

## Community Conversation

Subject:	<b>Food Security</b>
Date of Conversation:	August 22, 2018
<b>Current Assets:</b>	
<u>Physical</u> : What is already in our community?	<ul style="list-style-type: none"> <li>• Dovercourt Community garden provides community plots to residents at a low rate (from \$20-\$50 per season depending on size)</li> <li>• There are many huge back yards and established gardens in Dovercourt, allowing residents to grow their own food.</li> <li>• Front yard gardens and edibles are becoming more popular.</li> <li>• Community Hall, Kirk United Church Centre and Coralwood Academy have large, equipped commercial kitchens</li> </ul>
<u>Organizational</u> : What clubs, groups are already in place?	<p>Dovercourt School</p> <ul style="list-style-type: none"> <li>• has a cupboard for students who forget their lunch and/or snack - started offering healthier choices in 2018</li> <li>• Receives apples as a donation from IGA, available in the main office for all students</li> <li>• subsidizes families who need support for lunch supervision fees</li> <li>• has a plot at the community garden for students to promote food production</li> </ul> <p>Kirk United Church Centre</p> <ul style="list-style-type: none"> <li>• collects non-perishables for the Bissell Centre (drop off during business hours)</li> </ul> <p>Coralwood Academy</p> <ul style="list-style-type: none"> <li>• holds an annual food drive in the neighbourhood for the Food Bank</li> </ul> <p>Dovercourt Garden Group</p> <ul style="list-style-type: none"> <li>• manages a “giving garden” that grows food to be donated/shared.</li> <li>• hosts an annual Harvest Fest where produce is given away – with optional donation that goes towards garden operations</li> <li>• Provides garden plots affordably, seed sharing and gardening tips.</li> </ul> <p>Dovercourt Community League</p> <ul style="list-style-type: none"> <li>• A program is a cooking club for the second year in a row – economies of scale means a lot of meals can be prepared for a low cost. Financially self-sustained by members</li> </ul>
<u>Human Resources</u> : Who is already engaged (Board members, volunteers other)?	<ul style="list-style-type: none"> <li>• Garden group members</li> <li>• Cooking club members</li> <li>• Staff at Schools, Churches</li> <li>• Community volunteers</li> <li>• Home owners that produce food and share (harvest fair, with neighbours etc.)</li> </ul>

<p><u>Resources:</u> Does this receive funding or other types of supports?</p>	<ul style="list-style-type: none"> <li>● Garden group fundraises and is self-sustaining</li> <li>● No dedicated funds for food security initiatives</li> <li>● Community league provides space for cooking club free of charge. Cooking club is self-sustaining</li> </ul>
<p><u>Current Strengths:</u></p>	<ul style="list-style-type: none"> <li>● A lot is already happening in the community, and a strong core of people coordinating current activities.</li> <li>● Because it is an older community, there are many established fruit trees and garden spaces and no restrictions on what can be planted (as per some newer communities)</li> </ul>
<p><u>Any gaps?</u></p>	<ul style="list-style-type: none"> <li>● Because of weather patterns and politics (pending U.S. tariffs), we can expect food costs to rise.</li> <li>● Although a lot is happening, currently no program/initiative in place specifically to address food security in Dovercourt.</li> <li>● Not sure how big the need is in the community to support our families, and how confidentiality could be arranged.</li> </ul>

Action: Food Security	Pluses	Concerns	Overcoming Concerns	My energy for this idea	Timeline:		
					2019	2020	Un-known
<p><u>Action:</u> <b>Continue</b> the garden group's efforts to provide space for community growing, and donating back to the community, including the Harvest Fair.</p> <p><u>Budget:</u> no additional costs</p> <p><u># of people:</u> no additional people req'd</p> <p><b>Action Complete!</b></p>	<p>This step towards food security will be maintained.</p>			<p>Coordinate: 8 (current working group)</p> <p>Volunteer: 4 (have volunteers who help)</p> <p>Participate:</p> <p>Not for me:</p>	X	X	
<p><u>Action:</u> Help <b>promote</b> existing efforts that are happening in the <b>newsletter</b>.</p> <p><u>Budget:</u></p> <p><u># of people:</u></p> <p><b>Action Complete!</b></p>	<p>May increase donations to Bissell Centre and food bank (though Coralwood academy)</p> <p>Possibility that Garden group could provide fresh produce if coordinated with Bissell drop off</p>			<p>Coordinate: 1</p> <p>Volunteer:</p> <p>Participate:</p> <p>Not for me:</p>	X	X	

<p><u>Action:</u> Garden Group could use <b>occasional volunteers</b> for a few hours throughout the season, May – Oct. to help with a little heavy lifting and light repairs</p> <p><u>Budget:</u> no additional cost</p> <p><u># of people:</u> 1 and up</p> <p><b>Links to:</b> Engagement</p>	<p>Increase our ability to provide food locally and affordably to residents and families.</p> <p>A few hours a season is an easy way for those who would like to contribute.</p>			<p>Coordinate: 1 – Garden group can coordinate</p> <p>Volunteer:</p> <p>Participate:</p> <p>Not for me:</p>	X	
<p><u>Action:</u> <b>Promote existing</b> opportunities through the newsletter or Facebook (WECAN Food Basket Society, Food4Good society)</p> <p><u>Budget:</u> no additional cost</p> <p><u># of people:</u> no additional people</p>	<p>Provides additional information for residents</p>	<p>Not Dovercourt-specific</p>	<p>Discuss with Board and/or social media coordinators to see if this is ok.</p>	<p>Coordinate: 1 (newsletter editor)</p> <p>Volunteer:</p> <p>Participate:</p> <p>Not for me:</p>		
<p><u>Action:</u> Develop a <b>'food bank-type</b> system within</p>	<p>A little bit of momentum could make a big impact on the community</p>	<p>Coordinating could be tricky, ensuring confidentiality.</p>	<p>Look to other communities for ideas. May already be people who are</p>	<p>Coordinate:</p> <p>Volunteer:</p>		X

<p>Dovercourt for families.</p> <p><u>Budget:</u> TBD, likely all donations, volunteers, grants</p> <p><u># of people:</u> 10 plus a facility (league or church)</p>		<p>Overlapping efforts with other initiatives (food bank)</p>	<p>aware and can help coordinate (schools &amp; churches)</p> <p>More resources and options can only help – act local</p>	<p>Participate:</p> <p>Not for me:</p>			
<p><u>Action:</u> Develop economies of scale – <b>bulk ordering</b>, for example. Or look to establish a ‘Wecan’ or similar initiative in Dovercourt .</p> <p><a href="http://wecanfood.com/">http://wecanfood.com/</a></p> <p><u>Budget:</u> self-sustaining, volunteers, potentially a start up grant</p> <p><u># of people:</u> approx.. 5</p>	<p>All families would benefit from lowered food costs.</p>	<p>Would need someone to organize and coordinate</p> <p>Possible duplication of efforts with existing initiatives</p>	<p>Possibly a grant and/or someone who would be willing to take this on.</p> <p>Focus on activities that enhance, not duplicate, what is available.</p>	<p>Coordinate:</p> <p>Volunteer:</p> <p>Participate:</p> <p>Not for me:</p>			X
<p><u>Action:</u> host <b>group food preparation:</b> pickling, preserving sessions, frozen, cook ahead meals (crock pot, etc.)</p>	<p>Pickling sessions held a few years ago, was successful – many hands made it much easier</p>	<p>Start up costs might be a barrier (eg. Bottles for canning)</p>	<p>Potential for grants or contributions.</p> <p>Neighbours may have extra to share.</p>	<p>Coordinate:</p> <p>Volunteer:</p> <p>Participate:</p>			X

<p><u>Budget:</u> potentially self-sustaining</p> <p><u># of people:</u> 1 coordinator, plus whoever wants to participate</p>	<p>Food can be prepared less expensively when bought in bulk.</p> <p>Could use the successful cooking club model for make-ahead meals to distribute the workload</p>			<p>Not for me:</p>			
<p><u>Action:</u> Use our green spaces for <b>food forests</b> to grow edible trees, bushes and berries for residents</p> <p><u>Budget:</u> From \$500 to \$5000 depending on the scale.</p> <p><u># of people:</u> 5 and up</p> <p><b>Links to:</b> green spaces</p>	<p>Use of available land that everyone can access.</p> <p>Beautification of the neighbourhood.</p> <p>Good for property values – as food forests are gaining in popularity.</p> <p>Locally grown produce.</p> <p>Can feed animals</p>	<p>Process with city may be time consuming.</p> <p>May need ongoing long term commitment by residents, especially when plants are getting established.</p> <p>Trees are expensive</p>	<p>2-10 people share the tasks, look to the experiences of existing food forests.</p> <p>Only start idea if there is big enough interest.</p> <p>Grant and/or fundraising may be part of this initiative.</p>	<p>Coordinate:</p> <p>Volunteer:</p> <p>Participate:</p> <p>Not for me:</p>			<p>X</p>