

# BIENNIAL REPORT

2020 – 2021



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A photograph of a garden with green plants and tall wooden stakes in the background. The plants are in the foreground, and the stakes are in the background. The sky is blue and clear.

## ACKNOWLEDGMENTS

The Kamloops Food Policy Council is based in Kamloops, BC Canada on the unceded traditional territory of Tk'emlups te Secwepemc who nourished themselves and this land for millenia. This ancient gathering place, where the North and South Thompson Rivers meet is called T'kemlups in the Secwepemc language, Secwepemctsin. This land is called Secwepemculecw.

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*remebering local food advocate,*

# WAYNE ROBERTS

Wayne Roberts, Canadian activist, food policy analyst, and author died on January 20, 2021 at the age of 76. A true hero for food systems change, his life long work towards food security and food action will never be forgotten. His legacy continues to inspire projects and policies for a stronger local food systems.

“It’s obviously true that people need to eat food for nutrients, but it’s not true that the matter ends there. Our relationship with food goes far beyond biology. Food engages our body, mind, soul and relationships far beyond the biological act of eating.

*Wayne Roberts*







*a welcome,*

# FROM OUR BOARD

We are excited to share our annual report for 2020-2021. The past 2 years have been like no others we have seen in our lifetime. A global pandemic, extreme heat wave, wildfires, and floods causing major road closures have brought unprecedented challenges for our local communities and our food system. We're proud to report that in the face of adversity Kamloops Food Policy Council (KFPC) has been able to adapt the way we work and quickly respond to the needs of our community.

At the start of the pandemic, the KFPC was quick to pivot our efforts to provide support to the emergent food insecurity crisis that resulted from unforeseen financial hardships. All the while we continued to move forward with projects that support our local food system. In this report you'll learn about our numerous programs that help grow, harvest, and produce local food. Including our exciting new Food Hub initiative and food processing facility, 'The Stir'.

We'd like to thank our network members for their continued support and ability to pivot with us when we had to move to online network meetings in the spring of 2020. We miss our monthly potlucks but we're glad to connect and learn together virtually.

Please join us in celebrating our successes and ongoing commitment to a sustainable local food system.

*Simone Jennings & Jesse Ritcey, Co-presidents of the Board of Directors.*



*a year - or two - in review*

# WHAT A YEAR IT HAS BEEN

Established in 1995 with the intention of addressing high levels of food insecurity in our city, the Kamloops Food Policy Council continues to expand its outreach and network to develop and strengthen food systems work. Through our various food action programs, community partnerships, policy advocacy, educational opportunities, and engagement throughout the region, we continue to work towards our vision of a local food system that is **regenerative, sovereign, and just**.

Through a collaborative leadership structure of part-time staff, contractors, an elected board, community partnerships, donors, and a robust network of members and volunteers, our organization focuses on addressing issues within the food system continuum. We start with immediate and emergency food needs, then community food security, all while building capacity and policy around food. These pillars of mutual aid, local food production, and the shift to regional agriculture are the foundation of our organizations' work.

Our values, inspired by the Seven Pillars of Food Sovereignty, guide the implementation and strategic direction of our programs, policies, and partnerships. These include working towards:

- A resilient food system: healthy land & water;
- Alleviation of poverty: equitable access to healthy, culturally appropriate food;
- Local economic vitality: support for regional food providers;

- Our network: celebrating people as gifts and the cultivation of connections;
- Indigenous food sovereignty: decolonizing relations and the restoration of ecological food systems;
- Food literacy: intergenerational knowledge transfer and sharing best practices and research; and
- Food commons: the revitalization of local food assets and the sharing economy.

**\$1.14M**  
of funding  
leveraged since  
March 2020 for  
economic  
recovery through  
the food sector

With over 25 years of work, The KFPC has become an essential organization to the health and well-being of Kamloops and the surrounding region. The global pandemic and ongoing environmental disasters we experienced in 2020 and 2021 showed the world how crucial it is for our communities to invest in a sustainable local food system.

As Kamloops witnessed first-hand, with devastating floods, fires, extreme wildfire smoke, railway closures, and the destruction of intra-provincial connections, we **need** to be proactive in our response to the effects of climate change, global pandemics, and fragile global supply chains. With an influx of evacuees from fires and floods needing food security support throughout the seasons, empty grocery shelves, closures of immediate and emergency food supports, prices of food increasing rapidly with inflation, and continuous strains on our community food system due to supply chain issues, we know that a strong local food system makes us secure. Resiliency is exactly what the KFPC works towards everyday.





*an overview of our*

# PROGRAMS

Our various food programs work towards the KFPC's larger vision of a local food system that is regenerative, sovereign, and just. Through focused initiatives on community food action, food security, and food production, we help create a more sustainable and resilient food system for Kamloops.



## THE GLEANING ABUNDANCE PROGRAM

*The Gleaning Abundance Program (GAP) brings people from all over our city together to harvest our local abundance of fruit and vegetables and share it with the greater community. Produce from fruit trees, farms, and gardens that might have gone to waste becomes a welcome source of fresh food for many who might otherwise go without.*

Our GAP supports a local food system that is regenerative, sovereign and just. We bring people together to help harvest our local abundance of fruit and vegetables in the Kamloops region - reducing waste and increasing our community's level of food security.

We work towards a stronger local food system by picking fruit that otherwise



goes to waste and distributing it within our community. We support local sources of fresh food and minimize the number of trees being cut down, due to the help we provide owners who are not able to pick or care for their trees.

By recording the amount of product harvested and distributed, number of harvests, and volunteer hours we are able to evaluate and adjust the program's measures of success. We are currently working to introduce other indicators to evaluate the program quantitatively.

The GAP has faced a number of challenges over the years with extreme weather events due to climate change and a high turn-over of registered tree owners.

In 2021 we  
connected  
with  
**22**  
community  
organizations  
in Kamloops



Despite the setbacks, we are continuing to glean and harvest. We know that having a copious pool of fruit tree owners that donate their produce and scheduling harvests when volunteers are more available can help increase our yields. Organizing harvests with plenty of time allows all volunteers to participate. Partnership with agencies that work directly with vulnerable

people has been very important to effectively distribute the fruit to those in need. In 2021 we connected with 22 different organizations throughout our city. to share Kamloops' abundance.

Our programs are only as secure and effective as our community. Promoting food literacy, researching best practices, and transferring knowledge within our network and city empowers our community to make choices and decisions around food, growing, and local policies.

Knowing the struggles our city has faced with climate change, and will continue to, with financial support from the Ministry of Agriculture, Food, and Fisheries we invited Molly Thurston of Pearl Agriculture Consulting Inc. to host a half-day workshop in the fall of 2021, on protecting fruit trees & crops from climate change with regenerative practices and pest control. Climate change resiliency is a new frontier for our world. Working and learning together strengthens our food commons and community. The information gathered is also set to be shared in 2022 across our community and neighbourhood associations with fliers and infographics.

We are also working on expanding our program by providing the extra support that helps scouting or leading some of the harvests. Looking forward, pruning trees and processing fruit/produce for winter time, are components that we are working to include in the program.

**25,800+ lbs**  
**of fruits & veggies**  
**harvested in 2020**  
**& 2021**





## THE BUTLER URBAN FARM

*Situated on the unceded Traditional Territory of the Secwepemc, The Butler Urban Farm (BUF) is a community farm initiative on Kamloops' Northshore. The farm was started in 2015 by an organization known as JUMP Kamloops (Jubilee Urban Movement and Partners), and was passed into the management of the KFPC in 2020.*



Supporting the larger vision of a local food system that is regenerative, sovereign, and just, the BUF seeks to grow food accessible for all individuals and organizations within our community, without a monetary barrier. The farm increases local food production and community resilience to climate change and global crises. It is a volunteer and community driven program that provides opportunities for people to engage to build community and share knowledge while growing food.

There are a number of concrete goals guiding the work at the Butler Urban Farm towards our vision. These include:

1. Addressing food insecurity;
2. Creating and demonstrating a regenerative urban ecosystem and farm;
3. Facilitating learning and knowledge sharing through the farm;
4. Creating a valuable community space where people feel connected, and is a valued community landmark; and
5. Demonstrating an alternate system to capitalism.



Community evaluation measures and quantitative metrics allow us to continuously evaluate our program and progress, to readdress and continuously re-align to our objectives and goals.

A large part of our evaluation process is through community input - whether through informal measures such as day-to-day conversations with visitors and knowledge from past volunteers, or more formalized visioning sessions with volunteers.

Despite a challenging year with drought, smoke, and extreme heat, our production and engagement remained strong. The BUF had much success in building upon our program through the direction of our 5 goals.

1. We addressed food insecurity through the objectives of growing, sharing, and empowering.
2. We have continuously worked towards a regenerative urban ecosystem by:
  - a. Using specific practices and techniques such as cover cropping, intentionally building soil, tracking biodiversity on site, and increasing seed saving.
    - i. The BUF again expanded its seed library over the past 2 years and invited FarmFolk CityFolk to host a seed cleaning session at SSOL Gardens with their mobile seed cleaner.



in 2021  
we recorded:

**140**  
plants

**9**  
fungi

**27**  
animals





- b. Expanding our native plant garden, despite the losses from the heat wave.
  - c. Using regenerative practices, planting pollinator friendly plants, and using integrated pest management.
  - d. Continuing with our community composting program, despite the challenges.
3. The BUF has facilitated learning and knowledge sharing through site visits and events with local schools and organizations, hosting workshops, and creating community partnerships with other institutions. These opportunities of connection and education help build connections and ties, strengthening our community network and build local capacity.
- a. Our Butler Urban Farm held a local canning workshop exploring the how-to's of food processing and a "debunking gardening myths" workshop to help boost and support local growers.



4. The BUF continues to create community by bringing people together in informal and formal ways. By connecting people side-by-side, we offer a meeting space for connection, growth, and friendships.
5. The BUF demonstrates a different kind of world: one focused on abundance rather than scarcity, one focused on community rather than individualism. The BUF provides a real life example of what a decommodified food system looks like and the steps we can take to grow away from capitalism.

Looking forward, the BUF is planning to widen our community connections and network of mutual aid by increasing and deepening community partnerships and reaching out to specific community organizations to increase inclusion.

We are hoping to bring greater awareness to the program with tours and advertising through social media and word-of-mouth. The BUF is planning to create a more formalized volunteer basis with organizational structure and guidelines. We are hoping to see the Kamloops food commons grow through a greater transfer of knowledge with improved infrastructure and an increase of workshops and events. The BUF is also examining the possibility of creating other food commons elsewhere in the city, as well as offering property for backyard growing programs.



**6,000+ lbs**  
of produce grown

**11-16,000+ lbs**  
of organic waste  
diverted from landfills

## THE STIR - KAMLOOPS FOOD HUB

*The Stir is the Food Hub for the Kamloops region, a project of the Kamloops Food Policy Council and member of the BC Food Hub Network. The Stir provides the partnerships, infrastructure, and support to allow local food to be preserved, processed, and distributed on a year-round basis while building the capacity of our local food system.*

The Stir grows the food economy and food commons in the Kamloops region by building connections and infrastructure that empower local people to access, grow, create, and market local food all year round.

By providing the physical infrastructure, local and Indigenous partnerships, and community support needed to strengthen our local food sector, The Stir adds food related jobs and helps diversify our local economy. We know that the viability of small-scale light processing will incentivize local food production and harvesting in a way that will benefit the community and the environment.

Not only will The Stir provide the resources needed for local food entrepreneurs, it can influence the way we think about food and our local food





system. By increasing access to community-based infrastructure The Stir allows local food to be preserved, processed, and edible on a year-round basis - but also marketed and celebrated! The Stir ensures that local food becomes an essential ingredient for everyday life.

To measure the program's success and progression, we use specific quantitative metrics and evaluative measures to ensure we are meeting the reporting requirements set out by our funders and supporters (ensuring transparency and accountability for our project) and are creating a deeper understanding about how The Stir is creating complex systems-level changes in the regional food system.

The past few years have been monumental for The Stir. Starting as a food hub feasibility study, The Stir grew out of the identified need for local processing facilities for the Kamloops region. In the spring of 2021, the KFPC was awarded \$800,000 by the BC Ministry of Agriculture, Food & Fisheries to build its own shared processing facility.

It is important to note that the Kamloops' Food Hub differs from the typical food hub. More than a building, our project focuses on supporting all the essential community partners in our local food system that allow us to move from seed to table. Our first phase of the project identified on creating and supporting key partnerships to address local food needs. These included:

- Enriching Indigenous food sovereignty with the creation of the Kweseltken Kitchen mobile food processing trailer;
- Providing commercial kitchen rentals and food education at



Open Door Group Gardengate Training Centre;

- Growing and distributing local food with the continued support of the Butler Urban Farm and Gleaning Abundance Program; and
- Partnering with local food champions at TRU Culinary Arts.



**1,800+ lbs**  
of local food  
processed in our  
Kweseltken  
Kitchen

**8**  
food hub  
members

The second phase of the project focused on the creation of a HACCP-eligible facility and equipment plan. This transformed into what is now known and branded as 'The Stir'. Located at 185 Royal Avenue in the heart of Kamloops' North Shore, The Stir is Kamloops' first and only local food processing, innovation, and distribution centre.

Based on the market research from our pilot project, The Stir kitchen will focus on providing food preservation equipment for canning and dehydration. The processing facility will be ideal for processors making sauces, pickles, jams, jellies, jerky, dried fruit and dried vegetable products.

The Stir is also set to provide a consumer retail experience in our "Stirfront"



store. Focused on supporting local food and local people, The Stirfront will market locally made food products, be a pick up for CSA boxes and meat orders from local farms, and be home to our organic seed library. The Stirfront indoor and outdoor area are designed as a community asset, providing essential spaces for hosting local events and workshops.

The Food Hub project has kept a steady and onward momentum of creating a stronger, more resilient food system for our region. Through deepening our Indigenous and community partnerships and supporting and connecting with local food entrepreneurs, our food hub is continuously growing the food commons and expanding our local food economy.

2022 will be another big year for The Stir. Construction at The Stir is coming to an end, with the grand opening slated for March 2022.





## FOOD SECURITY

*Food security is a critical issue in our community. Addressing individual household food security and community food security allows Kamloops to be more food secure and resilient in the realities of climate change.*



## EMERGENCY FOOD RESOURCES

At the wake of the pandemic, Kamloops Food Policy Council stepped in and stepped up to address immediate food security concerns. It became clear there was a need for dedicated capacity to collect and share up to date information on emergency food resources. At this time, the Kamloops Emergency Free Food Resources Document and Community Meal Calendar was created. These resources are updated on a bi-monthly basis and distributed to community organizations. These documents can be found [on our website](#).

## CHANGING THE FACE OF POVERTY

Kamloops Changing the Face of Poverty (CFP) was established in 2006 and came to a close in October 2021. The network included many organizations over the years, including non-profits, faith based groups, local and provincial government representatives, and concerned citizens. The network focused on issues related to community-level poverty and accessibility for over 15 years.

Kamloops Elizabeth Fry Society was instrumental in moving the group forward into the year 2020, at which time Kamloops Food Policy Council (KFPC)



stepped in as facilitators to open lines of communication between food security organizations at the wake of the pandemic.

For 18 months, KFPC facilitated monthly CFP meetings where emerging issues were discussed, relevant guests presented, and solutions were explored. In addition to facilitating monthly meetings, our team contributed to the advancement of poverty reduction through several activities:

- Emergency food resource collection and distribution;
- Provincial level engagement;
- Online facilitation training;
- Anti-stigma education; and
- Engagement with Tamarack Institute.

Poverty is a complex issue in Kamloops that needs to be meaningfully addressed using a multi-sectoral approach. Through our work at the CFP we identified key issues in Kamloops as focus areas for addressing poverty. In the public report Kamloops Changing the Face of Poverty: Learnings, Transition and Recommendations we outline twelve significant community needs impacting Kamloops and we share seven action oriented recommendations for potential

next steps in addressing poverty. These recommendations were shared publicly at a Community Services Committee Delegation in October 2021. These recommendations include:

1. **Make a plan:** Commit to creating and implementing a municipal poverty reduction strategy.
2. **Make space for leadership from those with lived/living experience:** Establish new decision making structures and equitable collaborative engagement to understand and act on the needs and concerns of people



with lived/living experience of poverty.

3. **Collaborate with poverty reduction professionals:** Engage with experts at Tamarack Institute to establish a supported and collaborative approach in ending poverty.
4. **Dedicate capacity:** Allocate municipal funds for a long term multi-year, multisectoral poverty reduction approach.
5. **Learn from others:** Look at poverty reduction successes in other communities to promote evidence based practices.
6. **Build on community assets:** Recognize our local assets and build on foundational work, starting with community connections.
7. **Prioritize restorative processes:** Establish a community wide restorative justice approach to ending poverty.

We are happy to report the City of Kamloops has continued their engagement with Tamarack Institute to become a member of the Communities Ending Poverty movement. The upcoming revision process to our city's Social Plan is an exciting opportunity to see poverty related issues being made a high priority.

Poverty is one of the most complex issues in the world. While these problems are complex, we have seen the tremendous concern, care among service providers, and the robust community assets that are present in Kamloops to reduce poverty. We look forward to continuing to engage in implementing these recommendations and being a partner in finding solutions to the systemic issues that create conditions where poverty can exist.







*an overview of our*

## POLICY ADVOCACY

Policy helps guide actions, like rules or directions stating what is to be done, who is responsible to do it, how it is to be done, and for who it is to be done for. Policies occur within all levels: personal, organizational, and public. Food policies are the decisions we make individually and together about food - how it is grown, harvested, processed, distributed, and enjoyed! Increasing and influencing good public policy around food is key to increasing the quality of our food, growing our local food economy, reducing food insecurity, and improving the biodiversity of our region.



### KAMLOOPS URBAN FOODLANDS REPORT

The Kamloops Urban Foodlands Report, part of a larger provincial project, explored urban foodlands in Kamloops, Victoria, and Vancouver. The report used specific case studies across the three municipalities to examine local food precedents to create a coordinated development of urban foodlands



policies and practices across BC.

The report helped us examine the current wants and needs of our city in relation to urban foodlands and reflect on how our current policy structures relate in support or hindrance. By exploring what outcomes people in Kamloops hope to see from urban foodlands, we deduced what policies support these outcomes and what barriers currently exist in reaching them.

The Kamloops Urban Foodlands Report allowed us to gain a clearer picture of pressing and important policy related issues for urban agriculture in Kamloops. The analysis highlighted recommended actions that can help us move our policies from mere guidance to necessary and immediate action. This helps us make a bigger impact on the accessibility and viability of food growing within our City.

“Policy is a plan of action agreed to by a group of people with the power to carry it out and enforce it.

*Devon Dodd and  
Hébert-Boyd, 2000*

## FARM HUB FEASIBILITY STUDY

The Farm Hub Feasibility Study explored how a physical Farm Hub could support land use practices to increase our region's food system resilience to climate change, pandemics, and other disruptions to the food systems. Ensuring continued local food production into the future.

The study included a two-step engagement process of the community, an in-depth business plan review, an education/extension and social programming model, and recommendations for future steps and plans. The study explored how and why a local Farm Hub resource might encourage local producers to diversify their crop production, adopt new practices, and/or put idle land into production to contribute to the local food system. The findings showed how the potential increases in local food production work towards broader community goals around health and sustainability.

Improving food security in Kamloops helps us mitigate the challenges and disruptions we face with a global supply chain, reduce the environmental footprint of the local “foodshed”, and increase general community health with direct access to fresh farm products. Improved food security helps to reduce risks associated with reliance on imported food supply, reduce the

environmental footprint of the local “foodshed” and increase community health through direct access to fresh farm products.

The Farm Hub can successfully transition from an idea to reality with the support of key project requirements, operational realities, and a clear understanding of current practices and limitations. There is a definite need for a local Farm Hub and its economic viability!



The Farm Hub has the opportunity to nurture a resilient and dynamic local food system, fostering the adoption of sustainable agricultural practices across the region.

## **ALR ADVOCACY: TRANQUILLE ON THE LAKE**

The KFPC seeks to provide a level of advocacy and guidance for developments within the region. While our focus is on food and agriculture, everything in our city is connected to food. As Urban Planner and Food Advocate Wayne Roberts

once wrote, food is a lens through which our city functions and operates. The Tranquille on the Lake, Development on currently ALR zoned land, is seeking a zoning change to build a major residential development on historical, vital and fertile farmland.

The KFPC submitted a Letter of Opposition to the Agricultural Land Commission with a request to reconsider past resolutions regarding the properties in question. Our Letter of Opposition included the research and rationale used to come to the opposition conclusion. This framework included:

- An in-depth review and consideration of the development application;
- Discussions with the local representative of the development team;
- Past ALC decisions regarding the property;
- Engagement with local First Nations and key stakeholders; and
- Input and guidance from our KFPC Network - which includes a diverse repertoire of experiences, community interest, and in-depth agricultural knowledge.

The KFPC is a key partner for the City of Kamloops, helping influence, guide, and create policy and plans around food security and agricultural management. In 2021, our organization was asked to be a standing member on the City's Agricultural Engagement Committee.

Our vision is towards a local food system that is regenerative, sovereign, and just means action and direction on local development and regulations. Our





opposition to the Tranquille Lake Development is not because we are anti-development. We know the city of Kamloops is in a current housing crisis and more development is essential to increasing our low supply. However, we understand the types of development matter in regards to our region's overall health and well-being. Unsustainable development is just as damaging to our region as no development.

The research, feedback, and community interests we summarized in our submission strongly pointed to the need for a fulsome review of the properties by the ALC. In addition to our in-depth review we provided a case for two approaches that would be justified and logically consistent to our city's needs and wants: 1) having the entire set of properties remain within the ALR or 2) granting a 32 ha exclusion that is limited solely to lands previously impacted by the development footprint of the Tranquille institution buildings.



## ASSESSMENT OF KAMLOOPS FOOD SYSTEM

The Assessment of Kamloops Food System was conducted to understand to what extent are we achieving the vision and values for Kamloops' food system, and what actions need to be taken in building our ideal food system: one that is regenerative, sovereign, and just. The report used a comparative structure of our ideal food system in reflection of our current system, to examine the KFPC values and determine our strengths, areas for future research, and gaps in knowledge. The research was supported by the knowledge briefs prepared by



nursing students Tina Schult and Shida Nyirenda, focusing on systems change, emergent strategy, complexity theory, strategic learning, and Indigenous food sovereignty and decolonization. The snapshot of our current food system presented allowed us to see what areas to prioritize in food systems work to make the biggest differences as we move forward.



Evaluation allows organizations and institutions to study a program, practice, system, or project to understand how well it achieves their goals. Evaluation measures help determine what is working well and what areas need improvement or change to continue towards a goal. The assessment acted as a general check in for our organization and City's work, presence, and contribution to strengthening our local food system.

This report helped us see how far we've come, and just how much more work there needs to reach our broad, courageous, and needed vision. While our work



is around food, we know the shift towards our vision includes a level of cultural change and assessment of power dynamics that goes beyond education, programs, and policy.

The report provided a platform for our organization to prioritize areas of work for potential projects, funding opportunities, and partnerships to allow us to make the biggest differences in our system as we work towards our vision. The two major gaps that stood out in our assessment were Indigenous Food Sovereignty and food commons. This research also provides a baseline for understanding the Kamloops food system, allowing us to understand and communicate about any changes to the system over the coming years

## PUBLIC PRODUCE & THE BUF

The Public Produce and The Butler Urban Farm report gave an overview and analysis of Kamloops' Public Produce initiatives from 2011 to 2020. Using the perspectives of volunteers and members of the KFPC network and a comparative analysis of relevant case studies across Canada, strengths, challenges, and solutions for Public Produce in Kamloops and the BUF were identified.

In understanding what can make the spaces for public growing in Kamloops sustainably thrive, we were able to identify key areas to build out current and potential food programming and determine the challenges and areas of our programming needing improvement. The report also assessed the viability of the Public Produce model as a way to contribute to the high levels of household and





community food insecurity in our city.

Through an evaluation of the current experience of the Public Produce movement within Kamloops, we have begun to address the areas of our community food programming needing attention and strengthen Public Produce in our city.

We know that making produce open for all to access, regardless of whether the individual contributed to the project, reduces barriers for community members to enjoy locally grown and nutritious food. Gaining the support of the larger community to this work is integral to its growth and acceptance of a new understanding of our food system. Shifting our mindsets and gaining communal support can help our community capacity expand and alleviate our communal food concerns.







*an overview of our*

## PARTNERSHIPS

The KFPC works in collaboration with a number of food system networks within BC and across Canada. We work in close partnership with a number of local organizations and grassroots groups in Kamloops. Our communal approach increases opportunities for cross-pollination for program development in our city, provides a more coordinated and strategic approach to meeting community needs, and allows for the inception of necessary and innovative programming.

## EMERGENCY FOOD RESPONSE

Concerned KFPC network members initiated a number of actions and campaigns to address some of the issues resulting from the pandemic and lockdowns. Together with our incredible community, Kamloops demonstrated an amazing upswell of caring responses to ensure food security for all!



## RESILIENCY GARDENING CAMPAIGN

While the lockdown in March 2020 saw the shuttering of doors of schools, offices, and business, it brought us back to our homes and gardens. Despite the stress and uncertainty, the forced pause allowed a revival in growing food and cultivating a regenerative food system.

In response to this, the KFPC launched a 'Resiliency Gardening' Campaign with the Kamloops Naturalist Club's Next Generation program to help encourage people to share and work together to grow more food locally. The initiatives in the campaign included:

- The Butler Urban Farm;
- Online gardening classes;
- A garden sharing platform; and
- A revised Gleaning Abundance Program.

## PAY IT FORWARD CAMPAIGN

Once COVID-19 had made its way to Kamloops, it was clear that our hospital workers were struggling with long shifts and accessing ready-cooked meals due to restaurant closures. We created a Pay It Forward campaign to support





Pizza Pi, a local independent business, to raise donations to buy pizza and beverages for Kamloops RIH Front Line Workers that would be delivered free of charge.

## COVID MEAL TRAIN

With Covid-19 shutting down almost all emergency meal programs in Kamloops, the Kamloops Covid Meal Train emerged as a solution to address emergency food insecurity and alleviate the pressure on community food resources brought by the Covid-19 pandemic.

In partnership with The LOOP Community Resource Centre, the initiative was created to provide meals to vulnerable populations that are food and home insecure. The Kamloops Covid Meal Train provides 2 meals a day to over 100 people.



**142,875+**

meals have  
been prepared  
& delivered  
since the  
beginning of  
the pandemic



## INDIGENOUS FOOD SOVEREIGNTY

Over the past 2 years, we affirmed our commitment to Indigenous led Food Sovereignty and the restoration of ecological food systems by focusing on the necessary learnings and unlearnings on the colonial history of agriculture and unpacking white privilege in the food system. Dawn Morrison, the Curator of the Working Group on Indigenous Food Sovereignty, led these workshops with our staff and Board team.

The KFPC partnered with The Kweseltken Farmer's & Artisan Market, which had its grand opening on Sunday, August 9, 2020, supporting locally Indigenous grown food. We were also a co-sponsor of the Kweseltken Kristmas Market in 2021, which showcased local Indigenous artisans, growers, and producers.

## WORKING GROUP ON INDIGENOUS FOOD SOVEREIGNTY

Founded in 2006, The Working Group on Indigenous Food Sovereignty (WGIFS) seeks to uplift, recognize, and amplify Indigenous work, voices and knowledge in food systems research, action, and policy. An internationally recognized grassroots organization of Indigenous knowledge holders, scholars, researchers, practitioners and representatives of community, regional, tribal and inter-tribal networks and non-profit organizations, the WGIFS applies





culturally appropriate protocols and ancient practices through a consensus-based approach to food systems work.

In alignment with one of our seven values - Indigenous Food Sovereignty - the KFPC entered an administrative partnership with the WGIFS in 2021 to advance food sovereignty in Secwepemcul'ecw and focus on decolonizing relations and the restoration of ecological food systems. The KFPC uplifts the WGIFS organizational capacity by providing the funding and support needed to help establish their internal policy and infrastructure.



## KWESELTKEN KITCHEN

This year, we strengthened our partnership with Community Futures Development Corporation of Central Interior First Nations with our joint efforts in launching the Kweseltken Kitchen as part of our larger Food Hub Project in June 2021. This mobile food processing trailer helps address community food security and provides the infrastructure needed for entrepreneurship for rural Indigenous communities. The trailer is equipped for canning, smoking, and dehydration to support traditional preservation practices and cultural livelihoods.

## EVERYONE EATS ANTI-RACISM PROGRAM

Everyone Eats uses food to combat hate, identify and dismantle racism, and build understanding between cultures. This program is being delivered by Q'wemtsin Health Society, a non-profit health services provider working in the Secwepemc nation.

It is a response to the colonialism, residential schools, dispossession of land, and suppression of culture that has led to the breakdown of traditional food systems. Growing healthy foods in gardens and orchards is often fraught with mixed experiences as residential school students were forced to work in the garden but prohibited to eat the produce. Food restrictions were common and hunger was endured.

Everyone Eats is a way to advance reconciliation, strengthen these communities, eliminate health inequities between these communities and society as a whole, provide new employment opportunities, and address racism. Everyone Eats focuses on three interventions: working with youth, entrepreneurs, and traditional knowledge holders.

Food ceremonies are a powerful way to bring people together in Secwepemc culture. The Everyone Eats program uses food to bring Indigenous people, new Canadians, and those from a settler background together to talk about issues like multiculturalism, diversity, and racism. The Kamloops Food Policy Council is a partner in the Everyone Eats learning circle dialogues, and a partner for the entrepreneur engagement through our Food Hub program.





## OUR NETWORK

At the KFPC, our network is our greatest strength. We cultivate connections, establish partnerships, and celebrate people as gifts to organically build our local capacity.

With the world's shift to digital in 2020, we too transitioned our offices and meetings online. Over the past 2 years, our Network Meetings have taken place every second month over zoom. With a regular attendance of around 25-40 community members, organizations, and active volunteers, our meetings have continued to provide a space for our community to connect and engage.

This year, our meetings focused on topics such as:

- race awareness and the food system;
- mapping layers of racial advantage in the food system;
- Native pollinators, pesticides, and integrative pest mangement in Kamloops;
- Assessment of the Kamloops Food System;
- Water and the climate crisis; and
- Emerging topics in the Kamloops food system.

an established  
network of over

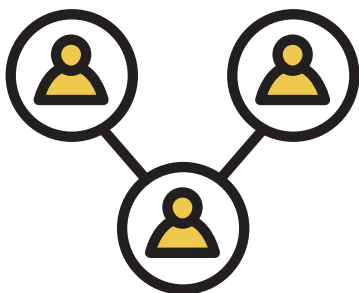
**550**  
*members*

**100**  
*organizations*

## OUR REACH

Outreach and consistent engagement of our network and community-at-large helps us stay connected and facilitate positive change within our region. The KFPC has continued to maintain an engaged presence at local events and opportunities despite the restrictions and setbacks we have faced.

We have an engaged digital presence with our various socials and monthly newsletters. We launched The Stir's own social media in the fall of 2021.



**1.3k+**  
newsletter  
subscribers

**1.5k+**  
facebook  
followers

**600+**  
instagram  
followers

**300+**  
twitter  
followers

*looking ahead*

## GROWING INTO 2022

Despite the setbacks we faced over these challenging times, Kamloops continues to come together to support its community and strengthen our local food system. With the help from our members and community, the KFPC weathered the storms and uncertainties that 2020 and 2021 brought us. Together, our community stood strong despite the challenges we faced.

We look ahead to 2022 with hope. Our current global food system is not working, but we can do better - we are doing better! Together we can build programs, create partnerships, shape policy, and educate our community to feed Kamloops from our own backyard. Together we can create a more resilient local food system.







working towards a food  
system that is regenerative,  
sovereign, and just.