

# The Stone Soup Project

## Report

Toward greater food security  
in the Sea to Sky Corridor  
for families with children 0-6

*“The Stone Soup Project spread a web of connections  
that we will continue weaving. It’s beautiful.”*

*Julia Bresalier, Coordinator, Community Food Action Initiative*

Project of the *Sea to Sky Putting Children First Initiative*

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# Introduction, Assumptions and Goals

The Stone Soup Project was initiated by the [Sea to Sky Putting Children First Initiative \(PCFI\)](#) in 2009. The need for the Project was identified by PCFI members who saw first hand that many local children were hungry and thereby compromised in their physical, cognitive, social and emotional wellbeing.

Thanks to capacity building funding from the United Way of the Lower Mainland, the PCFI hired a consultant to frame and execute a project to sustainably improve access to healthy and nutritious food for children 0-6 and their families in the Sea to Sky Corridor.

In the initial stages of the project the PCFI confirmed the following assumptions and goals.

## Assumptions:

- Children's hunger is a systemic issue – arising from many factors: social, economic, historical, cultural... e.g. child care costs, low minimum wage, economic downturn...
- Children hungry at daycares and play schools are visible tips of a much larger iceberg.
- The solutions are in the community – either directly, or indirectly through the community's capacity to access what it needs.
- A powerful way to work with any issue is to link to peoples' passion and commitment.
- Capacity building and asset-based approaches will be more effective in the long run than direct food programs. I.e. teaching people to fish (garden, cook, budget...) versus giving people fish.
- This was the first year of what was likely to be three year funding.

## Goals:

- Engage and empower individuals and groups in Sea to Sky communities to improve food security for children 0-6.

- Pilot options and roles for the Putting Children First Initiative that empower communities to improve food security for children 0-6.

## Overview of Activities

### Initial Scoping

The consultant reviewed the 2006 [Community Food Action Initiative Report for Sea to Sky](#), and conferred with key informants, including:

- Claire Gram, Regional Community Food Action Initiative (CFAI) Coordinator, VCH
- Kevin Damaskie, Sustainability Coordinator, Whistler 2020
- Karen Clarke, Community Developer, VCH

Key informants agreed that the PCFI could make the greatest contribution if it focused on remote and northern portions of the Sea to Sky Corridor, and especially First Nations communities. This was because these areas are where the need was greatest. In addition, the Sea to Sky CFAI Coordinator (Julia Bresalier) worked five hours per week and this meant she concentrated her food security efforts in southern half of the Corridor: travel time made it too difficult to do much in northern and remote areas.

### Clarifying an Approach

Based on the assumptions, goals and scoping, the consultant framed an approach to the project. It reflected two key influences, the first being the community development strategy implicit in the Stone Soup story (See sidebar next page). Specifically:

- Everyone can end up better off when community members work together.
- To get people to do something, don't try to appeal to their sympathy and kindness. Instead, pique their curiosity, draw them out, and support them to organize around/contribute to something they find meaningful.

The second influence was the highly successful “[Enterprise Facilitation](#)” model of community economic development. In enterprise facilitation, a facilitator is available (sitting in cafes, being introduced at public and community meetings, requesting key people host gatherings) to support anyone in a community with an idea for an enterprise as long as there is both viability and passion/commitment. It has been the basis for very successful economic development in communities worldwide.

As with enterprise facilitation, in community initiative facilitation, a facilitator (the consultant, but also potentially a community member(s)) networks, links and supports people to take their ideas into sustainable, empowered action. The modest goals at the outset were to support 2-3 community-driven initiatives that increased local food security.

### **The Stone Soup Story**

Three hungry soldiers come to a village and go door to door asking for food. The villagers are poor and, unwilling to feed the soldiers, they hide their food. Then the soldiers put a huge cauldron of water on a fire in the middle of the village square. Curious villagers come to find out what is happening. The soldiers say they are making Stone Soup, having added three stones to the pot. To the skeptics, they say the soup would taste much better with a bit of pepper, then with a bit of cabbage, then with a bit of potato... In the end, the whole village feasts on soup everyone has happily made some small contribution to.

### **Brief Description**

There were four complementary elements of the project:

- Convening community events that attract and network people with interest, passion and commitment to help there be greater food security for families in the corridor.
- Seed funding to support capacity building initiatives focused on helping families have better access to healthy nutritious food.
- Brokering and networking to support local food security initiatives.
- Cultivating local capacity for ongoing community initiative facilitation.

## **Phase ONE: Initial Contact**

### **Brian Harper Tour**

The “cauldron” for the Stone Soup Project was a series of four workshops led by Brian Harper in March 2009. Brian is an Agrologist with the BC Ministry of Agriculture and Lands. The workshops were either about growing food, or growing food related businesses. Brian’s ongoing job description is to support First Nations individuals and communities in the Southern half of the province to grow food and food-related businesses, and as such he can be an important resource for initiatives in the future.

Each workshop was hosted by a First Nations individual or organization, and they were publicized in the mainstream media, through posters and by word of mouth. Workshops were held in Tipella (16 participants), Mount Currie (8 participants), at the Squamish-Lilwat Cultural Centre in Whistler (16 participants) and at Totem Hall in Squamish Nation (24 participants).

The workshops served multiple purposes:

- Raising the profile of the Stone Soup project
- Gaining permission to contact 47 people who were interested in growing either food or food related businesses. See “Permission to contact form” in Appendix A
- Raising awareness of Brian Harper’s ongoing services in agricultural extension and food related business development.
- Generating a buzz about possibilities: Brian’s slide show documents what other First Nations communities have accomplished.

### **Food Bank Outreach**

Simultaneous to the Brian Harper tour, the consultant partnered with the food banks in Squamish and Pemberton to distribute “Permission to Contact” forms to people accessing food banks who had young children. In Squamish, eleven people signed and returned forms, opening doors for community initiative conversations. It was beyond the scope of this project to support all the ideas but the Squamish outreach did lead to a workshop on how to grow potatoes -- see below.

The Coordinator for the Whistler Food Bank said the service was accessed primarily by youth and individuals, not families. No Permission to Contact forms were signed in Pemberton.

## **Phase TWO -- Follow up**

### **Workshop Attendees**

The consultant contacted all workshop attendees who completed permission to contact forms by email, by phone or both. The ideas, resources and contacts identified are sketched in Appendix B -- a synopsis of people, organizations, funding sources and other resources identified through the calls. What was learned on one call was often later shared with a different person on another call.

### **Seed Funding of Community-Based Projects**

The consultant framed funding criteria and a user-friendly application form (see Appendix A) for seed grants for food security related projects to benefit families with children 0-6. Notice of the funding opportunity was given to all Brian Harper workshop attendees, and through the PCFI network. A four person selection committee reviewed the applications and awarded funding. Most grants were for \$500. \$9,800 was dispersed to 15 projects. \$2,500 of this funding came from a private donor who attended one of the Brian Harper workshops, and who was grateful for the grant oversight that enabled 100% of donated funds to go directly to projects. See Projects Overview, see below.

### **Food Bank Contacts**

Calls and emails were made to each of the eleven people signing Permission to Contact forms distributed through the Squamish Food Bank. From the five people successfully contacted, ideas for increasing food security included:

- having community kitchens
- canning
- growing potatoes
- growing tomatoes, and

- creating a community garden on under-utilized land in the downtown core.

### **Potato Growing Workshop**

The coordinator collaborated with one of the Food Bank contacts to convene a potato growing workshop (May 28) in partnership with community members from the Castle Rock Social Housing -- see handout in Appendix C. A flyer was distributed door to door at Castle Rock by a local resident, and via email to the PCFI network. Seventeen people actively participated in the workshop and ten+ more lingered around the edges. Interest generated by the workshop sparked a successful application for seed funding for more potato boxes.

### **Brokering and Networking**

The project coordinator facilitated other local initiatives by brokering and networking:

- Information -- soil sampling, provincial support for 4-H clubs, local farming and gardening expertise, elders with knowledge of traditional foods, access to agricultural extension services through the First Nations Agriologist for Southern BC....
- Resources -- E.g. Land, green house space, local farming expertise, kitchens, space for meeting and hosting community initiatives, access to loans through First Nations Agricultural Loans Association...
- Opportunities – fruit and vegetables that can be gleaned, Whistler restaurants demand for local foods, communication networks....



# Projects Overview

Stone Soup provided seed grants to fifteen community-based projects. These ranged from parent education workshops and an asset mapping report to support for community garden beds and greenhouses.

The \$7,500 in seed grant funding helped catalyze further contributions worth at least \$15,000. These included \$7,700 in cash, \$4,400 in various in-kind contributions and a further \$2,500 in volunteer labour (assuming \$10/hour):

- \$2,500 -- Private donor
- \$3,500 -- Foundation grant
- \$2,000 -- Matching Organizational contributions
- \$3,400 -- In-kind contributions -- especially lumber and potatoes
- \$1,000 -- Research and consulting
- \$100 (est.) -- Professional services (Community Health Nurse)
- \$2,500 -- tracked volunteer labour, assuming \$10/hour. Many more hours not tracked.

The Stone Soup project directly benefited 383 families and 500 children. There are indirect benefits to many more children and families in the corridor, for example through ripples from the food asset mapping report (Project #5, below), and the project's networking, linking, brokering and mentoring.

Of particular note was close collaboration between the Stone Soup project and the Coordinator for the Sea to Sky Community Food Action Initiative, Julia Bresalier. Julia is moving forward with the contacts and resources identified through the project (Appendix B), as well as the food asset mapping report. In her view, "The Stone Soup Project spread a web of connections that we will continue weaving. It's beautiful."

## Project Highlights

### 1. Traditional Food Preservation -- Head of the Lake School, Skatin Nation, Skatin

Number of families that benefited: 12 (est.)

Number of children that benefited: 12 (est.)

The initial proposal was to purchase four food dehydrators and \$120 worth of seeds and blueberry bushes. Due to a staff change, the proposal was reframed to focus on the more traditional food preservation approach of smoking, and to purchase a professional Bradley smoker at \$500. The project included a child and youth education program about preserving salmon, and related cultural teachings.



Preparing the salmon for smoking.

Drumming our ancestral songs.



Proud students of the simplicity of preserving and barbequing local fish

## 2. Community Garden Boxes --Ay'as Lam Family Program, Wai-Wa-Kum Reserve, Brackendale

Number of families that benefited: **20+**

Number of children that benefited: **27+**

Stone Soup funding of \$500 catalyzed the construction of ten garden boxes and purchase of soil for the garden boxes. Matching funding of \$500 was contributed by the Alas Men Men Child Services, and a local mill contributed lumber for all the boxes along with cutting the lumber to size (estimated value of \$3,000).

*This funding has enabled us to move forward with our dreams to have a garden of herbs, food and fruit for our families here at Ayas Lam' Family Program.*

The project mobilized many community members including aunts, uncles, cousins and papas. *Some of the volunteers came forward at least three times to get the job done.*

Other highlights:



- *The funding has helped bring our young parents back to learning how to grow and gather food seasonally like our ancestors did in the past.*
- *The rich garden soil was really satisfying to the children to be able to plant and watch the plants grow.*
- *In having our little community garden has helped inspire the parents to be more part of learning to cook.*

### 3. Life long healthy eating habits -- Pqusnalhcw Child Care Services, Mount Currie

Number of families that benefited: **~50**

Number of children that benefited: **89**

Stone Soup funding (\$400) helped with costs for lumber to build four garden beds, one garden box for each of the four age groups at PCCS. The funding also helped purchase soil, seeds, four apple trees and garden tools. Though starting later in the season, they were able to plant and harvest rhubarb, strawberries, beans and tomatoes.



Children were part of every stage of the project, learning about seeds, seedlings, small plants, etc. Adults in the community helped with the heavy work. Staff are also learning about growing food and healthy food options.

#### 4. Intergenerational Community Garden --Skatin Nation, Skatin

Number of families likely to benefit: **18 (10 with children and 8 elders)**

Number of children likely to benefit: **20**

This project is still to be implemented. The proposal is to make a community garden where plants are started from seed by children aged 4-6 and tended with support from a partnered elder. Delays were due to staff changes, and to the community being occupied with hosting people displaced by the fires near Lillooet in the summer of 2009.

#### 5. Survey of food-related resources in Sea to Sky -- Myson Effa, Corridor

Number of families that stand to benefit indirectly: **1,000**

Number of children that stand to benefit indirectly: **1,000**

Stone Soup funding paid for adaptation of an extensive asset mapping report on unused and underused food resources throughout the Sea to Sky Corridor. It documents opportunities relating to fruit trees, berries, bio fuels, mushrooms, cider, wine, gleaning and more. The 42 page report comes on a CD with associated power point photos, tables and images.

The report is already inspiring members of the Squamish Climate Action Network thanks to a copy having been distributed to the Coordinator of the Sea to Sky Community Food Action Initiative. Additional copies of the report are available for \$5 by contacting Myson Effa at 604-905-9153, or [mysonwhistler@hotmail.com](mailto:mysonwhistler@hotmail.com)

## 6. Improved access to food security programs -- Whistler Community Services, Whistler

Number of families that benefited: 1 (so far)

Number of children that benefited: ~2 (so far)

Funding was allocated to pay for families to participate in one of three WCS food security related programs: Food Buying Club, Community Kitchens cooking lessons or canning workshops. The goal was to remove the financial barriers to families participating in these programs. Despite promotion through the WCS and PCFI networks, only one family had taken advantage of the bursaries by February 2010. WCS staff know that some Whistler families are struggling to put food on the table. They are not sure why there wasn't more uptake but suspect several issues:

- The community kitchen sessions were offered on a once per month basis, and without a regular schedule. (The facilitator was excellent but her schedule was too erratic to set dates in advance.)
- Advertising was primarily through local newspapers, and it seemed that if the notices were put in well in advance, attendance was low, and that if closer to the time, some people called too late.
- When the community kitchen program was first launched there was significant uptake and WCS had to turn people away. Many people were turned away the following month and never tried again.
- Most of the participants were 25-35 years old and do not have children, reflecting the main target for WCS outreach.

WCS is restructuring the community kitchen program to have people sign up for six sessions at a time, to take place either weekly or bi-weekly. Dates will be set in advance, and promotion will include getting information out through schools, sports programs, outreach workers, contacts at MCFD and VCH, and on the WCS website -- all channels not available before due to the irregular schedule. It is hoped that there will be more uptake.

Bursaries will also be offered where financial barriers prevent families from being part of the WCS greenhouse programs.

## 7. Compost System Research -- Pemberton Creek Community Garden, Pemberton

Number of families that benefited: **25 directly, and more as info disseminates**

Number of children that benefited: **~35 directly, and more as info disseminates**

The main objective of the project was to find a composting system that does not attract animals, produces good quality compost and educates families about waste reduction and sustainable gardening practices.

The five composting systems tested were built by the volunteers and included: Vermiculture (worm bins), rotating bins, 3-bin design, a pit system, and a compost tower. The quantities and type of materials were documented, along with the amount of work each system required.



Worm Factory Bin was particularly popular with children





Sorting the red wigglers

Inserting the bedding

The following chart compares the different compost systems:

### Compost System Comparisons:

System	Cost	Maintenance	Issues	Effectiveness
Vermiculture	\$198.56	1/ Adding appropriate food scraps- need to be chopped 2/Add bedding as required	1/Moisture content- can easily get too dry or too wet 2/ Dogs knocking over 3/Exposure to the elements	Very effective for individual use- hard to control maintenance issues
Rotating Bin	\$209.99	1/ Very easy- turn once daily 2/ water occasionally	1/Can get overwatered 2/ Once full- need to wait several weeks to add more	Great for yard/ garden wastes Adding kitchen waste helps to make better compost Easy to use
Tower	\$59.99	1/ Very easy to add to 2/ bottom opening a little tricky to remove finished compost	1/ Fills quickly 2/ turning materials is very difficult	Moderate compost results in a moderate time frame
3 bin-open	No cost- materials donated	Cheap and easy No maintenance required	Hard to control size and types of material being added	Lengthy composting process
Open pile	No Cost	No maintenance required	Hard to control size and types of material being added	Lengthy composting process



## 8. Healthy Snacks -- Pemberton Meadows Childcare, Pemberton

Number of families that benefited from first of two workshop: **7**

Number of children that benefited from first of two workshop: **5**

The goal of the project was to encourage and support parents to provide healthy snacks and meals to children aged 2.5 to 5 years. Originally two parent workshops on healthy foods for preschoolers were to have been delivered by Maryrose Reyes, the VCH Community Nutritionist. Due to her resignation, a PMCC staff member with a passion for healthy eating consulted with nutritionists and presented the first of two parent workshops on January 26, 2010. The focus was healthy lunch and snacks that are easy and affordable. Dinner and childminding were offered to make it easier for parents to attend.

Key messages included:

- Ⓢ Parents choose what to serve and children choose how much to eat. The parents at the workshop felt that they should force children to eat their healthy food. The idea of not pushing the children to finish was hard for them.
- Ⓢ When shopping make a menu, a shopping list and focus on the outside aisles of the supermarket
- Ⓢ Pay attention to amounts of sugar and fat in food

*“One fun aspect of the workshop was demonstrating how much sugar is in drinks. For this I put out an assortment of drinks and then sugar cubes equal to the amount of sugar that is in each drink. As this is very visual it works well with parents. I also showed some possible treats that would go into the children’s lunches. We compared 2 oreos to 7 arrowroot crackers to 10 rice crackers. The two oreos had 3 times as much fat. Another focus of this was that children would be happy with the arrowroots or rice crackers. How parents present it makes a difference.”*

## 9. Healthy Snacks -- Teddy Bears Infant Care, and Bumble Bees Toddler Care, Sea to Sky Community Services, Squamish

Number of families that benefited from first of two workshops: 7 +  
Number of children that benefited from first of two workshops: 3 +

This project was essentially the same as #8, see above

## 10. Tools for Community Gardening -- Douglas First Nation, Tipella

Number of families that benefited: 13  
Number of children that benefited: 10

The goal of the project is to support community members to grow more of their own food, especially due to the cancellation of nutrition coupons previously available to families with young children (and others). “The Elders say, ‘We should be living off the land.’”

There was very good turnout (17 people) for the Brian Harper workshop in March 2009, and appreciation for his willingness to return to the community to support growing food and food-based businesses. The project also aligns with the Strategic Plan.

Previous funders had financed the building of a greenhouse and community garden in Tipella. What was needed was a tool shed, gardening tools (hoes, wheel barrows), hand tools, soil, seeds, gloves, etc.

The tools and equipment were purchased in November in both Pemberton and Squamish (better prices). Douglas Youth will be part of the project when the gardening starts in the spring of 2010.

## 11. Nutritional Snacks and Meals -- Pemberton Children's Centre, Pemberton

Number of families that benefited: **16** through participation in workshop, **90** through information sharing outside of workshops  
Number of children that benefited: **~120**

The goal of the project was to share ideas with parents for healthy snacks and meals for children aged 0 to 6. PCC hosted two evening workshops – October 15 and November 26, each 2 hours in length, both led by Community Nutritionist – Maryrose Reyes -- who donated her time to the project. Notices were posted throughout town inviting anyone with small children to attend, and invitations were made through PCC and the PCFI network.

Maryrose shared info with parents and answered questions on food-related matters including:

- The feeding relationship -- never force a child to eat or reward your child with food. Parents decide what food is served and when, Children decide whether and how much to eat.
- Role modeling to help the child eat a variety of healthy food. Aim to eat meals together as a family.
- Timing -- offer 3 meals and 1 to 3 snacks each day to keep up with your toddler's high energy needs.
- Meal planning -- Planning in advance makes it easier to fit healthy eating into your busy day, also helps curb impulsive shopping and spending.
- Canada's Food Guide – Include foods from at least 3 food groups for each meal, and include foods from at least 2 groups for each snack.
- Ideas and recipes for snacks and meals.

Participants did food preparation together and received copies of the *Healthy Start Model Menu Recipe Book*. Copies of this recipe book were also made available to the balance of the 90 families whose children attend PCC.

The staff at PCC received other tips and info from the nutritionist that they will hand out and put in newsletters throughout the year.

Parents had lots of questions for the nutritionist and parents shared stories and ideas about their own children. PCC staff believe parents benefitted from hearing that other parents are having the same difficulties.

A strength of the project was drawing on the expertise and presenting skills of the VCH Community Nutritionist. She brought a wealth of information and wisdom.

The difficulties with offering a workshop to families with young children is that it is hard for them to get away in the evening to attend. Most parents have worked all day and the children need to get to bed at this time. Also the second workshop was perhaps too close to Christmas. PCC staff would like to offer the workshop in the early spring again

## **12. Cooking Club -- Healthy Pregnancy Outreach Program (HPOP), Pemberton**

Number of families that benefited: 10

Number of children that benefited: 15

Stone Soup funding enabled the Pemberton HPOP program to include a Cooking Club component from July to December 2009. An average of 7 expectant or new mothers attended each of the six sessions offered, for a total of 45 participant workshop sessions. Fifteen young children and babies were at the sessions, enjoying the food and being exposed to the creation of healthy meals in a community context.

Recipes used included: Chicken Enchiladas, Potato Leek and Squash soup, Pumpkin Soup and Pumpkin Loaf, Chicken Casserole, Cookie Exchange: Short Bread, Chocolate chip, Double Chocolate Chip cookies, and Cabbage Casserole.

The project received a donation from the community: 50 lbs potatoes from Anna Helmer's Farm.

What worked well?: “The recipes were easy to follow, were very tasty, and every participant got to take 3-4 meals home. The cookie exchange over Christmas was very well attended and the participants were thankful not to have to do it themselves.”

What didn't work? “Doing the cooking group before our regular Tuesday drop-in. We found it was too busy and too long of a day for the children. Next time we will do the cooking group on a separate day.”

Feedback from Participants:

- Everyone thought the group was organized and fun!
- “We need better knives and chopping boards.”
- “It was great to learn how to cook with what is in season in Pemberton.”

### 13. Greenhouse -- Pemberton Creek Community Garden, Pemberton

Number of families that benefited: 50

Number of children that benefited: ~25

Inspired by the possibility of a seed grant, the Pemberton Creek Community Garden Committee applied to the Stone Soup Project to fund a small lean-to type greenhouse. When it came time to purchase the small greenhouse, Committee members realized that what they really wanted was a larger, freestanding greenhouse. They decided to apply to the Whistler-Blackcomb Environmental Fund for a larger greenhouse, noting in their application existing funding from the Stone Soup project. PCCG was successful in its application. Thanks to \$3,500 from WBEF, \$1000 of their own reserves, PCCG has been able to purchase a 12' x24' freestanding greenhouse. Labour to prepare the site and build the green house will be contributed.

*“We are very thankful to have used the Stone Soup funding to leverage the funding for the WB fund.”*

*“We anticipate that a 12 x 24 greenhouse will provide each family with a 1 foot by 4-foot spot to raise their seedlings. By offering this to each gardener, we will increase our knowledge of growing, reduce our annual costs of buying plants and lead to a more sustainable growing environment.”*

## 14. Potato Boxes -- Castle Rock Family Housing, Squamish

Number of families that benefited: 15 (est)

Number of children that benefited: 20 (est)

The proposal for this project grew out of the potato growing workshop described on page 9. Grant money was used to purchase lumber and soil for potato-growing boxes modelled on the one made at the May 28th workshop. A community member built the boxes, which were distributed to participating families, along with soil.

Starting out, it was challenging to get permission for the project from the complex. Another key challenge was the late start: funds were allocated in June 2009, late for starting to grow potatoes. Residents would have liked more soil than they were given, to keep covering the potato plant shoots as they grew. It was also hard to move the potato boxes once they were filled.

On the benefits side, Castle Rock residents felt that the project was, “An excellent idea” and that it, “really united our community”. People were very engaged (“My family is 100% committed.” [Some residents are] thrilled to death” about the boxes and very excited to plant again this year.”), and it was deemed to be a positive influence on children -- they learned how to grow potatoes and other vegetables. Adults also learned about growing food, including that it was possible to grow a lot of food in a very small space.

The project has sparked an interest in having a community garden at Castle Rock, and people would like recipes to go with the food they are growing.

## 15. Greenhouse -- Bear Cubs Pre School, Squamish

Number of families that benefited: **28** directly and ~70 more, indirectly -- through three other programs at the centre. (Comparable numbers in years to come)

Number of children that benefited: **28** directly and ~70 more, indirectly -- through three other programs at the centre. (Comparable numbers in years to come.)

Due to staffing issues, the project had a delayed start, with small greenhouse being purchased and installed only in March 2010. Also purchased were soil, pots, seeds and gardening tools to support planting seeds of edible plants & vegetables by all the children at Bear Cubs.

“The seeds will be placed in the greenhouse. The greenhouse will be located in the outside play yard for the children to watch grow. Other programs that use the yard will benefit from this experience as well. Once the seedlings are old enough we will transport them to the Centre’s community garden box at Eaglewind Park. We will continue to care for the plants with the help of parents that live in the neighbourhood.

We will also be purchasing herbs to keep in the greenhouse year round. Staff & children will take clippings of the herbs which will be an ingredient in a recipe sent home along with the clippings. We will gift some clippings to the other programs to enjoy.”

The children (and staff) will learn about plant cycles, caring for plants, healthy eating & nutrition, and community sharing.

# Learnings

## What worked well:

- **Convening people on the theme of growing more food and growing more food related businesses.** These two topics resonated (Brian Harper workshops), and attracted people with passion and willingness to take action.
- **Mapping and highlighting the significant potential for increasing food security** (and economic prosperity) in the Sea to Sky Corridor. First Nations communities have access to prime agricultural land, strong cultural traditions of food self sufficiency, emerging networks and interest in local food systems. The Brian Harper workshops catalyzed conversations by showing what other communities were doing. These conversations led to community initiatives. The Myson Effa report on unused and under-utilized food resources is supporting ongoing conversations in groups like the Squamish Climate Action Committee.
- **Modest seed funding.** Offering small grants mobilizes communities. For example Roseanne George of the Ay'as Lam Family Program in Brackendale had been dreaming of a community garden next to the centre for 10 years. A \$500 grant sparked her into action, and she was able to leverage it with \$500 from another program and to ask for and receive a donation of lumber worth ~\$3000. Furthermore having a granting structure that is high impact, accountable, and accessible (due to simple application and reporting requirements) offers an attractive mechanism for other funders.
- **Partnering, Networking and Linking.** The impact of the project, both short term and long term, reflects the strength of partnering, networks and linking. Key partners include a private donor, Whistler 2020, Squamish-Lilwat Cultural Centre, the Community Food Action Initiative Coordinator, the VCH Community Nutritionist, and all project proponents. Project partners themselves engaged other project partners, and the ripples grew. For example the Pemberton Creek



Community Garden applied for and received a grant for \$3,500 to be able to build a bigger green house than Stone Soup could finance.

- **Community Initiative Facilitation.** Taking this asset based, appreciative approach outlined in pages 4-5 above shows real promise.
- **Other learnings:**
  - In a First Nation context, framing a food security initiative as one that benefits youth can have a lot of traction, as there is a lot of concern about the next generation in these communities.
  - Sharing stories is a powerful way to work. People get inspired and learn practical information through stories. Big part of the benefit of the Brian Harper Tour was different First Nation community members hearing what First Nations peoples are doing in other regions. Once a participant recognized a relative in one of Brian's photos, bringing the possibilities even closer to home.
  - Other regions have had significant success with community engagement and capacity building through convening food security focused community dinners. For example the Grandview Woodlands Food Connection in Vancouver, and the Powell River Food Security Project.

#### What was tricky:

- **Timing:** The Stone Soup project could perhaps have had more impact if it had started 2-3 months earlier. For example, half the grants were allocated in June and some projects had less momentum because the growing season was already far along.
- **Staff Changes:** Five of the 15 community projects were affected by staff changes. For example the VCH Community Nutritionist resigned her position in December leaving a gap for projects on healthy eating.
- **Communications:** Lack of telephones made it more difficult to build relationships and support initiatives in the Lower Lakes region.
- **Duration:** The PCFI understood that UWLM funding for the Stone Soup project would be in place for three years. It became clear that year two and three would not materialize only in the Fall of 2009.

Thankfully the CFAI Coordinator has embraced the community initiative facilitation approach.

- **Pressures to feed the children.** Some people believed the Stone Soup project should have been feeding children directly, rather than building capacity for families and communities to feed their children. It is understandable that people who see children go hungry or malnourished on a regular basis want to do something. In the long run, though, scarce dollars are better allocated to capacity building.
- **Time allocation.** The overall impact of the project could have been greater if more time had been allocated to mobilizing, linking and networking people and resources, and less to overseeing the grants to the fifteen community projects.
- **Distances.** Travel time in the Corridor means fewer face to face meetings than were the population concentrated in one geographic centre, compromises networking, partnerships, grant oversight, etc.

# Recommendations

The following measures are recommended as key ways for Sea to Sky Community Services and PCFI to support capacity building for greater food security for families with children 0-6 in the Sea to Sky Corridor:

1. Seek funding and partnerships to permit building on Stone Soup Project successes to date. Ideally this will include:
  - *A community initiative facilitation approach* (see page 4-5), including networking, convening, sharing stories of what is working else where, sharing information, linking, brokering relationships, and forging partnerships. Care should be taken to avoid the two perils of getting too involved at the grassroots level (doing too much hands on work), and too involved at the coordinating/organizational level (too many meetings). Priorities include maximizing benefits from:
    - Land resources available to First Nations communities, and their growing interest in being more food secure and self reliant
    - Economic opportunities such as Whistler restaurants' demand for potatoes, berries, mushrooms, herbs, teas, cottage industry-processed foods, etc.
    - Partnerships, for example with the Whistler 2020 Food Task force, the Squamish Climate Action Network, and the Pemberton Creek Community Garden.
    - The learnings and social capital of community initiatives supported to date. For example, the Stone Soup funded report (Myson Effa) should be distributed to the local Community Futures office, and to the people charged with economic development in each of the three municipalities and the local First Nations.
  - *Seed funding*. While small grant seed funding is oversight intensive, it is also a powerful way to mobilize communities,

especially when done in conjunction with the community initiative approach. With support from the PCFI Coordinator, there is strong potential to extend the partnership with the CFAI Coordinator, such that private and foundation donations can permit further “Stone Soup” granting.

- *Champions.* The PCFI and CFAI coordinators should endeavour to find at least one champion for greater food security in each First Nation community in the Corridor to supplement the ones already identified through Stone Soup.
  - *Networking and building on existing projects.* Members of the PCFI should consider who in their networks can benefit from the learnings and contacts in this report. For example, the report on the compost project (#7) is relevant to all community garden initiatives and anyone growing their own food, so perhaps a press release is in order?
  - *Networking and linking different food-related initiatives hosted by Sea to Sky Community Services and Whistler Community Services,* including Healthy Pregnancy Outreach Program, the Community Food Action Initiative, the Pemberton Food Bank, the Whistler Greenhouses, and others.
2. Extend the hours of the CFAI Coordination. In other Vancouver Coastal Health regions, the CFAI coordinators work 20 hours/week, twice the allocation of time in Sea to Sky. There is a quantum leap in what a coordinator can accomplish if she/he has more time.
    - Consider having a second CFAI Coordinator, perhaps at 5 hours/week, responsible for the Northern portion of the Corridor (Pemberton and Lower Lakes) given the time it takes to travel from Squamish to Pemberton.
  3. If children are still not welcome at the soup kitchen in Squamish, the PCFI should advocate for a change in policy so that families with small children can access the soup kitchen.

# Appendix A -- Forms

See following pages for:

- The Stone Soup **Grant Application Form and Funding Guidelines**
- The Stone Soup **Informed Consent Form** -- distributed at Brian Harper Workshops and through the Pemberton and Squamish Food Banks

# The **Stone Soup** Project

## Community Initiative Funding Application

### How to Apply

- Please review the attached Funding Guidelines. Is your project a good fit with the guidelines? (Last page of this document)
- Feel free to contact project coordinator Kate Sutherland with questions and for help with applying -- 604-892-5796, 1-877-892-2022 or by email at [katevan@telus.net](mailto:katevan@telus.net)
- Complete the funding application form – both pages.
- Application due dates are:
  - April 30, 2009 – for Wave One. Decision by May 15.
  - May 29, 2009 – for Wave Two. Decision by June 15.
- To apply, please forward your completed application by
  - (1) **email** -- to [katevan@telus.net](mailto:katevan@telus.net) **OR**
  - (2) **dropping it off** -- Attention Kate Sutherland, Stone Soup Project, c/o Sea to Sky Community Services, 38144 2nd Avenue, Squamish **OR**
  - (3) **mail** – send to Kate Sutherland, Stone Soup Project, Sea to Sky Community PO Box 949, Squamish, BC V8B 0A7

### Contact Information

Name of Contact Person	
Organization/Group	
Mailing Address	
Postal Code	
Phone	
E-Mail Address	

### Brief Description – Purpose of the funding.

Show how your idea is this linked to the Stone Soup funding guidelines.

**Funding Benefits – Which communities will the funding support?**  
**Stone Soup Funding is being be allocated throughout the Sea to Sky corridor.**

Number of families likely to benefit \_\_\_\_\_  
 Number of children likely to benefit \_\_\_\_\_

**Resources needed**

How much funding are you requesting? \$ \_\_\_\_\_

Are there other funding partners contributions? If yes, who and how (much)

**Check off items and amounts with a brief description**

Example:

Materials                                    \$ 100.00                                    **seeds, lumber for garden beds**

<i><b>Item</b></i>	<i><b>Amount</b></i>	<i><b>Description</b></i>
Materials	\$ _____	
Tools/equipment	\$ _____	
___ Honorarium	\$ _____	
Training/Workshops	\$ _____	
___ Snacks/food	\$ _____	
___ Labour	In kind	
___ OTHER	\$ _____	

*Access funding stream (Separate funding thanks to partnership with Putting Children First Initiative)*

Child Minding for training and workshops                                    \$ \_\_\_\_\_

Transportation for training and workshops                                    \$ \_\_\_\_\_

**Other information to support your application (Use another sheet if necessary):**

# The **Stone Soup** Project

## Funding Guidelines

**To receive funding your project proposal must meet the following guidelines.**

- Improve access to healthy nutritious food for children 0-6 and their families in the Sea to Sky Corridor.
- Be of benefit to more than one family.
- Community driven improvements are **sustainable** either through
  - infrastructure development (greenhouse, irrigation equipment, composting systems...)
  - community capacity building (food buying club, community garden, seed saving, Good Food Box...)
  - learning by participants (e.g. growing food, storing food, preparing food, nutrition awareness, neighbourhood learning parties, adult education networks...)
  - equipment and tools (dehydrators, canning pressure cooker, freezer...)
  - other ideas
- Support offered to a range of projects from communities throughout the Sea to Sky Corridor.
- Most grants are for \$500 or less. Larger grants are possible for projects that benefit many families.
- Grant applicants need to be a registered non-profit organization, or to be connected to a registered non-profit organization.
- Receipts are required for all grant disbursements.
- Grants need to be spent within 6 months of being allocated.



# The **Stone Soup** Project

## INFORMED CONSENT FORM

### **We would like to connect if you ...**

- ✓ have an idea for ensuring healthy food for your family or community?
- ✓ have an idea for a food or agriculture based business?
- ✓ want to join with others who care about there being food on EVERY table?

### **What we offer ...**

The Stone Soup project is working to support community members by

- organizing workshops and community forums
- linking people to others with similar ideas or interests
- linking people to information
- supplying small grants for community projects
- working one-on-one with people
- supporting you and your ideas!

### **Possibilities include:**

- ✓ Community gardens
- ✓ Community Kitchens
- ✓ Food buying clubs
- ✓ Good Food Boxes
- ✓ food or agriculture based businesses
- ✓ Workshops on
  - Cooking Skills
  - Canning & preserving
  - Stretching food dollars
  - Growing food
- ✓ Others --YOURS!

**Consent:** If you are willing to be contacted by Kate Sutherland of the Stone Soup project, please sign below.

Your name \_\_\_\_\_

Signature \_\_\_\_\_

Phone number \_\_\_\_\_ 604.815.3799 \_\_\_\_\_

Email \_\_\_\_\_

## Appendix B -- Contacts and Resources

People	Notes
<p>Alma Louis 604-894-3365 604-966-1971 (Her personal cell, if not able to reach any other way. <a href="mailto:reachalma@gmail.com">reachalma@gmail.com</a></p>	<p>Came to Brian Harper workshop (Tipella, March/09). Contact for Stone Soup (SS) project in Douglas FN. Key link to Lower Lakes Communities. Has been key contact for Erin Stewart for her work with FN communities. Easiest and most common communication is via Email. Great to ask Erin to do an intro.</p>
<p>Anna Helmer 604-966-8460 <a href="mailto:annahelmer@hotmail.com">annahelmer@hotmail.com</a></p>	<p>President of the Pemberton Farmers Institute member of helmer family -- Organic Potato farming Founder of Slow Food Cycle -- now in 5th year Willing to donate 50-100 pounds of organic potatoes (seconds) each week (in season?, dropping off in a place in Pemberton</p>
<p>Brian Harper 1-877-702-5585 250-260-3009 Cell: 250-804-3299 <a href="mailto:Brian.Harper@gov.bc.ca">Brian.Harper@gov.bc.ca</a></p>	<p>Ministry of Agriculture and Lands, mandate to support First Nations with (1) growing food, (2) growing food related businesses -- whether primary agriculture, or processing of food. Brian is a farmer himself. Very grounded and practical. Can visit communities to consult, give workshops. Workshop topics include: Agricultural Opportunities, Community Gardens, Production (This can be very specific, e.g. Beef, or Greenhouse crops), Soils, harvesting, storage, processing, business aspects. Can be phoned at any time for extension and advisory services. Very personable, and 13 years experience working in FN communities. (Able to support networking of communities) Also knows about funding streams available from Province for FN food and Ag projects/initiatives -- e.g. Aboriginal Agricultural Initiative, BC Healthy Living Alliance.</p>

People	Notes
Carl Sam 604-894-0151 <a href="mailto:skookumchucksam@yahoo.ca">skookumchucksam@yahoo.ca</a>	<ul style="list-style-type: none"> <li>- Came to Brian Harper workshop in Tipella, March 09</li> <li>- Took over from Sylvia Shanoss (SSHS) on August 25th as a Wellness Worker and so is coordinating the Stone Soup project at Skatin</li> <li>- Has a passion for traditional foods -- wind dried salmon, berries, game. Wants to teach traditional food systems to young people</li> <li>- dreams about having a roto tiller, and an industrial canner</li> <li>- Attended Links event October 16th.</li> </ul>
Candi Lockhart 604-892-5234	Volunteers with Squamish Food Bank and Helping Hands Lives in Castlerock. Loves to go door to door in Castlerock re food, community... Supported Potato workshop at Castlerock. Might be willing to volunteer on food security related initiatives.
Claire Jennings	New at Food Bank in Whistler Visionary. Open to innovating. Julia Black knows her.
Debbie Ligon	Referral from Jane Ballance. Lead in Squamish Nation. Good links with Putting Children First Initiative
Diana Day <a href="mailto:Diana.Day@vch.ca">Diana.Day@vch.ca</a>	Aboriginal Health Initiatives Program -- Vancouver Coastal Health Has been working on community capacity building initiatives for many years. Many connections throughout Sea to Sky and the VCH region. Great for getting info out. Also for referrals. She collaborated re getting info out about Stone Soup opportunities. Possibly funding projects in Sea to Sky. Had a recent project re farmers distributing produce, sort of like a good food box. Listen carefully. She has lots to say in her quiet way.
Ernest Armand 604-894-0021 604-698-5887 (cell) <a href="mailto:lstc.ernest@telus.net">lstc.ernest@telus.net</a>	Referral from Kevin Damaskie or perhaps Karen Clarke. Never had direct contact. "Resource Advisor to bands

People	Notes
Fran Cuthbert 604-894-5426 <a href="mailto:fran_cuthbert@hotmail.com">fran_cuthbert@hotmail.com</a> <a href="mailto:f_bcuthbert@telus.net">f_bcuthbert@telus.net</a>	President of Pemberton Food Bank, Willing to distribute potatoes from Pemberton to Mount Currie Kate hopes to get shipments underway soon, through Marcy Ptolemy, who is interested in getting potatoes to families in Mt Currie and the Lower Lakes.
Karen Clarke 1-877-892-2231 <a href="mailto:karen.clarke@vch.ca">karen.clarke@vch.ca</a>	Vancouver Coastal Health, Community Developer. Great instincts. Great contacts in community
Kari Mancer 604-935-7717	Runs Whistler Community Services' food security programs. Not that many families accessing the WFB. Mostly younger people
Kevin Damaskie 604-935-8208 <a href="mailto:kdamaskie@whistler.ca">kdamaskie@whistler.ca</a>	Sustainability Coordinator, Whistler 2020 Strategic thinker, collaborative, very supportive of Stone Soup/ Food Security. Very well networked. Sees whole Sea to Sky corridor as one system, noting, for example, that the people who work in Whistler often live in Pemberton or Squamish, and that his mandate includes enhancing food security of everyone in the Corridor. Speaks about the "Food-shed". Sees huge potential for food to come from Pemberton, FN communities, and Squamish to restaurants and businesses in Whistler (\$100M/year)
Kimberley Armour 604-849-0676 <a href="mailto:director@connectingcommunitiesconsulting.ca">director@connectingcommunitiesconsulting.ca</a>	The Corridor Volunteer Project, linked to Hot Spot in Squamish, and funded by BCHLA (Erin Stewart)
John Purcell	Education Coordinator, South of Mt Currie. Came to Brian Harper talk in Douglas. Interest in wild food. Had some VCH funding for work on Wild foods. Not successful re recruiting young people. This year the focus is on a garden. Soil analysis needed. Talking to elders re what planted a long time ago. I.e. his mom. Seeds -- Saltspring Island Seeds? Literacy -- Capilano ABE, focused on gardening. Four families want to garden. Tried to set up a green house. Band (Lower Stl'atl'imx Tribal Council) -- purchase a roto tiller all can use???

People	Notes
<p>Jully Buckley            Castle Rock Housing Society            Cell: 604-815-7883  <a href="mailto:jully.buckley@vch.ca">jully.buckley@vch.ca</a></p>	<p>Excellent contact re Castle Rock Housing Society in Squamish. Very knowledgeable about the neighbourhood. Also works with people with mental illness.            Supportive of Stone Soup project in Castle Rock. Plays facilitative role for community driven initiatives.</p>
<p>Linda Williams            604-892-5166  <a href="mailto:linda_williams@squamish.net">linda_williams@squamish.net</a></p>	<p>Hosted Brian Harper Talk at Totem Hall.            Works as Community Developer for Squamish Nation            There is a community garden at Totem Hall            Mentioned that there are five Squamish Nation reserves -- e.g. LAND.</p>
<p>Larry Miller</p>	<p>Referral from Kevin Damaskie. Mount Currie: research on arable land available for cultivation in Mount Currie</p>
<p>Liz Scroggins            604-894-2399  <a href="mailto:scrogg@telus.net">scrogg@telus.net</a></p>	<p>Wizardess in Pemberton.            Attended Brian Harper Workshop (Whistler, March 24, 09)            Submitted two successful project proposals on behalf of the Pemberton Creek Community Garden/Stewardship Pemberton:            (1) Compost project -- installing different composting systems at P. Community garden, to test what works best.            (2) Green House project            The Compost project has been successful. Village of Pemberton is asking the community garden group to take municipal yard waste. partnership developing. Mayor is supportive of doubling the size of the community gardens.</p> <p>The Green house SS project sparked desire for larger green house than originally proposed. Group has been successful at raising \$3500 from Whistler Blackcomb for a larger greenhouse, to really meet local demand.</p> <p>Liz is developing links with <b>Rotary</b>. She is a key player in the Comm Garden group. Very capable at facilitating and convening and coordinating. Burnout is a potential issue.</p>

People	Notes
<p>Lloyd Williams 604-939-3835</p>	<p>Elder, Mount Currie Owns an “Awesome tractor” Remembers when families went up into the mountains each summer to gather berries (dried by sun) and hunt until they had enough food for the winter -- this before welfare broke people’s connection to the land. Everyone used to have root cellars, and people lived longer. No such thing as Diabetes.. People didn’t say they were tired. We have so many acres not even being used. Lloyd “Never stopped growing my own food.” He grows squash, corn, potatoes, beans, peas, carrots, pumpkins. Cans deer meat, salmon and beans raises a bit of beef. Good trainer of horses. Ploughed with horses until 22 years ago. Interested in Hutterites -- would like to see how they do it. Storyteller -- about how to live.</p>
<p>Marcy Ptolemy 604-894-0051 <a href="mailto:marcyptolemy@uniserve.com">marcyptolemy@uniserve.com</a></p>	<p>Mount Currie, Health Manager Deep connections in communities of Mt Currie and Lower Lakes Willing to coordinate distribution of organic potatoes. (She needed to confirm this was a good idea, given emphasis on diabetes prevention diet -- trying to get people away from starchy foods.)</p>
<p>Maryrose Reyes <a href="mailto:Maryrose.Reyes@vch.ca">Maryrose.Reyes@vch.ca</a>  (Resigned December 2009)</p>	<p>Nutritionist, Works for Vancouver Coastal Health Resource Person for workshops on nutrition, healthy eating, available to community groups at not cost. Very supportive of Stone Soup/Food Security If a community group organizes a meeting, she can be a presenter. Her current priorities are (1) helping schools implement the new Healthy Food and Beverage guidelines, (2) talks at Parent-Infant Drop ins and other similar groups, (3) Homecare -- one on one with seniors and some group work.</p>

People	Notes
<p>Michelle Neilson 1-760-285-4819 <a href="mailto:michelle@mcleanorganicfoods.com">michelle@mcleanorganicfoods.com</a></p>	<p>Attended Brian Harper talk at Totem Hall, March 09 Owns Organic Delicatessen meat business. Lives in Squamish. Business based in Burnaby, Cell phone based in California, but she is local. Willing to support Squamish FN to develop greenhouse based certified organic fine herbs business. Has experience with Branding to offer. Believes (April 09) it is an excellent business opportunity. Sees links to cultural tourism. Good friend of editor of the Squamish Chief Newspaper -- helped to get coverage of the Brian Harper tour.</p>
<p>Morgan Wells</p>	<p>Referral from Kevin Damaskie. I have not spoken with Morgan. Morgan was or is still a band councillor in Mt Currie Botanist. Very well respected. Very knowledgable about medicinal plants. Doing work with FN youth in Stein Valley. Could be a great link for Roseanne George -- see below</p>
<p>Myson Effa 604-905-9153 <a href="mailto:mysonwhistler@hotmail.com">mysonwhistler@hotmail.com</a></p>	<p>Came to Brian Harper event Encyclopedic knowledge of local people (Auntie in Darcy, "Crazy Maisy", etc.), local food resources and food processing opportunities.</p>
<p>Paul Wik</p>	<p>Administrator for Squamish Nation. Jane Balance recommended him as a key contact. Lois Wynne may have a relationship.</p>
<p>Rita Wells</p>	<p>From Baptiste Sylvia Shanoss intended to bring her in to do a workshop on working with dehydrators.</p>

People	Notes
<p>Roseanne George  <a href="mailto:roseanne_george@shaw.ca">roseanne_george@shaw.ca</a></p>	<p>Coordinates Ayas Alam Family program (Aboriginal Head Start) in Brackendale.  Roseanne is passionate about food as a way to support healthy families.  Coordinated a community garden project funded by Stone Soup. Children and parents work in garden, and learn to cook food grown in garden.  Is teaching canning to families.  Roseanne has a big interest in traditional foods and traditional medicines.  Her granny in Mount Currie was a midwife and also “herb lady/ medicine lady”. She had three big gardens and many people came to her for herbs. Roseanne is following in her footsteps.</p> <p>DREAMS:</p> <ul style="list-style-type: none"> <li>- Greenhouse -- to start seedlings, could share with community garden at Totem Hall. Liz, a community health nurse, works at both sites.</li> <li>- buck skin and cedar bark projects (seeking funding through conversations with Brian harper.)</li> <li>- More garden boxes</li> <li>- Teaching about traditional medicines and foods -- e.g.stinging nettles.</li> </ul>
<p>Rosemary Stager  604-698-6882  604-894-6328  <a href="mailto:rstager.nebs@telus.net">rstager.nebs@telus.net</a></p>	<p>Based in Mount Currie  Participant in Leadership Sea to Sky 08-09, and so linked to other leaders  Hosted Brian Harper talk in Mount Currie, March 09 -- thanks to referral from William Roberts.  Runs successful business -- New Arts Business Solutions -- Bookkeeping, reports, proposal writing, training coordination.  Member of Mt Currie Band  Interested in food security -- possibly a business venture -- organic foods greenhouse based business. Has talked about this with Leroy Joe.  There used to be root cellars all over Mount Currie. “Now people have gotten used to eating cheap”</p>
<p>Susan Newman  604-848-4316 Cell  604-892-2290 Home  <a href="mailto:susan_newman@hotmail.com">susan_newman@hotmail.com</a></p>	<p>President of the Squamish Food Bank Society  Member of the Stone Soup Selection Committee  Convenor of the Potato growing project in Castlerock  Very well connected with vulnerable families in Squamish  Supported Kate to connect with people accessing the Squamish Food Bank who interested in the Stone Soup project.</p>



People	Notes
Suzie Soman 1-877-892-2022 <a href="mailto:suzie.soman@sscs.ca">suzie.soman@sscs.ca</a>	Brought forward the idea of PCFI working to address hunger in small children. Coordinates Healthy Pregnancy Outreach Programs for Sea to Sky, a program that is including community kitchen component, thanks to Stone Soup funding. Very well networked and supportive. Great link to Lois Wynne.
Tony Dunphy 604-935-4625	Came to Brian Harper workshop. Background in Agricultural marketing and distribution, on an industrial scale. Worked in the Pyrennes (France) Has no kids and no land. Open to seeing if there are opportunities to contribute his skills.
William Roberts	Attended Brian Harper talk at Whistler, Mar 09 Coordinates Whistler Forum for Dialogue and the excellent Leadership Sea to Sky program 08-09 focus: Food security Linked Kate to Rosemary Stager, Mt Currie, and then Rosemary hosted Brian Harper's workshop in Mt. Currie -- See her entry. 09-10 focus: mentorship and intergenerational relations (Food is great for this!) Liz Scroggins is in current leadership cohort.
Willow Mumford	Teacher, Mount Currie (C/O Babar Javed) Interested in work placements.

Resources	Notes
Prime Agricultural land!	On Reserve, in Pemberton Valley, other parts of corridor
Farmers and others	Lots of people in corridor with knowledge of farming and growing food.
Farm Credit Corporation	Source of credit for agricultural initiatives. Also source of help for research, feasibility, etc. A key untapped resource to help with food and Ag related initiatives. (C/O Brian Harper) He knows of FN initiatives that were extensively mentored by FCC, and says the FCC also runs interference when projects need help dealing with federal and provincial regulations.

Resources	Notes
Hot Spot C/o Pam Gliatis	Willing to donate space for community kitchen or Good Food Box project or community based workshops. Also youth interns can help with publicity, organizing, hosting events, etc.
Community Futures	Federally Funded program to support economic development.
Whistler Blackcomb	Grant to support green house development in Pemberton.
Rotary	Grants Supporting wheelchair accessibility of the Pemberton Creek Community Garden
Pemberton Farmers' Institute	Contact: Anna Helmer, Willing to donate organic potatoes, where there is a simple distribution channel
Squamish Lilwat Cultural Centre 604-964-0990	Offers space for workshops in Whistler. Interested in workshop programming that supports FN, and links between FN and non-FN peoples General Manager: Drew Leathem, <a href="mailto:drew.leathem@slcc.ca">drew.leathem@slcc.ca</a> Contact: Sarah Goodwin (604) 964-0996
4-H Clubs Pat Tonn 1-888-221-7141 <a href="mailto:pat.tonn@gov.bc.ca">pat.tonn@gov.bc.ca</a>	Ministry of Agriculture and Lands, Support for kids to learn about agriculture and save money for education at the same time. She can send an info package about 4-H clubs. Squamish Nation youth worker (This might mean that the SNYW is working with 4-H, or has inquired about it. Brian Harper could tell you about FN and other groups that are. He noted a lot of interest in 4-H when he spoke about it in his Sea to Sky talks. Costs about \$70/young person, and \$25 per supporting adult.
First Nations Agriculture Lending Association 250-318-6804	Ask Brian Harper for more info Contact person: Trevor Kemphorn E.g. for irrigation systems, or getting started in cattle farming.
Micro Credit	According to Brian Harper, there are many viable economic opportunities that need only \$1000 or so (E.g. for irrigation) to be viable. Ministry of Ag used to have Micro lending Vancity?
Keiwit	Supported Brian Harper tour -- paid for lunch.

Resources	Notes
Leadership Sea to Sky	Network of leaders. See William Roberts for contact info.
BC Agriculture in the Classroom Foundation	Spuds in Tubs Program and other curriculum <a href="http://www.aitc.ca/bc/programs/spuds-in-tubs">http://www.aitc.ca/bc/programs/spuds-in-tubs</a> Curriculum and kit to support growing potatoes in daycare and elementary school programs.

Information	Notes
Bits and Bytes <a href="http://www.bitsandbytes.ca/">www.bitsandbytes.ca/</a>	Online Community Food Security resources -- recommended by Claire Gram.
Myson Effa 604-905-9153 <a href="mailto:mysonwhistler@hotmail.com">mysonwhistler@hotmail.com</a>	Report to Stone Soup re unused and underused food and food related assets in Sea to Sky Corridor. Includes opportunities re food growing opportunities, cottage industries, food gleaning, food processing, etc. Has wealth of knowledge. Worth contacting on a regular basis.
Grandview Woodlands Food Security network <a href="mailto:gwfcnetwork@gmail.com">gwfcnetwork@gmail.com</a>	Ian Marcuse, Coordinator, <a href="mailto:gwfcnetwork@gmail.com">gwfcnetwork@gmail.com</a> Very well developed/funded program. Great to link to for info and inspiration. Has great blog and listserv Great model of community dinners -- potlucks that are casual, informal, highly accessible. Posters say "Bring some food to share or just come to eat." Gets street people coming. Leads organically to community kitchens and community gardens. Great conversations. Themes: "Available kitchens?, Available space to grow food?, canning, Recipes for healthy food. Says you need paid coordinators to keep things going. Develops partnerships, e.g. with youth groups.
David Parkinson	Powell River Food Security Project. According to Ian, this is a great precedent. Claire Gram would likely be able to help with contact info.
Claire Gram, Healthy Communities and CFAI, <a href="mailto:Claire.Gram@vch.ca">Claire.Gram@vch.ca</a>	Has a wealth of information about who is doing what. Inspiring precedents. Can make referrals on all sorts of topics.

Information	Notes
Robin Wheeler	Excellent resource person/speaker for community based workshops on growing more food. Author of "Food Security for the Faint of Heart. Founder of the Sustainable Living Arts School -- <a href="http://www.ediblelandscapes.ca/SLA_School.html">http://www.ediblelandscapes.ca/SLA_School.html</a>
Monica Pelly 604-567-8884	Squamish resident. Can give a great grassroots workshop on how to grow potatoes in wooden containers.
Siska Nation	According to Brian Harper, they have successful businesses with jams and jellies.
Soil Sampling	Brian Harper has contact info for inexpensive soil testing lab. Key consideration is that the soil to be tested is truly representative of the land -- taking core samples that are 1" x 1" x 8" deep, 15-20 times from one field. E.g. gathering bout 3 cups of soil. Cost is \$64.20, 4-5 day turnaround. Sample goes to lab in Edmonton.
Vancouver Island Traditional Food Network	Referral from Rose Sonoff (October 16th) Contacts: Tanis Dagert < <a href="mailto:tdagert@bc.cancer.ca">tdagert@bc.cancer.ca</a> > and Fiona Devereaux < <a href="mailto:Fiona.Devereaux@viha.ca">Fiona.Devereaux@viha.ca</a> >
Community Food Action Initiative	2005 report for Sea to Sky -- outlines assets and community determined priorities. <a href="http://www.vch.ca/media/CFAI_Summary_Sea_to_Sky.pdf">http://www.vch.ca/media/CFAI_Summary_Sea_to_Sky.pdf</a>
Potential Partners	Notes
Whistler 2020 Sustainability Task Forces	Kevin Damaskie -- see above Also specific task forces for a great cross section of stakeholders -- Food, and Health and Social Development: <a href="http://www.whistler2020.ca/whistler/site/genericPage.acds?context=1967930&amp;instanceid=1967931">http://www.whistler2020.ca/whistler/site/genericPage.acds?context=1967930&amp;instanceid=1967931</a>  the Food Task Force has done a gaps analysis, and has a "Description of Success" -- see: <a href="http://www.whistler2020.ca/whistler/site/strategy.acds?instanceid=3657493&amp;context=3657492">http://www.whistler2020.ca/whistler/site/strategy.acds?instanceid=3657493&amp;context=3657492</a>  Food TF has the long term goal of a processing facility for the corridor, linked ?? to the Pemberton economic Strategy.
Squamish Climate Action Network	Members are very interested in food security. <a href="http://squamishcan.ning.com/">http://squamishcan.ning.com/</a>

Potential Partners	Notes
The Corridor Volunteer Project, See Kimberley Armour (Above)	All sorts of potential linkages. E.g. linking people with gardening experience to those wanting to learn, “Neighbourhood Learning Parties”, people with business experience to support getting ag produce to market.
Hot Spot Pam Gliatis 604-815-4121	Re space at no cost (E.g. for a food coop or food buying club) and potential source of volunteers. Youth interns offer support to community projects needing logistical support, admin support, research, website development support, help with events.
Putting Children First Initiative Julia Black, 604-815-9115 julia_black@hotmail.com	Sponsored Stone Soup project Great outreach to people working with families with young children throughout the corridor. Leverage re policies, e.g. Lois Wynne links to Squamish Social Planning Council.
Squamish Lilwat Cultural Centre	Interest in partnering re indigenous food (events, for own cafe, workshops, trainings, marketing in store)
Diabetes Prevention work	Focus on healthy eating. VCH, and BCHLA.
Aboriginal Food Sovereignty work	In corridor In province.
Community Futures, Howe Sound	Community Futures are funded by Western Economic Diversification (AKA Ottawa) to support economic development in western regions. There are ~32 CFs in BC -- lots of diversity in character. Stacey Corriveau (She’s great) recommends talking to Jeff Dawson, General Manager, <a href="http://www.cfhowesound.com/contact-us.aspx">www.cfhowesound.com/contact-us.aspx</a> .
Squamish High School	Grade 11 -- Cooks Training -- working with tough youth. <b>Sean Carter</b> (Councillor) Knows Kate Nancy Campbell (Wife of premier) Rose Mackenzie (Director of Instruction)

Programs	Notes
Whistler Food Buying Club	Partner re Stone Soup -- Grant from Stone Soup makes this program more accessible to families
Healthy Pregnancy Outreach Programs	Links to vulnerable families Coordinated by Suzie Soman. Great opportunities for community kitchens.

# Appendix C -- How to grow your own potatoes

1. To grow potatoes almost anywhere, you need
  - a. seed potatoes
  - b. a big container with good drainage and
  - c. enough rocks the size of golf balls to cover the bottom of the container
  - d. dirt, straw, peat moss or grass clippings for the potatoes to grow in.
2. Any potato with sprouting “eyes” can be a seed potato. To help eyes grow, put seed potatoes in a warm place in a paper bag. Organic potatoes are more likely to sprout as they have not been irradiated to prevent sprouting. It might take 7-10 days to have eyes grow shoots. You can cut a big potato into 2-4 chunks. Chunks need at least 24 hours to “seal” before being planted. (Otherwise they might rot.)
3. For containers, some people use old tires or large plastic garbage cans with holes cut in the bottom. Some people use burlap sacs. I recommend a wooden box that is 2-3 feet wide by 2-3 feet deep. For height (2-3 feet), build it up as your potato plants grow – see growing instructions
  - a. To build the box, gather chunks of wood that are 2-3 feet long. Construction sites are a great source as they often throw short pieces away.
  - b. Use nails or screws to create a simple wooden box as shown in the picture below.
  - c. Attach chicken wire across the bottom of the box instead of wood. You don’t need to have a wood base.
  - d. Build the box so that it sits an inch or two above the ground. This helps with drainage.
4. Move your container to where you will grow the potatoes.
5. Put a layer of rocks at the bottom for better drainage. The rocks should be about the size of golf balls. Completely cover the bottom.
6. Put a layer of dirt 4-5 inches thick over the rocks.
7. Plant your seed potatoes.
8. Sprinkle seed potatoes with just enough dirt or straw and dirt to cover them, including the eyes. Peat moss can work too.
9. Water, so that the soil is damp, but not sopping wet.

## After planting

- Water from time to time, allowing the box contents to dry out a bit but not too much. (Burrow down 4 inches or so to see if the soil is drying out. Don't water so much that you are in danger of rot. If the weather is hot you need to water more than if the weather is cool and damp.
- After 1-2 weeks you should see white, red or green shoots coming up through the dirt/straw/grass clippings. When these shoots become visible, add another inch of dirt/straw. This will encourage the potato plant to develop more shoots and therefore more potatoes. As new shoots keep coming above the surface, keep adding more dirt/hay until you reach the top of the box.
- When the dirt reaches the top, just let the potato plant grow.
- Continue to water regularly, i.e. if the potato plant leaves look wilted.
- If the potato plants start to produce flowers then pinch these off to encourage the plant to produce larger potatoes and not seed.

## Pest control

- Wire worms can ruin a crop. They and other pests are less likely to affect growing potatoes in a container.
- You can plant Lemon Thyme around the potato plants at the top of the box to help with pest control.

## Harvesting

- After 8-10 weeks you can begin to harvest potatoes from the bottom of the box by taking off one or two of the lower board, feeling around and pulling out potatoes from that level, and then closing up the box again. You can also wait until the end of the season and harvest all at once.
- If you wait longer you will get larger potatoes.
- Potatoes are ready for harvest when the foliage starts to turn yellow. Potatoes especially can be left in the container for several weeks longer.
- Once harvested, keep the potatoes in a cool dark place – like the fridge.

## More information

- If you have any questions, feel free to give me a call: Monica at 604-xxx-xxxx.