

**Summary Notes from the Plenary Sessions of the BC Food Systems Network
Sorrento Gathering 2004: Eating At Home**

with profound gratitude to Jodi Koberinski who took comprehensive notes throughout

September 16th, 2004

The Opening Circle

A vase of sunflowers, a platter of sliced apples and several small bowls of honey stood in the middle of the opening circle. The First Nations traditionally used the roots of the sunflower as food – they contain inulin, which reduces the body’s need to produce its own insulin – so the sunflower is a symbol for the diabetes prevention work. The apples and honey (local, of course) were shared as a celebration of Rosh Hashanah, the Jewish New Year.

We started thinking about Eating At Home with personal stories. A woman working in the inner city in Vancouver talked of feeling disconnected from the earth. An immigrant described the difficulty of accepting what is available here as ‘our food’. A woman in a small town described the informal food distribution system: she gets her eggs “from the laundromat” (because that’s where the farmer delivers them). People talked about the challenge of gardening in the North, and the mixed emotions when gathering mushrooms growing abundantly in the aftermath of last year’s devastating forest fires. Some participants get most of their food from a local farm, another from the sea. And one mother noted that until she recently weaned her child, “eating at home” meant “me”!

Lee & Baby
participate in
Sorrento 2004



September 17th, 2004

The conference opened with a prayer offered by Dawn Morrison (Lake Secwepemc) after consultation with her elders. The prayer was a recognition and thanksgiving for the land and the people.

Food Security and Food Production

Panel: Lee McFadyen, Cathy Holstlander, Dawn Morrison, Kathleen Gibson, Maria Castro

Lee McFadyen is a Certified Organic vegetable grower from the Similkameen. Lee started by saying that in farming she has found joy. “It is a real thing to do – it develops a relationship with what gives us life.” Lee said that farming is the base of food security but it faces threats:

- Land: the ALR has not stopped urbanization
- Seed supply: traditional varieties have become unavailable, new ones don’t do as well
- Government (and retailer) regulations: need to use brand-new buckets to gather food; cucumbers must be delivered 12 to a box which used to hold 24
- Imports: exploitation of land and labour in the country of origin pushes prices below what local farmers need to stay in business – and bottom line is that farming is not just a life, it is also a business.

She concluded that consumers must use their power: demand local food, demand less packaging.

Cathy Holstlander works with Beyond Factory Farming, a national coalition of people fighting for livestock production for health and justice in the context of a healthy and sustainable food system. She described the horrific conditions of animals in factory farms. “Big Sky has 5,000-sow operations with three barns for sows, weanlings, and hogs for market. Each sow has three litters a year, housed in huge confined barns, in stalls in which they cannot turn around and are not able to nest or to root. Weanling barns have 19,000 pigs in them. Tails are docked so the pigs don’t bite one another. Finishing barns have about 5,000 pigs in them.”

She also described the environmental problems in relation to water and manure systems, including the application of manure which is not monitored (although there are regulations). “The barns use a liquid manure system, where waste is pumped into an open pit behind. Each of these barns has its own manure pit: 45 million gallons of manure a year per barn in an anaerobic system.”

Labour is another issue. Most of the provinces don't apply labour standards to farming and so these factories are also exempt, and WCB is voluntary. Barns have high labour turnover and pay is low – \$23,000 a year in Saskatchewan. This system is displacing family farmers.

Although in BC, aside from chickens, there doesn't seem to be much factory farming, we are all implicated in this system which produces most of the country's meat. Again, Cathy emphasized the power of the consumer. "One campaign is to drop comment cards at your local retailer to let the business know you want alternatives. If the urban people begin to care about where the food comes from and about their neighbours in rural communities, it will be easier to create policy change and an end to policies that prop up the factory farming model."

Maria Castro is a livestock farmer, working with rare breeds. She started by commenting on the apparent contradiction between livestock and food security. "I believe in eating lower on the food chain, we can feed more people on plant food. We must cut back on meat. However, there is a lot of land we can't use for arable crops. Look what happened when we turned prairie grass lands into grain production – grazing would have been much better for the grass ecosystems. Livestock production is essential for food security BUT how we do it is to grow animals on what grows locally. It means producing extensively, getting away from fossil fuel, having fewer animals, and animals that thrive in local conditions."



Maria described how animals have been bred to fit into the factory system. For example, turkeys have breasts that are so large they cannot breed naturally, and can hardly walk; but heritage breeds adapted to local conditions are disappearing at the rate of two a week. "Real damage is being done in developing countries by western aid programs that impose inappropriate methods of farming."

Maria then showed a series of slides of heritage breeds which are endangered, including Black Spanish Fowl, Dorking and Sussex chickens, Welsh Hill and Cotswold sheep, and San Clemente goats, describing the particular attributes of each one.

The way to save rare breeds is to eat them, she explained. If people will demand these foods, and pay the extra price required because they grow more slowly, then farmers can afford to continue to breed them. "A large part depends on whether people are prepared to spend a larger portion of their income on good food," she said.

Discussion: Heather Pritchard commented that Maria's picture of a clutch of eggs of many colours moved her to tears because they had that variety on their farm, and had to kill all their chickens, because of the Avian Flu issue in the summer even though they were all healthy.

Dorking Hen and Egg Basket
photos courtesy of Maria Castro.

Dawn Morrison moved back to the Lake Secwepemc lands to apply her scientific (horticulture) and policy training to the issues facing her people. One of her projects is to oversee the Community Garden, with the goal to improve the health and well-being of the people by developing community self-sufficiency and so to get away from dependence on the Band Office. Access to traditional lands off the reserve is a major issue, for example Sun Peaks where the First Nation is being denied access to traditional lands which have never been given away by treaty.

“Our people are traditionally hunters and gatherers – we’ve spent time discussing whether we should even get involved in food production when there is medicine and food to be gathered. We are left with a handful of people left to maintain our knowledge systems. We decided it was better to have the gardens as it helps with food security, increases independence form the mainstream society. It was a similar to my work bridging Indigenous science and western science – we had to do twice the curriculum in the same time – it’s like that with our food. There is a lot of knowledge because our people know the environment, they know the land... it seems natural to do our garden organically.”

Kathleen Gibson is an independent policy consultant and member of CR-FAIR, the Capital Region Food and Agriculture Initiatives Roundtable. Kathleen described the new Meat Inspection Regulation under the Food



Safety Act, which was enacted in July and will come fully into force September 1, 2006. This is driven by the Ministry of Health Services, and applies to any meat for sale in BC. All meat must be inspected before and after slaughter, and there are specifics for the slaughter establishments such as sanitary surfaces, handwashing stations etc. This will particularly affect small and medium scale processors around BC because of the costs of both upgrading and running the new system. Kathleen noted Section 23 of the Food Safety Act includes a clause that could allow refusal of inspection on the basis of volume of business. In other words, some areas may find they have no local legal slaughter facilities, and this will drastically affect local livestock producers, especially the smaller ones and those who are unwilling to transport their animals long distances to slaughter.

Kathleen indicated that the emphasis on safe, high quality meat and the streamlining of the old and confusing meat inspection system are good. However, this Regulation and its interpretation documents are based on a flawed rationale and are unlikely to meet the desired outcomes. The Regulation will drive some processors out of business and some underground, and will thus play into the hands of big, centralized business. This will harm, not encourage community food security. The BC Ministry of Agriculture, Food and Fisheries has passed the file from its policy people to its Industry Competitiveness Branch, who have developed a “Meat Industry Enhancement Strategy” and appear to think they have “recruited” us to help deliver it. The strategy will be explained in a series of workshops around BC from October to December 2004.

The Island Farmers’ Alliance blew the whistle on the implications of the Regulation in late 2003 and are providing us with the farmers’ and processors’ perspective. They are working with CR-FAIR, which provides the food systems perspective. MLAs were briefed in April, and a set of policy recommendations has been developed. Kathleen proposed that the BC Food Systems Network can take a lead in a province-wide campaign that we could call “Saving Our Bacon”. This will include insisting that the Provincial government (1) listen to and discuss our policy recommendations and (2) evaluate and amend the Regulation, where necessary, before September 2006. Kathleen concluded with two quotes:

George Monbiot, in the Guardian Weekly, 3 September 2004, wrote: “. . . There are two sets of regulations in the UK. There are those that the big corporations campaign against; and those that they tolerate and even encourage, because they can afford them while their smaller competitors cannot. This is why it is legal to stuff our farm animals with antibiotics, our vegetables with pesticides, our processed food with additives, and our water tables with nitrates, but more or less illegal to use any process that does not involve stainless steel, refrigeration and fluorescent lighting.

The clampdown on small food businesses, on the grounds that their produce might contain bacteria, has been accompanied by a massive rise in food poisoning cases since the 1970s: large-scale production and long-distance transport provide far greater opportunities for infection.”

and, with apologies to the original author:

“For the want of affordable meat inspection, the processor was lost.
For the want of a processor, the farm was lost.
For the want of a farm, the restaurant, the store and the school were lost.
For the want of the restaurant, the store and the school, the community was lost.
And all for the want of affordable meat inspection.”

Discussion: Don Kossick noted that in response to the marketing of GM wheat on the Prairies, which would contaminate and destroy the traditional varieties, the Saskatchewan Organic Directorate linked with urban people to oppose it. “The key,” he said, “was that people did organize. Monsanto may come back, but for now they have been stopped... these are examples we can all learn from.”

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Municipal Food Policies and How to Get There

Panel: Don Kossick, Tim Louis, and Laura Kalina. Chair: Cathleen Kneen

Cathleen introduced the session with a brief discussion of Food Security, Food Sovereignty, and Food Democracy.

In a nutshell, the definition of Food Security that the Network uses is:

- 1) All people at all times have access
- 2) People who work in food system earn a decent wage
- 3) The land, air and water are preserved for future generations
- 4) Food is celebrated as central to culture and community

Unfortunately, to others food security means food banks – enough calories per day with no focus on quality. Elsewhere in the world, as she learned at the World Food Summit in Rome, people think in other terms. Via Campesina, the global peasant movement, calls for Food Sovereignty: the authority of the people over the food system. Their slogan is “land to the tiller”. On the other side are international non-government organizations (NGOs) such as Oxfam, negotiating at the global forums such as the UN for food security exemptions to WTO rules. It is a contrast between the revolutionary stance of Via Campesina and the reformist position of the NGOs. And finally there is food democracy: the people decide – the process whereby we as disparate people negotiate among ourselves how we live together, nourish ourselves and one another.

Don Kossick is a long time organizer in Saskatchewan. He began by describing the past decade as “amazing” in terms of people’s organizing: Seattle, the immense global protests against the war in Iraq. We are taught that ‘there is no alternative’ – to the big box stores, to the BSE crisis, we need to just accept things. It is startling and reassuring “when you see thousands upon thousands gathering around the world and discussing how we want our world to be.” Governments make pronouncements such as the Universal Declaration of Human Rights, or Canada’s Action Plan on Food Security. “In Saskatchewan we realized it was going to be up to us as citizens to decide what kind of Food Policy we want and would work on behalf of all communities.”

They began with urban /rural links, bridging producers and consumers. “Farmers had to be at the table. We couldn’t talk food policy unless we recognized poverty, we had to recognize class, we had to talk about health and education. ... We also recognized that food is a part of culture.”

Don added that focus on local food policy does not mean ignoring globalization. Trade is essential for our survival, but we also need to recognize how trade affects the international community, not just our own. The Charter idea originated from Toronto, and was adapted through a series of meetings which formed a very broad coalition. They then challenged Saskatoon City Council on issues such as adequate housing and safe water. The point is that having the Charter approved in principle allows the coalition to advocate effectively with the Health system, nutrition education. “This charter creates the engagement between citizens and institutions. They used to be ours. We lost them. We are using this charter to say “we want you to walk alongside us”

Tim Louis is a lawyer, long-time social justice advocate and City Councillor in Vancouver. He began by noting that it was the annual ritual of Devorah Kahn appearing before Council to request a temporary bylaw exemption for the East Vancouver Farmers’ Market which was one catalyst for the process which has now resulted in the creation of the Vancouver Food Policy Council. The major benefit of a Council, he says, is that there are engaged advocates connected to the bureaucracy – the City has a harder time saying no to recommendations that arise from their own groups.

Tim described the process which created the Council. “First thing we did was identify champions within the City staff, we had two at the senior level. We established a community based task force, ranging from production to delivery to consumption – from John Bishop (a local high-end restaurateur) to the Food Bank.”

After three successful meetings, the task force recommended establishment of a Food Policy Council. Concerns about funding were met with information from Wayne Roberts of the Toronto Food Policy Council which quantified the savings which could be generated with a Council. The result was that the recommendations were approved unanimously. Now the Food Policy Council is enshrined, even if City Council changes.

Laura Kalina is the Chair and founder of the Kamloops Food Policy Council – the “queen of food policy in BC”. Laura described the origins of the Council in the early 90s as a loose coalition of emergency food people who realized the need for a broader base. In 1994 they held a Food Forum, and then took on projects, using a community development model. The most high-profile project is the Garden Gate Training Centre for horticultural training of people with mental disorders. As projects got off the ground and began to operate independently, the group worked on policy, and in 2002 the City adopted a food policy as part of the Social Plan. Even though it was promptly shelved, the Kamloops Food Policy Council can refer to it to get City support for their projects.

The Council is now focusing on implementing the Policy. A major current project is

Gleaning, bringing restaurants, retail, and emergency food providers together. Laura commented, “Pick winnable, quick starts, doable projects, get lots of media, and when you go back you have successes to build on – and haven’t overwhelmed your volunteers...”

Discussion (very lively):

- Tim commented that the Charter and Food Policy Council are “A compass and a navigator” and added that the adoption of a Charter would involve an engagement process.
- In response to a question about tracking effectiveness, Don said that they called for a Civic Audit in the Saskatoon Charter. The communities will have to do the audit and submit it to the City. He suggested that Vancouver could get an endorsement on a Charter to make the public support visible. Each community has to adapt the idea to suit their own situation.
- Kathleen Gibson noted that Victoria has started with a baseline assessment of food security, without a Council or a Charter, getting the pieces in a different sequence.
- Laura commented that community development takes a long time – more than ten years in Kamloops to get this far.
- Joanne Houghton suggested the Network should focus on Provincial Food Policy, think about a provincial Council.
- Can something be done at the UBCM (Union of BC Municipalities)? Laura says it is addressing ‘quality of life indicators’; we should try to get Food Security issues on the table in this context.

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September 18th, 2004

Food Policy Strategies in Public Health

Panel: Fred Rockwell, Joanne Houghton, Barbara Seed, Donna Antonishak, Laura Kalina

Dr. Fred Rockwell is the Medical Health Officer with Vancouver Island Health Authority in Nanaimo. Fred began with a description of the Public Health Alliance on Food Security. In 2002 the Health Officers Council endorsed the Cost of Eating Report developed by the Community Nutritionists Council, and decided to have a conference on Food Security with the CNC, which was held in October 2003. The Alliance grew from this conference, to “coordinate joint action by member councils to improve food security in BC” – member councils being the Health Officers, Community Nutritionists, Environmental Health Officers, and Public Health Nurses. The Council will “find safety in numbers” to allow public health people to speak out on food security. They will liaise with the BC Food Systems Network, the Public Health Association, and others.

Workplan for this year includes seeking standing on the committee working on the Public

Health Officer's Food Security Report, and finding ways to meaningfully work with the Aboriginal community.

Discussion:

Jeannette McMaster suggested contacting the BC Elders' Council, which meets regularly and has a monthly newsletter. Dawn Morrison noted that it may be helpful to look at people outside the public health system and volunteered to help with this.

Jessica Chenery raised the issue of immigrant issues. Fred noted that in theoretically the needs of recent immigrants should be being met through the provincial health system, while the First Nations to some extent deliver their own programming so there is an appropriate structural relationship. Jessica responded "after 4 years working with immigrants, in truth their needs are not being met by the Health System; food insecurity for these groups (especially refugees) is a huge issue." She mentioned AMSA, 80 organizations of multicultural communities, and Fred agreed that the Alliance should consider liaising with AMSA.

Joanne Houghton is a Public Health Nutritionist with the Northern Health Authority in Prince George. Joanne described the process leading to the creation of the CNC's report "Making the Connection: Food Security and Public Health". It began when Trevor Hancock told the Community Nutritionists that he was working to include food security as a core program of public health in the document he was developing for the Ministry of Health Planning. He asked them to help by providing the evidence base of positive health outcomes for food security initiatives.

Joanne explained that a major issue for food security is access. One in 6 children and half of female single parents live in poverty, use of food banks is increasing. The document outlines the consequences of hunger – and obesity. The cost to health care of obesity alone is between \$730 million and \$830 million a year. 1.2 - 1.4 million Canadians aged 12 and over have diabetes, 90% of which is Type 2, which is linked to diabetes. The document also shows how the food system contributes to food insecurity, describes the actions people are taking at the community level and working towards systemic change with policies such as local buying, government support of family farms, banning GMOs.

Barbara Seed is a Community Nutritionist with the Fraser Health Authority in White Rock. Barb handed out a two-page fact sheet developed by the CNC to help publicize their report. CNC has also contracted with two people from UBC for a report on indicators for food security. Joanne noted "there are limitations to this document; sustainability (agricultural) indicators are not in here, only information directly relevant to the Health Authorities;"

Laura Kalina is a Community Nutritionist with the Interior Health Authority in Kamloops. Laura gave an update on food security activities in all the Health Authorities. Interior Health has formed a food security team and is looking at an action plan for funding for a regional food security coordinator – "we can't keep doing this off the side of our desk." [Update: A food security coordinator position was announced at the end of

October. The Island Health Authority has just hired Lorie Hrycuik as the Food Security Coordinator for Vancouver Island.]

Laura asked: What can we do regionally to keep the momentum? Let's make sure this gets to the next level."

Discussion:

Public Health represents only 3% of Health, so we really need support to have our voices heard. If we have made the links that healthy eating equals healthy people, we need to bring the idea that agriculture policy affects this. The money is in Health. We need to get Health to advocate for a change in Agriculture policy for local production for local needs: an agriculture policy "focused on nutrition of the population as the highest and best purpose of Agriculture".

Some health authorities (such as VIHA) have planners who are right under all the CEOs, and we should be getting this information right to them. The issue is collective versus individual responsibility for public health.

Food banks: an Okanagan elder suggested we pursue regulations which would facilitate donations of country food and home-canning.

Donna Antonishak is a Community Nutritionist with the Interior Health Authority in Vernon. Donna presented the Cost of Eating Report, 2004. Donna said that over the last 5 years the Community Nutritionists have done a food costing in all the health regions around the province, because the concern is the lack of ability for low income people to access healthy food. They make the point that low income residents are at greater risk for Diabetes, cancer. The full report will be available shortly in the Resources section of the Dietitians of Canada website <www.dietitians.ca>. The report once more underlines the fact that people on minimum wage or social assistance cannot afford a nutritious diet. Donna commented: "We met with a core inter-ministerial group to talk about reducing poverty after last year's report; now we need to meet again and say, ok, what have you done?"

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Final Plenary Session:

- (1) *Healthy Eating Active Living Diabetes Prevention Project in Northern BC (HEAL)*
- (2) *BC Food Systems Network planning*

Joanne Houghton told the story of "HEAL Taking Route: The Caravan". The goal of HEAL is to build healthy sustainable communities by making between healthy eating and active living and type 2 diabetes. The idea of the Caravan was to travel from one community to another – they went from Dog Creek in the Chilcotin to Fort Nelson – seeing the initiatives they have undertaken and honouring them as "HEAL Heroes".

The HEAL project originally was granted \$300,000 over three years to:

- Build a network: we have a website, 600 people on our list serve who get emails/news letters
- Build skills: 2 sessions a year around participatory action research, fundraising, policy
- Support demo projects: we committed to 4; we have tons – bike paths, trails, food box programs, kitchens, gardens
- Raise awareness: links between healthy eating and active living

Alexis Strachan is a new Community Nutritionist in Prince George who has just joined the HEAL “family”.

Denise Skarra works on physical activity in Dog Creek and Canoe Creek. Denise responded to the HEAL Caravan invitation by saying they wanted help with food policy. “In the meantime,” she said, “someone came back from Saskatchewan with a food policy template for aboriginal communities. Before the bus arrived, our chief and council had signed off on our own food policy – it will allow us to say to people “you can eat better”, we can make choices available.” Denise described how the bus arrived 4 hours late in Dog Creek – one of many ‘glitches’ in the Caravan – but they were able to share a meal and tour their 36 gardens. The Caravan people felt they learned much more from Dog Creek than they brought to them.

Linda Boyd is a Community Nutritionist in Fort St. John and Dawson Creek. Linda said, “The first word that comes to mind is exhaustion. The biggest benefit was the networking in the community. ... I learned that people take different things from HEAL – I’m all about the food, but I discovered for others HEAL was about the trails.” Linda also mentioned the “HEAL school” initiative and the work with City Council in Dawson Creek, and with Communities in Bloom in Fort St. John.

Loraina Stephen is a Nutritionist with Mental Health in Prince George. She described a unique “interagency garden” – an old homestead, the owners have donated a huge piece of the field. Make Children First has paid for a coordinator for the garden. As a small, do-able project they had a “How to Build a Greenhouse for \$100” event, growing salad greens. It was a way to support Stage 2 initiatives and give people confidence, seeing ways they can work together.

Melanie Sondergaard works at The Learning Shop in Hazelton, trying to create opportunities for youth to engage. She said that the sharing of life experiences was incredible. Melanie got on the bus in Prince George with 4 youth aged 10 to 19, none of whom had met one another before. She was very positive about the experience and the sense of engagement, and commented that “the 10 year old said it was the best week of her life”.

Joanne: “We really are moving toward changing the system, one bump at a time.” Denise then led us in a round of “Chair Exercises” or “Chair Aerobics”, something she offers the

Elders in Canoe Creek as part of the “Active Living” component of HEAL.

BC Food Systems Network Meeting was led by Cathleen Kneen as the Network ‘spider’.

Cathleen introduced the proposal to create a Society. The advantages would be easier access to funding, and greater accountability. The disadvantage is increased paperwork. A small committee of Heather Pritchard, Lee Fuge and Cathleen have worked on a set of bylaws which include consensus decision-making. The proposal is that we elect a Board of Directors of 9 with a quorum of 5. They would play the same role as our current Reference Group and be available to advise Cathleen on a regular basis. Society status would give this relationship a formal accountability. Membership in the Society would be open to individuals, non-profit/community groups, and co-ops.

Consensus was reached that we should form a Society.

Financial report: Cathleen reported that there is about \$14,000 in the bank. The Sorrento Gathering is able to attract grants and thus earn money which pays for Cathleen’s telephone and some travel. It also acts as a cushion for up-front costs of the annual Gathering.

On behalf of the Network Cathleen expressed sincere thanks to Health Canada Population and Public Health Branch, and Western Economic Diversification for their financial support for this gathering which enabled a number of people to attend.

A membership fee of \$10 for the calendar year was suggested. This could be part of the registration for the Sorrento Gathering (where the AGM would be held), so everyone present now has membership through 2005.

Board of Directors: after some discussion it was agreed that Board members would function as a reference group for the network, would agree to respond to emails, would participate in up to 4 teleconferences during the year (Connie Chapman had previously agreed to arrange them for us), and would help in planning the next Sorrento Gathering. It was also agreed that we would try to have a diversity of Board members (First Nations, urban, rural, youth, elders, education, farmers, poverty, health /nutrition, gender) but that each Board member would represent themselves, not an organization.

Board members:

- Jessica Chenery (HEAL Vancouver)
- Kathleen Gibson (GBH Consulting, Victoria)
- Jodi Koberinski (Echo Mountain Foods, Christina Lake)
- Erin Moen (high school student, Salmon Arm)
- Dawn Morrison (Lake Sepwepemc, Chase)
- Heather Pritchard (Fraser Common Farm, Aldergrove, and FarmFolk/CityFolk)
- Cliff Stainsby (BCGEU)
- Mary Swendson (Moricetown Food Program, Smithers)

Laura Kalina was nominated in her absence and later declined, leaving one position vacant.

We then selected Jessica Chenery, Dawn Morrison, Mary Swendson, Barb Seed, and Jean duGal as our delegates to the National Food Security Assembly in Winnipeg. Cathleen was asked to contact the organizers to express our concern about First Nations and youth participation.

Comfort Ero led a closing ceremony. Comfort told us: “In my part of the world, a Spider is a very busy person who goes about her work without looking back! Whatever we are doing in our work, we should have the people in our mind, those people who are invisible whom we do not see.” Comfort then asked each of us to make a sound of the actions we will engage in when we return to our communities. She ‘conducted’ these sounds into a song rising to a great shout!



Comfort Ero leads Cathleen Kneen Sorrento 2004 participants in action “chorus”

Note: Action proposals were made and documented throughout the conference and are written up separately. Resources that were shared included:

- The Healthy Time Saver – cookbook from Best for Babies, Abbotsford
- Thought About Food? – workbook on Food Security and influencing policy, from Nova Scotia

- Making the Connections: Food Security and Public Health – from the Community Nutritionists Council, BC
- Cost of Eating in BC, 2004 – from the Community Nutritionists Council