

# Nourish Evaluation

A DIALOGUE ON HOUSEHOLD FOOD INSECURITY IN KAMLOOPS



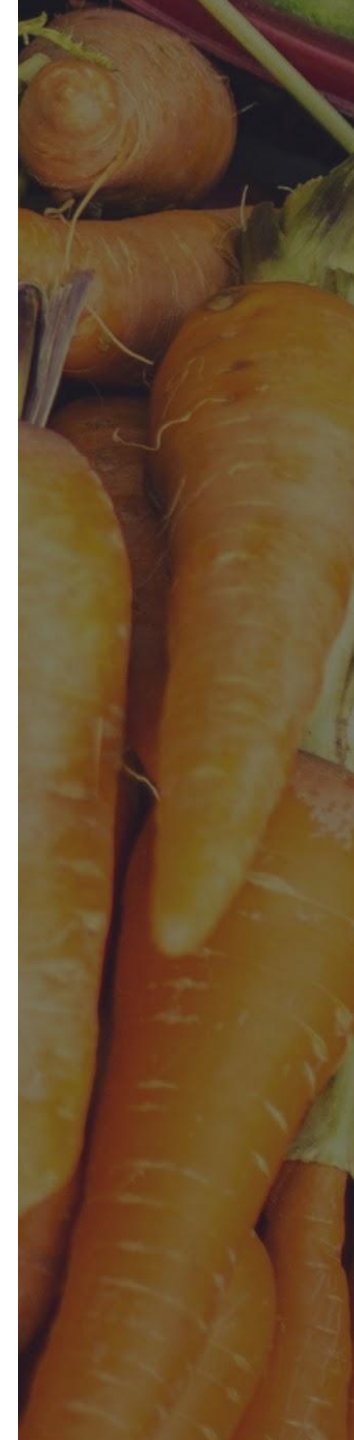
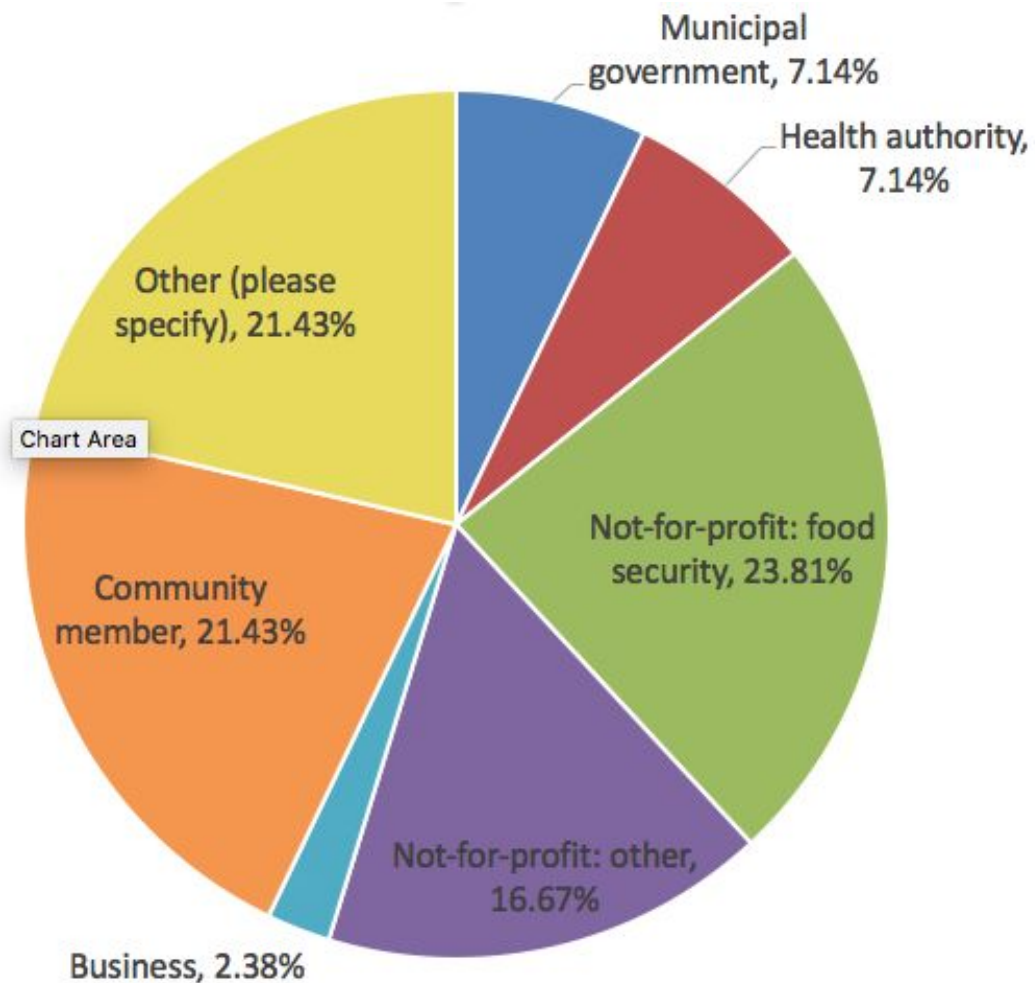
Presented by the Kamloops Food Policy Council in partnership with:  
Interior Health Authority | Kamloops Aboriginal Friendship Society  
Kamloops Food Bank | Kamloops Immigrant Services  
Lived Experience Committee | Mt. Paul Community Food Centre

# Event overview

- 90 attendees
- Two information sessions:
  - Indigenous food sovereignty
  - Poverty as the root cause of household food insecurity
- Open Space in the afternoon



# Who Attended the Event?



# Why did they attend?

- Connect with other community members, to learn more about initiatives in the community
- Personal interest or work-related reasons
- Community connections for work related reasons
- Lived experience (small portion)



## Did they like it?

- Attendees gave mostly positive feedback
- The majority expressed that the event met or exceeded their expectations
- More than  $\frac{3}{4}$  felt the event should happen again in the future and that the event was worth their time.



# What did we learn?

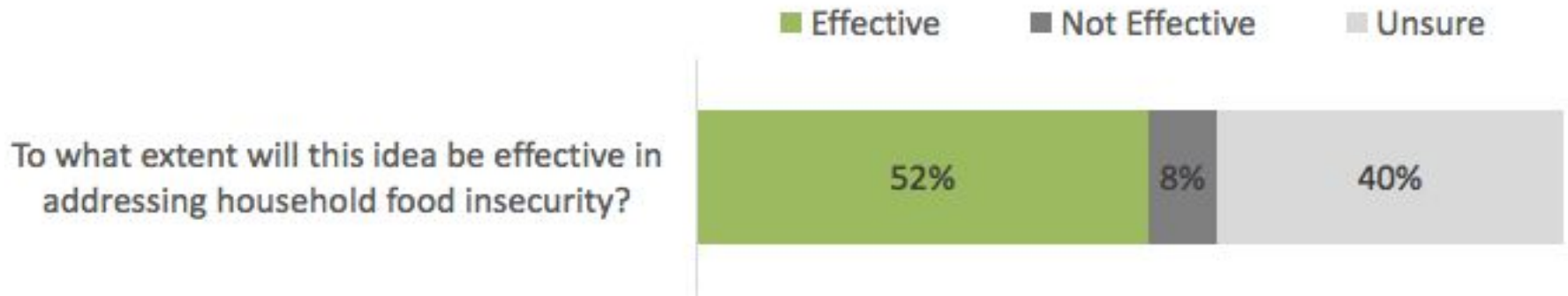
**Worked:** interesting speakers, room arrangement, networking, open space session, flip charts

**Didn't work:** informal presentation style, not enough interaction between participants and speakers, not enough tangible actions, catering

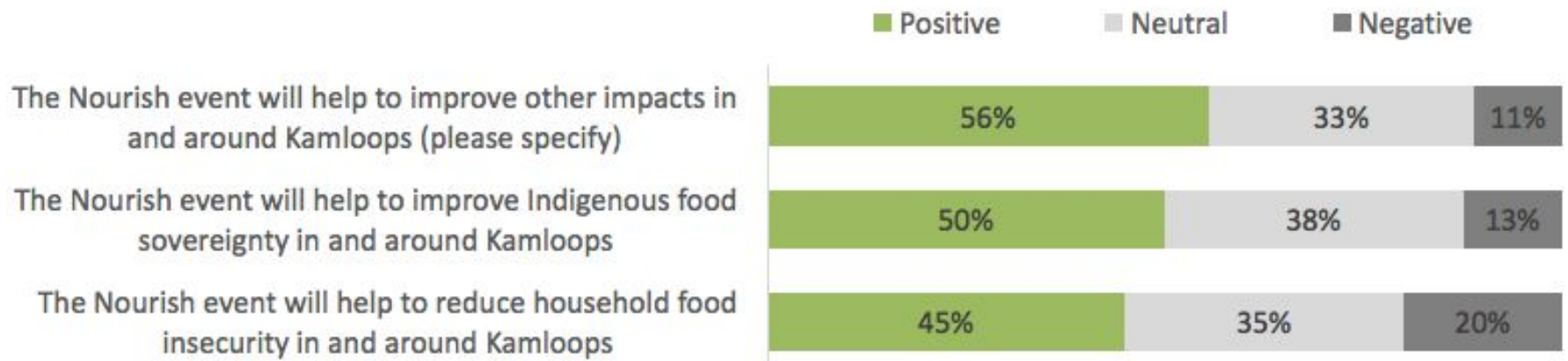
**Next time:** more awareness raising about “upstream” action, food literacy focus, including other related issues: climate change, the housing crisis and access to healthy food for low income people



# Was the event effective?



# Was the event effective?





# Shift

**Did we SHIFT the dialog and debate on the problem of household food insecurity and Indigenous food sovereignty?**

“Speakers were diverse and a welcomed surprise.”

“Leaving with: a better sense of Indigenous Food Policy and why decolonization is important to food security.”

“I feel like part of a COMMUNITY. Thanks for a great day.”

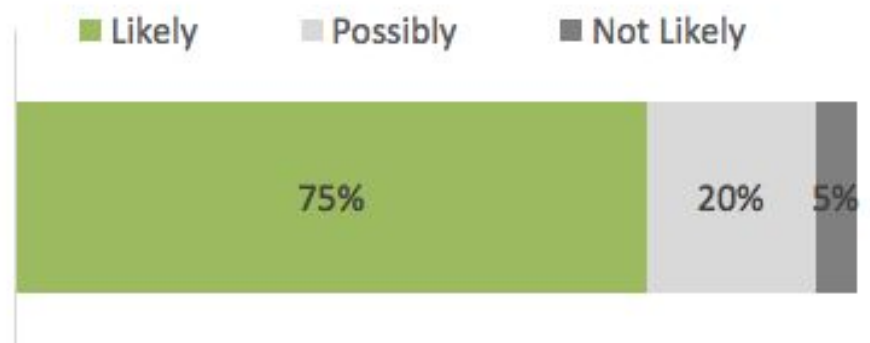
- A heavy emotional experience for several



# Align

## Was there increased collaboration among participants?

How likely is it that you will connect with any of the people you met at this event in the next 3-6 months to work on the priorities identified?



# Inspire

## **Did we inspire new community-based projects or research projects?**

- Open Space action plans were well aligned with the topic areas: poverty reduction and Indigenous Food Sovereignty
- Suggested actions covered a range of upstream and downstream initiatives



# Inspire

## Open space actions:

- School food programs for parents and children to cook together weekly
- Agricultural therapy as a solution to community engagement for individuals accessing shared/supported housing
- Basic Income
- Master Theory of Change to Dismantle Capitalism
- Forming a working coalition to describe and define what food security (emergency or not) means and looks like in Kamloops
- Elder/youth directed greenhouse garden and individual garden support program

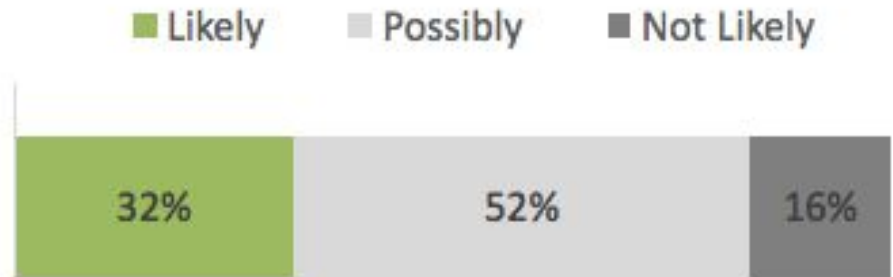


# Inspire

How likely is it you will work on the priorities identified at this event in the next 3-6 months? If you are already working in this area, how likely is it that you will shift your work to meet priorities identified during the event?



Is it likely that this idea will actually be carried out in our community over the next year?



# Inspire

Research questions identified:

- Food and health
- Individual barriers to food security
- Using food to foster social connections and personal development
- Systemic barriers to food security
- Decolonizing food systems
- Climate change
- Food as a human right
- Government policy
- Global food system
- Emergency food provision



# Inspire

What supports are needed to move forward?

- Funding
- Partnerships
- Overall support and approval from community



# Progress since the event

- Funding applications:
  - Specific to Nourish
  - Kamloops food systems (upstream)
- Open Space Actions: updates
- TRU Research Office connections:
  - Partnership development
  - Potential for research grants





# How do we build on the impact of the event?

- How do we continue to deepen the conversation on how to fix the bridge - i.e., How can we expand communication and support for upstream initiatives?
- What are some tangible ways to acknowledge that the “bridge” is on Indigenous land?

