

Food Link Nanaimo - DIGEST #4, November 7th, 2007

Welcome! The Food Link Nanaimo (FLN) Digest is an initiative of the Board to increase communications with its Members and others interested in food sustainability initiatives, locally & beyond. News, updates, resources, reports and events that are relevant to food security, food systems, and sustainability will be included. Please forward to anyone who might be interested. Advance apology for any cross-postings.

FLN Board updates:

√ **"Local Food on My Plate"** by Eileen Bennewith
Excerpt from article in "Harbour City Star" 17 October 2007

"In the past, almost all foods were grown either in your own backyard, or by local farmers within your community. People did not have to worry about how the food was grown or how many miles it had traveled to get to the local store. Today, most of the food we eat is a mystery. We do not know who grew it, what chemicals it was treated with or how long it has been on the road before it comes to our table. Many people are concerned about the quality of this mystery food and would like to return to a place where they meet the farmer and have no doubt about the freshness and quality of the food they are buying."

√ Food Link Nanaimo Society, in cooperation with Mid-Island Co-op, was glad to bring local people together to discuss our food system and our local food supply by hosting a networking forum "**Supporting Local Agriculture**" on Friday, October 19th featuring Brent Warner from the Ministry of Agriculture. Check out segments of his presentation included in "**2017 - The Health Care Crisis**" at www.cjly.net/deconstructingdinner/102507.htm that explores how the food system impacts our health.

√ Congratulations to the FSS sub-committee of Mid-Island CO-OP who coordinated a very successful **Farmer's Showcase** on Saturday, October 20th. See the two photos submitted by Dirk Becker (attached). Check out the crowds! Dirk reported that there were over a thousand in attendance ... some farmers sold out, went home to replenish stock and sold out again! The bread guy sold out in 22 minutes! All claimed record sales for a farmer's market. Customers' surveys documented positive response to a very successful event, with plans for future farmers' markets TBA. Congratulations to all those who worked so hard to pull off this amazing event! (Committee members included: Dave Driedger, Frank Moreland, Dirk Becker, George Benson, Nicole Shaw, Helen Martin, Lorelei Andrews, Guy, Walt Jones)

√ The film "**The Future of Food**" showed on Tuesday, October 23rd, organized by members of Solutions Sustainability Network in collaboration with the World Bridger film series at Malaspina, was a great follow-up networking opportunity that included a lively discussion, facilitated by Don Alexander (Dept of Geography), on farmer's markets in Nanaimo, how the Malaspina community could be involved, and their impact on urban planning and food supplies. Educating children & youth was also considered a key part of making change around food choices.

√ Eileen Bennewith, one of our Board members, sent in this relevant and timely link to a presentation entitled "**Beauty Food**" at: www.youtube.com/watch?v=hOOkBP5nioY

√ We continue to look for a **Bookkeeper** for our organization. Please see attached job posting with details below.

Member Organization updates & events:

Nanaimo Community Kitchens Society presents:

"After the Wedding"

Come and enjoy a wedding reception, dinner, dancing, silent auction, live auction, door prizes and more. It's an evening of comedy with bride Susan Peach and groom David Strang.

Date: **Saturday, November 10, 2007**
Time: around 6:00 PM
Place: Dorchester Hotel
Tickets: \$40.00 per person

If you would like your local event notices included in an upcoming digest, please contact sandra.christens@yahoo.ca and/or contact Jen Cody at jenandbearit@gmail.com to become an active member of Food Link Nanaimo .

Local Links

Anthropology Department, Malaspina University College, presents:

Annual Fair Trade Sale

Thursday, November 15th, 10:30 am - 1:30 pm

Location: Welcome Centre, Building 300

Original Message-----

From: Helene Demers [mailto: demersh@mala.ca]

Sent: Thursday, November 01, 2007 4:32 PM

Hi all,

Please join us for the Second Annual Fair Trade Sale sponsored by the anthropology department on Thursday, November 15 from 10:30-1:30 in the Welcome Centre adjacent to the cafeteria. This year, the sale features organic tea from Assam, India packaged in the same red and white woven bags that were so popular last year (provided by Fertile Ground/East West Sustainability Network), Sol Colibri organic coffee from Costa Rica (provided by MUC's very own Heart of

Gold Community Empowerment Project initiated by the Rec and Tourism Department in 2004) and felted crafts from Altyn Oimok, a women's co-op in Krygyzstan, Central Asia (provided by Friends of Bokonbaevo). The felted slippers (my family now counts on getting these every Christmas), hats, rugs, purses, chair pads and toys are wonderful and reasonably priced. Tea can also be ordered directly from myself at demersh@mala.bc.ca or my work-op student, Bethany Scott at bethscott72@hotmail.com

All proceeds from the sale go directly to the producers and information about each organization will be available at the sale. Please spread the word. Thank you for supporting fair trade and sustainable agriculture.

Helene Demers

BC Specialty Food Directory

Hi Folks,

The BC specialty food directory is available online here: <http://www.ssfpa.net/bcsfd/>
You can also download the document in PDF format. Lots of great information.

You can register your company online here:
http://www.ssfpa.net/pages/specialty_foods_directory_form.htm

I think they did an excellent job setting this up. We need to get our farmers on this directory and promote the site.

Peace,
Guy <ambiance@shaw.ca>
Rec'd: Nov 2, 2007

Action Initiatives

MEAT INSPECTION REGULATIONS: There is still a lot of activity in response to recent government regulations. It is not too late to act, and in fact, even more important to act, as the government is responding to consumer pressure. Keep it up!

From: **Linda Geggie** <lgeggie@telus.net>
Date: Sep 26, 2007 3:56 PM
Subject: BSFSN members! Action Needed-Meat Inspection Regs

Hi Everyone,

At the BCFSN gathering a working group met to develop a statement on behalf of the network around the Meat Inspection Regulations coming into effect this September. The new regulations are resulting in the loss of small and medium scale meat processors, as well, we heard about the loss of livestock and poultry production-around the province. We need a review of the fall out of the new Regulations, we need some changes and we need it done quickly.

The BC Food Systems Statement on the Meat Regulations has now been finalized. As well a Tool Kit for Action is attached to help you to put the words into action. Unless we work together it will be difficult to achieve the changes we seek. If there is a large response-there will be action on this. They do count the letters.

I urge everyone to take a few minutes to have a look at the suggested actions. Please either use the draft letter provided or write your own statement and get it off to someone who has the power to make the changes we want to see. Literally this could take you less than 5 minutes to do. Educate your local MLA on this situation. A BC based, local food system depends on it.

Thank you!

Linda Geggie
LifeCycles/CRFAIR
245 Meadowbrook Road
Saanich BC V9E 1J5
250-727-9605

Relevant attachments: Final MIR Action Toolkit.doc, BCFSN MIR Statement 20Sept07.doc, Meat Inspection Recommendations 19Sep04.pdf

Dirk says "**Large scale strikes again! Support local farmers and small processors**". Check out: "Ranchers Beef Investigation Leads to BC Recall" Canadian Cattlemen, 5 Nov 2007 www.canadiancattlemen.ca/issues/ISArticle.asp?id=75663&issue=10292007&story_id=&PC=FBC

PETITION for BC's Small-scale Meat Producers – more than 4,000 signatures were collected on-line by Sept 30th at www.thepetitionsite.com/1/local-meat-BC. Read what others had to say about the new meat inspection regulations.

[Editor's Note: www.thepetitionsite.com is a great FREE resource to create your own petition!]

----- Original Message -----

From: Barbara and Lorne <neorg@telus.net>
Sent: Wednesday, October 17, 2007 6:59:00 PM
Subject: **The Harvest Bounty Festival Society**

This week we had a meeting of the remaining members of the Harvest Bounty Festival Society

(HBF).

The HBF thrived in this region for about six years as a festival of food, wine and the arts. During that time we had a fairly stable membership committee and executive and managing with very little outside help to celebrate local food, its chefs and producers to a crowd of about 400 guests and about 300 workers of various sorts on the last Sunday of August each year.

After six years I and a few other people felt that we should move on and give new members an opportunity to run the festival. Unfortunately, that did not work at all and the new committee was not able to put together any further festivals.

The HBF is an incorporated not for profit society, has some money and is looking for a new home. As I recall, it took us about two years to become incorporated and satisfy the governments requirements under the companies act. [This] is a reputable organization which the public has appreciated and enjoyed over the years. It needs a new executive and a mandate. It already has a good following and we continually receive requests asking if we are going to continue doing a harvest festival.

What I am thinking is that the farm could provide a venue for any number of possible celebrations of food, culture and environment, whatever. Please think about it and pass this information along to see what they think. We have paid our registration fee for 2007-2008 so there is time to think about it. I told the current executive of the HBF that I would try seeking out a new life for the HBF.

Barbara Ebell

[Editor's Note: If anyone is interested in exploring the possibility of continuing the HBF, either in cooperation with Food Link Nanaimo, or independently, do not hesitate to contact either Barbara Ebell directly or Food Link contacts listed at the end of this Digest.]

FOOTAGE URGENTLY NEEDED FOR IMPORTANT DOCUMENTARY

----- Original Message -----

From: Deborah Ferens <debferens@hotmail.com>

Sent: Wednesday, October 10, 2007 9:00:08 AM

Subject: Trading Democracy Documentary - Footage Needed

Trading Democracy is a documentary film on the dangers to our rights and sovereignty from secret agreements like the North American Security Prosperity Partnership (SPP) and the inter-provincial Trade, Investment and Labor Mobility Agreement (TILMA). These agreements are being negotiated in secret, right now, by heads of state and representatives from ONLY large corporations.

Here is a list of footage we need (DV or HDV preferred), shots of:

- US Congress, Senate, White House, Pentagon, World Bank, IMF and NSA buildings.

- War footage from Afghanistan - US and/or Canadian troops
- Oil production facilities - Oil pumps, tar sands, pipelines, refineries etc. Preferably Canadian facilities but generic footage could work as well
- **Factory farm footage - pesticide spraying etc**
- 9/11 footage
- Maps of North America
- Battle of Seattle and FTAA Quebec footage.

As independent filmmakers, we recognize that you need to make a living. We are fund-raising as we are shooting and if at all possible will be very pleased to pay for rights if your footage is used in the film. In all cases, we will certainly cover your costs. If by chance you also know of potential sources of funds, why yes, please let us know!

Thank you thank you thank you for helping us to get this important doc made and out to audiences.

Ernie Tomlinson
Interpretive Design
250 390 1047
Cell 729 1778
<http://versatility.tv/>

Funding Resources

United Way Central Island - Priority Grant

Please note there have been changes to the objectives of the grants. The application package is available on the UWCI website: www.uwci.ca

Contact: N. Lynne Brown, Chief Operating Officer (UWCI)
#204-2290 Bowen Road, Nanaimo, BC V9T 3K7
Phone: (250) 729-7400
Fax: (250) 729-8048

UNITED WAY'S CAMPAIGN GOAL IS \$999,999.00 AND WE ARE 10% OF THE WAY THERE! DONATE NOW TO SUPPORT OUR COMMUNITIES.

Inspiring Building Sharing

Education & Awareness

Canadian Community Health Survey, Cycle 2.2, Nutrition (2004)—Income-Related Household Food Security in Canada, published by the Office of Nutrition Policy and

Promotion (ONPP), was released in September. You can access it at Health Canada's web site at: www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/cchs_focus-volet_escce.html

----- Original Message -----

The Truth Behind 'Product of Canada' Labels

From: "Cathleen Kneen" <cathleen@ramshorn.ca>

Date: Fri, November 2, 2007 5:27 am

To: "Food Secure Canada list" <fsc-sac@list.web.net>

The label may say 'Product of Canada' but what that really means is that 51% of the 'value' of the product comes from Canada. These days, that could mean just the packaging. An excellent story from CBC's Marketplace also explains which ingredients are signals of foreign origin: www.cbc.ca/marketplace/

Thanks to Paddy Doherty in BC for passing this along.

Cathleen Kneen
2746 Cassels Street
Ottawa, ON K2B 6N7
613-828-6047
<http://list.web.net/lists/listinfo/fsc-sac>

Report: Nutrient deficiencies in high-yield agriculture

----- Original Message -----

From: "Cathleen Kneen" <cathleen@ramshorn.ca>

Date: Wed, October 3, 2007 6:08 am

To: "Food Secure Canada list" <fsc-sac@list.web.net>

This report (with 8 pages of references) collects the information on the reduction of nutrients associated with industrial agriculture and some of the reasons organically-produced foods (including milk) are higher in nutrients.

Nutrient deficiencies in high-yield agriculture:
organic.insightd.net/reportfiles/Yield_Nutrient_Density_Final.pdf?

Organic food is healthier and safer

Cliff Stainsby contributed this link to an article published in British online newspaper The Independent, 5 Nov 2007, entitled "**Organic food is healthier and safer, four-year EU investigation shows**" at: environment.independent.co.uk/green_living/article3106906.ece

Food Secure Canada mailing list: Fsc-sac@list.web.net
<http://list.web.net/lists/listinfo/fsc-sac>

Please support campaign to improve school nutrition

----- Original Message -----

From: "ellen desjardins" <desj2665@wlu.ca>

Date: Sun, October 21, 2007 5:43 am

Message forwarded from: jefferyb@istar.ca

Bill Jeffery, LLB, National Coordinator

Centre for Science in the Public Interest

<http://www.cspinet.org/canada>

Dear child health advocate:

Recently, our organization, the **Centre for Science in the Public Interest (CSPI)**, published a report evaluating provincial government nutrition standards for foods served in Canadian schools. **Are Schools Making the Grade? School Nutrition Policies Across Canada** (available at: http://www.cspinet.org/canada/pdf/makingthegrade_1007.pdf) assessed provincial school nutrition standards against a benchmark set earlier this year by the US Institute of Medicine in its report, Nutrition Standards for Foods in Schools. All provincial policies fell short of the IOM criteria and some--namely, those in Ontario, Saskatchewan and Prince Edward Island--largely failed to set adequate nutrition standards.

The report also showed that provincial governments offer only meager financial incentives for students to consume more foods like fruits, vegetables, and whole grains, as recommended by the 2007 edition of Canada's Food Guide. The average provincial and territorial government investment in school meal programs was just \$5.54 per student in 2005/2006. The federal government contributes nothing. By contrast, the US federal government spends more than \$200 per student each year, nearly 40 times more than the average Canadian government subsidy, per student.

To improve school foods, CSPI is urging federal and provincial Ministers of Health, Education and Child Protection to:

1. Develop and support the implementation of comprehensive Pan-Canadian school nutrition policies that contain nutrition standards for all foods distributed in school and reflect Canada's Food Guide (2007) as well as the US Institute of Medicine's Nutrition Standards for Foods in Schools (2007).

2. Support the establishment of a pan-Canadian school meals program that is based on health-protecting nutrition standards and encourages healthy eating habits.

3. Conduct regular surveillance of school food policies and guidelines, food offerings, and student consumption measured against benchmarks.

Diet-related diseases such as heart disease, diabetes, and certain cancers, wreak a terrible toll on the health of Canadians and our economic productivity. And, the all-party House of Commons Standing Committee on Health unanimously concluded that, if rising rates of childhood obesity are not reversed, today's children may be the first in a long time to live shorter, sicker lives than their parents. Schools can and should be places that foster health. With feeble nutrition standards, poor oversight of adherence to even existing standards and small financial commitments to healthy school food programs, many schools may be having the exact opposite effect.

So far, the report has generated an impressive public response, including dozens of broadcast and print news stories, supportive editorials from three major daily newspapers, immediate public responses from provincial cabinet ministers and a premier, and a steady stream of e-mails and calls from interested parents, school officials and health professionals.

Federal and provincial governments can and must do more to get junk food out of schools and help get nutritious meals into students' stomachs. You can help ensure they do. Together, we can help improve school foods and, thereby, better safeguard the health of future generations and reduce the enormous human and economic burden of diet-related disease.

Please join us, by November 2, 2007, in our efforts to improve school nutrition environments across Canada by having your health, education, nutrition, or children's organization endorse the letter to the responsible federal and provincial cabinet ministers (at PDF pages 4-5 in the report at http://www.cspinet.org/canada/pdf/makingthegrade_1007.pdf). We hope to re-send the letter to the Ministers, with additional supporters, as soon as possible in November.

We will be in touch with you shortly to discuss your support for this campaign.

Bill Jeffery, LLB, National Coordinator
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jefferyb@istar.ca

<http://www.cspinet.org/canada>

The **Centre for Science in the Public Interest (CSPI)** is an independent health advocacy organization with offices in Ottawa, and Washington, D.C. CSPI's Ottawa advocacy efforts are

supported by more than 100,000 subscribers to the Canadian edition of its Nutrition Action Healthletter. CSPI does not accept industry or government funding. Nutrition Action does not carry advertisements.

Food Secure Canada mailing list: Fsc-sac@list.web.net
<http://list.web.net/lists/listinfo/fsc-sac>

END OF DIGEST

NOTE: If you would like to add or delete an email from this list, or make a submission, please reply to: sandra.christens@yahoo.ca

Food Link Nanaimo contacts:

Chair – Sandra Christensen – sandra.christens@yahoo.ca

Vice Chair – Syd Langhelt – seaotter@shaw.ca

Membership – Jen Cody – jenandbearit@gmail.com