA)
Andrew Bratton – Student Representative, Thompson Rivers University (TRU) Board of Governors
Andrew Swetlishoff - Community Development and Planning Manager, City of Kamloops
Anita Grover – Venture Kamloops
Anna Kirbyson – Provincial Health Services Authority
Anne Grube – community member
Archie Chutyner – community member
Arjun Singh – member of Kamloops City Council
Bridget King – Practicum student, IHA
Cathleen Kneen – organizer, BC Food Systems Network
Cathryn Wellner – Food and Health Project Leader, IHA
Cathy Shether – Acting Chairperson, Healthy Life Network, IHA
Cathy Thibeault – IHA
Cheryl Thomas – community member, Clearwater
Dalton Strong – farmer and co-owner of Smorgasbord Deli
Dave Hilton – Parks Manager, City of Kamloops
Dave Whiting – Kamloops South Thompson Mapping and Capacity Partnership
Dawne Taylor – Minister, Mt. Paul United Church
Diane Fraser – community member
Dieter Dudy – farmer, Thistle Farm
Donovan Cavers – cook, This Old Steak and Fish House; farmer, Golden Ears Farm
Ellen Duncan – Dietitian, Interior Indian Friendship Society
Geeta Cheema – Coordinator, Public Health Evidence to Practice Project, IHA
Grant Fraser – Director, Thompson Nicola Regional District
Hamish Plommer - former GardenGate Coordinator
Helen Goshee – Interior Community Services (ICS)
Jane Mastin – TRUE Consulting Group
Jennifer Cunningham – producer, Jay Springs Ranch, Pinantan Lake
Jill Watt - producer, business consultant, Black Creek Ranch, Monte Lake, BC
Joan Reiswig – IHA
Joanne Houghton – Healthy Communities Coordinator, Northern Health Authority
Joe Leong – member of Kamloops City Council
John Popoff – Community Planning Supervisor, Development and Engineering Services, City of Kamloops
Judy Bepple – service provider, Baby’s Head Start, ICS
Judy Lechowicz – Kamloops Organic Food Co-op
Julie Johnson – Kamloops Food Policy Council

Karl Fulson – New Life Mission
Kelsey Kashuba – Kamloops Food Bank / Action Centre
Lana, Brenda, and Linda – volunteers, Mt. Paul United Church Sensational Soups
Laura Kalina - Community Nutritionist/Co-chair (Kamloops Food Policy Council (KFPC))
Leah Dawson – Executive Director, Boys and Girls Club of Kamloops
Lila Jennejohn – Kamloops Food Policy Council
Lisa Armstrong – White Buffalo Aboriginal Society
Lynda Barrer – Independent Nutritionist / Urban Oasis
Marg Archibald – The Monday Group, Kamloops
Marg Spina - Executive Director, Kamloops Food Bank/Action Centre
Mary Doonan – service provider, Salvation Army
Max and Jen – TRU students
Nicole Doucet – Recreation Program Coordinator, City of Kamloops
Pamela Lively - practicum student, Y Women’s Shelter
Participant - Mt. Paul United Church Sensational Soups
Participants – Baby’s Head Start, ICS
Patty Hallam – public health nurse, lactation consultant, Interior Health Authority (IHA)
Ron McColl – Corporate Programs and Project Manager, City of Kamloops
Rosalie Wells – St. Vincent de Paul Society, Kamloops
Rose Soneff – Leader, Community Development, IHA
Sarah McNeil – Nutrition Clerk, IHA
Sharlene Marican – THEO BC Services Coordinator
Sheila Loranger - Executive Director, Y Women’s Shelter
Sheila Nelson - Kamloops Food Policy Council
Sheryl Giudici – Community Nutritionist, IHA
Terry Butcher - service provider, New Life Mission
Terry Lake – Mayor, City of Kamloops
Tim Larose – Executive Director, New Life Mission
Tristan Grube-Cavers – farmer, Golden Ears Farm, Chase
Vera Doell – Community Kitchens Coordinator, ICS
Vicki Michaud – Manager, Family Development Centre, Interior Indian Friendship Society
Warren Hurd – Bliss Bakery / “Live Differently”
Wendy Gardner – TRU Instructor, Kamloops Food Policy Council

APPENDIX B – Forum Feedback

An exit evaluation was conducted for participants at the Community Food Action Forum (March 9, 2006). Feedback was mostly positive, with the following aspects of the forum cited as most worthwhile:

- Moving food security forward
- Networking and connecting with people and agencies
- Eating local
- Learning more about the challenges facing local farms
- Good brainstorming
- To realize the good work that is already going on
- Focused discussion on food security
- Realized how much can be achieved in a half-day event
- Wonderful food
- An opportunity to continue the momentum around food security in our community
- The exchange of ideas about ways to take action as individuals and as a community
- Listening to where various people and organizations want to go with respect to food security
- Small group discussions
- Having media and City representatives in attendance
- Asset building
- Developing working partnerships
- Action-oriented discussions
- Laura Kalina's introduction to the food security spectrum
- Featuring and acknowledging local food/local producers

In terms of what could have been done better, participants had the following suggestions:

- More time to connect with other attendees
- A walking microphone for facilitator/presenters
- More representation from indigenous communities, Ministry of Human Resources and MCFD
- More food insecure attendees
- More time in breakout groups to brainstorm/discuss

In addition to these recommendations from participants, the forum organizers also felt that more time was needed to fully develop implementation strategies. It should also be noted that although invitations to the forum were broadly distributed, certain groups, such as members of local indigenous communities, members of outlying communities, and social service recipients, were underrepresented. This points to a need for more effective means of outreach and more accessible opportunities for collaboration.