



@thegoodfoodsummit
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#goodfoodsummit2018

SHARING GOOD FOOD STORIES

THE GOOD FOOD SUMMIT 2018

NOVEMBER 22ND + 23RD, 2018



WELCOME

Thank you for joining us at the 2018 Good Food Summit. Let us share our good food stories from the past year and build excitement for the year ahead!

This annual gathering takes place on unceded Coast Salish Territories*, specifically of the Lekwungen (Songhees and Esquimalt Nations) and W̱SÁNEĆ (Tsartlip/W̱JOLEŁP, Tseycum/WSIKEM, Tsawout/S̱ÁUTW, and Pauquachin/BOKÉĆEN Nations). Let us hold this in our hearts and minds as we spend today learning, unlearning and discussing power and privilege in our food systems.

CONFERENCE HOSTS

The Good Food Summit is hosted by the **Capital Region Food and Agriculture Initiatives Roundtable** (CRFAIR). CRFAIR envisions a region where local, sustainable and healthy food is celebrated, abundant and central to the cultures, health and well-being of residents. They work to mobilize and connect efforts to develop healthy, equitable and sustainable food systems in the Capital Region. This includes providing backbone support to the Good Food Network.



The Good Food Network is the true driving force behind this gathering. Our network joins numerous organizations and individuals across the capital region with the shared purpose of connecting and aligning our efforts and working together towards a healthy and sustainable food system in our region. The Network was launched in 2015 as a way of connecting across sectors and silos to engage the whole food system.



This year we will be introducing to you our Good Food Network **Leadership Team**. Coordinating collective impact requires strong leadership. We are currently looking to create a more diverse leadership. Please let us know if you would like to be part of the team.

MAPPING OUR WORK TOGETHER

What is it about our food, culture and community that is important to you and that we want to work towards? What will require a group effort to achieve? Lots of work is going on, some of which is reported in the 2018 GFN Progress Report. There is much more to do to ensure a food system for everyone. Check out the Map Station and put your work on the Regional Food Systems Collaborative Outcomes Map.

NETWORKING AND SHOW AND SHARE FAIR

There is so much knowledge and experience in the network that can assist you in your learning and in growing connections. At noon a quick and fun networking game will get you warmed up! Afterwards visit the displays of over 20 organizations, students, and businesses.

MORNING

	MICHELLE PUJOL	UPPER LOUNGE	BOARDROOM	SUB B025	SUB B028	CLEARIHUE C316	OUTSIDE
8:30	Registration						
9:00	Welcome and Opening Remarks						
9:40		The Values and Challenges of Transition to Certified Organic Production	Masala-making with Tishanna's Kitchen	Anti- Oppression Training	Good Food History	25 Years of Change - The LifeCycles Project Society	Food as Medicine - Plant Wander
10:40		Fish in our Food Systems	Tools, Tips, and Tricks for Effective Garden-Based Education	Cont.	Values Matter in the Local Food Economy	Climate Change and Community Resilience	
12:00	Show and Share Fair and Networking						

AFTERNOON

	MICHELLE PUJOL	UPPER LOUNGE	BOARDROOM	SUB B025	SUB B028	CLEARIHUE C113	OUTSIDE
12:30	Lunch						
1:30	Update on the 2025 Good Food Strategy						
2:30		How Our Land-Based Identities Intersect with Indigenous Food Systems	Canning the Abundance	Emergent Topics	Raising the Next Generation of Food Leaders	Student Food Activism	Wild Foods and Food Sovereignty - Plant Wander
3:30	Keynote and Call to Action						
4:45	Closing Remarks						



SESSION ABSTRACTS

9:40AM

Masala-making with Tishanna's Kitchen

with Letitia Annamalai

Got a cupboard full of spices that don't get used as much? Learn some easy recipes & tips to flavour & enrich your everyday meals, from a local home cook & caterer. We will be roasting & blending a Garam Masala for you to take home too.

The Values and Challenges of Transition to Certified Organic Production

with Dr. Jeremy L Caradonna, Ryan Vantreight, Crystal Arsenault

Dr. Caradonna, author of the newly published *One Level at a Time: Transitioning to Organic Vegetable Production*, will share research findings and success stories in the area of organic transition. Caradonna will moderate a discussion about organic transition in our local context with representatives from IOPA (Islands Organic Producers Association) and Longview Farms.

Anti-Oppression Training

with Anureet Lotay

This is a longer session running from 9:40am to 11:30am

In this interactive workshop, participants will learn the key ingredients of anti-oppressive practice, including: how systemic barriers and forms of oppression affect different groups in society, learning the language to call out inequity and challenge stereotypes, prejudice and discrimination in their community; and, what they can do to be effective bridge-builders in their communities.

25 Years of Change - The LifeCycles Project Society

with Matthew Kemshaw and Julia Ford

For 25 years LifeCycles has been connecting people to the food they eat and the land it comes from. In this workshop, we will describe LifeCycles theory of change, using our work with the Welland Community Orchard as an illustrative example. By providing embodied experiences with local food systems and modeling stewardship of land and space, LifeCycles is shifting our cultural relationships to land and once again placing food at the centre of our communities.

Good Food History

with Alexie Glover, Samantha Holder, and Dr. Rachel Hope Cleves

The year 2018 will stand out to food historians as a unique moment in history. This year we lost Chef Anthony Bourdain, saw the growth of the popular keto diet, and the sustained popularity of #foodporn. Food history is a growing historical sub-discipline that addresses the human experience. We are so intimately tied to the food we crave, cook, and consume. So what can we learn from examining popular sources that tell us about food in the past?

Food is Medicine – Plant Wander

with Della Rice-Sylvester

Join Cowichan Elder Della for a wander around campus. Learn about native plants in this interactive session. Bring your questions!

10:40AM

Tools, Tips, and Tricks for Effective Garden-Based Education!

with Kayla Siefried and Leah Seltzer

Tools, Tips, and Tricks for Effective Garden-Based Education!

In this workshop, participants will have an opportunity to share skills and strategies for bringing learning alive with groups. We will explore our favourite games, icebreakers, re-focusing strategies, and approaches to workshop design. This collaborative session will be facilitated by Leah Seltzer (Outdoor Educator at LifeCycles Society) and Kayla Siefried (Education Coordinator at the Compost Education Center). All levels of experience are welcome.

Fish in our Food Systems Panel

with Adam Olsen, Erich Kelch, and Jim McIsaac - moderated by Brooke Fader

Let us not forget the importance of fish in our food systems. We have invited three fish experts to update us on the current status of fish, from salmon, to shellfish. There will be a chance to ask questions and discuss steps we can take as individuals and organizations to support the work of these leaders and others.

Values Matter in the Local Food Economy

with Patricia Reichert, Susan Tychie, and Ben Clark

In this session, we will focus on shared values in the local food economy across all sectors--business, education, public policy, and not for profit services. How do we build an integrated place-based food system in the Capital Region that is based on a value chain model, not just a supply chain? Workshop hosts will provide updates on exciting projects related to the Local Food Economy area of the Good Food Strategy. The session will include provocative questions on how we build sustainability, diversity, and profitability into our local food economy in the midst of global economic and climate change pressures. Bring your ideas and voice to this dynamic discussion.

Climate Change and Community Resilience

with Michelle Collussi and Nathalie Chambers

The recent report from the United Nations Intergovernmental Panel on Climate Change lets us know that we have just over a decade to make some significant changes to curb climate change. Regardless of our actions, the fact remains that the climate is changing and we are experiencing the impacts here on Vancouver Island. On one hand, our reliance on imports is being threatened by fires, floods and drought in food source countries; on the other hand we currently produce about 10% of the food we eat. On one hand, our own farmers and fishers are having to adapt to climate impacts on oceans, growing conditions etc. and on the other hand investing in more food production is key to our long-term resilience and health. How can regional food systems and stakeholders respond to the challenges and take advantage of the opportunities in order to ensure food access and reduce emissions for future generations? How can regional food systems be part of the solution?



2:30PM

Canning the Abundance

with Kayla Siefried of the Compost Education Centre

Ever wonder what to do with all those plums? How about the epic amount of beets your neighbor just gifted you? Or just want to Do-It-Yourself and make your own berry jam to enjoy in the dark days of winter? In this workshop, we will talk about the basics of safe produce preservation using the hot water bath method of preservation. You will come away with a basic idea of how to can the season's abundance safely, and have a list of resources to consult for further learning.

How Our Land-Based Identities Intersect with Indigenous Food Systems

with Samantha Mathews

This workshop will assist participants in understanding how indigenous identities are interconnected with our traditional foodways that are intersecting with our roles, responsibilities, our livelihoods and our futurisms. Action is required in order to address the protection of those active indigenous food systems. Participants are encouraged to reflect on themes of decolonization and allyship in terms of acknowledging and dismantling settler colonialism within the food movement and how it acts as a structure that delegitimizes which food systems are worthy of more protection and revitalization and how food injustices stem from that. What roles could participants actively partake in defending food systems through frontline action and at the policy level and what can that look like? #fooddefense #notjustlandandwaterdefense

Emergent Topics

with you!

What topics are missing at this year's summit? What questions are emerging for you? Sign-up at the information table to suggest an emergent topic or question! No need to be an expert, all you need is a desire to engage in conversation around your suggested topic.

Raising the Next Generation of Food Leaders: Promising Practices and Stories of Student Food Education

with Lindsey Boyle, Rowan Bezeau, Patrick Gauley Gale, and Aaren Topley

This panel discussion explores the stories and promising practices of the food educators that are shaping the next generation of food leaders. Educators are using new practices including hands-on learning and helping support youth to become active citizens in their food system; from career training to awareness of how to support the local food system.

Wild Food: Nutrition, Food Sovereignty & Sustainability

with Latifa Pelletier-Ahmed

Join Latifa outside for a wander around campus. Wild foods are edible, native and introduced plants that are well adapted to grow without intentional human intervention. Discussions around wild food must also take into consideration concerns over land management, public land use, weed removal protocols, conservation efforts, indigenous access to traditional food plants, and sustainable harvesting practices. In a context of decolonization, incorporating wild plants into our diets is about building healthy, reciprocal relationships with all the living beings that share our environment.

Student Food Activism

with Sydney Welsh, Alexandra Ages, Jessica S., Riley Yakabuski, and Hannah Estabrook

Four UVic campus groups come together to discuss the relationship between food and student life. With a focus on student food insecurity, we will discuss how our student groups take action to combat food insecurity on the UVic campus. With some set questions and an open question period, we welcome you to come and learn how food plays an integral role in student success. The groups represented on the panel are the Campus Community Garden, the UVSS Food Bank, UVic Meal Exchange, and Community Cabbage.

PLENARY SESSIONS

Progress Update on the Regional Good Food Strategy - 1:30PM

We will hear from the Good Food Network Leadership highlighting issues, successes and emerging opportunities in each of the impact areas of the Good Food 2025 Strategy - Food Literacy, Food Access and Equity, as well as the Local Food Economy. Small table discussions will focus on expanding our knowledge about what is working and where we need to focus our efforts going forward.

Keynote and Call to Action - 3:30PM

What's race got to do with it?: Necessary conversations for a just and equitable food future

With Stephanie Lim



Stephanie Lim is a community developer, feminist scholar, and food justice organizer. She coordinated the Renfrew Collingwood Food Security Institute (2008-2015), co-founded the Vancouver Neighbourhood Food Network Working Group (est. 2010), and co-founded the Vancouver Food Policy Council's Food Justice Working Group (est. 2015). She works with government and non-government organizations around issues of social difference and food systems; this work connects grassroots organizing, higher education, and public policy worlds. The first member of her family to be born in Canada, Stephanie grew up in a diverse (largely immigrant) Toronto community. As a child of mixed Filipinx-Chinese descent living in diaspora, her early experiences inspired an interest in food and cultural continuity, raising questions about identity and inequality that are the foundation of her work today.

Canada prides itself on embracing multiculturalism, and enjoys an international reputation for its peaceful celebration of diversity and inclusion. While multiculturalism is core to our national identity, talking about the realities of social difference and inequality brings many Canadians into uncomfortable terrain. In the context of the Truth and Reconciliation Commission of Canada's 94 Calls to Action, and broad social and political movements like Black Lives Matter, many who recognize the importance of these issues still struggle to engage with them. This session offers tools for understanding the centrality of racial inequity in the food system, as well as concrete local examples of planning for a more equitable food future. CRFAIR is committed to holding space for these provocative and unsettling conversations and considers this session an early step on a long journey together.

"They are afraid that addressing racism is just too hard, too complicated, and too messy. They're afraid that bringing up the issues of oppression and privilege will end up dividing the movement rather than strengthening it. They are afraid of being overwhelmed with more work. They're afraid. They are also mistaken...we need to dismantle racism in our society, our food system and in our own food movements. Dismantling racism isn't extra work. It is the work."

- Eric Holt-Jimenez, "Leaders of Color Discuss Structural Racism and White Privilege in the Food System" (2016)

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