

NOURISH

EVALUATION REPORT

A COMMUNITY DIALOGUE
ON THE ROOT CAUSES OF
HOUSEHOLD FOOD INSECURITY



Report prepared by:
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Interior Health
Kamloops Food Policy Council

Summer 2019

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TERRITORIAL ACKNOWLEDGEMENT

We would like to acknowledge the Nourish event and subsequent learning and reflection have taken place within the ancestral, traditional and unceded territory of Secwepemcúl'ecw. Further, we recognize that colonization has had devastating impacts on the traditional food systems of the Secwepemc peoples. Our intention with the Nourish event was to generate conversation, provide knowledge and create awareness of food insecurity for impoverished families and individuals in our community. Including food sovereignty for Indigenous populations in and around Tk'emlúps (Kamloops, British Columbia).

EVALUATION TEAM

The evaluation team consisted of:

Robyn McLean	Mindy Lunzman
Bonnie Klohn	Caitlin Quist
Simone Jennings	Jenny Green
Catharine Bowen	Trish Archibald

Our evaluation team brought lenses to this work that include: health equity, structural theory with an anti-oppressive approach, anticolonial/critical race theory, and constructivist and postpositive theory. We would like to thank the participants of Nourish for their engagement in the evaluation activities and survey. We've included direct quotes in the black boxes throughout the report.

EVENT OVERVIEW

Nourish was held on March 29th, 2019 at Thompson Rivers University, Kamloops, BC. The event was planned in partnership with Interior Health, the Kamloops Aboriginal Friendship Centre, Interior Community Services, the Lived Experience Committee and the Kamloops Food Bank. The focus areas of the day were Indigenous food sovereignty and poverty as the root cause of household food insecurity.

In the first half of the day there was a panel that consisted of Dawn Morrison, Chair of the Working Group on Indigenous Food Sovereignty, Courtney Mason, Associate Professor and Canada Research Chair in Rural Livelihoods and Sustainable Communities at TRU, and Randy Sam, Secwepemc Elder from Neskonlith, and the Indigenous People's Cultural Worker at the Kamloops Aboriginal Friendship Society. In the second half of the day, Trish Garner, Community Organizer of the BC Poverty Reduction Coalition, Melanie Kurrien, Provincial Manager of Food Security with the Population and Public Health Team with the BC Centre for Disease Control, Provincial Health Services Authority, and Cynthia Travers, Voice of the homefree in Kamloops and the Chair of the Lived Experience Committee spoke about income based solutions to household food insecurity.

A portion of the Nourish event was dedicated to an Open Space session where ideas for actions, research, and advocacy were put forward by participants, and groups formed to discuss how to animate a particular action item.

There were 90 people in attendance at Nourish, and our evaluation has revealed that the event was a significant opportunity for those working in the sector to learn about and collaborate on solutions that will address the underlying causes of hunger in Kamloops.



WHO ATTENDED?

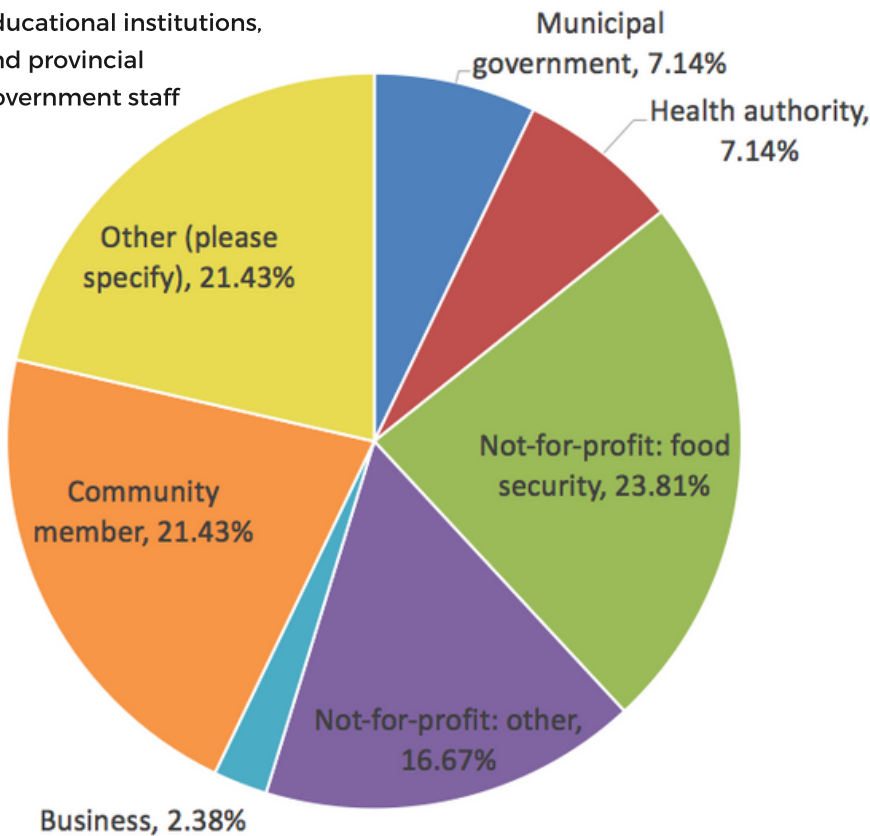


The attendees of the event were mainly comprised of three groups; food security not for profits (23.81%), community members (21.43%), and other - which included education and government (21.43%). This was followed by other not-for-profits (16.67%), municipal government representatives (7.14%), Health Authority representatives (7.14%), and business (2.38%). The composition of this group meant that many attendees likely already had a solid knowledge base surrounding food security, whether that be based in research, personal interest, lived experience, or career related experience and knowledge.

We would have liked to have seen more attendees from the business community in order to build conversations between the business sector, non-profits, and community members. Many initiatives and projects require the support of the business community, therefore, one of our goals is to have better representation in this sector for future events.

The presence of government actors from the municipal government and Health Authority demonstrates a support for food security initiatives by local, regional, and provincial governments which opens the door for partnerships moving forward.

Other included:
students and faculty at
educational institutions,
and provincial
government staff



**"AN AWESOME PLACE TO
COMMUNITY NETWORK"**



WHY DID THEY ATTEND?

90

ATTENDEES

43

SURVEYS COMPLETED

5.6K

REACTIONS, COMMENTS & SHARES ON FACEBOOK

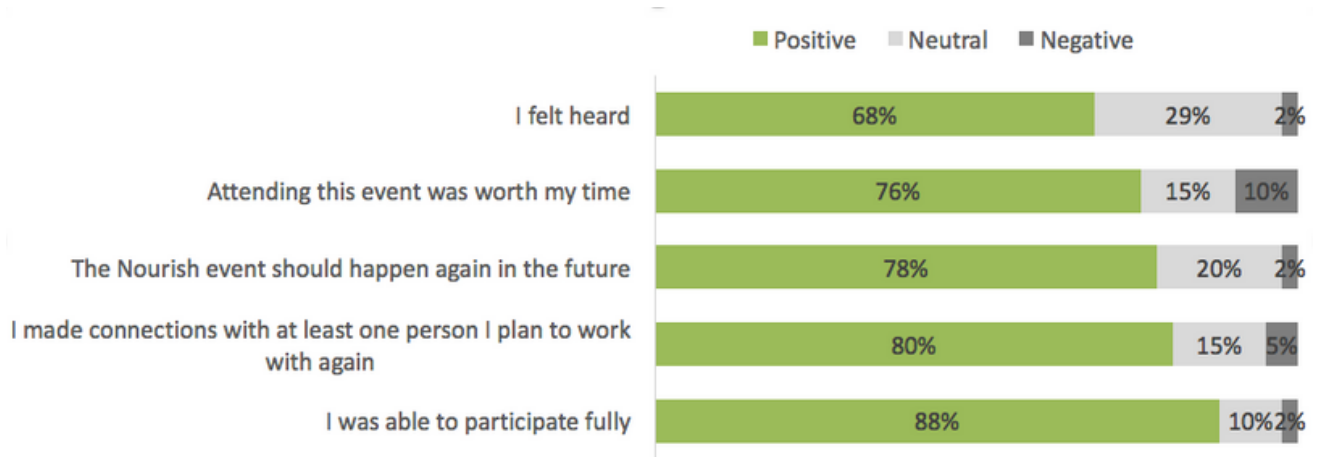
Participants attended for a variety of reasons. For example, many people indicated they came to network with other community members interested in food security for personal or work purposes. Others attended to learn more about initiatives that are addressing food security in Kamloops for personal or work purposes.

A smaller portion of people reported attending due to lived experiences of household food insecurity. One of our goals was to give voice to the lived experience of food insecurity through this event, so we would have liked to have seen a larger proportion of people attending for this reason.

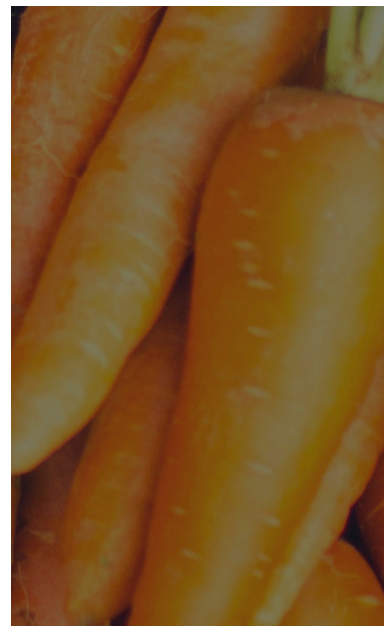
The reasons this was not the case could be varied, however, some of the contributing factors could have been the academic environment of the event, lack of direct promotion to household food insecure populations, feelings of social exclusion, and/or that further accommodation was required in order to address the barriers that poverty and household food insecurity represent to attending an event like this.

WAS IT EFFECTIVE?

The majority expressed that the event met or exceeded their expectations, and more than three quarters felt the event should happen again in the future and that the event was worth their time. We received good feedback on the networking aspect of the event with 80% of people reporting that they made a connection with at least one person they plan to work with again.



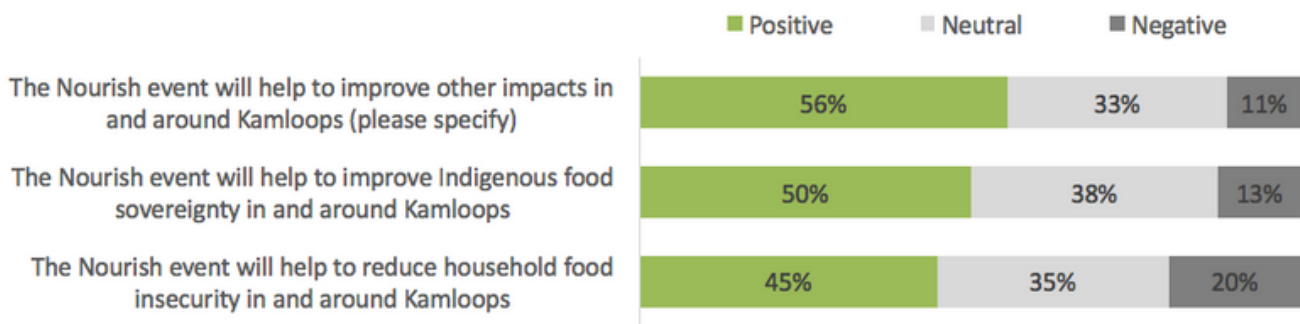
Responses were more mixed, however, when attendees were asked whether they felt the event would help to reduce household food insecurity, address Indigenous food sovereignty, or address other related issues. The planning committee spent a considerable amount of time contemplating how to create an event that focused solely on “upstream” solutions because we felt that there are numerous programs, initiatives, and partnerships that address immediate and emergency food insecurity in the community.



“I AM AN UPSTREAM THINKER RATHER THAN A DOWNSTREAM FIXER”

WAS IT EFFECTIVE?

It was interesting to note that around half of the participants agreed that Nourish will help to improve household food insecurity and Indigenous food sovereignty. We have been reflecting on how we can be more effective at communicating upstream solutions to these issues while at the same time encouraging tangible examples of action that can be taken right away locally to contribute to addressing the root causes.



Some of the feedback we have received and will contemplate moving forward with our work in this area include:

- Themes of emotional discomfort: we heard that the panels of speakers in many cases were presenting material that felt challenging emotionally, so we would like to give further thought on how to incorporate tools for processing heavy content into productive action.
- Effective content: some attendees indicated there was too much to discuss. We agreed that by focusing on two subjects that have immense historical and contextual elements, distilling the information effectively was challenging in some instances.
- Framing political thinking: We received some comments (less than 5%) about the dialogues being too political, and in part, we were glad to see this because our intent was to highlight the way that policies can contribute to household food insecurity and the importance of food systems thinking around this. On the other hand, these comments also indicated to us that more on-the-ground action discussions would have been welcome and effective.



FOOD FOR THOUGHT

WHAT WORKED?

Respondents found that the guest speakers were a valuable part of the Nourish event. They also liked the way the room was arranged in a semicircle. This arrangement allowed participants to meet new people, which facilitated greater networks. Other aspects of the event such as breaks, use of round lunch tables, and open space discussions also allowed participants to network with a wide variety of people. Attendees also reported that they liked the format of Open Space, as it allowed them to be involved in the discussion of ideas that they can implement in their community. People found that the flip charts and prompts placed around the room gave them another appreciated venue to express themselves.

WHAT DID NOT WORK?

The most mentioned limitation of the Nourish event was the informal presentation style and duration of guest speakers. Many survey participants also thought that there could have been more space for interaction between guest speakers and those attending the event. In addition, some participants found that there was a lack of tangible steps towards actions that will improve food security, which we reflected on above. Several attendees indicated they would have preferred food that was sourced locally, as opposed to the campus food provider.

SUGGESTIONS FOR A FUTURE EVENT

Participants indicated that they would like to see future events that can help to continue community awareness and education on a) what it means to work 'upstream', b) the root causes of poverty, and c) lack of access to culturally appropriate food. Other suggestions for future efforts included programming around food literacy, community gardens, growing Indigenous plants, and sharing wisdom. There were also many participants who identified the need for further food systems thinking around climate change, the housing crisis, and access to healthy food for low income people.

"FEELING SLIGHTLY WHELMED AND INSPIRED, I APPRECIATE REAL TRUTHS COMING FORTH THAT ADDRESS THE UPSTREAM, AS THAT IS WHERE MY FOCUS RESIDES"

SHIFT

DID WE SHIFT THE DIALOGUE AND DEBATE ON THE PROBLEM OF HOUSEHOLD FOOD INSECURITY AND INDIGENOUS FOOD SOVEREIGNTY?

We identified several key ways that Nourish helped to shift thinking among attendees, including decolonial thinking, upstream thinking, and acknowledging privilege. There was a notable shift in thinking regarding colonization as one of the root causes of household food insecurity. In response to the question, “what are you leaving with?” one third of the respondents directly identified decolonization. Many people indicated that they experienced emotional heaviness surrounding the event, particularly, around Indigenous food sovereignty. Attendees said in the survey responses that they gained more insight into how decolonizing the food system can positively contribute to food security.

Many participants stated that they left with a sense of community, belonging, and inspiration that they can carry forward. Participants also expressed that the concept of upstream thinking, or addressing root causes, was reinforced during the event. We heard through the evaluation process that there was a new comprehension of food security, and/or the belief that the information provided would shift the perspective about food security of those attending.

Some people expressed a better understanding of their own privileges. Many of the attendees came based on personal interest in local or global food security and have never experienced food insecurity. They left Nourish noticing that as a privilege.

There were also some attendees who didn't report shifts in thinking. They indicated that they already had a clear idea of the most important aspects of food security. Some of these participants thought Nourish covered these aspects well, while others mentioned they were disappointed that certain topics (particularly “downstream” topics) were not a focus of the event.

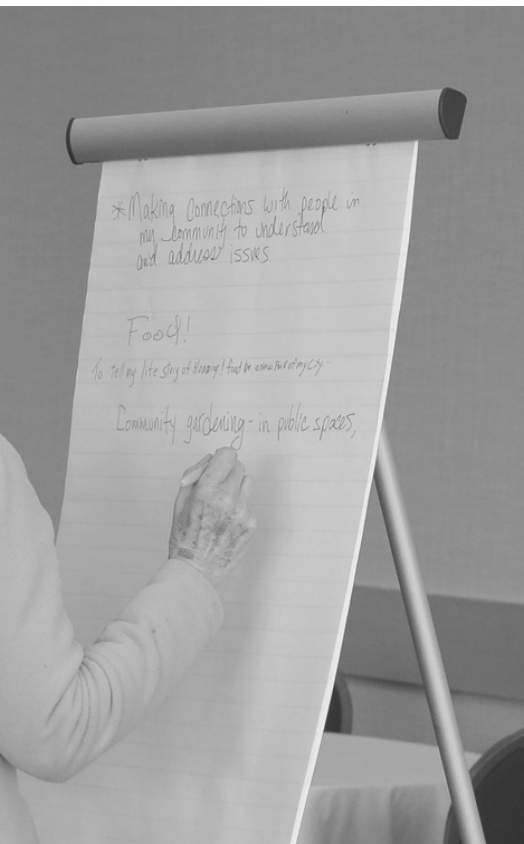
“LEAVING WITH: A BETTER SENSE OF INDIGENOUS FOOD POLICY AND WHY DECOLONIZATION IS IMPORTANT TO FOOD SECURITY.”



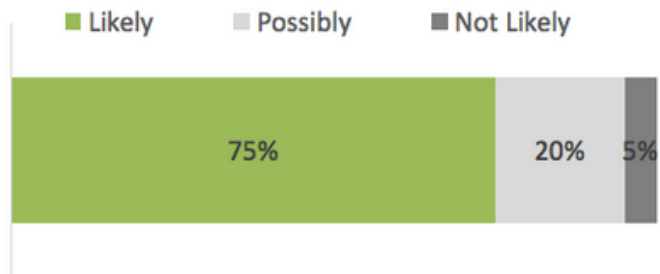
ALIGN

WAS THERE EVIDENCE OF INCREASED COLLABORATION AMONG PARTICIPANTS OF THE EVENT?

When attendees were asked why they attended, many indicated that they wanted to generate new community connections related to food sovereignty and/or food security. After the event over 40 percent reported that they are likely to connect with people they met at Nourish within the next three to six months. Participants indicated that new connections created at Nourish have the potential for a more collaborative food secure sector by bridging the gap between like-minded citizens and local organizations.



How likely is it that you will connect with any of the people you met at this event in the next 3-6 months to work on the priorities identified?



"I FEEL LIKE PART OF A COMMUNITY. THANKS FOR A GREAT DAY."

INSPIRE

DID WE INSPIRE NEW COMMUNITY-BASED PROJECTS OR RESEARCH PROJECTS?

It is important to acknowledge the challenge of both shifting the dialogue around these issues and inspiring new projects - particularly those that are more upstream - based on a single day event. However, we did see some seeds planted and some progression on potential community-based projects and research.

The action plans created during Open Space sessions provided good coverage of the two main topics of Nourish; poverty as one of the root causes of food insecurity and understanding the links between decolonization and food security. The plans addressed financial and social barriers to accessing food, as well as Indigenous food sovereignty.

The actions that were suggested were:

- School food program for parents and children to cook together weekly
- Agricultural therapy as a solution to community engagement for individuals accessing shared/supported housing
- Basic income advocacy
- Transforming economy and community
- Forming a working coalition to describe and define what food security (emergency or not) means and looks like in Kamloops
- Elder/youth directed greenhouse garden and individual garden support program

Of the action plans which were created, some are primarily upstream, some are primarily downstream, while others seek to meet both needs at the same time. One of the intents of the Nourish event was to encourage action that provides individuals with food to meet their nutritional needs in the present, while simultaneously empowering them through skill-building, connections, and advocacy which will help them be food secure in the future.

"THIS WORK REQUIRES "EMBRACING VULNERABILITY" AND WORKING TOGETHER"

INSPIRE

According to the post-event survey, 68 percent of respondents said it was likely they would work on the priorities identified at Nourish within the next 3-6 months. The strategies and next steps moving forward with these action plans were mainly; research, building local partnerships, and advocacy.



WHAT RESEARCH QUESTIONS WERE IDENTIFIED?

The research questions which emerged during Nourish were concerning:

- food and health
- individual barriers to food security
- using food to foster social connections and personal development
- systemic barriers to food security

Systemic Barriers to Food Security can be analysed in more depth to reflect the themes of:

- food as a human right
- government policy
- global food system
- emergency food provision
- climate change
- decolonizing food systems

"I WONDER HOW THE COMMODIFICATION OF SHELTER (IE WEALTH BUILDING THROUGH PRIVATE RESIDENTIAL HOMES) IS CONTRIBUTING TO OUR HOUSING CRISIS (AND THUS FOOD INSECURITY) AND HOW CAN WE CHANGE THIS?"

INSPIRE

WHAT SUPPORTS ARE NEEDED TO MOVE FORWARD?

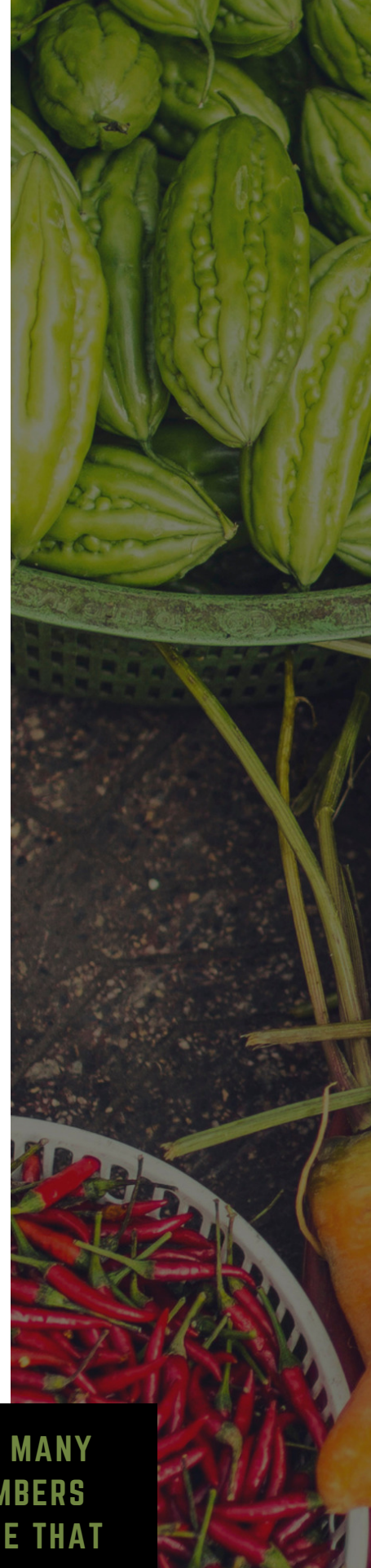
"NEED SUPPORT OF THE COMMUNITY, UNITY. WORK WITHIN THE SYSTEM, WORK WITH GOVERNMENT, USE DEMOCRACY."

In order to move forward with these plans and priorities, participants described the need for:

- funding
- partnerships
- overall support and approval of the community

Funding is necessary for some projects to move forward as they are in need of supplies, land, equipment, or paid labour. Partnerships will allow for easy sharing of knowledge and expertise, as well as a more effective, collective approach to addressing inequities within Kamloops. Additionally, the support of the community is needed for these projects to be successful, as many require the active participation of the local community.

"FEELING INSPIRED AND HEAVY. SUCH A DEEP DAY FULL OF MANY TRUTHS, I BELIEVE IT'S SO IMPORTANT FOR COMMUNITY MEMBERS FROM ALL TYPES OF PLACES TO ENGAGE AND ACKNOWLEDGE THAT CONVERSATION AND ROOT ISSUES"



WHAT'S NEXT?

HOW DO WE CONTINUE TO BUILD ON THE IMPACT OF NOURISH?

When asked for their responses at a Kamloops Food Policy Council (KFPC) network meeting, members provided some insight into what they would like the work of Nourish to look like in the future. Members had many suggestions on how to deepen the conversation about addressing the root causes of food insecurity. For instance, they responded that the KFPC could hold another Nourish event, or host smaller less formal discussion groups in person or online. Further, members suggested that the KFPC could create awareness about current initiatives in Kamloops and the urgency of addressing food insecurity by using avenues such as social or local media. Many people also proposed that the organization get involved with existing provincial or national movements that would deal with the root causes of food insecurity, such as creating a universal basic income, with collaboration from agencies that are currently working on immediate food insecurity.

KFPC members also provided input into how the organization can address that this work is taking place on unceded territory. They recommended that the KFPC support inclusion of Indigenous communities, culture, language, and knowledge within the Kamloops food system. In addition, the group indicated that the KFPC can be involved in creating public awareness through education about decolonizing our relationship with the land in this territory. Another recommendation was that the KFPC should take action on the recommendations that resulted from National Inquiry into Missing and Murdered Indigenous Women and Girls and the Truth and Reconciliation Commission.

"I AM LEAVING WITH NEXT STEPS OF WHO TO ENGAGE WITH TO FUEL/MOVE FORWARD WITH SOME OF THE IDEAS"

THE TEAM

CORE PLANNING:

BONNIE KLOHN

Kamloops Food Policy Council

TRISH ARCHIBALD

Retired TRU Social Work Faculty
Member

JENNY GREEN

Interior Health Community Health
Facilitator

SUPPORT:

Nourish was created in partnership with:

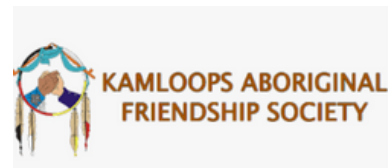
- Interior Health Authority
- Kamloops Aboriginal Friendship Society
- Kamloops Food bank
- Kamloops Immigrant Services
- Lived Experience Committee
- Mt Paul Community Food Centre

Financial and in-kind support was provided by:

- City of Kamloops
- Thompson Rivers University
- GK Sound
- The Real Estate Foundation of BC
- Tapestry Evaluation and Strategy

Our volunteer evaluation team included:

- Robyn McLean
- Simone Jennings
- Catharine Bowen
- Mindy Lunzman
- Caitlin Quist



**Lived
Experience
Committee.**



Nourish

**THANK
YOU!**

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