



# Kaslo Food Security Project

Aimee Watson

Spring 2014

# Who We Are

- The Food Security Project began in 2005
- The Kaslo Food Hub
- Food System Projects
- A program of North Kootenay Lake Community Services Society (NKLCSS)
- Based in Kaslo, service area is Kaslo & Area D



# Mission/Purpose



# KASLO FOOD CHARTER

# Funding

Community Food Action Initiative (Interior Health)

Union of BC Municipalities

Kairos

Eco Action

Columbia Basin Trust

Regional District Central Kootenay's

BC Gaming

Kaslo Community Forest Society

DASH

Vancouver Foundation

Kaslo Community Forest

BC Healthy Communities

# Supporting Ourselves



- 20 different funders (some have contributed more than one grant)
- \$312,847 in short-term grants
- Memberships \$2,140
- Fundraising \$8,593
- Program fees \$46,282 (incl BBC \$41,226)
- Donations \$48,742

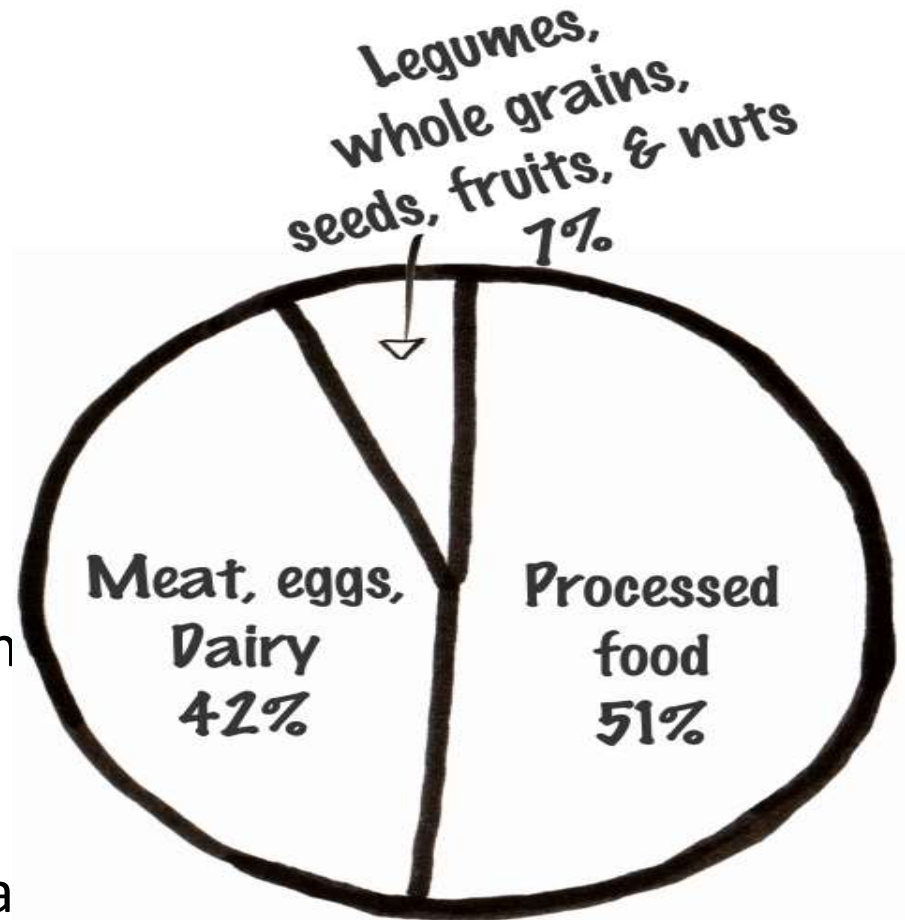
# Why Food Security?

- Immediate need
- 1 day of fresh food available if trucks are cut off
- 25% of Kaslo median income would be needed to meet Canada Food Guide recommendations



# Why: Health

- Cost of chronic diseases: \$39 billion in Canada
- We have gone from whole foods to products of a few ingredients
- Caloric intake has increased 25% in 30 years
- Diabetes increasing threefold in 30 years
- We are consuming 50% of all antibiotics produced in Canada in the form of steaks and burgers



## **Our Diet**

(Furhman, J. (2005) Disease-Proof Your Child: Feeding Kids Right. New York: St. Martin's Press.)



# Why: Environment



- War chemicals diverted to food production; DDT, 2, 4-D, Parathion, malathion
- 10 calories of input needed to produce 1 calorie of food
- 6 lbs of soil needed to produce 1 lb of food
- 15,500 L of water needed to produce 1 Kg of beef



# Why:Economics



10 apples for \$19

- Externalities included, a global food basket costs increase 16%, a localized organic food basket rise only 3%
- Debt for farmers has increased 700%
- Net income has not increased
- Subsidies support junk food, making it cheap while healthy food is more expensive

# History: Our first year (2006-2007)

- Community food assessment
- Setting ground for direction
- Community/Commercial Kitchen Feasibility Study

Year One:

- Education & Dialogue
- Building awareness
- Building networks
- Food Policy & OCP
- Re-establish the community garden



# History: Year 2-4 (2008-2010)



Action! L2G winner: Jamie Gray

- Researched and created the West Kootenay Food Directory
- Started the Bulk Buying Club
- Lawns to Gardens
- Demonstration Garden with a focus on plant proteins (quinoa)
- Planting the Seeds Movie
- Gardening, Seed Saving and Food Processing workshops

# Years 2-4 cont'd

- GHG reductions: 45 tonnes
- Water saved: 14 million litres
- Organics diverted from landfill:

1180Kg

- Inputs reduced (chemicals & fertilizers):

4500 Kg

- Authored and published monthly provincial newsletter for the CFAI



Lawns to Gardens Winner: Tara Gray  
Apprentice: Jasanna Dobbyn  
Gardener Extraordinaire: Lyndsay Romaker



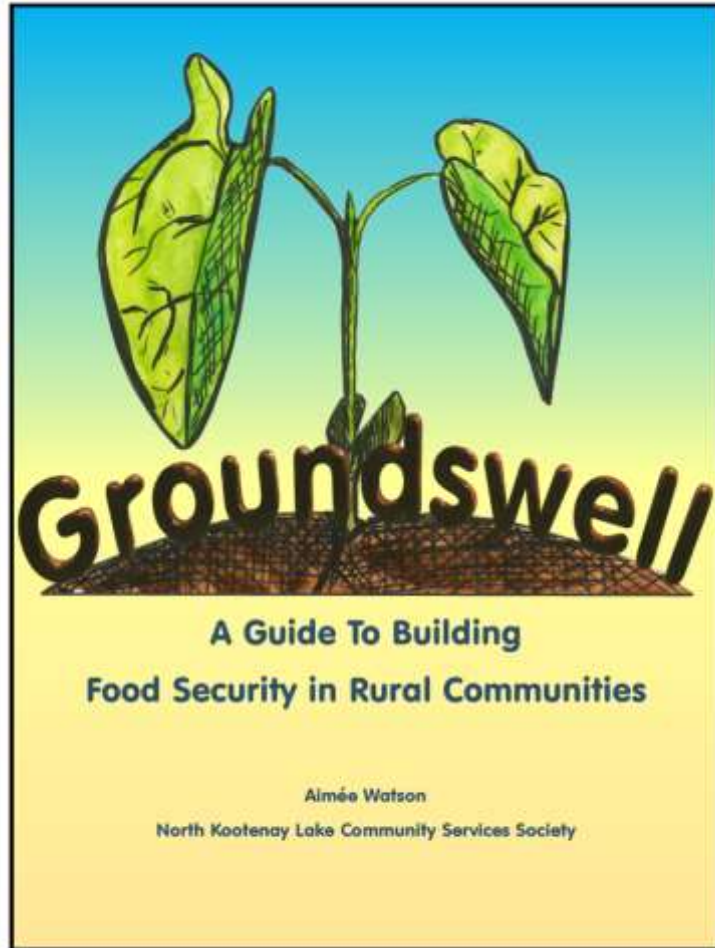
# History: Year 5-7 (2010-2012)



Flax

- West Kootenay Farmland Database
- Kaslo Food Hub opens
- Accreditation
- Feeding Families Not Bears
- Lakehead and Beyond Farm Plan
- ENP Feasibility Study
- Climate Change & You Project

# History: Year 8 to present



- Operating Kaslo Food Hub (9 programs)
- Crown Land for Agriculture
- Groundswell: A Guide to Building Food Security in Rural Communities



# What we do now

## Operate the Food Hub

- Offers 9 core programs on a weekly basis

## Farmer Capacity Building

- Food Value Chain assessment
- Food System Plan for NKL
- Yearly market research
- Food Forum 2014



# NKL Food Cupboard

- Non Barrier
- Fresh, wholesome
- 170 clients a month
- \$1200 month for food (\$14/visit)

2013 donations:

- 3061 lbs
- 1258 items

2013 volunteer hours:

- 225 hours



# The Bulk Buying Club

- Farmer based
- Social enterprise for Food Cupboard
- Bulk orders of local farmers and processors
- Fresh Sheet emailed weekly



# Feeding Families Not Bears

- Fruit Tree Project & Bear Aware
- Volunteers pick abandoned or residential fruit for personal and food cupboard use

2013

- 40 volunteers including Foods Class at JVH
- Over 2000lbs harvested
- 1000 lbs to Food Cupboard





# Tool Library and Root Cellar



- Tools for kitchen and garden use
- Walk in cooler for retail, farmers and individuals to rent

# What's Next

- Skill Building Workshops
- Food System Plan in mid-summer
- Keeping up with the Food Hub!





# So, are we food secure now? No



- Food Cupboard use is increasing
- Backyard & community gardening does not meet total needs and competes with local farmers
- Costs continue to rise
- Choices diminishing

# Without Farmers- There is no Food Security

- We have lost 8 farmers since we began
- 20 acres, prime land listed for \$900,000
- Average net income ranges from -\$133 to a maximum of \$5, 422



VanTuyl Farm, Meadow Creek

Photo: Jim Lawrence

# Farming History



- Supported by Agriculture Canada

- In 1935, Kaslo won best cherry at the California International Farm Fair

- 380,000 boxes of fruit shipped from some of our most remote communities to Great Britain

# What Happened?



- Diseases
- Railroad dismantled
- Small lot agriculture was replaced by a global food system



# Where do we go from here?

- Why we are here; but first lets look at our survey results
- 198 responses 9% of the population
- 56% shop locally



# Eaters: Sources of Food



- 92% prefer local to support the local economy
- 91% buy organic
- 44% fish and or hunt to fulfill household needs



# Eaters Survey

- 82% feel local farms are very important
- 81% have never faced hunger
- 64% have never used the Food Hub
- 80% compost



# What is the Goal?



- Charter ?
- Why section indicated a severe need to continuously improve our local food system
- Secure, healthy, and viable local food system

# Elephant in the Room



- Trade policies
- Regulations designed for global scale
- Mandates that are counter to local needs
- A constant up stream

# Silver Lining

*“Food is the one central thing about human experience that can open up both our senses and our conscience to our place in the world”*

Alice Waters