



Food Security Network of Newfoundland & Labrador 2010-2011 Annual Report



Table of Contents

Year in Review	4
See How We've Grown: FSN by the Numbers	5
NiKigijavut Hopedalimi: Our Food in Hopedale	6
Regional Community-led Food Assessments	7
Root Cellars Rock	8
World Food Day 2010	9
Best Practices Toolkits	10
Presentation Series	11
Take Action Fact Sheets	11
FSN 2010-2011 Board of Directors	12
2010-2011 FSN Staff	12
Partners and Funders	13
Looking Forward	14
Getting Involved	14



FSN display at the annual
MUN Sustainability Fair

Year in Review

Over the past year, there has been incredible growth in interest and action by citizens, community groups, organizations, and governments to address food security issues in Newfoundland and Labrador.

Hurricane Igor and the Port of Montreal lock-out were both events that illustrated this province's dependence on outside food supplies, and highlighted the need for a wider food systems approach to increasing access to healthy food for residents of this province.



St. John's World Food Day
Movie & Meal Event

The Food Security Network of Newfoundland and Labrador (FSN) is a provincial, non-profit organization with the mission to promote comprehensive, community-based solutions to increase access to healthy food for all.

In 2010-2011, FSN collaborated with over 100 partners to achieve a great deal. This Annual Report highlights some of the key activities that FSN and our partners have embarked upon over the period of April 2010 - March 2011, including completing community-led food assessments in three regions across the province, hosting world food day events province-wide, initiating the Root Cellars Rock project; and developing new resources.

All this work was made possible through our dedicated staff, volunteers, funders, and community organizations across Newfoundland and Labrador. FSN looks forward to continuing to work collaboratively to build a healthier food system in Newfoundland and Labrador.

See How We've Grown: FSN by the Numbers

FSN is delighted to report that our network is continuing to expand!



750

e-news
subscribers

115

partners &
collaborators

1,300

root cellars
rock visits
per month

150

teleconference
participants

150

food
initiatives
across NL

7

world food
day events

38

community
presentations

30

media stories



Top: Tukisinnik Research Forum, Nain
Middle: World Food Day, St. John's
Bottom: Community Gardening
Workshop, Clarenville

NiKigijavut Hopedalimi: Our Food in Hopedale

In 2009, FSN received funding from the Public Health Agency of Canada (PHAC) and the First Nations and Inuit Health Branch (FNIHB) to complete a Community-led Food Assessment in Hopedale, Labrador. This project, entitled NiKigijavut Hopedalimi (“Our Food in Hopedale”), engaged the community of Hopedale in examining their local food-related issues and resources in order to develop a community food action plan.

In 2011, FSN received funding from PHAC to begin implementation of the NiKigijavut Hopedalimi action plan. The committee is focusing on two priorities:

1. Community Freezer Program where nutritious country foods are stored and available for community members in need. The food stored in the freezer is harvested by local hunters, who are paid a per-diem for gas and ammunition.

The NiKigijavut Hopedalimi committee aims to expand the current freezer program in Hopedale to include a walk-in freezer, along with all the appropriate food processing equipment, that can store a wide variety of wild foods available to more local residents.

2. Community Gardening stood out as something that many people in Hopedale would like to see. A gardening workshop was held in April 2011 which attracted 29 participants. Plans to increase gardening include providing educational workshops, and developing a ‘Get Started Gardening Kit’ for local residents.



NiKigijavut Hopedalimi
Gardening Workshop,
Hopedale

Regional Community-led Food Assessments

FSN received funding from the Department of Health and Community Services to pilot the Community-led Food Assessment (CLFA) model that was used in Hopedale on a regional level, in partnership with: **Labrador West, Upper Lake Melville**, and the **Burin Peninsula**.



Coordinators and committee members (L-R): Kristie Jameson, Kelly Janes, Samantha Bennett, Jill Airhart, and Noreen Careen

Local coordinators were hired and steering committees were set-up in each region to coordinate and lead the work. Community members from each region were engaged in consultations, surveys, and interviews, to inform the creation of regional food reports and action plans.

Early Successes:

In Upper Lake Melville, this project resulted in:

- 2 new community gardens, including one children's garden;
- 2 new community kitchen programs;
- a Farmers' Market in Happy Valley-Goose Bay; and
- 2 school seedling initiatives which grow transplants for the children's community garden.

This project increased the profile of food security issues in the regions, as well as community dialogue and engagement with food security. This was achieved through community meetings, surveys, and numerous news features with each of the coordinators.

World Food Day events were also held in Labrador West and in Happy Valley-Goose Bay, with each event attracting over 25 guests.



Happy Valley-Goose Bay Children's Community Garden Sign

Root Cellars Rock

Root Cellars Rock (RCR) aims to promote healthy local food production and consumption across the province by celebrating Newfoundland & Labrador's agricultural heritage and stimulating growth in agriculture and local food self-sufficiency; through citizens, community groups, and food producers.

Root Cellars Rock uses the *4Ps of Local Food* as a foundation for sharing resources:

- *Planting*- How to grow food
- *Picking*- How to harvest and gather food
- *Preparing*- How to make healthy meals
- *Preserving*- How to preserve and store food



FSN Staff holding the new Buy Local! Buy Fresh! Map (L-R):
Kristie Jameson, Rick Kelly

Highlights from 2010-2011:

Creation of the RCR Advisory Committee The RCR Advisory Committee meets monthly to brainstorm ideas and provide direction for the project. It is composed of dedicated volunteers that care about making local food more accessible.

Root Cellars Rock Blog and Social Media FSN has been building rootcellarsrock.ca as the place to find local food resources, news, and events in Newfoundland and Labrador. Use of the RCR blog, Facebook, Twitter and YouTube accounts have been consistently increasing over the past year

Avalon Buy Local! Buy Fresh! Map FSN joined a committee organized by the four Regional Economic Development Boards on the Avalon to create the Avalon Buy Local! Buy Fresh! Map. This great resource helps to establish connections between local consumers, producers, and retailers. Visit <http://nearedb.ca/blbf> for more details.



World Food Day 2010

World Food Day is observed internationally every year on October 16th. It was created by the United Nation's Food and Agriculture Organization to highlight world hunger. FSN uses World Food Day as an opportunity to draw attention to the food security challenges we face locally and highlight the exciting responses that are happening across the province.

For World Food Day 2010, FSN worked with partners across the province who organized a total of 7 World Food Day events. Events were held in Hopedale, Happy Valley-Goose Bay, Labrador West, Corner Brook, Norris Point, Stephenville, and St. John's.

In 2010, there were several events which highlighted the need for increased food security in the province. Hurricane Igor, in September of 2010, cut off many communities in Eastern Newfoundland from road access, leading to food shortages. The Port of Montreal lockout in July of 2010 also threatened to cause food shortages in the province, before it was settled.

On October 15th, FSN, in partnership with Food Education Action St. John's (FEASt), Oxfam Canada, and Chinchéd Bistro, held the second annual World Food Day Movie and Meal at Gower St. United Church in St. John's. Michelle LeBlanc, chef at Chinchéd Bistro, helped design a locally-inspired meal that was served to guests while watching the film, Food Fight, which highlights the important connection between local food production and restaurants.

The money raised at the event was donated to community gardens that were affected by Hurricane Igor:

- \$250 to the Burin Peninsula Brighter Futures community garden in Lamaline;
- \$250 to the Burin Peninsula Environmental Reform Committee;
- \$250 to the Smallwood Crescent Community Centre community kitchen and garden initiatives (in Marystown); and
- \$150 to the St. John's Safer Soil demonstration garden.



Volunteers serving food at the World Food Day event in Hopedale

Best Practices Toolkits

FSN was contracted by the Poverty Reduction Division, Department of Human Resources, Labour and Employment and the Health Promotion & Wellness Division, Department of Health and Community Services, to produce four best practices toolkits.

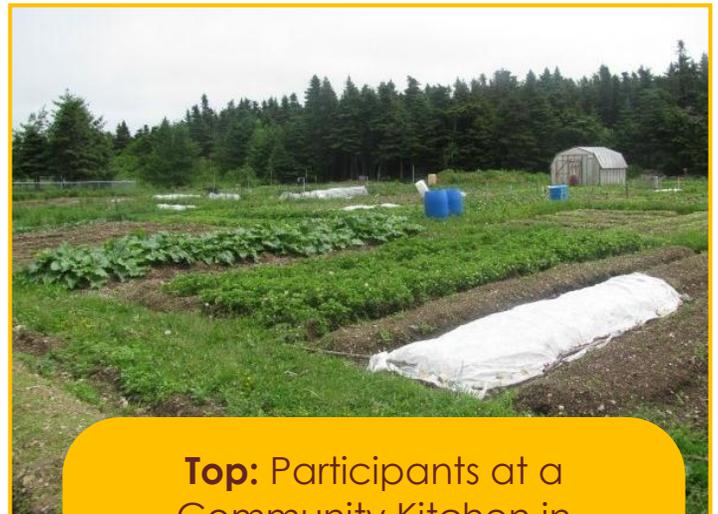
These toolkits are designed to assist community organizations in Newfoundland and Labrador who want to start **Bulk Buying Clubs, Community Gardens, Community Kitchens, and Farmers' Markets** in their communities. They outline key steps and provide a range of tools and supports that will help community groups organize an initiative that suits their needs.

The toolkits are based on best practices research drawn from a review of existing reports, resources, and guides, with particular attention to resources from Newfoundland and Labrador. This research was enhanced by consultations with organizers and participants of these initiatives from across Newfoundland and Labrador and elsewhere in Canada.

Each toolkit includes:

- A step-by step guide to starting the initiative;
- An 'Are you Ready?' Checklist to complete before starting;
- A bibliography which lists the materials used to develop the toolkits;
- Funding sources and other important links;
- Food Safety and Health Guidelines where appropriate;
- Numerous helpful appendices.

The toolkits are available online at foodsecuritynews.com/resources



Top: Participants at a Community Kitchen in Gander;

Bottom: Brother Jim McSheffrey Community Garden in St. John's

Presentation Series

FSN has produced 5 PowerPoint presentations and full speakers' notes to aid individuals and community groups who would like to learn more or give a presentation on the following topics:

- Understanding Food Security
- Bulk Buying Clubs
- Community Gardens
- Community Kitchens
- Farmers' Markets

Understanding Food Security introduces the audience to the basic concepts of food security, sustainable food systems, and the food security continuum. It shows the audience how food security relates to them and their community. Presenters are encouraged to engage the audience by providing examples of food security from their local community.

The other four presentations are based on the best practices toolkits, and can be used to introduce a group to the basics of these initiatives. The presentations and speakers' notes are available online at foodsecuritynews.com/resources

Take Action Fact Sheets

FSN has released two fact sheets:

10 Ways to Take Action gives concrete ways that you can take action and resources to help you along the way. Tips range from eating healthy to starting a food initiative in your community.

10 Ways to Eat Local Food highlights how you can get local food in Newfoundland and Labrador. Links to other resources are given throughout the fact sheet.

Both fact sheets include a list of up-to-date statistics on the food security challenges we face in this province, information about FSN, and resources.

Fact Sheets are available online at: foodsecuritynews.com/resources

10 Ways to Eat Local Food

1. Learn What's in Season
Knowing which local foods are in season will help you know what to look for at the farmers' market or grocery store. Experiment with local foods that you don't normally eat. Visit Root Cellars Rock! for lots of local food resources. www.rootcellarsrock.ca

2. Find a Farmer
Find local farms by using Root Cellars Rock! Local Food Links www.rootcellarsrock.ca Food Security Initiative Inventory www.foodsecuritynews.com Buy Local! Buy Fresh! Avalon Region Map www.northeastavalonreb.ca Keep it in Killivake www.killivake.nl.ca Atlantic Canadian Organic Regional Network NL acornml.wordpress.com

3. Visit a Farmers' Market
Farmers' markets are growing across the province. More than just a place to find local meat and vegetables, they are community centres where people gather to socialize, eat, hold workshops, and celebrate local food. See the Food Security Initiative Inventory to find a farmers' market near you. www.foodsecuritynews.com/resources

4. Join a Community Supported Agriculture Program
Customers commit up front for an entire season and in return the farmer provides a weekly box of fresh produce and preserves. The produce varies according to what's available. It's a great way to give farmers more financial security.

5. Start Gardening
If you don't have space for a garden in your own yard, try growing some fresh herbs in a window, or join a community garden. Use the Initiative Inventory www.foodsecuritynews.com/resources to find a community garden near your area. Visit Root Cellars Rock! www.rootcellarsrock.ca for gardening tips.

6. Go Berry Picking
There are many edible wild berries in the province. A U-Pick, where you pick your produce yourself, is a great way to get some berries that aren't as common in the wild. Use 2. Find a Farmer to find a berry U-Pick near you.

7. Wild Harvesting
Hunting, fishing, and trapping are traditional ways we have acquired local food. Visit the Department of Environment and Conservation, Wildlife Division for information about licences. www.enr.gov.nl.ca/enr/wildlife

8. Preserve the Harvest
There are many ways to preserve fresh local food. Canning, cold storage, bottling, freezing, pickling, salting, drying, and fermenting are all ways you can preserve local vegetables and fruit for months. For resources see the U.S. National Center for Home Food Preservation (www.uga.edu/nchfp), and Bernadin home canning recipes (www.homecanning.ca).

9. Support Restaurants & Retailers that Source Local Food
A growing number of restaurants are choosing to support local farmers and fish harvesters, or even grow their own vegetables and herbs in a restaurant garden. Ask your favourite restaurant to source locally and use the Food Security Initiative Inventory to find restaurants and retailers that sell local food. www.foodsecuritynews.com/resources

10. Sprout!
Seeds such as lentils, peas, alfalfa, sunflower, and broccoli can all be sprouted to make delicious fresh greens all year long. All you need is seeds, water, and a few days to grow these nutritious foods any day.

Food Security means that all people at all times have physical & economic access to adequate amounts of nutritious, safe, and culturally appropriate foods.

Contact FSN for more information on how you can take action.

www.foodsecuritynews.com

Food Security Network
Newfoundland & Labrador
for all!

10 Ways to Eat Local Food Fact Sheet

FSN 2010-2011 Board of Directors

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Samantha Bennett, Labrador West CLFA Coordinator

Contract Position



Top: FSN Chair, Susan Green at FSN's 2010 AGM

Below: FSN Staff (L-R), Laura Nelson-Hamilton, Rick Kelly, and Sarah Ferber

Partners and Funders

FSN would like to acknowledge and thank our organizational and government partners and collaborators for their contributions over this past year. Their valuable knowledge, resources, and input have enriched FSN's 2010-2011 activities.

FSN would also like to thank all the community groups across the province that are actively addressing issues of food security in their regions.

In 2010-2011, FSN had five project funders:

Department of Health & Community Services, Regional Community-led Food Assessments, Root Cellars Rock Project, Action Planning for Sustainable Community-based Solutions Project, Best Practices Toolkit

Public Health Agency of Canada, NiKigijavut Hopedalimi: Our Food in Hopedale Project

First Nations and Inuit Health Branch, NiKigijavut Hopedalimi: Our Food in Hopedale Project

Department of Human Resources, Labour, & Employment, Best Practices Toolkit, Regional Community-led Food Assessment Coordinators, Root Cellars Rock Coordinator

Department of Innovation Trade, & Rural Development, Board Strategic Planning, Annual General Meeting



Project Partners at the Community-led Food Assessment Gathering

Looking Forward

It is a very exciting time for food security in Newfoundland and Labrador, and FSN's Board of Directors and Staff are eager to embark upon the opportunities looking forward. In the coming year, FSN will be developing more tools and resources for use by communities across the province in improving food security and raising awareness of food security issues.

Planning is underway for a Provincial Food Security Assembly in the fall of 2012. FSN is excited to be working on this, which is a follow-up from the 2007 Assembly, which gave FSN its direction over the past several years and led to many new initiatives across the province.

FSN looks forward to continuing to work collaboratively with community partners and key stakeholders to address food security issues in Newfoundland and Labrador, and to build a strong foundation for improving access to healthy food for all.

Getting Involved

All of the work that has been accomplished over the past year, is a direct result of our dedicated staff and volunteers that have committed to addressing food security across the province.

Want to get involved with the Food Security Network of Newfoundland & Labrador or a local initiative? There are many ways to get connected with FSN:

- Become a member
- Join one of FSN's committees
- Get involved with a local initiative
- Make a donation
- Sign up to the E-News



World Food Day Volunteers enjoying a well-deserved meal!

Visit www.foodsecuritynews.com for more information or contact Rick Kelly, Communications Coordinator, at richardkelly@foodsecuritynews.com or 709.237.4026

Notes



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