



Farm to School BC Annual Report

2022 - 23



Farm to School BC is a program of the Public Health Association of BC and is supported by the Province of British Columbia.



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Message from the Executive Director



Farm to School BC (F2SBC) and the Public Health Association of BC (PHABC) expresses our sincere appreciation for the Ministry of Health's steadfast leadership and support of the F2SBC program, particularly in light of the Auditor General's report, which emphasized the need for collaborative efforts between Health and Education to foster healthy growth and development of children.

F2SBC stands out as an exemplary initiative aligned with the shared mission articulated in the Auditor General's report. Our program is dedicated to promoting healthy eating habits among children by imparting knowledge about nutritious food choices and acquainting them with the intricacies of growing cycles and systems. As one of our longest-running and most successful programs, F2SBC consistently attracts overwhelming interest, resulting in an annual oversubscription.

Despite our diligent efforts to secure additional funding, the growing demand for the program surpasses our financial capacity. In response, we have undertaken strategic measures this year to enhance our outreach. This includes expanding the animator regions to cover a broader territory and leveraging digital tools such as webinars for increased knowledge mobilization.

The program's appeal lies in its hands-on approach, which complements the BC curriculum, and is further bolstered by the active involvement of students in building the school-based model.

From meal preparation using garden-grown produce, to pioneering innovative approaches like introducing chickens in the courtyard, students play a pivotal role in shaping the program's success.

In alignment with the findings of an evidence review and Best Brains Exchange for child mental health and well-being, our partners and expert faculty emphasize the significance of social and emotional learning environments for children. We have observed the satisfaction, sense of agency, and excitement children experience through their engagement in F2SBC. The program imparts knowledge about fruits, vegetables, healthy eating, and well-being.

I would like to extend our heartfelt gratitude to the Ministry of Health for the unwavering support and leadership in making this vital program possible. The enthusiasm from schools to participate is evident. We remain deeply thankful for the opportunity to instill healthier eating practices for the children of BC.

Thank you once again for your continued commitment to the well-being and healthy development of our young citizens.

Shannon Turner
Executive Director
Public Health Association of BC

Executive Summary

Growing Together: F2SBC's Impact from 2022 to 2023



Farm to School BC (F2SBC) remains a cornerstone program of the Public Health Association of BC (PHABC). F2SBC consistently empowers educators, school staff, students, and communities. Our mission is to support schools to build comprehensive farm to school programs that foster vibrant, sustainable regional food systems, enhance student food literacy, and strengthen school and community connections.

Throughout our 16 active years, F2SBC provided in-person support to 22 school districts across 8 Regional Hubs, funded over 330 farm to school programs and activities, and impacted more than 46,000 students. Our program is a vital catalyst for change, as we influence students' attitudes, knowledge, and food choices, particularly in increasing their willingness to try and learn more about fruits and vegetables at school.

The 2022-23 Annual Report highlights include significant initiatives such as: the F2SBC Growing School Farms Provincial Pro-D event; \$67,000 in F2SBC grants awarded to 33 schools; the launch of the Hands on Food lesson plans online resource; the second year of the School Garden Mentorship Program; and the release of the Guide to Growing a School Farm resource. Notably, the first F2SBC Provincial Conference, "Planting the Seed," marked a major milestone in our ongoing efforts. The two-day event gathered 241 esteemed local health leaders, passionate school food advocates, motivated youth, and dedicated champions of our food system.

Educators and administrators highly value our online food literacy resources, which seamlessly align with the BC curriculum. Going beyond traditional classroom education, F2SBC's positive impact fosters school-community connectedness and social well-being. In our approach, school gardens play a crucial role, as they provide safe spaces for students in need of additional support.

As we strive to promote sustainable regional food systems, we leverage community partnerships to further strengthen community capacity. Our Community Animator model, rooted in community development pedagogy, continues to play a critical role in providing local knowledge, connections, and resources.

The success and impact of our program are evident in the transformative initiatives and continued support from schools and communities. Farm to School BC consistently satiates the province's appetite for promoting healthy, sustainable food practices, fostering student development, and enhancing community connections.



About Farm to School BC

Mission, Vision, Pillars, and Goals



Our Mission

In collaboration with local community partners, **Farm to School BC (F2SBC)** works to empower and support schools in building comprehensive farm to school programs that support vibrant, sustainable, regional food systems, develop student food literacy, and enhance school and community connectedness.

Our Vision

Healthy, local, and sustainable food on the plates and minds of all students in BC.

Our Pillars

The three core elements of farm to school programs are:

Our Goals

- **Support the development of sustainable regional food systems in BC** by bringing more healthy, local, and sustainable food into schools.
- **Promote a healthy food environment** by increasing access to nutritious local food.
- **Advance experiential, hands-on learning opportunities** related to food systems and the development of student food literacy.
- **Enhance school and community connectedness** with our team of local community animators bridging gaps across our regional hubs.
- **Develop promising F2S practice models** that are sustainable, self-financing, eco-friendly, and have the potential to be implemented elsewhere.



Program Impact

A PHABC Program for Public Good



Farm to School BC (F2SBC) is one of the Public Health Association of BC (PHABC)'s largest provincial programs. F2SBC brings healthy, local, culturally appropriate, and sustainable food practices into classrooms. By linking schools to their communities and mobilizing stakeholders, the program empowers educators and their students, builds school capacities, strengthens community relations, fosters food literacy skills, and strengthens local food systems.

Program Highlights 2022-23

- F2SBC Provincial Conference "Planting the Seed" (241 attendees)
- F2SBC Grants (\$67,000 awarded to 33 schools)
- Hands on Food website launch (handsonfood.ca)
- School Garden Mentorship Program (second active year; Jan to Oct)
- Guide to Growing a School Farm resource launch ([learn more](#))
- F2SBC Growing School Farms Provincial Pro-D (50 attendees)

Continue reading for more in-depth information later in the report.



*F2SBC Growing School Farms Provincial Gathering and Pro-D
Reynolds Secondary School in Victoria, BC (Oct 21, 2022)*

16

**Active years supporting
K to 12 schools in BC**

22

**School districts supported
across 8 Regional Hubs**

***330+**

**Farm to school programs
and activities funded**

***46,000+**

**Students reached through
F2SBC funded programs**

* Since inception.

Program Impact

Food Literacy and the BC Curriculum



According to the 2020–22 Farm to School BC Evaluation by the Howegroup, F2SBC programs significantly align with the BC curriculum, enabling educators to seamlessly and confidently integrate them into the classroom. These programs also actively encourage students to engage with fresh produce directly from the garden, which promotes the consumption of fruits, vegetables, and herbs both at school and at home.

Participating students reported **heightened awareness of healthy local food**, as they recognized its diversity, contemplated its origins, enjoyed garden-grown items in the cafeteria, and gained a greater understanding of using local food to support those in need. Overall, **F2SBC fosters healthier eating habits** and cultivates a connection to locally sourced foods among students.

“The students couldn't wait to try the vegetables grown in the garden. Two classes made kale smoothies and kale chips. Other students nibbled on the harvest as they pulled it. Many families were able to buy produce by-donation to take home.” – **Educator**

Data retrieved from:
Howegroup Farm to School BC Evaluation 2020–2022

Over 80% of educators

agree that F2SBC programs make strong BC curriculum connections to the following subjects and learning objectives:

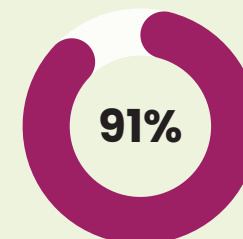
- Science
- Care of the Earth
- Planning and working in small groups
- Food
- Physical health and education
- Experiential learning

Other areas include:

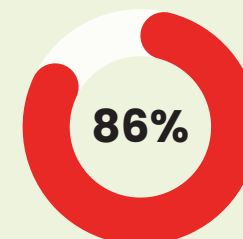
- Life skills
- Social-emotional learning
- Indigenous education
- Outdoor leadership
- Culinary studies
- IB
- Chemistry
- English language arts
- Art
- ADST hands-on learning



100% of educators reported increased food literacy among students



91% of students showed increase in willingness to try food they had grown



86% of students showed significant positive changes in healthy eating behaviours

Program Impact

School-Community Connectedness and Social Wellbeing



“

“Being part of the garden has taught me to take things slow. It has forced me to take time out of my stressful school schedule to be outside and not think about anything academic. It has further cemented my desire to have a career outside as well as my desire to learn more about sustainable living and agriculture.”

– **Student**

“

“At Berkshire Park, we have a high population of students with special needs and many complex behaviours. I saw a considerable amount of change in the way they felt when they were in the school garden. Because of the garden, they felt happy to be at school because they felt like they were a part of helping to take care of our school and community.”

– **Educator**

“

“This past year learning with the kids in the school garden has been the ultimate achievement for our community. To see a child's face light up when they pull a carrot from the soil, or squeal with delight when they hold a worm or now understand where pickles come from, is an experience with so many benefits and worth the work....and brings tears to my eyes.”

– **Community garden volunteer**

Educators, students, and community members all reported that F2SBC programs have positive effects on social and emotional health and strengthened connections among students of different grade levels and the broader community.

School-Community Connectedness

- School staff observed increased **collaboration, cooperation, and altruism** as students engaged in gardens.
- Students reported heightened awareness of **nature, ecosystems, plants, seasons, and health** in school communities.
- Educators reported positive impacts on students' **joy, wonder, sense of belonging, reciprocity, and community ties**.

Social and Emotional Health

Gardens provide a **safe space for students** dealing with anxiety and depression. They also provide **solace to teachers and administration**. The positive effects extend to diverse student groups, including those with disabilities, neurodiverse students, English language learners, and immigrant populations. The program fosters a sense of **ownership, pride, and responsibility** among students as they care for the gardens.

All data retrieved from the Howegroup Farm to School BC Evaluation 2020–2022.



The F2SBC Regional Hub Model

How the F2SBC program operates



Regional Hubs

F2SBC is organized into eight regional hubs (marked as beets on the map), each led by a **local Community Animator** and supported by a network of stakeholders:

- **Capital region** (School Districts 61, 62, 63, 64)
- **Kamloops region** (School District 73, 83)
- **Central Island region** (School Districts 68, 69, 70)
- **Northwest region** (School Districts 52, 54, 82)
- **North Central region** (School Districts 28, 57, 91)
- **Surrey region** (School District 36)
- **Vancouver region** (School Districts 38, 39, 44, 45, 48)
- **Sunshine Coast region** (School District 46)



Community Animators

Community Animators position F2SBC as an all-encompassing unifier: they collaborate closely with key stakeholders; connect local school districts, community members and non-profits; and advocate for students' food literacy and access to local, nutritious food.

Health Region Leads

Health Region Leads are the main contacts between the local health authorities and F2SBC. They stay connected to provincial and national farm to school activities and help to communicate F2SBC information to key stakeholders in their region.

- **Interior Health:** Simone Jennings, *Public Health Dietitian*
- **Fraser Health:** Carole Chang, *Public Health Dietitian*
- **Island Health:** Emily Dunbar, *School Health Promotion Specialist*
- **Northern Health:** Emilia Moulechkova, *Population Health Dietitian*
- **Vancouver Coastal Health:** Meghan Molnar, *Public Health Dietitian*

Dover Bay Secondary School Eco Club Food Forest
School District 68 (Nanaimo Ladysmith)



SD57 Field Trip to a greenhouse and indoor growing lab gave students the opportunity to work with a diversity of plants.



Community Animators

Connect and Support



Community Animators are essential to Farm to School BC.

Animators bring valuable community-specific knowledge and leverage their networks to enhance program reach and community engagement. Their role extends to facilitating flexible program delivery, providing structure, and offering ideas for teaching strategies and community resources. The animators actively support collaboration with Indigenous communities, promote knowledge sharing, and assist in accessing additional funding sources to complement F2SBC grants. In essence, they play a pivotal role in fostering community empowerment, collaboration, and the overall success of F2SBC.

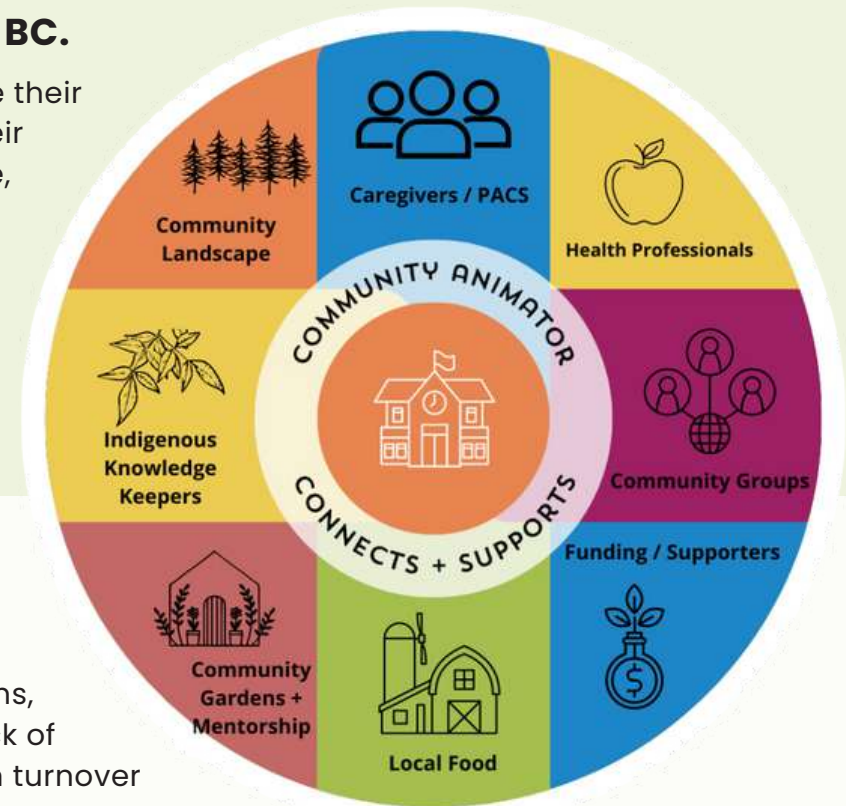
F2SBC Community Animators are vital to the success of schools.

Schools face many obstacles in implementing farm-to-school programs, including limited time for project preparation, insufficient funding, a lack of district support, the absence of a dedicated garden educator, and high turnover among key contributors.

Educators have pinpointed F2SBC Animators as instrumental in the seamless operation of their programs.

Animators provide crucial in-person support, assist in sourcing funding, and help build the capacity necessary to actively participate in these activities.

To bolster success, our Animators actively engage with school communities through regular visits and presentations, host community gatherings, and participate in tabling events. In response to educators' feedback, there is a recognition that additional support in the form of facilitating professional development days and organizing learning circles would be highly beneficial for the overall effectiveness of these programs.



Community Animators

Connect and Support



Farm to School BC Animators focused on three key pillars in their work. Below are the stats that highlight the Animator's key accomplishments from Sep 2022 to Aug 2023.

Governance

- Advisory Committees: **65** members and **19** meetings
- Working Groups: **132** members and **28** meetings

Networking and Events

- Learning Circles: **331** attendees across **14** events
- Professional Development: **362** attendees across **13** events
- F2SBC Conference: **241** participants attended over three days

School-Community Support

- School visits: **79**
- Presentations: **173** attendees across **7** events
- Community Gatherings: **423** attendees across **12** events
- Tabling Events: **810** attendees across **4** events



Regional Highlights

Animator impact across the province



Northern Indigenous Food Ways Learning Circle:

This four-part webinar series, hosted by our Northwest and North Central Animators, encouraged K-12 educators to incorporate Indigenous knowledge and culture into food literacy curricula and projects.

Guest Speakers: Virginia Morgan, Tea Creek Farm; Jacob Beaton, Dr. Daniel Sims, and Julian Napoleon.



Northwest and North Central Regions

F2SBC Growing School Farms Provincial Gathering and Pro-D: Over 50 educators, coordinators, parents, district staff, and partners gathered to share insights on school farming. Participants from 10 school districts discussed utilizing school farms as outdoor classrooms, strengthening partnerships, empowering youth voices, and promoting Indigenous-led agriculture education.



Woodlands School Farm: In partnership with F2SBC, Nanaimo Ladysmith Public Schools (SD 68) and farmer Ben Ziakin planted the first seeds at Woodlands School Farm on Earth Day 2022. This farm is an outdoor classroom for SD 68 students, fostering ecological literacy and hands-on nature connections. It's also a working farm, that supplies fruits and vegetables for community sale and school meal programs.



Victoria, BC



Central Island Region

Regional Highlights

Animator impact across the province



Let's Talk Trash: Teacher and Environmental Advocate Kira Limber, along with Grade 8 students from Shuswap Middle School in Salmon Arm, BC, joined forces to produce a video addressing waste management at their school for Waste Reduction Week. Recycling and composting programs are not all alike, and can sometimes come across as confusing to both teachers and students. Lack of clarity can lead to behaviours within the school that generate more waste headed to the landfill than necessary. With F2SBC support, they conceptualized and executed the "Let's Talk Trash" video, which guided viewers through a waste audit of a hallway garbage bin to raise awareness among their peers in the district.



Kamloops Region



Northwest BC Seed Library: F2SBC, in collaboration with Ecotrust Canada and Woodgrain Farms organized in-person seed-saving workshops and established a seed library in Northwest BC. The library aims to provide accessible seeds for growers, promoting a cycle of collection, storage, sharing, growth, and recollection. Northwest Animator Margo Peill highlights the initiative's goal: "Seeds are becoming more and more expensive. We want to create an opportunity that connects everyone to seeds, regardless of their background, growing knowledge, or socio-economic status."



Northwest Region



Regional Highlights

Animator impact across the province



F2SBC Spring Celebrations

Spring Celebrations are networking events hosted by each of our Community Animators to celebrate farm to school initiatives in our Regional Hubs, recognize program partners, and encourage school communities to make social and cultural shifts to promote healthy, local, and sustainable food systems. The format varies across Hubs, incorporating elements like information fairs, meals, professional development, workshops, student activities, partner speeches, and field trips based on local engagement and Hub characteristics.



Central Island Regional Hub

Farm Field Trips in School District 68 (Spring 2023)

The Central Island Region's F2SBC Spring Celebration engaged more than 300 SD68 students in local farm field trips. This marks the third consecutive year of collaboration between F2SBC, Nanaimo Foodshare Society, and People for a Healthy Community Gabriola.

At Park Ave Farm in Nanaimo, students cycled through four interactive stations, delving into soil exploration, seed planting, wetland experiences, and pollinator education. Meanwhile, on Gabriola, all classes from Gabriola Elementary embarked on a day-long field trip, visiting three distinct farms. Throughout the day, students actively participated in various farm activities, gaining insights into diverse food-growing methods and land stewardship practices. Amidst the educational experience, students enjoyed wheelbarrow races, meadow games, critter catching, tasty snacks, and more!



Pollinator Awards

Awarding outstanding F2S leadership



Capital Region Pollinator Award 2023
Victoria West Elementary – School District 61



Vancouver Region Pollinator Award 2023
Downtown Squamish School Farm and Howe Sound Secondary – School District 48

Local farm to school champions

F2SBC's Pollinator Awards recognize K-12 schools across British Columbia that **demonstrate outstanding leadership in farm-to-school initiatives**. These schools act as pollinators within their community: buzzing around their gardens, kitchens and classrooms to build healthy food systems, transferring and sharing knowledge, fostering thriving learning environments, and supporting the development of young healthy "seeds" who will grow up to one day offer the fruits of their labour back to the environment and community.

Surrey Region Pollinator Award 2023
École Salish Secondary School – SD 36



Central Island Region Pollinator Award 2023
Bayview Elementary School – SD 68



North Central Region Pollinator Award 2023
Mackenzie Secondary School – SD 57



Kamloops Region Pollinator Award 2023
Skeetchestn Community School



Grants Impact

Supported by our F2SBC Grants Coordinator



75

Grant applications
received in 2022

\$151,626

Total grant funds
requested in 2022

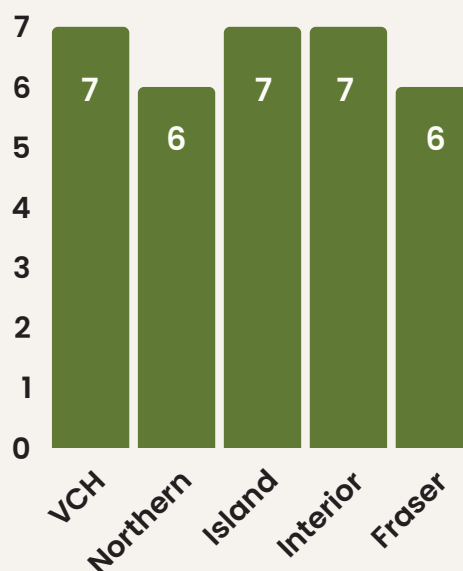
33

Grants awarded for the
2022-2023 cycle

\$67,000

Funds granted to schools
for the 2022-2023 cycle

**Grants distribution by
regional health authority**



Farm to School BC offers:

- **Start-Up Grants** up to \$3,000.
- **Scale-Up Grants** up to \$1,000.

These grants support K-12 schools across the province in developing educational growing environments and running impactful farm to school programs that promote healthy local food, encourage hands-on learning, and foster school and community connectedness.

We dedicate **50% of all funding to supporting rural, remote and First Nations schools.**

Grants Impact

Supported by our F2SBC Grants Coordinator



“We wouldn’t have secured additional community grants without F2SBC funding, and these community grants are substantially larger than F2SBC’s contribution. F2SBC funding lends credibility to our project.” – **Principal**

“Of all the grants we have received F2SBC is the most helpful and supportive.” – **Admiral Seymour Elementary**



The Growing Demand for F2SBC Grants (2020–2023)

When asked about ongoing support for programs, educators emphasized that **future funding from F2SBC remains a top priority**. BC schools consistently depend on F2SBC to strengthen their farm-to-school initiatives. The table below illustrates the granting periods from 2020 to 2023, underscoring the increasing demand that remains unmet each year.

	2020	2021	2022	2023
# Applications received	102	108	75	124
# Schools funded	60	37	33	44
# Schools not funded	42	71	42	80



Success Stories

Stories from F2SBC funded schools



Supporting BC schools since 2007

Each year, F2SBC has the pleasure of supporting the visions and dreams of educators, students, and communities through our annual granting stream. While the projects continue to develop and grow over time, we gather stories from the schools to understand how the funding has supported their goals and to learn from the challenges and opportunities that arise in their unique experiences.

As a provincial program, we make an effort to fund a wide diversity of programs that reflect the varied needs of each school. Every community is different, and we relish sharing the excitement and creativity fostered within these projects through our social media stories, newsletters, and impact reports. Here is a small handful of the inspiring stories gathered from all corners of the province.

Nukko Lake Elementary, Prince George – SD 57

With support from F2SBC, this school has successfully implemented an indoor and outdoor garden program. Indoors, they cultivate fresh greens hydroponically and grow tomatoes under specialized grow lights. During spring, they plant a variety of vegetables and flowers in the school garden beds, subsequently collecting the seeds in the fall.

Educator Holly McGowan expressed, “The F2SBC grant helped me take the initial steps to build a robust food literacy program. **This grant was crucial for our small rural school, providing the funds needed to initiate food literacy skills development.** Now, we boast an upgraded outdoor community garden and a student-led indoor growing system, creating an engaging learning environment for everyone.”



Success Stories

Stories from F2SBC funded schools



Admiral Seymour Elementary, Vancouver – SD 39

This Vancouver inner-city school engaged with F2SBC for over three years. It began with five garden beds and expanded with parent community support, securing an additional \$12,000 from Whole Foods, Vancouver Coastal Health, and Scotts. Teachers highlighted the advantages of Community Animator support, monthly mentorship series, and conferences. In their words, "F2SBC provides really useful information that we can use if we want to. **Of all the grants we have received, F2SBC is the most helpful and supportive.**"



Dover Bay Secondary School, Nanaimo – SD 68

The student-run Eco Club at this school, comprised of 60 members, oversees Dover Bay F2SBC projects. It serves as a welcoming and safe space, fostering positive connections between younger and older grades. Participation in the garden club offers students valuable volunteer hours for graduation. One member shares, "I started for the volunteer hours, but it's become part of my routine. It's fun, social, and relaxing." **F2SBC funds have been utilized for the development of a "food forest" and native plant garden**, cultivating an appreciation for indigenous connections and local environments.



Heritage Elementary, Prince George – SD 57

Five grades at this school engage in F2SBC activities, including an indoor hydroponic grow tower, indoor (soil) grown station, and vermicomposting. The significance of the indoor infrastructure is underscored by the long winters in northern BC and a shorter growing season. Instructors note an **increase in students' understanding and appreciation of the foods they consume**, emphasizing awareness and value for the effort in food production. Classes save seeds to give to the Prince George Seed Library and donate to the community.



Success Stories

Stories from F2SBC funded schools



M.B. Sandford Elementary School, Surrey – SD 36

This school, with 545 students, addresses challenges like high staff turnover, low teacher interest, and limited administrative support for their garden. Fortunately, F2SBC grants and Urban Roots assistance have enabled them to maintain lettuce, cauliflower, chives, strawberries, cucumber, and zucchini in six self-watering planter boxes. **They attribute their success to in-person support from their F2SBC Community Animator and access to F2SBC resources, lessons, and funding.**



Royal Bay Secondary School, Colwood – SD 62

Supported by two F2SBC grants (2014 and 2021), this school has two gardens: a sizable one with fruits, vegetables, and herbs, and a smaller Indigenous plant garden. The main challenges involve insufficient ongoing funding, a need for increased District support, and more flexibility for outdoor space. The program's key success factor lies in valuable F2SBC animator support, offering both physical and emotional assistance, along with a network and connection to essential resources. **“I’d love to see the Ministry invest more in Farm to School. There is so much potential.” – Staff**



The Squamish School Farm, Squamish – SD 48

This partnership involves Squamish CAN, the Squamish Food Policy Council, School District #44, and Farm to School BC. The \$10,000 F2SBC grant catalyzed community support, leveraging a \$200,000 budget from various sources. The farm has garnered donations from over 20 community groups. This school farm in Downtown Squamish lies between a high school and an elementary school, supplying fresh, sustainable, culturally appropriate food for families and nearby schools. **“F2SBC was the starting point then we leveraged community fundraising.” – Farmer**



Online Impact

Supported by our F2SBC Communications Coordinator



F2SBC utilizes newsletters, regional listservs, and social media platforms (Facebook, Instagram, and Twitter), to share stories, provide updates, promote events and encourage social engagement. F2SBC also leverages the communications support of PHABC and various partners to further amplify key messages and campaigns.

The strategic investment in a full-time Communications Coordinator, supported by PHABC's Communications Director, in August 2022 has strengthened F2SBC's engagement capacity and visual branding. In just one year, analytics show a significant improvement in our outreach. This enhanced presence extends F2SBC's influence regionally within the province and broadens our reach across Canada.

The Communications Coordinator also plays a crucial role in resource development with support from F2SBC's Food Literacy Advisor. Our website features a diverse range of educator-approved resources, including guides, toolkits, webinars, and lesson plans. Many educators value and rely on our materials for guidance on successfully implementing farm-to-school programs.

Communications Analytics from 2022-2023 compared to 2021-2022:

6.3K

Fans and followers
11% increase from 5.7K

699

Social media posts
125% increase from 310

187K

Social media views
22% increase from 153K

1.4K

Newsletter Subscribers
17% increase from 1.2K

917

Listserv Subscribers
22% increase from 753

35K

Website views
3% increase from 34K

Teacher Resources

Supported by our F2SBC Food Literacy Advisors



Hands on Food: Use food to teach the BC curriculum

Launched in April 2023, this online resource offers educators a collection of curriculum-aligned lesson plans, primarily targeting grades 4-7 but easily adaptable for all grades (kindergarten through grade 12). Educators can use this resource to teach important food skills including growing and preparing food, and reducing waste.



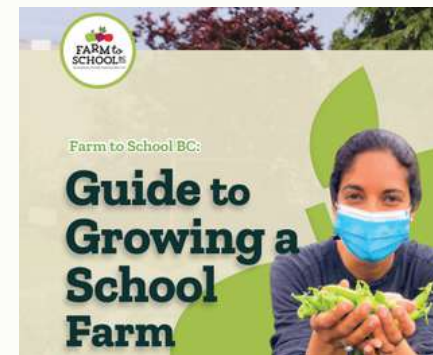
Hands on Food

Use food to teach the BC Curriculum
Lesson plans developed for educators by
educators and health professionals



F2SBC Guide to Growing a School Farm

Launched in May 2023, this guide captures a variety of stories and perspectives from different school farm models to share with other school districts and broader school communities who may want to start their own farms and large-scale food-growing projects.



Learning from the Land toolkit

This compilation of resources and stories highlights programs related to Indigenous plants. The intention is to inspire and support teachers, school administrators, and community members who are interested in developing similar initiatives connected to K-12 schools. This toolkit, crafted with input from program partners, including Indigenous educators, school administrators, community members, and Indigenous Knowledge Keepers, has garnered high praise, especially from educators.



School Garden Mentorship Program

Webinar Series for K-12 Educators



F2SBC offers a free mentorship program annually from January to October for BC educators supporting school gardens in K-12 settings. The program offers monthly online workshops with experienced guest speakers, online resources, and a supportive cohort of educators from across the province.

“

“These sessions **help reaffirm others are doing this work, and give structure and guidance!** When I started teaching and growing in 2013 there were not too many others teaching about sustainable food. I like to attend these workshops to help give “experience” to the information and continue growing food literacy in BC.”

”

“

“My school community is very low-engagement, so it was **helpful to have folks to talk to** about ideas for planning, building and fundraising.”

”

“

“I want to commend the animators and presenters for bringing such enthusiasm and broad experience to these sessions. I really **benefitted from hearing the classroom teacher perspective** so I could shape my programming to work better within that framework.”

”

“

“I have really appreciated the program, and overall the support and resources from F2S. Will definitely continue if offered again, and **will encourage teachers I work with to take part.**”

”

193

Registered workshop participants

634

Webinar recording views

459

Resource Library views

F2SBC23 Conference

Planting the Seed: Harvesting connections, ideas and community



F2SBC's first provincial conference!

We successfully hosted the **"Planting the Seed"** F2SBC23 Conference from May 18th to 19th at the UBC Nest in Vancouver, and it exceeded all expectations. It was a joyous experience to gather with esteemed health leaders, passionate school food advocates, and dedicated champions of our food system in person!

Learn more: www.f2sbccconference.ca



Planting the Seed

Harvesting connections, ideas and community



241
Conference
Attendees



33
Youth
Participants



F2SBC23 Conference

Planting the Seed: Harvesting connections, ideas and community



Planting the Seed

Harvesting connections, ideas and community

Keynote Speakers

Honouring students' **agency and choice** is key to successful school food programming.

Brent Mansfield

BC Chapter of the Coalition for Healthy School Food (CHSF) and Co-founder of LunchLAB



It is **critical for a child's education** to ensure they have healthy meals before and during school.

Carolyn Webb

Coalition for Healthy School Food (CHSF)



Play is the work of children and it is the way children learn.

Megan Zeni

Room to Play Consulting



Sharing the food story is so critical: where's the recipe from, who designed it, where did you acquire the food, who was the chef. We need to **celebrate the journey** of the food.

Jared Qwustenuxun Williams

Indigenous Foods Educator



The province announced an investment of **\$214 million over three years** to expand school food programs... this is a massive win for school food in BC.

Samantha Gambling

BC Chapter of the Coalition for Healthy School Food (CHSF)



Thank you to our supporters!

Contributors to our success



Funders

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- Government of Canada
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- MAZON Canada
- Plant a Seed & See What Grows Foundation
- Shuswap Community Foundation
- Shuswap Food Action Society
- Tree Canada
- The McConnell Foundation
- West Vancouver Foundation



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Contributors to our growth and success



Partners

- Alberni Clayoquot Regional District
- Alberni Valley Food Security Society
- The Coalition for Healthy School Food
- College of New Caledonia
- Compost Education Centre
- CRFAIR (Capital Region Food and Agriculture Initiatives Roundtable)
- David Douglas Botanical Garden Society
- Ecotrust Canada
- Edible Garden Project
- Farm to Cafeteria Canada
- FarmFolk CityFolk
- FARMED
- Flourish!
- Fresh Roots
- Groundbreakers
- Growing Agrarians
- Growing Chefs!
- Growing Opportunities Farm Community Coop
- Healthy Schools
- Kalum Community School Society
- Kamloops Farmers Market
- Kamloops Food Policy Council
- The Kamloops Food Initiative
- The Kamloops Food Bank
- Lifecycles
- The Link
- The Master Gardeners, Thompson Shuswap
- The Mount Paul Food Centre (Interior Community Services)
- Making Agriculture Sustainable in the Hazeltons (MASH)
- Mustard Seed/Kitchen Connect
- Nanaimo Foodshare Society
- Nechako Valley Food Network
- North Shore School Food Network
- North Shore Table Matters Network
- Notch Hill Community Growers
- People for a Healthy Community Gabriola
- Recycling and Environmental Action Planning Society (REAPS)
- Rushing River Apiary
- Sandowne Centre for Regenerative Agriculture
- The Stir Food Hub
- SquamishCAN
- Squamish Food Policy Council
- Terrace Public Library
- Thimbleberry Farm
- Tofino Community Food Initiative
- TRU (Thompson Rivers University) Culinary Arts
- The University of Northern BC
- Vancouver Coastal Health
- Vancouver School Food Network
- West Coast Seeds
- Wood Grain Farm
- Young Agrarians
- Zest Food Hub

Regional Health Authorities

- First Nations Health – Jess Hart
- Fraser Health
- Interior Health
- Island Health
- Northern Health
- Vancouver Coastal Health



Connect



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