

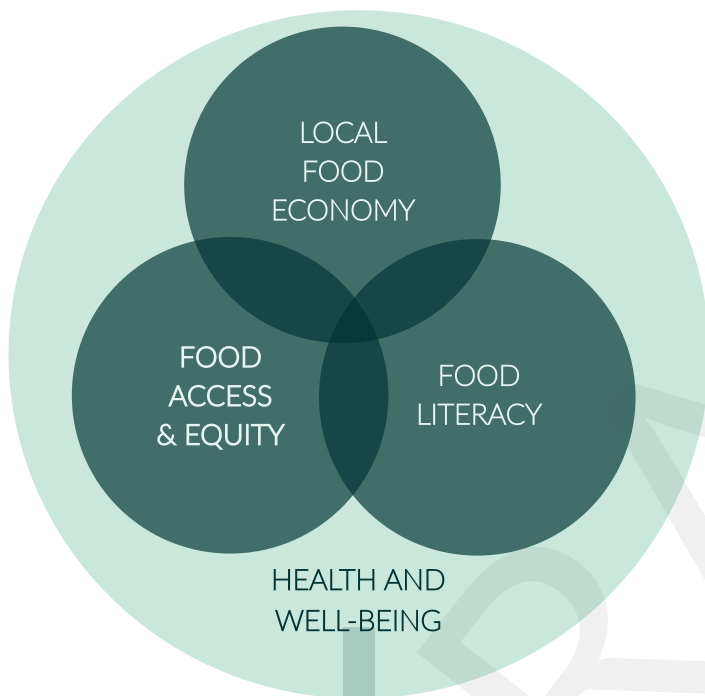
APRIL 2019

FOOD SECURITY

INDICATORS AROUND HEALTHY & ACCESSIBLE FOOD SYSTEMS IN THE CRD.

FOOD FUELS OUR BODIES.

The availability of affordable, nutritious, and local foods contribute to the health and well-being of our region's residents. When looking at food, we should consider these 3 pillars: food literacy, food access & equity, and the local food economy.



Household food insecurity takes a MAJOR TOLL on our health and health care system.



Food insecure adults are more vulnerable to DEPRESSION, HEART DISEASE, and other chronic conditions.



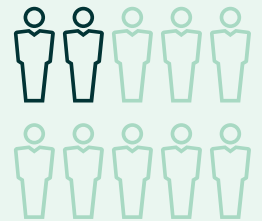
Food insecure households, health care costs are 2x HIGHER, compared to food secure counterparts.

Source: BCCDC, 2017

BACKGROUND

1.2 MILLION

(24% of) British Columbians can't afford a healthy diet.



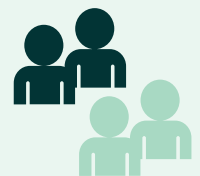
1 IN 10

of the BC population have inadequate or insecure access to food due to financial constraints.



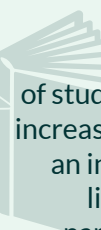
\$1,019/MTH

cost for a healthy diet for family of 4 in BC.



Source: BCCDC, 2017

Food literacy is improved based on the availability of educational opportunities.



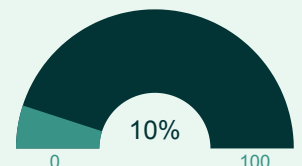
71%

of students reported an increase or somewhat of an increase in food literacy after participating in a Lifecycle food program.

Source: Lifecycles infographic - Sept 2017 - June 2018

10%

of our food is from our regional food system.



Source: Ostry Study

We acknowledge these homelands and the core of these lands since time immemorial.

Impact Area: LOCAL FOOD ECONOMY

A robust regional food economy creates jobs, can reduce greenhouse gases from food transport and increases our regional food security.



SEAFOOD

In 2011, there were **44** seafood processing plants in the Capital Region.

Source: BC Ministry of Agriculture, 2015



WASTE PRODUCTION

31 pounds of food is rescued at production.

4000g of produce is rescued per day, 400% increase from 2015.

21260 tonnes of kitchen scraps are composted, 80% increase from 2015.

Source: Good Food 2025, Island Health Report



COMMUNITY FOOD PRODUCTION

As of December 2015, there were **30 community gardens** and **2 community orchards**. Both of these help support social connectedness and a more sustainable food system.

Source: Good Food 2025, Island Health Report



FARMING

Average annual median salary for farmers in BC:

\$41,487

50% of farmers will retire over the next decade.



Source: Statistics Canada, 2016

There are 1003 farms over a total area of 12265 hectares.

Both have decreased by approximately 3% from 2015.

Source: Good Food 2025, Island Health Report



PROFILE: ACCESS TO LAND

(Placeholder) Data to come from community engagement sessions hosted by Community Social Planning Council and Capital Region Food and Agriculture Initiatives Roundtable. Updated in Sept 2019.

Impact Area: FOOD LITERACY

Having the proper knowledge, skills, and attitudes are necessary to choose, grow, prepare, and enjoy food to support one's health, community and the environment.



There are **10** Food Skills For Families programs in the region, which is a 25% increase from 2015.



18 organizations are offering food programs for youth, which is an 80% increase from 2015.

Source: Good Food Network 2018 Progress Report



Teachers reported **66%** of students demonstrated increased confidence in practical gardening and food engagement skills after participating in a Lifecycles program.

(Placeholder) # of indigenous food gardens on school gardens.

Source: Lifecycles infographic, Sept 2017 - June 2018

PROFILE: FARM TO SCHOOL BC



Farm to School programs bring healthy, local and sustainable food into schools and provide students with hands-on learning opportunities that foster food literacy, all the while strengthening the local food system and enhancing school and community connectedness.

Source: Good Food 2025, Island Health Report



2000 students* have been reached by this program.

*2017 data

(Placeholder) Data to come from community engagement sessions hosted by Community Social Planning Council and Capital Region Food and Agriculture Initiatives Roundtable. Updated in Sept 2019.

Impact Area: FOOD ACCESS & EQUITY



Family of 4 in BC spends an average of \$1019/month on a basic healthy diet.

Source: BCCDC, 2017



DID YOU KNOW?

14%

of household income is required for BC families to eat a basic healthy diet.

Source: BCCDC, 2017

9% of households in Greater Victoria reported being food insecure over the past 12 months.

Source: Proof Food Insecurity Policy Research, 2015

16% of BC children under 18 years of age are living in food insecure households.

Source: BCCDC, 2017

100% of beaches and shorelines are closed by Department of Fisheries and Oceans to shellfish harvesting, which is a traditional staple food of Coast Salish Peoples.

Source: Good Food 2025, Island Health Report



PROFILE: FOODSHARE NETWORK

Over 50 agencies of the FoodShare Network provided over 1.2 million pounds of fresh fruits and vegetables in our community.

Source: Good Food Network 2018 Progress Report

Victorians waste 250,000 tonnes of food annually. FoodShare rescued over **22,000** pounds* of food weekly.

Source: Love Food Hate Waste campaign

Created by:

The Regional Outcomes Monitoring Group



Resources:

Data Sources

- Statistics Canada

Reports

- Good Food Network 2018 Progress Report
- Food Costing in BC 2017

Networks

- CRFAIR
- Good Food Network

For more info: <https://bit.ly/2sOEbbL>