Welcome to:

From Field to Fork to Research

The Central Okanagan Food Policy Council would like to welcome you to From Field to Fork to Research, an event idea initiated by Ailsa Beischer, a Master’s Student from UBC’s Okanagan campus who is determined to return research done in the community back to the community. There also could not have been a better moment than tonight to launch the ‘Food Quilt’, a brand new network of stakeholders around food security in the Central Okanagan.

Your MC is Marleen van Aalst, a practicum student (MSc. Social Policy and Social Interventions) who has spent the past eight weeks with the COFPC working on the Food Quilt and this event.

In this booklet you find information about all the presenters as well as their contact information. We encourage you to continue conversations after tonight and to contact them for any further insight and/or discussion!

We hope you enjoy your evening.

Warm Regards,

The COFPC board members, Ailsa Beischer, and Marleen van Aalst.

Hosted by the Central Okanagan Food Policy Council, with sponsors and partners:
Program

4:00 PM Welcome + Introductions

Linda Trepanier - COFPC
Karen VanderGaag - Perceptions of Food Security
Casey Hamilton - Agriculture policy - who are the policy actors and what are their priorities
Ed Grifone - Agriculture and urban development - need for different and creative approaches

4:45 PM Break

Jill Worboys - Community Food Assessment - Seniors
Ailsa Beischer - Food justice/access (foodie movement and gleaning)
Lindsay Harris - How do communities decide what food security initiatives to pursue?
Mary Stockdale - Sharing local knowledge about environment/food to build connection to the place we live in, a sense of local culture, a set of useful indicators for the time

5:50-6:30 PM Continue conversations over a glass of wine and treats.

6:30 End of event
Linda Trepanier, Chair, Central Okanagan Food Policy Council

Title: COFPC PechaKucha

Bio: Linda Trepanier, chair of the Central Okanagan Food Policy Council (COFPC) recently retired from a 32 year career as a Registered Dietitian. Linda now spends her time pursuing her passions of growing fruits, vegetables and berries in her backyard and preserving the harvest. Linda is also a new beekeeper and is learning this new skill as fast as she can!

The presentation will introduce you to the COFPC, their past and present projects and achievements, and will invite you to become part of something special: the food quilt!

Contact:
Email: cofpcs@gmail.com

Karen Vandergaag, BBA Honours Candidate for 2016, Okanagan College

Title: Perceptions and Responses to Food Security in the Central Okanagan

Bio: Karen Vandergaag is a soon-to-be graduate of the Bachelor of Business Administration Honours Program at Okanagan College. As a business student, this study was her first inquiry into the area of food security, although she has been interested in food and food systems from a young age.

Research Topic: Her research aimed to uncover how residents of the Central Okanagan perceive and understand the term food security and its associated topics. Through focus groups, individuals shared their opinions of a variety of issues surrounding food security. Opinions of those previously involved in a food security initiative were compared to those without previous experience. This garnered a perspective of how to improve the awareness of food security in the region.

Contact:
Email: karen.vandergaag@gmail.com
Phone: 250-300-6217
Casey Hamilton, Registered Dietitian, MA Student, Interdisciplinary Graduate Studies, UBC Okanagan

**Title:** Kelowna's Urban Agriculture Policy Community

**Bio:** My background is in community health with a strong interest in community food systems. I am a Registered Dietitian with a working background in food security. I work at UBC Okanagan as a Campus Health Specialist, where I work with the campus community to facilitate a health-promoting university environment. I am the Executive Director of the Okanagan Fruit Tree Project, a registered charity that supports community members though harvesting unwanted produce and redistributing it to community organizations that support people experiencing food insecurity.

**Research interests:** health policy, food policy, healthy communities, policy networks/communities, food security, CBPAR, health-promoting universities, healthy built environments

**Research Topic:** My research explores Kelowna's urban agriculture policy community. Through my research I identify several policy actors and what their priorities are related to urban agriculture in Kelowna. I also explore how these policy actors collaborate (or not) and identify successes and challenges within the policy community to moving forward urban agriculture policy in Kelowna.

**Contact:**
Email: cassandraleehamilton@gmail.com
Phone: 250-681-0187

Ed Grifone, MCIP, RPP, Interdisciplinary Graduate Studies/Urban Studies, UBC Okanagan

**Title:** Agricultural Land Preservation and Urban Development in the “New Fringe”: A Case Study of Small Lot Farming in Kelowna, BC.

**Bio:** Ed is a consultant with more than 35 years of experience in planning, urban design and land development. Although most of his career has involved consulting to local government and developers, he started as a summer student with the Agricultural Land Commission in 1976. Over the last 40 years, the subject of agricultural land preservation on the fringes of urban areas has been a subject of keen interest. In 2003 and 2004, Ed had the opportunity to assist the Chinese National Government on behalf of CIP with the planning of some of China’s largest cities. Interestingly enough, China had just announced that it had become a net importer of their foodstuff...and now China is expected to become the top importer of farm products within the next decade. Besides population growth, the two other main challenges in food production (esp grains) have been the depletion of China’s main aquifers and the consumption of arable lands by major urbanization, especially industrial growth. His interest in agricultural land use continues today.

**Research Topic:** Ed’s graduate research in Urban Studies at UBCO has focussed on the ALR along the inner urban fringe of Kelowna. Whether we think the City and the ALC is winning or losing the battle to preserve agricultural land in the city, the fact that land speculation in certain areas has essentially curtailed farming cannot go unnoticed. Farmers, planners, developers (and some politicians) are in agreement that the issue deserves a different and creative approach to planning the fringe.

**Contact:**
Email: edgrifone@gmail.com
Phone: 250-212-6763
Jill Worboys, Public Health Dietitian, Interior Health

**Title:** Designing a Food Secure Kelowna: Developing and Implementing a Community Food Assessment for Seniors

**Bio:** Jill Worboys is a Public Health Dietitian with Interior Health. Jill’s focus is food security and works alongside community based groups and local government helping move food action and food policy forward. She graduated from the University of Manitoba in 2010 and completed the Manitoba Partnership Dietetic Education Program in 2011 becoming a Registered Dietitian. Jill sits on the Board of Directors of the Central Okanagan Food Policy Council, whom have been involved in developing food action projects that address community food security issues. She is also on the City of Kelowna’s Agriculture Advisory Committee, providing a health lens on the importance of protecting agricultural land. Jill is very passionate about all aspects of food; from growing, to cooking and preserving... and eating!

**Research Topic:** As the population of seniors age 65+ is growing, Jill is interested in finding out what challenges this population faces in accessing food as a way of improving food security and health through action and policy.

**Contact:**
Email: jill.worboys@interiorhealth.ca
Phone: 250-868-7733

---

Ailsa Beischer, MA Student, Interdisciplinary Graduate Studies, UBC Okanagan
Coordinator, Okanagan Fruit Tree Project

**Title:** Wasted Food and Hungry Neighbours: Food Justice, the Foodie Movement, & Gleaning in Kelowna

**Bio:** Ailsa Beischer is completing the final year of her Master of Arts degree at UBC Okanagan through the Interdisciplinary Graduate Studies program with a focus in Human Geography. She is also a co-investigator in a collaborative research project between the UBCO Institute for Community Engaged Research and Interior Health to carry out a Community Food Assessment for seniors in Kelowna. Ailsa grew up in the Central Okanagan and is passionate about building community through local food. She is also the Coordinator for the Okanagan Fruit Tree Project.

**Research Topic:** Ailsa uses community-based research and participatory methods to look at the deeply embedded disparities within the emerging ‘alternative food movement’ in Kelowna and how unequal access to healthy, local food remains a largely invisible issue. Her research focuses on the example of the Okanagan Fruit Tree Project to explore how a community-gleaning project can build capacity and contribute to making issues of food justice more visible. Her research is funded by the Social Sciences and Humanities Research Council of Canada as well as a number of other fellowships.

**Contact:**
Email: a.beischer@gmail.com
Phone: 778.363.5507
Lindsay Harris, Ph.D. Student, Interdisciplinary Graduate Studies, UBC Okanagan

Title: Passionate Interests and Community Decision-Making: A Community Gardening Story

Bio: Lindsay Harris is a first-year Ph.D. student at University of British Columbia Okanagan and has been a university administrator for the past ten years with expertise in university governance, quality assessment, and student services. Before moving to Kamloops with her family she was the coordinator of the Providence Community Garden in rural Manitoba. Her research interests include community gardens, community activism, municipal politics, living wages and urban landscapes.

Research Topic: How do communities deliberate and make decisions about which food security initiatives are valuable to pursue?

Contact:
Email: lindsayellenharris@gmail.com
Phone: 250-572-3085

Mary Stockdale, Adjunct Professor, Department of Community, Culture, & Global Studies, UBC Okanagan & Cathy Stubington, Runaway Moon Theatre Arts Society

Title of Presentation: Calendario: Nature, Culture and Agriculture and the Seasonal Cycle

Bios: Mary Stockdale (the presenter) is an Adjunct Professor at the Dept of Community, Culture and Global Studies (Human Geography) at UBCO. She is also a community activist in food system issues, and a daughter of organic sheep farmers. Her research Interests include: Traditional Food Systems, Geography of Food Systems, Sustainable Agriculture, Natural Resource Management, Traditional Ecological Knowledge, Resilience, Environmental Issues

Cathy Stubington (the co-author, but not able to present) is an artist associated with Runaway Moon Theatre Arts Society, a non-profit organization whose mandate is to create cross-disciplinary collaborations between artists and the population at large. She is also the wife of a small-scale, intensive organic vegetable farmer.

Research Topic: Through gathering and sharing local knowledge about the seasonal connections between natural indicators, cultural events, and agricultural production activities, we build: connection to the place we live in, a sense of local culture, a set of useful indicators for the timing of food production activities, and awareness of climate change. Community-based research and community-based art provide a very effective combination of methods for gathering and sharing such knowledge.

Contact:
Email: mary.stockdale@ubc.ca
Email: cathy@runawaymoon.org