



## Healthy Communities Capacity Building Fund Final Report

Community: Central Saanich, North Saanich and Sidney

Local Government: District of Central Saanich, District of North Saanich and Town of Sidney

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Start Date: March 27, 2014 End Date: March 27, 2014

1. OUTCOME. **What did you accomplish?** Please describe how you **enhanced your local government's capacity** to develop partnerships and build healthier communities through support from the Health Communities Capacity Building Fund.

- 76 people who are directly involved in food, health, community action, local government and First Nations came together to share knowledge and expertise and to explore how local food security contributes to healthy communities
- Linkages between local food and healthy populations, social and economic well-being and long term environmental health were examined within the framework of local government

2. FOCUS AREAS. **Please describe how your project impacted on the focus areas.** (Check and describe all that apply).

- Building local leadership for health and well-being;
- Developing partnership for action on health and well-being;
- Increasing health and well-being of local priority populations;
- Increasing physical activity;
- Increasing healthy eating and food security;
- Reducing tobacco use and exposure; and
- Implementing healthy community design.



3. ACTIVITIES. **Please describe the activities you undertook.** Provide detailed specifics for example the number of sessions, type of event(s).

The forum brought together government, First Nations, farmers (retailers, wholesalers big and small) industry experts and health professionals to share successes and challenges around food systems and security on the Saanich Peninsula and to seek collaborative actions and identify opportunities for local government to support agriculture on the Saanich Peninsula. A vibrant agricultural sector and food security contributes to the local economy and provides countless benefits to a healthy community.

The forum consisted of 14 presentations in two sessions along with panel discussions facilitated by a food and agriculture industry professional (a leading professional in the emerging field of planning and designing for food and agriculture).

4. LOCAL GOVERNMENT CAPACITY BUILDING. **Please describe the involvement of the local government in these activities.** How have local government elected officials and/or staff increased their knowledge, skills, understanding or partnerships to improve health and well-being in your community? What are some next steps for the local government as a result of these activities?

Members of each of the 3 municipal councils attended the forum along with staff members. Each of the local government representatives provided opening remarks to the forum. The CAO from North Saanich was a presenter at the forum and staff from each of the local governments contributed to the organization and administration of the forum.

Further work is necessary for local governments to understand the challenges facing the agricultural industry. The forum helped identify and focus future areas for work for local governments in addressing:

- General land use considerations and strategies on farm land
- Establishing consistent approval of public and farmers markets at local and regional levels
- The need for informal mechanisms supported by local/region/provincial governments to address land use conflicts between neighbours
- Need for more education and awareness about stewardship of land
- Crop protection
- Land conservancy/trust
- Community gardens, kitchens, food hubs and access programs
- Primary food production, processing, storage, distribution and sales
- Waste recovery systems
- Job creation in farming and food production, including Food & Agri Tourism



5. PARTICIPANTS/PARTNERS. **Please describe who participated in these activities.** How many people participated? Which organizations were represented? What age groups and types of populations were reached?

*Specifically, please describe how the health authority was involved and how these activities impacted your partnership with the health authority.*

There were 76 people attending the forum. 4 local governments; representatives from Tsartlip, Tseycum and Pauquachin First Nations; Island Health; Farmlands Trust; North Saanich Advisory Committee; Victoria Foundation; Growing Young Farmers Society; Central Saanich Agricultural Advisory Committee; Panorama Recreation Commission; North Saanich Agricultural Committee; LifeCycles Project; Investment Agriculture Foundation of BC; Ministry of Agriculture; Saanich Health Unit; The Horner Foundation and the Farmland Protection Coalition.

The above noted organizations, along with local businesses and the farming community represented children, youth and adults.

The Vancouver Island Health Authority was represented by:

- Project Lead, Food Security & Healthy Lifestyles (presenter and participant)
  - Presentation focused on food security and health connections and importance of local government involvement
- Community Nutritionist, Saanich Health Unit (participant)
- Community Nutritionist Aboriginal Health & Food Security (participant)

In addition to Vancouver Island Health Authority's participation and presentation, the following organizations contributed presentations to the forum:

- Local government – role of local government in food systems
- Urban food strategist (and forum facilitator) – linking healthy communities and regional food and agriculture systems
- Capital Region Food and Agriculture Initiatives Roundtable – gaining traction on food systems redesign
- Tseycum First Nation – field to freezer program
- Sustainable Lifestyles Strategies – urban agriculture
- Local organic farm – cooperation, collaboration, and creativity
- Local farmer – commercial farming
- Local cafe, bakery and farm operation – sustainable farm community
- Farm marketing association – farm direct marketing
- Farmland trust – introduction to farmland trust
- Local organic farm – farm to school program
- Not for profit community health organization “LifeCycles” – cultivating community health from the ground up

(Please refer to accompanying forum program for further presentation details.)



6. IMPACT. ***What happened because of your activities? What do you hope will happen in future?*** Please share your stories & reflections including observed reports on changes that took place (e.g., increased collaboration, improved awareness, increased participation, implementation of healthier policies, health improvements). Please also provide information about how the impact or momentum of the project will be sustained in the future.

While the forum brought food security specialists, farmers, entrepreneurs, local governments, First Nations and health practitioners together to raise awareness of food security and health issues, a major accomplishment from the forum was the creation of a “match-up wall”. The match-up wall was a ‘low tech Facebook’ designed as an informal method of connecting individuals, businesses, government with mutually beneficial collaboration opportunities.

In the “match-up wall” participants were asked to describe their needs by describing: “I have a project, initiative, business...that, could benefit from further collaboration. Specifically, I am looking for...” to which a corresponding resource provided: “I can contribute! We should get in touch” The “match-up wall” resulted in six requests for further collaboration and eight responses of available resources.

Further accomplishments included participants describing the challenges facing food production and security and the necessity for local government policy, regulation and resource participation; and information sharing to farmers, entrepreneurs and businesses by senior government agencies and not-for-profit organizations on the availability programming supporting agriculture and food security.

7. CHALLENGES/LESSONS LEARNED. ***What challenges did you experience or lessons were learned in undertaking these activities? In hind-sight would you have done anything differently? How did you evaluate the project?***

Participation (and registration) and the “match up wall” were two ways in which the forum was evaluated. The math-up wall brought people with real needs together with those that could provide direct assistance or mentorship.

Several programs and concepts presented at the forum will be further explored at the local government level for implementation and integration into processes and decision making. This includes the use of “Healthy Built Environment” concepts in designing and revitalization efforts within community village cores and the LifeCycles Fruit Tree Project brining volunteers together with those that own fruit trees (e.g. Historic Newman Farm’s orchard owned by Central Saanich) that would otherwise go to waste from lack of care and harvesting.



8. BUDGET REPORT. Please outline how the Healthy Communities Capacity Building funding was spent and what the activities actually cost. Please add more lines as necessary.

<b>How did you use the Healthy Communities Capacity Building funding?</b> <i>(Please provide details of costs related to the Healthy Communities Capacity Building funding)</i>	
<i>ACTIVITY</i>	<i>COST (\$)</i>
<i>Catering services (i.e. lunch and coffee service)</i>	<i>2,332.80</i>
<i>Forum facilitator</i>	<i>1,260.00</i>
<i>Event management (including facility rental)</i>	<i>2,527.35</i>
<i>Event supplies</i>	<i>420.15</i>
<b>TOTAL</b>	<b>6,540.30</b>

<b>What money did you receive from other sources?</b> <i>(i.e. service clubs, government agencies, NGOs, private donations)</i>	
<i>SOURCE</i>	<i>\$</i>
<i>Healthy Communities Capacity Building fund</i>	<i>5,000</i>
<i>Gary Holman, MLA</i>	<i>250.00</i>
<i>Elizabeth May, MP</i>	<i>250.00</i>
<i>District of North Saanich</i>	<i>100.00</i>
<i>Town of Sidney</i>	<i>420.15</i>
<i>District of Central Saanich</i>	<i>420.15</i>
<b>TOTAL</b>	<b>6,540.30</b>

<b>What free (in-kind) things were donated?</b> <i>(i.e. volunteer hours, donated space, equipment, supplies, use of vehicle)</i>	
<i>IN-KIND CONTRIBUTION</i>	<i>\$</i>
<i>Local government staff coordination</i>	<i>3,500</i>
<i>Forum presenters</i>	<i>1,500</i>
<i>Volunteer hours</i>	<i>1,500</i>
<i>Supplies</i>	<i>200</i>
<b>TOTAL</b>	<b>6,700</b>

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9. MATERIALS: Were any materials/resources generated from the activities? *Please attach electronic copies of materials produced such as reports, strategies and policies.*

Yes I have attached any materials/resources generated as a result of the Healthy Communities Capacity Building Fund.

10. SUPPORTING MATERIALS. *Please attach electronic copies of supplementary materials such as stories, photos, press coverage the can be used to support your evaluation. If possible please send photos individually in the following formats (e.g. jpeg, tif, png, etc.) rather than embedded in other documents.*

Yes I have attached supplementary materials that support this evaluation report.

11. LAST WORDS. *If you wanted funding decision makers to know ONE thing about the difference Healthy Communities Capacity Building funding made in your community or local government, what would you tell them?*

- The activity enhanced community engagement and working relationships between three municipalities, four first nation bands, and regional, provincial and federal government and agencies

**Thank you for taking the time to share information about your work!**

- This report will be used to further Healthy Communities initiatives. Please note that your report materials become the property of BC Healthy Communities and Healthy Families BC so we can explain how and where the funds were used and what emerged at the community level as a result of the funding.
- Make sure you have people's written permission to use their photographs in your report, as we will assume that permission has been obtained.
- If you have questions or require assistance please contact Krissi at 250 952 9177.

**Please send your completed Final Report and attachments to:**

Krissi Spinoza at: [hccoordinator@bchealthycommunities.ca](mailto:hccoordinator@bchealthycommunities.ca)