



# FARM TO SCHOOL WEBINAR SERIES

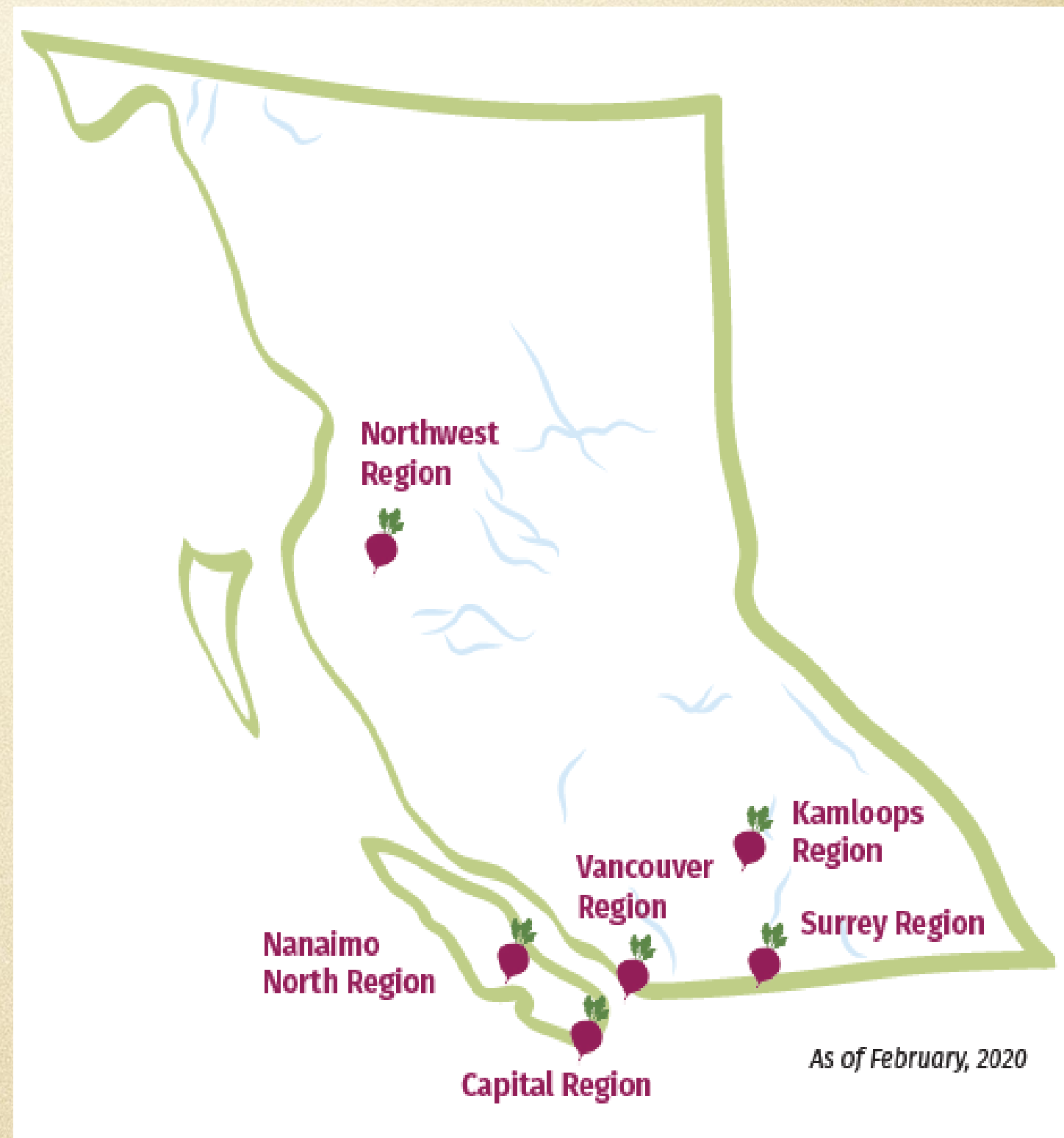
Learn about the Farm to School on Gabriola Island in a Rural-Remote Context. We will be learning from Kenda Chang-Swanson from People for a Healthy Community.



This program is supported by the Province of British Columbia  
and the Provincial Health Services Authority.



# Farm to School BC





# Menti Survey

Go to [www.menti.com](https://www.menti.com) and use the code 73 27 6





# Speaker Introduction



**People for a  
Healthy Community**  
NEIGHBOURS HELPING NEIGHBOURS



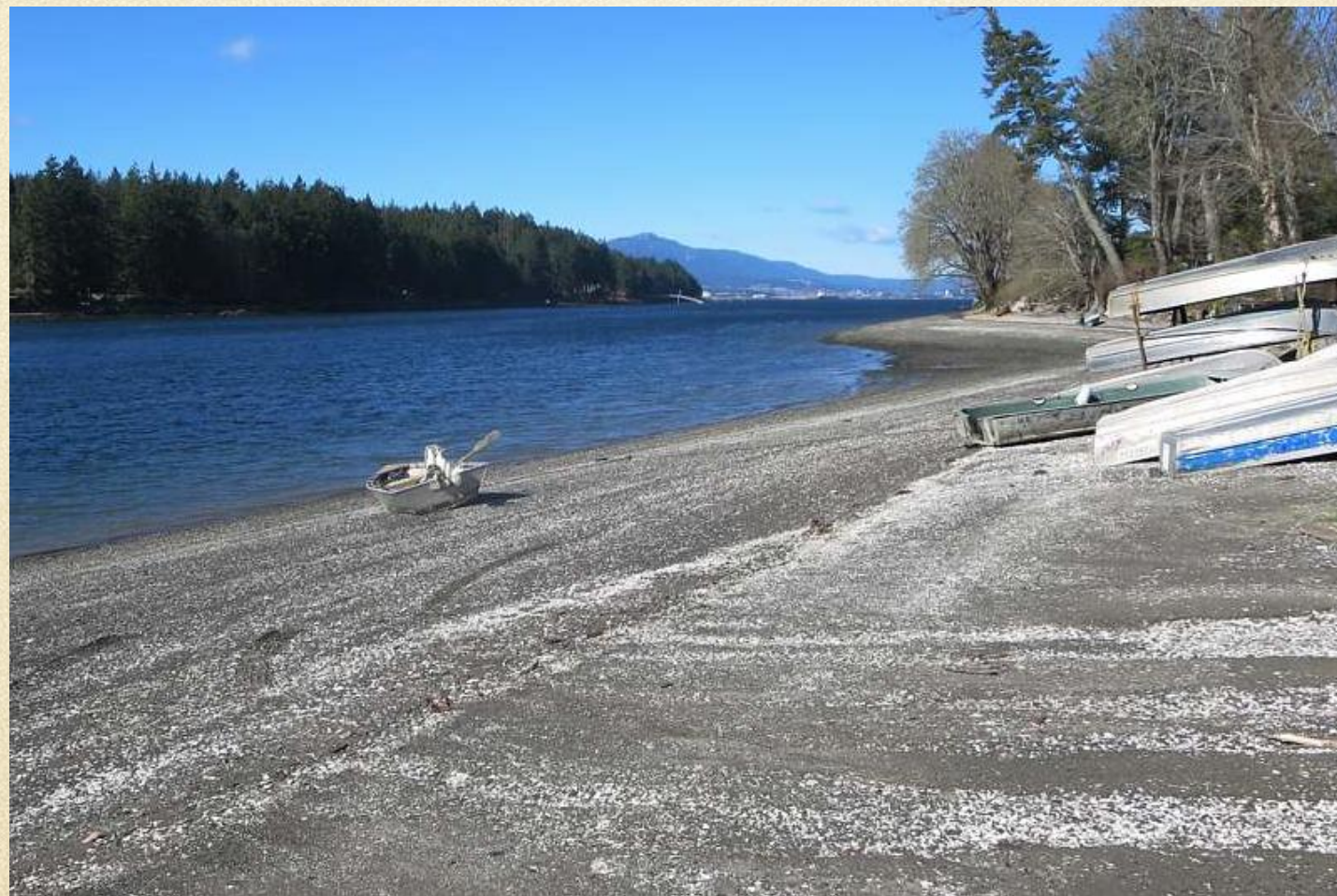
# Small but Mighty: Farm to School in a Rural-Remote Context



Kenda Chang-Swanson  
Food Programs Coordinator, People for a Healthy Community  
Snuyneymuxw Territory  
Gabriola Island, BC



# Snuneymuxw Territory



**Tle:Itxw**







# Community Context

- Population of est. 4,200, located 25 minutes by ferry from Nanaimo
- 39% child poverty rate; 'hidden poverty'
- Strong culture of community care
- Barriers/lack of resources









# People for a Healthy Community

NEIGHBOURS HELPING NEIGHBOURS

- PHC is Gabriola's only social services non-profit
- Support individuals and families during vulnerable times in their lives, while strengthening community resilience
- 3 social determinants of health: Improving food security, reducing social isolation, and supporting academic success
- Run community and school food security programs



# Food for Thought: Gabriola Elementary

- Weekly Hot Lunches, prepared by PHC, volunteers, and students
- Breakfasts, snacks & sandwiches
- Growing food on the 'Commons' with PHC for school and community





# Food for Thought: Gabriola Elementary

- Nourishing students with healthy food, skills, and connections
- Parents, staff, community members, and groups
- Accessibility and inclusivity





# Food for Thought: Gabriola Elementary

- Involve children in all aspects: From Garden to Table!
- Connecting children to land and community while learning about local issues and citizenship









# Challenges

- Environmental challenges
- Key community members, 'many hats'
- Shifting administration, parents, volunteers, etc.
- Sustainability of programs
- Evaluation of programs



# Leveraging Community Assets

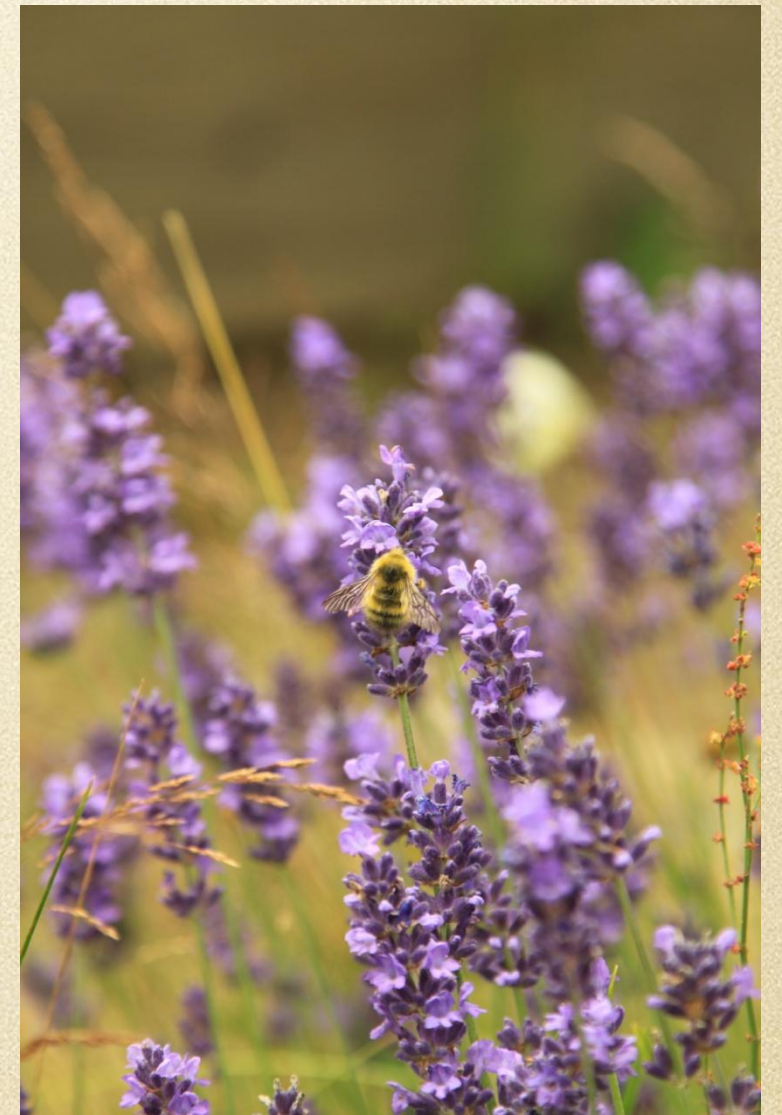
- Community spaces and resources; importance of shared spaces
- Volunteerism
- Relationship building and 'showing up'





# School and Community, Together

- Mutual reciprocity
- Stronger relationships = resilience





# Final Thoughts

- Start small, demonstrate what is possible
- Add piece by piece
- Saying 'yes'
- Relationship-building
- Use a blueprint, tailor it to your own unique community
- No such thing as 'perfect'







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Thank you!



# Webinar Series: May 6

## Food literacy database

Wednesday May 6, 10-10:45am

*Sherry Stade, SD73 (Kamloops)*

SD73 is releasing a database of food literacy resources to the province, and will be going over the content in the webinar. Resources will be centered on growing, preserving, cooking, and waste management.

*For previous webinars visit our website  
(<https://farmtoschoolbc.ca/webinar-series/>)*





# Stay connected!

## Website:

[www.farmtoschoolbc.ca](http://www.farmtoschoolbc.ca)

Sign up for your local regional **listservs** on our website.

## Monthly newsletter:

<https://farmtoschoolbc.ca/newsletter-signup/>

## Social Media

Facebook: Farm to School BC

Instagram/Twitter: @farmtoschoolbc

### Regional Hub Community Animators

#### Provincial Manager



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#### Northwest Region Hub

##### Community Animator



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#### Vancouver Region Hub

##### Community Animator



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#### Kamloops Region Hub

##### Community Animator



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#### Capital Region Hub

##### Nanaimo-North Region Hub

##### Community Animator



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#### Surrey Region Hub

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